

ST Finnian's

JUNE 2026

Won't You Be My Neighbour?



*You are invited to some
community picnics in the church
grounds over June & July.*

(see inside for details)

*"This is the first and greatest
commandment. And the second is like it:
"Love your neighbour as yourself."*

Dear Friends

As we move into the month of June, many turn their thoughts to completing exams, getting outdoors, enjoying the (hopefully!) better weather and bright evenings. As a reluctant, rather than enthusiastic gardener, I do love to see the wonderful blooms on display in full colour as I visit in people's homes and drive to various locations. The stretch in the evenings seems to help our mood and many have commented to me on how well the church grounds are looking. We are very grateful to Jim and Geoff our Glebewardens and the team of volunteers who work really hard to look after our grounds so well and set them off so beautifully. When the grass is cut and the rhododendrons are in full bloom, it's a special reminder of the wonder of creation and the magnificence of the location we are in.

One of the things we spend a lot of time thinking about is how to attract new members or a new generation to our church. Some members of the congregation who attended a conference on church growth recently shared some interesting ideas about

outreach that other churches were using.

There is no one-size-fits-all or magic bullet that is going to be the solution or the answer. Every church and community is unique in that sense but sometimes the ideas that work best can be there in front of us if we open our eyes to see and our ears to hear.

One of the biggest struggles many of us experienced during the Covid pandemic in 2020 was a sense of social isolation. When it wasn't safe to be in contact with other people, we really missed gathering together and began to do certain things online to stay connected. Whether it was church services, prayer meetings or Alpha courses, whether it was schools teaching lessons online, sports clubs getting together to say hello or do a workout together, we really valued that sense of connection.

During June and July, we are hoping to open up our church grounds for the local community to come and bring a picnic, bring themselves or their family. We'd like to offer a space where people can chat, play games, get to know each other.

If people want some space to pray or have someone pray with them about things going on in their lives or the lives of people they care about, that opportunity will be available in the church. We would like to begin on June 23rd and meet for 6 consecutive Tuesdays. The church and grounds will be open from 5.30pm - 7.30pm and everyone is invited.

We hope to have an evening where we deliver invitations to local residents and we hope it will be fun and an opportunity to explore what it means to be a neighbour. Please feel most welcome to come along. The gatherings will be better if you can make it along, the halls will be open along with the church and there will hopefully be the chance to meet new people and enjoy one another's company.

We look forward to welcoming all our Sunday School children on June 21st for a special family service and prizegiving and don't forget Messy Church is happening on the afternoon of June 5th from 3.30pm - 5pm. If you have children or grandchildren or neighbours of nursery and primary school

age, they would be most welcome.

We hope the weather will be kind and people will be able to come and share the brighter evenings with us in our beautiful grounds.

With very best wishes.

Jonathan Pierce (Rector)
Telephone 02890 793822

PRAYER MEETINGS BY **ZOOM**

Our parish prayer meetings by Zoom will continue on Thursday evenings at 7pm. If you would like to join us, send an email to zoomtostfinnian@btconnect.com or contact the Rector.

PRAYER WARRIOR

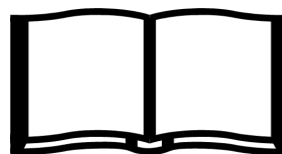
Do you have a concern or problem and would like someone to pray for you? If so, contact Robin by text or email, he will be willing to help. Your contact will be completely confidential and no details will be passed on to anyone else unless you want them to.

Mobile:07513947504
Email:robmill24@gmail.com

From the Registers

Christian Burial

7th May - Betty McIlwaine



Wednesday morning communion & prayers for the sick

The Wednesday morning communion service with prayers for the sick takes place **on Wednesdays at 10.30am.**

Everyone is very welcome to join us for the service and also for tea/coffee, scones and friendship afterwards in the Sextons' Room. **Please note that refreshments will be served on Wednesday 17th June but will not be served again until September.** Thank you to our team of volunteers for their commitment to serving every week. Your selflessness is very much appreciated.



Hello everyone

We look forward to another Messy Church afternoon in the church hall on Friday 5th

June from 3.30pm - 5.00pm. There will be crafts, games and some Bible teaching and food.

Children of nursery and primary school age will be most welcome.

