

# ST Finnian's

**SEPTEMBER 2026**



*Looking forward to seeing you at  
the Community Fun Day  
on Saturday 12<sup>th</sup> September  
from 2-4pm.  
All welcome.  
See inside for further details.*

# Dear Friends

September marks the beginning of a new season of church life and activities. It's delightful to be beginning the month with a service of Holy Baptism as we welcome Louis Porter into the family of the church. This means that our usual Connect Service will not be happening in the church hall in September but will resume on the first Sunday in October. We hope to use the service of Holy Baptism to not only welcome Louis into the family of the church, but also to introduce the theme we hope to explore at our Connect Services throughout the coming year and we are excited to share that with everyone on our first Sunday in September. We hope as many as possible will be with us to celebrate that special moment in Louis' life. We are excited to have another service of Holy Baptism on 20<sup>th</sup> September as we welcome Romi Elliman into the family of the church. Again we hope that many will come on that day to encourage Romi as she begins that special journey of faith.

On Saturday 12<sup>th</sup> September from 2-4pm we hope to host a Community Fun Day with attractions for families and visitors from the local

community.

We do need a lot of volunteers on the day so we hope you have signed the list at the back of the church. On Sunday 13<sup>th</sup>, we look forward to Andrew and Joanne Quill our mission partners with CMS Ireland coming to share a bit about their work in Ibba Diocese in South Sudan. We are also looking forward to a visit from Darryl Nesbitt from Samaritan's Purse on the last Sunday in September. Darryl will speak about the Shoe Box Appeal which has been supported so generously here over the past number of years. Baptisms, Community Fun Days and visiting speakers bring a sense of new life and possibility as a new season of church activities begins. We look forward always to the sounds of life and activity as our organisations return.

Our Wednesday communion services will recommence on the first Wednesday in September.

I'm always conscious that it takes a huge team of volunteers to make all of our organisations and activities happen .

We are very grateful to those who lead and help with all of our activities.

Maybe you have sometimes wondered about volunteering your time in a positive way or maybe you are in a new season of life which affords you more time than you previously had. Maybe you would like to try something you haven't done before like sing in the Choir or play in the Praise Group. Maybe you'd prefer to be more behind the scenes and serve tea/coffee at our Sunday services or assist with catering at funerals or help with Sunday School or a Youth Organisation. Please speak to one of the Clergy if you would like to help in some way and we will find a good fit for your skills and interests. At the heart of all we seek to do is a desire to introduce others to the love and kindness of a relationship with God. When that relationship has brought peace and guidance and inspiration to our daily lives, it's beautiful to see other people encounter the same thing and nurture that spiritual part of their lives which may have never been awakened before. At the Community Fun Day in September, many of our organisations will have information about their programmes and activities and

there is something for everyone from across the generations. We would love to see new people getting involved and being welcomed and you can be a vital part of making that happen. At the heart of all of it is prayer. Each week there are opportunities both online and in person for people to pray together and seek God's guidance for our church, local community, the world and its needs. We hope that many will discover how meaningful that connection with God can be.

**With very best wishes.**  
**Jonathan Pierce (Rector)**  
**Telephone 02890 793822**

### **PRAYER MEETINGS BY ZOOM**

Our parish prayer meetings by Zoom take place on Thursday evenings at 7pm. If you would like to join us, send an email to [zoomtostfinnian@btconnect.com](mailto:zoomtostfinnian@btconnect.com) or contact the Rector.

### **SUNDAY SCHOOL**

Sunday School will resume on Sunday 13<sup>th</sup> September. All children in P1 - P7 are welcome to come along to enjoy Bible stories, crafts and games.

## From the Registers

### Christian Burial

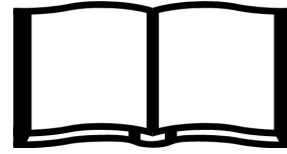
7<sup>th</sup> July - John (Ray) Hamilton

8<sup>th</sup> July - Alice Rea

16<sup>th</sup> July - Jean McMillen

30<sup>th</sup> July - Margaret Hutchinson

3<sup>rd</sup> August - Phyllis Best



### Christian Marriage

31<sup>st</sup> July - Olivia Tweedie & Martin McMillan



## Book of Remembrance

Each year on the first Sunday in November, a Service of Thanksgiving is held to remember those who have died in the past year. During the month of September you will be contacted to provide details for the Book of Remembrance and a form will be posted or emailed to you.