The Messy Church Team



ST. FINNIAN'S TODDLERS



The last meeting before the summer holidays will be on Monday 8th June. We will be having a party for the children and a balloon modeller will be coming along that day. A lovely fun way to end the term! Good luck to everyone who is moving on to nursery and school.

CREGAGH CRAFTERS

Cregagh Crafters will meet every Tuesday in June. We will be hard at work preparing items for sale at our **Coffee and Craft morning on Saturday 13th June.** All proceeds will be for Fields of Life, I Am Fed project. We finish for summer on Tuesday 30th June and will restart on Tuesday 15th September. All are welcome to come along for craft, chat and coffee.
Janet Johnston (07711885203)



SUNDAY SCHOOL PRIZE-GIVING



The Sunday School prize-giving will take place at our 11am service on Sunday 21st June. We will be having an all-age family service celebration as we honour our Sunday School children, its teachers and helpers and celebrate the year that is past. We would like to encourage all our children to make a special effort to attend the service and receive their prize for attending Sunday School faithfully each week.

COMMUNITY PICNICS DURING JUNE & JULY



During June and July, we are opening up our church grounds to the local community for a series of community picnics. People will be welcome to come along with their families, bring a picnic and chat and get to know each other. The church will be open for quiet reflection and prayer. **These events will begin on Tuesday 23rd June and will take place for 6 consecutive Tuesdays from 5.30pm - 7.30pm.** Everyone is very welcome!

St. Finnian's Coffee Morning & Craft Sale

Saturday 13th June

10.30am - 12.30pm



All proceeds for Fields of Life

I am Fed project

Maridi Diocese in Southern Sudan

£2.50 feeds a child in school for a year through the school
farm project





Hello everyone

When I worked in the Civil Service in the early 1980s I had an older colleague called Sadie Doyle who was from, brought up, lived and worked on the Shankill Road. At tea break time in our small group, stories would be shared. One memorable one Sadie told was as follows. Sadie was in her classroom when the lady teacher was taking the roll call. Sadie's friend had told her she wasn't going in that day and Sadie was to pass on a message. When Peggy Weir's name was called Sadie stood up and said "Peggy won't be in today as she is away on a Charabanc trip" The teacher was incandescent with rage and shouted "A Charabanc trip!" Poor Sadie only said what her friend had asked her to, so it was a case of don't shoot the messenger. I suppose Sadie would have been about eleven at the time. I remember feeling what I would have felt like in that tricky situation, not to mention what happened to poor Peggy the next day? Anyway my tenuous link to Sadie's story is to say here we are at the end of our autumn, spring and early summer programme before we break for July, August, September, so as usual in June, we are leaving the church grounds not in a Charabanc but in air-conditioned, comfortable members' cars with roofs (drivers to be assigned) for our outing to Harrison's of Greyabbey to have lunch at 1pm. We will have lots of small talk which is beneficial and puts us at our ease and helps build relationships and who knows it may lead to bigger talk another time. The MU Committee all wish you a good summer and we will meet again in the autumn. The programme for the coming season from October 2026 has been drafted and it will be distributed at our outing or individually if you can't attend. Just to say, a group from St. Finnian's MU enjoyed a lovely afternoon at the Indoor and Senior Members' Holy Communion Service followed by an Afternoon Tea Party in Magherahamlet Parish Church on Thursday 30th April. The church and halls all looked splendid overlooking a lake. The weather was glorious with much sunshine. Bishop David gave a short reflection and Lynda Thompson confirmed that one of the important roles of Mothers' Union was to pray for the health and growth of all our parishes and the wellbeing of the clergy. It is good to note also that this is the 150th Anniversary Year of the founding by Mary Sumner, from humble beginnings of the Mothers' Union in the parish where her husband was Rector. A service is being held in St. Paul's Cathedral, London on Wednesday 10th June 2026 at 5pm followed by the Annual Gathering on Thursday 11th June 2026 10:30am-4:30pm at the Emmanuel Centre next door to Mary Sumner House.

Outing: - Saturday 6th June 2026 - lunch 1pm at Harrison's, Greyabbey.

Angela Harvey, Branch Secretary. Mobile no. 07596 075081

Heather Leckey, Branch Leader. Mobile no. 07833 905017

Mothers' Union Midday Prayers - June 2026

Theme - 'Join in and Celebrate!'