Completed forms should be returned to Linda Leonard by **Sunday 27<sup>th</sup> September**. If you have any queries please contact Linda on 07952982295.

***This year's service will be held on Sunday 1<sup>st</sup> November at 7pm.***

### **DIVINE HEALING MINISTRIES' SERVICE**

The Divine Healing Ministries' service will resume again on Tuesday 29<sup>th</sup> September at 7.30pm. The Guest Speaker will be David Hamilton.

**Norman Sleator**

## **BISHOP'S BIBLE WEEK**

Each year our Diocese hosts a special week of Bible teaching and worship to encourage people from our parishes as we begin a new season of activities. **This year the Bible Week takes place from Tuesday 1<sup>st</sup> September until Friday 4<sup>th</sup> September at Holy Trinity Banbridge and the speaker is Dr. Tim Robinson, Assistant Professor of Pastoral Ministry at Dallas Theological seminary.**

Dr. Robinson's theme is "Surrendered" and his Bible studies will be taken from the Book of Acts. Tim grew up in Belfast and spent 12 years as Pastor within the local church in Northern Ireland and we encourage as many as possible to try to come to some or all of these special evenings.

**The evenings begin at 7.45pm.**

## **COMMUNITY FUN DAY - SATURDAY 12<sup>TH</sup> SEPTEMBER**

We extend the warmest of welcomes to our Community Fun Day. The Organising Committee has been hard at work to line up some great attractions for a wonderful afternoon.

Attractions confirmed so far include bouncy castles, hot dogs, ice cream, a petting zoo, a ukulele band, Messy Church, tea/coffee, games and lots of information about parish activities and organisations. Why not come and explore our beautiful church with Freya's incredible church quiz sheet?

We would love to see you there with neighbours and friends from 2-4pm.

## **FLOWER DONATION ROTA**

### **SEPTEMBER**

6<sup>th</sup> Mr G Darragh  
13<sup>th</sup> Mrs A Thompson  
20<sup>th</sup> Mrs M Corbett  
27<sup>th</sup> Mrs M Catney



**Wednesday morning  
communion & prayers  
for the sick**



The Wednesday morning communion service with prayers for the sick will resume **on Wednesday 2<sup>nd</sup> September at 10.30am.** Everyone is welcome to join us for the service and also for refreshments afterwards in the Sexton's Room.

**ST. FINNIAN'S TODDLERS' GROUP**

The St. Finnian's Toddlers' Group will resume on **Monday 14<sup>th</sup> September from 10.00am -12noon in the Huston Hall.** All parents, grandparents, carers and childminders are very welcome. Come along and enjoy play, art/crafts, singing, snacks and a cuppa for the adults.

**YOUTH GROUP**

Youth Group will be meeting again in September on the 3rd and 4th Sundays of the month at 11am in the Coffee Bar, starting on Sunday 20<sup>th</sup> September. All young people of Secondary School age are welcome.

**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 26<sup>th</sup> September.** See you then! **Jim Haughey , Glebewarden**

## LADIES' FRIENDSHIP GROUP

Hello Ladies

The summer holidays are almost over. It was good to meet in the garden centre during the summer months.



I hope that you enjoyed the long, bright, warm days and feel invigorated for autumn. Our group is re-commencing on Wednesday 9<sup>th</sup> September at 2.00pm. Unfortunately, we have found it necessary to increase our tea money to £2 per afternoon. On that first Wednesday we'll be joined by Olive Turkington giving an illustrated talk on the history of hats. You may remember her previous talks about bags and shoes. Oh to be able to walk in 4 inch stilettos again! Our second entertaining afternoon is Wednesday 23<sup>rd</sup> when we welcome Geoff & Heather Harman. Their talk, "Planes, Trains, Cyclos and Tuk-tuks", has been summarised by Heather as "A journey through Vietnam, Cambodia and Thailand by two retirees who really should know better!" As most organisations are starting up again in September, this is an opportune time to remind **ALL** ladies that they and their friends are warmly invited to our meetings. Come and try us out. We're a friendly bunch with a varied programme followed by lots of chat over a cup of tea. We hope to see you in September.