Reflection for the Join in and Celebrate theme (from the Prayer Diary 2026) In June we have the climax of our 150th year. At the heart of our celebration is the opportunity to give our joyful thanks and praise to God for His love – especially for giving us His only Son, for faithfulness, guidance and provision for all past and present members. We will be worshipping together at our service in St. Paul's Cathedral and Annual Gathering in the Emmanuel Centre. We thank God too during June for all church-based toddler groups, for their leaders, helpers and all those who attend, for parents, the courage of refugees, Pentecost Ordinations and commitment to awareness raising for ending plastic pollution. 'Come on and celebrate, celebrate and sing to our King!'

Monday - Come On and Celebrate!

Ephesians 6: 1-4

Thank you for our families and for the gift of children. Help all parents to care diligently for their children putting their interests before their own and trusting You to meet their needs and keep them safe. We thank you too for all church-based toddler groups during this national month of prayer for toddler groups. We celebrate the many MU members who provide help and support in these groups, sharing their faith in action. Amen.

Tuesday - Celebrate!

Psalms 150

Praise the Lord! Thank you that everything that has breath can praise You, Lord! Thank you that we can come before You in awe and wonder and praise You our Creator and Saviour. Amen.

Wednesday - Celebrate and Sing to the King!

1 Chronicles 16: 8-36

Great is the Lord and most worthy of praise! The Lord reigns! Thank you that we can come and give thanks to Your Holy name and may glory be to You in praise! Amen.

Thursday - The Son of God Who Loved Us and Gave Us Life!

1 Corinthians 10: 16 and 1 Corinthians 11: 23-26

Lord Jesus, we want to thank You for your sacrifice – that You died for everyone. Bless us when we gather in Your name to celebrate Your death and resurrection until You return. Amen.

Friday - We Will Give to You, Our Offering!

Genesis 1: 31

Lord, thank you for your amazing Creation and that you saw all that you had made, and it was very good. Help us to be good stewards of your world and its resources.

Amen.

Saturday - Celebrate His Gift of Love!

Matthew 2: 13-15

Lord thank you that You love everyone. Help us to share your love with those who are foreigners far from home. Help us to understand their suffering, befriend them & provide for them in their time of need. Amen.

Final Blessing (monthly prayer from the Prayer Diary 2026)

Father God, we join in and celebrate your love to us through Mothers' Union. We praise you for the past 150 years, for the vision of Mary Sumner and for all who have followed her, praying and serving in Your name. We delight in all Your gifts to us, the joy of family, the wonders of Your creation, the fellowship of our fellow members, and, most of all, Your love to us through the gift of Your son, Jesus Christ. May we always walk in Your footsteps. Give us the strength to be different, to stand up for justice and peace, and be a sign of Your reconciling love for all. We ask this in your name. Amen.

Wave of Prayer

1-3 June: Johannesburg, South Africa; Kumi, Uganda; Nsukka & Idoani, Nigeria; Derby, England and Madhya Kerala, India

4-6 June: Ibba, South Sudan; Maseno North, Kenya; Isiala-Ngwa & Ondo, Nigeria; Fredericton, Canada and Amritsar, India.

8-10 June: Yambio, South Sudan; Garissa, Kenya; Mbamili, Nigeria; Hereford, England; Willochra, Australia; and Thailand.

11-13 June: Mahajanga, Madagascar; Mara, Tanzania; W Buganda, Uganda; Kwoi, Nigeria; Newcastle, Australia & E Kerala, India.

15-17 June: Bukavu, DR Congo; Nyahururu, Kenya; Gboko, Nigeria; Portsmouth, England; & New Guinea Islands, Papua New Guinea.

18-20 June: Rejaf, South Sudan; Military Episcopate in Kenya; Doko & Owo in Nigeria; Chelmsford, England and Jamaica & Cayman Islands.

22-24 June: Rumonge in Burundi; Tabora in Tanzania; Kabba & Bukuru in Nigeria; St Albans in England and Nagpur in India.

25-27 June: Table Bay in South Africa; Rift Valley in Tanzania; Evo & Ijebu in Nigeria; Adelaide in Australia and Taejon in South Korea.

29-30 June: Eastern Zambia in Zambia; Mombasa in Kenya; Gwagwalada & Ekiti West in Nigeria; Leicester in England and Temotu in Solomon Islands.

Services for June



Sunday 7th June (The 1st Sunday after Trinity)

- 9.00am Holy Communion
- 11.00am Connect Service (Huston Hall)
- 7.00pm Holy Communion

Sunday 14th June (The 2nd Sunday after Trinity)

- 9.00am Holy Communion
- 11.00am Holy Communion
- 7.00pm Compline

Sunday 21st June (The 3rd Sunday after Trinity)

- 9.00am Holy Communion
- 11.00am Morning Prayer (Sunday School prize-giving)
- 7.00pm Evening Prayer

Sunday 28th June (The 4th Sunday after Trinity)

- 9.00am Holy Communion
- 11.00am Morning Prayer
- 7.00pm Evening Prayer

Matthew 18:20

**"For where two or three
gather in my name,
there am I with them."**

NI Air Ambulance fundraiser



Last year, I attended a fascinating and inspiring talk in our church hall from the NI Air Ambulance.

They provide Helicopter Emergency Medical Service (HEMS) 12 hours a day, 7 days a week all year round.

The HEMS crew always includes a pilot, doctor and a paramedic to deliver pre-hospital critical care in emergencies. The service is called out twice a day on average.

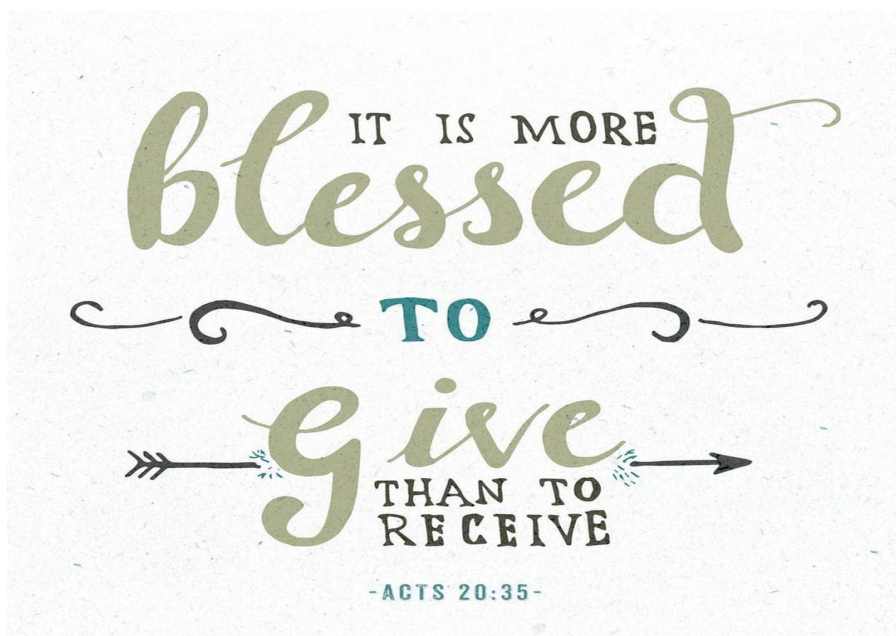
What most people don't realise, is that the service is funded by the generosity of the public. They aspire to raise £8200 a day, equivalent to £3 million a year, for fuel, crew and equipment to keep the lifesaving service running.

On 10th June, I have volunteered to run the Belfast City Runway Run for the NI Air Ambulance. It's a 5k run at 11pm on the runway at Belfast City Airport!

I would be very grateful if any of the kind St. Finnian's parishioners would be willing to sponsor me or give a donation!

Many thanks.

Patricia Stewart



GENERAL MAINTENANCE



The church premises require regular maintenance to keep them in good order, so it is an advantage to have a regular schedule for works both for buildings and grounds. This gives people an opportunity to volunteer a few hours each month to assist in the upkeep of our estate. Accordingly, **the last Saturday of each month is designated as a work morning, duration from 9am to 11am** for anyone who might be available. Work would include general light duties, tidying up in the halls and church and optional pruning, spraying, brushing etc. The next date is **Saturday 27th June.** See you then!

Jim Haughey, Glebewarden

Divine Healing Ministries' Service

The next Divine Healing Ministries' service will be held on Tuesday 30th June at 7.30pm.

The guest speaker will be Bro. David Jardine.