**Helen, Caroline, Dorothy and Julie**

## **BB/ANCHOR BOYS**

Our Duke of Edinburgh boys successfully completed their Silver Award expedition in extremely difficult conditions with temperatures above 27 degrees. Great to see Solomon, Liam and Conor still smiling at the end of a particularly hard day with high temperatures and swarms of midges!



**Start of 2026/7 Session:** Company and Junior Sections:  
7<sup>th</sup> September/Anchor Boys: 8<sup>th</sup> September.

**Mid-term Break:** Company and Junior Sections:  
26<sup>th</sup> October/Anchor Boys: 27<sup>th</sup> October.

**Christmas Break:** Company and Junior Sections:  
15<sup>th</sup> December/Anchor Boys: 16<sup>th</sup> December.

**Return 2027:** Company and Junior Sections:  
11<sup>th</sup> January/Anchor Boys: 12<sup>th</sup> January.

**Mid-term Break:** Company and Junior Sections:  
8<sup>th</sup> February/Anchor Boys: 9<sup>th</sup> February.

**Easter:** Company and Junior Sections:  
Holy Week Service: 22<sup>nd</sup> March/Anchor Boys: 16<sup>th</sup> March.

## **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:robsmill24@gmail.com**

## NI AIR AMBULANCE FUNDRAISER



Thank you to all the St. Finnian's parishioners who sponsored me for the 5k Runway Run. I was completely overwhelmed by the support, raising over £600 for the Air Ambulance.

Unfortunately, due to the unrest in Belfast in June, the organisers felt it necessary on the day to postpone the run and re-organise it for Wednesday 9<sup>th</sup> September at 11pm on the runway at Belfast City airport.

My cheeky nephew announced that it would give me more time to train! I will keep you all posted on how I get on, but once again, many thanks for your donations to a very worthy charity.

**Patricia Stewart**

## CREGAGH CRAFTERS



Crafters raised £2,500 from our Craft and Coffee morning. We are adding £500 from wool sale and coffee money throughout the year. The sum of £3000 will go a long way in Southern Sudan where the "I am Fed" project by Fields of Life feeds a child in school for a year for £2.50. A huge thank you to all who supported this fundraiser. **Our group starts back on Tuesday 15<sup>th</sup> September.** All are welcome. No crafting experience needed. A cup of coffee and friendly chat is the main focus of the morning. Some sewing, card making, knitting and crocheting happens in a very relaxed atmosphere. All are welcome to come along to join in.

**Janet Johnston**

**07711885203**

## **Hello everyone**

It's that season again when the children and young people start back to school, college and university. My colleague Ian repeats the phrase "Every day is a school day" and that means the adults are included in that number. In the July/August magazine I pledged to read a book for summer called *The Ruthless Elimination of Hurry* by John Mark Comer. How did I do? Great, fantastic, Thanks! Well that's not true. That was me marking my own homework! So far I've read the first chapter. Recently I re-read some inspiring poems of the late Rev. Liz McElhinney who preached in St. Finnian's many years ago and who sadly died of Motor neurone disease. In a poem called *Words to my Younger Self*, she captures the essence of what John Mark Comer is saying at more length. I include a few verses and if anyone would like a copy of the whole poem I will bring them to our next meeting. So, whether it is book learning, living learning or both, may we benefit in the coming months from wisdom garnered from people as above or from the Bible and other sources to face whatever challenges lie ahead.

So much to tell you now-  
Knowledge lectures overlook,  
The wisdom learned from living,  
Not wisdom won from books.

Make friendships now, hold fast for life,  
Explore joys of community.  
Don't fret that you won't be a wife-  
These are years of opportunity.



You wished slow time would hurry past.  
Don't rush to reel the years in,  
Slow pace, no need to run so fast,  
Spend time and let the lines spin.

Stop fearing God won't take you in  
Until your life is sorted out;  
Forgetting God forgave that sin.  
That's what His Grace is all about.

### **Reminder Dates for your diary.**

**Thursday 17<sup>th</sup> September** - MU Area Service to be held in St. Finnian's at 7.30pm - Preacher - Rev. Canon Jono Pierce. Supper in the Huston Hall afterwards. Please let any of the Committee know if you wish to attend for catering purposes.

**Thursday 1<sup>st</sup> October** - Opening meeting of the new session. General Knowledge Quiz 7:30pm We look forward to seeing our members then. Non-members are especially welcome.

**Thursday 5<sup>th</sup> November** - Presentation of long service certificates to members and talk by Lynda Thompson, Diocesan President. 7:30pm

**Thursday 3<sup>rd</sup> December** - Advent Service at 7:30pm in the church and supper in the hall afterwards.

Also to say, we are delighted to welcome Judith Armstrong onto the Branch Committee and wish her well.  
Please see our MU Midday Prayers and the Wave of Prayer for September.

**Angela Harvey Branch Secretary Mob 07596075081**  
**Heather Leckey Branch Leader Mob 07948829799**

## **Mothers' Union Midday Prayers - September 2026**

### **Theme: Peace and Reconciliation**

#### **Reflection for the theme of peace and reconciliation (from the Prayer Diary 2026)**

Each September Mothers' Union celebrates its strong connection with the Community of the Cross of Nails (CCN) - a worldwide network of churches and peace-building organisations, inspired by the Coventry story of destruction, rebuilding, and renewal. The concepts of forgiveness, healing, development, shared understanding and of course peace lie at the heart of all the work we undertake in MU and are at the core of our Christian faith. As we pray especially this month for peace, reconciliation, hope and unity in our world and in our lives, let us reiterate the prayer central to CCN worship - "Father Forgive."

#### **Monday – Forgiveness**

*Then Peter came to Jesus and asked,*

*"Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" 22 Jesus answered, "I tell you, not seven times, but seventy-seven times". (Matthew 18:21-22)*

God of mercy, forgive us when we fail to love, and heal the wounds we cause.

Give us grace to forgive those who have hurt us, courage to seek reconciliation, and hearts shaped by your compassion.

Make us instruments of your peace and your reconciling love. Amen.

#### **Tuesday – Reconciliation**

*All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation. (2 Corinthians 5:18-19)*

God of peace, draw us together in your love. Where there is division, bring understanding; where there is hurt, bring healing; where there is conflict, bring reconciliation. Help us to build bridges of hope and become instruments of your peace. Amen.

#### **Wednesday – Healing**

*Therefore, confess your sins to each other and pray for each other so that you may be healed. (James 5:16)*

God of peace, bring healing where hearts are wounded and relationships are broken. Replace division with understanding and help us to be instruments of your peace and reconciliation. We ask this in Your name. Amen.

### **Thursday – Hope**

*May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.*

*(Romans 15:13)*

God of hope, fill us with joy and peace as we trust in you. By your Spirit, help us to abound in hope, trusting that your love can bring reconciliation where there is division. Through Jesus Christ our Lord. Amen.

### **Friday – Unity**

*Make every effort to keep the unity of the Spirit through the bond of peace. (Ephesians 4:3)*

God of unity, help us to keep the unity of the Spirit through the bond of peace.

Draw us together, bound in Your love, and make us instruments of your peace.

We ask this in Your name, our Lord and Redeemer. Amen.

### **Saturday – Peace in our hearts and our world**

*Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*

*(John 14:27)*

God of Peace, plant your peace within our hearts and let it flow into our world.

Give us the peace that Christ promises, calming our fears and strengthening our hope. Where there is conflict, bring understanding; where there is division, bring unity. Help us to be instruments of your peace. Amen.

### **Final Blessing Prayer (monthly prayer from the Prayer Diary 2026)**

God of mercy and love, we come before You seeking peace and reconciliation. Heal the wounds of division within our hearts, families, and communities. Teach us to forgive as You forgive, to speak with kindness, and to listen with compassion. May Your Spirit guide leaders toward justice and unity among nations. Calm our anxious thoughts and renew our spirits with Your peace that surpasses all understanding. Help us to become instruments of Your love, building bridges where walls have stood. May Your light shine through us, bringing healing, hope and harmony to a hurting world.

In Your name, we pray.

Amen.