Norman Sleator



ST. FINNIAN'S HISTORY PROJECT 1932-2032

Many thanks to everyone who has already submitted such a variety of interesting stories, memories and photographs to the St. Finnian's 100th anniversary history project. We would be most grateful to continue to receive your stories about the people, events and changes in the parish so do please have a think about anything that might be relevant. We would also like to gather information from the last 25 years of all the new initiatives that have been developed in the parish for example, the Ladies Friendship Group, Messy Church, Cregagh Crafters, Pickleball and Pilates. Any contributions can be submitted on a word document. Please contact Linda in the church office by email, phone or post or email stfinnians100years@outlook.com

If you are aware of anyone who may need help writing their memories, we would be grateful for any assistance from friends and family. If you would like to become involved in the planning and gathering of material for this project then please email **stfinnians100years@outlook.com** or contact Linda with your name and details.

Remembrance has always played an important role in the life of St. Finnian's. Thanks to Linda Leonard for providing the seventeenth article in this series about the history of the Book of Remembrance and the Garden of Remembrance.

ST. FINNIAN'S HISTORY

The Book of Remembrance

In 1994 it was decided to open a book in memory of members of the congregation who had died in the past year. A special book was ordered and the names are inscribed during the month of October. The families of all those who have been bereaved are invited to a special Remembrance Service on the evening of the first Sunday in November. At the beginning of the service the names are read out and family members bring forward a white flower in memory of their loved one. The flowers are then made into an arrangement which sits at the front of the church during the service. The book is kept in a glass case in front of the Font and is dedicated to the memory of Mrs Norah Quinn, former Church Sexton. The pages are turned each week to the appropriate date.

The Garden of Remembrance

When St. Finnian's church was built in 1932, no provision was made for a graveyard although it is situated in spacious grounds. The grounds were laid out in lawns, shrubs and trees. It was bounded on one side by the Hillfoot Road which later became the Outer Ring Road / A55. The site has a commanding view over Belfast. A Crematorium was built at Roselawn, Ballygowan Road in 1954 and as the number of cremations started to grow, families began to make enquiries about suitable locations to inter ashes. In later years it was decided to build a Garden of Remembrance close to the church to the side of the Rectory. A semi-circular wall was built with the other side being open to allow families to come into the garden and sit for a time of reflection. A low railing encloses the garden. A number of inscribed stones in memory of parishioners were laid as a pathway up to the Garden of Remembrance from the main driveway. The centre of the garden is laid as a lawn in which the ashes are interred. All burials from the church and interments in the Garden of Remembrance are listed in the Parish Records.

Save THE Date

SOUP LUNCH - SUNDAY 11TH OCTOBER 2026

It is planned to hold a Soup Lunch on Sunday 11th October in the Huston Hall after the 11am service.

Names will be taken in September on a first-come, first-served basis. In the meantime, please note the date in your diaries. All proceeds will go towards the church and St. Finnian's Mothers' Union.