## Wave of Prayer

**1-2 September: Harare** in Zimbabwe; **Machakos** in Kenya; **Ogori-Magongo & Ekiti** in Nigeria; **Southwark** in England and **Phulbani** in India

**3-5 September: Khartoum** in Sudan; **Dar es Salaam** in Tanzania; **Bari & Ilesa** in Nigeria; **Gloucester** in England and **Dugapur** in India

**7-9 September: Pacong** in South Sudan; **Southern Nyanza** in Kenya; **Kutigi & Ijesha North** in Nigeria; **Bristol** in England and **Karnataka Central** in India

**10-12 September: Pretoria** in South Africa; **North Mbale** in Uganda; **Oke-Osun** in Nigeria; **Exeter** in England and **Barbados**

**14-16 September: Mthatha** in South Africa; **Namirembe** in Uganda; **Pankshin & Sabongidda-Ora** in Nigeria; **Dublin & Glendalough** in All Ireland and **Central Solomons** in Solomon Islands

**17-19 September: Buye** in Burundi; **Sebei** in Uganda; **Abakaliki & Ekiti-Oke** in Nigeria; **Southwell & Nottingham** in England and **Belize**

**21-23 September: Rumbek** in South Sudan; **Soroti** in Uganda; **Aba Ngwa North & Oyo** in Nigeria; **Peterborough** in England and **North Eastern Caribbean & Aruba**

**24-26 September: Makamba** in Burundi; **North Karamoja** in Uganda; **Lokoja & Sapele** in Nigeria; **Truro** in England and **Tirunelveli** in India

**28-30 September: Katanga** in DR Congo; **Rwenzori** in Uganda; **Mbaise & Egba** in Nigeria; **Meath & Kildare** in All Ireland and **Tiruchirappalli Thanjavur** in India

# Services for September



## **Sunday 6<sup>th</sup> September (The 14<sup>th</sup> Sunday after Trinity)**

9.00am Holy Communion  
11.00am Holy Baptism  
(No Connect Service in the hall this month)  
7.00pm Holy Communion

## **Sunday 13<sup>th</sup> September (The 15<sup>th</sup> Sunday after Trinity)**

9.00am Holy Communion  
11.00am Holy Communion  
7.00pm Compline

## **Sunday 20<sup>th</sup> September (The 16<sup>th</sup> Sunday after Trinity)**

9.00am Holy Communion  
11.00am Holy Baptism (Youth Group in Coffee Bar)  
7.00pm Evening Prayer

## **Sunday 27<sup>th</sup> September (The 17<sup>th</sup> Sunday after Trinity)**

9.00am Holy Communion  
11.00am Morning Prayer (Youth Group in Coffee Bar)  
7.00pm Evening Prayer

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### **CRECHE**

Hello everybody

A friendly reminder that our creche service will resume on Sunday 6<sup>th</sup> September and will run every week except on Connect dates. If anyone would like to take a turn with the rota one Sunday per month, please let me know.

Thank you to all our faithful creche helpers.

God Bless. **Charmaine.**

Hello everyone



We hope that you have had a restful and blessed summer.

**Can you please share with friends, family and neighbours that our Messy Church resumes on Friday 25<sup>th</sup>**

**September at 3.30 pm.** All children of nursery and primary school age are welcome to come along as we gather in friendship and to share in fun and faith.

We look forward to seeing as many as possible on the day.

***Jesus said, "Let the little children come to me and do not hinder them, for the kingdom of heaven belongs to such as these." Matthew 19:14.***

Does anyone have a few hours to spare every 3 months? Would you like to come along and join our Messy Church team? If the answer is yes, please let us know, we would welcome your help.

God bless friends.

**The Messy Church Team**

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## **SOUP LUNCH - SUNDAY 11<sup>TH</sup> OCTOBER 2026**



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

Please add your name to the sheet at the back of the church if you wish to go. Places will be allocated on a first-come, first-served basis. All proceeds will go towards the church and St. Finnian's Mothers' Union.



## 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](mailto: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](mailto:stfinnians100years@outlook.com)** or contact Linda with your name and details.

Thanks to Grant Dillon for providing the nineteenth article in this series about his memories of, and deep affection for, the church.

## **ST. FINNIAN'S HISTORY**

### **GRANT DILLON - THANK YOU ST. FINNIAN'S**

St. Finnian's...

Mum and Dad - Tommy and Dixie - were united in marriage here in March 1955, under the watchful eye of the late Canon Huston. They first made their home in the Cregagh Estate before moving to Ryan Park and, finally, in 1966, to 1, Beech Park, where I was born that very same year, bringing a new chapter of joy to the family. (so I'm told lol). Over the years, many Ministers and Curates graced our family home with their visits - the then Rev. Mehaffey, Rev. Battye, Jono, and all the Curates in between. Mum, in particular, treasured her conversations with the gentle and wise Rev. Colin Darling. My brother Glenn, my sister Denise and I were regular faces at Sunday School and the many vibrant St. Finnians church organisations. Both Denise and I found ourselves stepping into the role of Sunday School teachers. To my Nanny Forster, this was the first spark of what she imagined might become my first step into ministry, further encouraged by my joyful participation in the church choir. Though that path never fully unfolded. Bishop Dillon, I think not! Perhaps it was the spirit of the time, or the innocence of youth, but the church offered more than just rituals - it offered a place for my personality and enthusiasm to flourish. I loved the choir with a passion that still warms my heart. I loved the youth clubs, where friendships were forged in laughter and shared discovery. Every milestone - communion classes, starting grammar school, stepping into young adulthood seemed to fall into place naturally and "heading up to church" was never a task but a delight. The choir weekends and Church Bowlers' dinners, where we proudly prepared the food under the watchful eye of Iris Hay, were the stuff of legend. Our excursions to Donegal/Portsalon, Fermanagh and the

North Coast had a magic all their own, as if lifted straight from a BBC *Play for Today*, complete with the camaraderie, laughter and occasional mischief that only such adventures can hold. N.B. Jean Buchanan! In the early 1980s, we resumed the church pantomimes. Under the musical direction of Gerald Monaghan and with the tireless enthusiasm of many devoted souls, the productions were dazzling, filled with laughter, music and unforgettable moments. I vividly recall the 1982 BBC televised church service and the proud mention of our choir being a family affair with 3 sets of twins, learning to move, stand and sit in harmony, almost silently, yet with hearts full of music, guided by the conducting and playing of Sam Lown. In 1980, I had the extraordinary privilege of travelling to Milwaukee, Wisconsin as part of the Ulster Project. We stayed with welcoming families in Wauwatosa. For a young, impressionable teenager, it was a transformative and exhilarating experience - one that shaped my understanding of the wider world and left memories that still glow brightly. Now, approaching sixty, (you would never guess!) I look back with gratitude, with joy and with a smile that comes unbidden. St. Finnian's has been witness to the milestones of my family and me. It has married my parents, baptised and confirmed my siblings and me, and, in its gentle embrace, it has laid my parents to rest. It has heard my laughter, shared in my tears, offered sanctuary and given the deep comfort that only a true spiritual home can. The feast day of St. Finnian of Moville falls on 10<sup>th</sup> September - just two days before my birthday and I like to think there is a quiet, subtle connection there, a gentle reminder of the blessings of faith and family. I have read a little about him in recent times, and one verse, from one of my favourite Psalms, resonates deeply: **Psalms 106:1** *"Praise the Lord. Give thanks to the Lord, for he is good; his love endures forever."*

Thank you St. Finnian's, for the music, the laughter, the guidance and the enduring light you have brought into my life.



On a very hot day, Friday 26<sup>th</sup> June, a group of ladies and men from the church and Mothers' Union helped decorate the Sextons' Room with banners and balloons in recognition of Nell Moncrieff's 104<sup>th</sup> birthday, what an achievement! Nell arrived with her son, Graeme and daughter-in-law, Cathy to a feast of delights supplied by those who visit Nell or by Mothers' Union. The Rector presented to Nell her 5<sup>th</sup> medal, which is given to those who were born before partition in Ireland (1922). This is the first from the new President, accompanying it was a letter from the President which was read out by the Rector. Nell shared great stories with those present and no birthday party is complete without a birthday cake which was duly brought out with candles (not 104!) which Nell blew out. Another great celebration and may Nell have many more.



## **THANK YOU FROM NELL**

I would like to thank all the ladies associated with the Mothers' Union that both organised and attended my 104<sup>th</sup> birthday luncheon at St. Finnian's church hall on Friday 26<sup>th</sup> June. I really enjoyed exchanging very memorable stories with all those present.

I would also like to thank the Rector for presenting me with the Commemoration Medal from the President of the Irish Republic, reading out the accompanying letter and translating the medal inscription from Gaelic.

I have been associated with the Mothers' Union in St. Finnians for many enjoyable years and have wonderful memories of this time. This luncheon brought back so many of these memories.

I would also like to thank everyone for their kind gifts and cards which I will cherish.

Love and God Bless.