FLOWER DONATION ROTA

JUNE

7th Mrs J Crawford
14th Choir
21st Mrs C Stewart
28th Mrs N Erskine





Hello everyone

Fingers and Toes

Summer has arrived and hopefully the sun will continue to shine and there'll be plenty of opportunity to get outside and do all those jobs that have been waiting for so long. However, as this quite often means lifting and bending and twisting, I would suggest that it's even more important to keep the body strong and flexible and to be aware of your posture, especially when carrying heavy items. I'll return to this next month but for now I'd like to say a few words about our hands and feet - probably not parts of our anatomy we often think about exercising or consider the need to strengthen and keep flexible. However, as we age and, depending on our work, hobbies and genetics, our hands can become stiff and tender and for some arthritis may be an issue. Our hands are the first point of contact for many everyday activities and it's doubly important to keep them moving. Likewise, our feet receive a huge amount of impact when we walk about and play an important part in balance and avoiding falls. They may become stiffer and will lose a bit of soft tissue that provides a cushioning effect and can become weak and rigid. This may seem like a bad news message, but by exercising our feet, toes and ankles regularly we can improve circulation and muscle mass and strengthen them. We can do the same for our hands, wrist and fingers by regular stretching, strengthening and mobility exercises. These can range from performing simple movements such as 'playing the piano', 'curl and stretch' and 'thumbs up' for hands and fingers, and 'foot pedalling', 'toe curls' and 'ankle circles' for feet ankles and toes. I don't have time to go into too much detail on each of them but you may wish to try the following for your hands/fingers: Sit tall in your chair and extend your arms in front of you and form fists with your hands - then spread your fingers out wide to stretch the palms and fingers, and alternate between the two for 6 to 8 repetitions. After this, hold the right forearm with the left hand, make a gentle fist with the right hand and raise and lower the right wrist up to 8 times. Repeat this with the other arm/wrist. As for the feet and toes, you may wish to try the following; Sit tall in the chair and come up and down on the balls of your feet, raising each heel in turn and placing it back down. You could make this a bit more dynamic by raising each heel just as the other one reaches the floor to create that 'pedalling' motion. Following this, you could then lift one leg and extend it out (don't lock the knee) and support this leg with your hand(s), and rotate the ankle slowly in one direction 4 times and then do the same in the other direction. After this you can alternate pointing and flexing your toes 4 times on each foot. I'm a great believer in the old adage of 'use it or lose it' so I would encourage every one to have a go at these simple exercises/movements on a regular basis, and hopefully you'll soon begin to feel the benefits. Until the next time, take care and keep moving! **We meet on Wednesdays at 7pm in the Huston Hall. A small donation of £3 per class is requested for church funds. If you want to find out more about Pilates, contact me - John Waterworth by phone (+447941368546) or email at jcwworth@yahoo.co.uk**

Renaissance Chamber Choir **50th Anniversary Concert**

Renaissance Chamber Choir, conducted by Daniel Clements, warmly invites you to a special concert celebrating 50 years of music-making **on Saturday 20th June at 7.30pm in Cregagh Presbyterian Church.**

The programme will feature a rich and varied selection of choral music, including works by Elaine Hagenberg, George Gershwin and Ralph Vaughan Williams, alongside a special guest appearance from the Cregagh Presbyterian Handbell Choir. A couple of St. Finnian's choir members sing with Renaissance, so do come along and see if you can spot them! Admission is free, with a retiring collection. We look forward to seeing you there.



Renaissance Chamber Choir

50th Anniversary Concert

Join us for a special evening celebrating 50 years of singing, with inspiring music by Elaine Hagenberg, George Gershwin, Ralph Vaughan Williams and many more

With special guests

Cregagh Presbyterian Handbell Choir

**Saturday 20th June
2026 at 7.30pm**

Free admission with a retiring collection

Venue:
**Cregagh Presbyterian
Church, Belfast**



Saint George's Singers

Sinfonia and Soloists

present

A SUMMER CONCERT

Music by Dietrich Buxtehude and Joseph Haydn



Portrait of Joseph Haydn by Thomas Hardy 1791

St. George's Church, Belfast

Wednesday 10th June 2026

Tickets £20 (Students £10)

available from Choir Members & at the door

or by request to:-

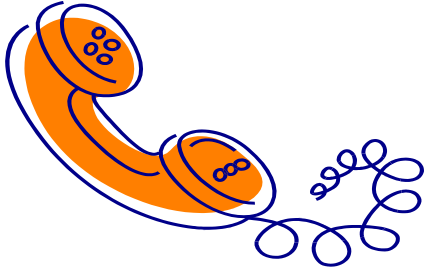
contactstgeorges@gmail.com

CONTACT DETAILS

Rector: Tel: 028 90793822

Curate: Tel: 07594890019

Email: ryan.stfinnianscregagh@gmail.com



Church Office Hours

Tuesday 9.00 am – 2.00 pm

Wednesday 9.00 am – 2.00 pm

TELEPHONE: 028 90792793

office.cregagh@down.anglican.org

MAGAZINE BY EMAIL

Why not receive your magazine by email and help the environment by cutting down on the use of paper?

If you would like to receive your magazine this way, contact Linda in the church office on Tuesdays and Wednesdays between 9.00am - 2.00pm.

Tel. 028 90792793 or email office.cregagh@down.anglican.org

Magazine

Please send articles for inclusion in the **July/August** magazine to **office.cregagh@down.anglican.org** or telephone the Parish Office 028 90792793 by NOON on **Tuesday 2nd June.**

Don't forget to check out the church website:

www.stfinnians.org



Find us on Facebook!
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The Charity Commission for
Northern Ireland NIC101977