**Nell Moncrieff**





Hi everyone

For this month's article I'd like to return to the subject of breath/breathing and in particular how Pilates can be used to improve the respiratory function for those who may suffer from the likes of asthma, COPD, chronic bronchitis or just poor function. As I have previously mentioned, breathing is one of the main principles in Pilates and lateral breathing, as it is termed, can be used to improve postural cavity and expand breathing capacity. It can also improve lung volume and develop the intercostal muscles (the respiratory muscles) to better 'squeeze out' stale or impure air from the lungs. In turn this can improve the circulation of oxygenated blood and increase blood oxygen saturation levels. Joseph Pilates developed the technique of lateral breathing partly as a response to his own experiences in childhood and working with the care and rehabilitation of injured soldiers. The main goal of this method is to deeply expand the ribcage without raising the abdominal muscles or 'hitching' the shoulders. When you inhale, the ribcage expands to the sides using the intercostal muscles - which you probably have never thought about until, like me, you strain one doing something silly such as trying to do an extra bench press - and then you exhale forcefully, getting rid of all the spent and impure air from the lungs. You can imagine this as a similar action to wringing the water out of a damp cloth. All well and good but how does this work in practice in a class situation? During exercises, the general rule is to inhale to prepare for a movement and then exhale on performing it in rhythm with the movement. In some cases, such as the hundred, there is a set pattern of inhaling for 5 arm pumps and then exhaling for 5 arm pumps. In others, such as single leg kicks, this may also involve percussive breathing with short explosive exhales for each kick in a set. It can take quite some time to develop the technique but the one golden rule is never to hold your breath during exercises. The following 5 exercises are considered to be most effective in improving respiratory function (although all the exercises will be beneficial) namely: The Hundred and the Single Leg Stretch, which both use rhythmic breathing as described above; and The Dying Bug, Toe Taps and Thread Needle, which use set breathing patterns.

I should note that these are all performed on the mat but alternatives have been developed to achieve the same benefits. The good news is that these exercises are not difficult to perform and most will form part of a regular Pilates class. Hopefully this has been interesting and maybe will encourage you to give this a go at some stage - I do recommend it. I'll sign off now with my usual message to stay safe 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](mailto:jcwworth@yahoo.co.uk)**

# **SAMARITAN'S PURSE**

## **2026 SHOE BOX APPEAL**

Dear friends

It is our great pleasure to share some lovely news with you. On Sunday 27<sup>th</sup> September (morning service) Darryl Nesbitt, the Senior Regional Manager in Northern Ireland of Operation Christmas Child will come to speak with us in St. Finnian's. Darryl will help launch this year's campaign and explain in detail how Samaritan's Purse really is helping in Jesus' Name. We will have boxes and information leaflets on the morning for anyone who wants to help brighten a child in need's Christmas. The charge for each box is fifty pence please. Looking forward to hearing all about the wonderful work this charity does each year and thanking everyone for their ongoing support.

**Mark & Charmaine**

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### **ALLELUIA**

A parishioner from the church came across the following in a church magazine dated 1989 and thought it may be of comfort to anyone experiencing difficult situations.

*When my time is near to die and you should hear of it, come often and stay with me awhile to visit, for I'll be lonely and will need to be close to people. Look at me and talk about dying without "watching your words", for it will leave me free to tell you if I'm frightened. Tell me if you love me, for it will comfort and give me courage to go - and if we should cry together, I thank you now for sharing my grief in leaving the world, for I won't want to leave it. But when it's done, let your grief be finished - and give praise to Him who died that we might live, for in death I jump head-long and straight-way into eternity, right into the beginning of the rest of my life! Alleluia!*

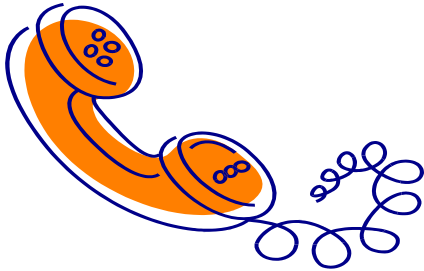
**The Rev. Willa S. Mikowski**  
**Rector, St. Martin's Church, Perry, Iowa**

## **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 **October** magazine to **office.cregagh@down.anglican.org** or telephone the Parish Office 028 90792793 by NOON on **Tuesday 1<sup>st</sup> September.**

Don't forget to check out the church website:

**[www.stfinnians.org](http://www.stfinnians.org)**



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