

ST Finnian's

OCTOBER 2026



*A warm invitation to our
celebrations of
Harvest Thanksgiving
on Sunday 25th October
at 11am & 7pm.
See inside for further details.*

Dear Friends

If you happen to have grown up in the church there are certain recurring patterns as we observe the seasons of the church's year. Many speak to me of how they love the major festivals like Christmas and Easter. There is music and liturgies that we associate with those times and even though the ideas and concepts might be familiar ones to us, they seem to come alive in a fresh way every time we observe them.

Another such festival is Harvest Thanksgiving when we give thanks to God for the provision and blessing of the crops and produce of the earth. We think of the work of the church in terms of nurturing and sowing seeds of faith and seeing people find new life in Christ. This month we look forward to our harvest services on 25th October. Our preacher in the morning will be Reverend Philip McKinley who is involved in a pioneer ministry in Clonmacnoise and Kildare Cathedral. If you would like to hear Philip share something of his journey of faith why not check out the podcast Bitesize Chunks of Faith, Episode 222. He's a very creative and inspirational man who I have known since his teens and I

think it will be the first occasion in our parish history where both a father and son have preached at our Harvest Thanksgiving. Philip's father, Horace, who trained me as a student reader, came to preach at our Harvest Thanksgiving some years ago when he was Rector of Whitechurch parish in Dublin. Our evening preacher is Reverend Lucy Burden from our neighbouring parish of Mount Merrion. Lucy is no stranger here having preached and shared on a number of occasions in a powerful way and we look forward to these two gifted speakers coming among us. There will be a harvest supper after the evening Service in the Huston Hall. Our Curate, Ryan has been invited to preach at Geashill in the Diocese of Meath and Kildare for their Harvest Thanksgiving and I have been invited to preach in Donagh and Tyholland with Errigal Truagh in Co. Monaghan for theirs. All of these Harvest services will take place in October. We become increasingly conscious of how weather events and climate change are affecting harvests around the world.

We are blessed to live in a part of the world where crops are harvested and our produce is internationally renowned. The heat and dryness of the summer however, has made harvest more of a challenge than in recent years and dairy farmers in particular have had to dip into stocks of silage for cattle as the grass and pasturelands have been scorched during the summer. We cannot ever take things like the harvest for granted. During October we look forward also to a visit from the Leprosy Mission who will come to share about their important work through a visit from one of their staff and speaking team. On the first Sunday in November we gather for our annual Service of Thanksgiving and Remembrance in which we give thanks for and remember those who have died from our parish family throughout the year. This very important service prepares us for the season of remembrance observed in November. One of the vehicles we use during the autumn to sow and nurture seeds of faith in the lives of those who are curious, or who perhaps want to explore their faith in more depth, are

informal courses. We have used The Alpha Course on quite a number of occasions, Hope Explored and this October we will be using a course written and facilitated by the renowned church leader and writer Tim Keller called The Reason for God. Ryan will be sharing a little about the course in this edition of the magazine and it begins on Wednesday 14th October at 7.30pm in the Coffee Bar. We'd love you to come along or invite a friend. As mentioned in a recent invitation for our Community Fun Day in September, we have things for children and young people. We have things to keep you fit and active. We have things for creatives and things for those asking questions. We have things for those who like to sing, we have things for those who pray. We have things to nourish your soul. All of these things are up and running for our autumn programme and you will find details on the church website www.stfinnians.org. We would love you to come and be part of what's going on here.

With very best wishes.

Jonathan Pierce (Rector)

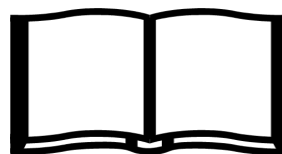
Telephone 02890 793822

From the Registers

Holy Baptism

6th September - Louis Porter

20th September - Romi Elliman



Confirmation

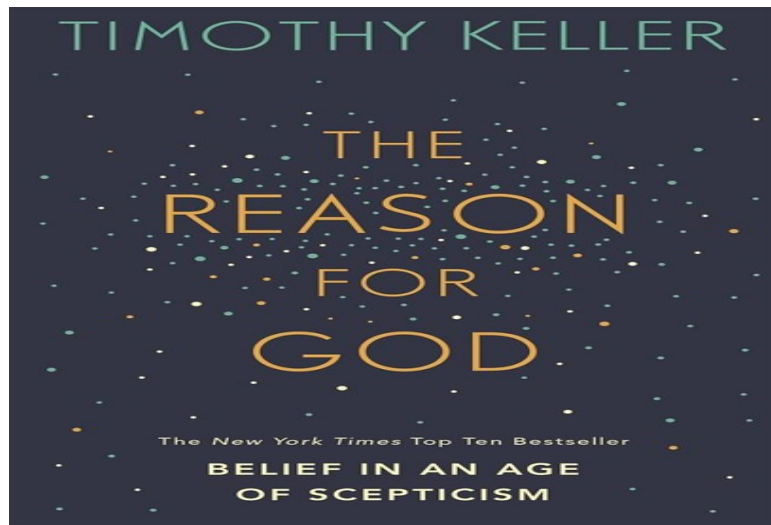
30th August (in Drumbo) - Liam Hawk



Service of Remembrance

On the first Sunday in November (on 1st November this year) at 7pm we are holding our annual Service of Thanksgiving and Remembrance for those who have died in the past year. It is always a poignant service in which we give thanks to God for those people who have been part of our church's life. The Book of Remembrance is always updated at this time of year and should be returned to us in time for this special service. Family members and friends of those who have died are invited to submit photographs which will be displayed during the service.

If you would like a photograph of your loved one to be included, please email it to Peter Cooper at pswcooper@gmail.com before Sunday 4th October.



Join us for a six week study exploring some basic questions many people have about the Christian faith, the Bible, suffering and justice. Tim Keller's book, 'The Reason for God' explores these ideas and many more. He then invites folks from all walks of life to explore these questions together. The result is a helpful roundtable discussion where we get to eavesdrop on the conversation that allows us to have our own. This is a great opportunity to ask some questions yourself and to invite someone along to explore our hardest questions that will spark an honest, enriching and humbling dialogue.

Session 1: Isn't the Bible a myth?

Session 2: How can you say there is only one way to God?

Session 3: What gives you the right to tell me how to live my life?

Session 4: Why does God allow suffering?

Session 5: Why is the Church responsible for so much injustice?

Session 6: How can God be full of love and wrath at the same time?

We will gather in the Coffee Bar at 7:30pm for some refreshments and chat and then watch the sessions with Q&A to follow, finishing by 9pm.

Wednesday nights, starting 14th October.

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



The Wednesday morning communion service with prayers for the sick takes place on **Wednesday mornings at 10.30am.** Everyone is welcome to join us for the service and also for refreshments afterwards in the Sextons' Room.

ST. FINNIAN'S TODDLERS' GROUP

The St. Finnian's Toddlers' Group will be taking a break during the Halloween week and will not meet on Monday 26th October. We will meet as usual the following week on Monday 2nd November from 10.00am -12noon in the Huston Hall. All parents, grandparents, carers and childminders are very 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 31st October.** See you then!

Jim Haughey , Glebewarden

LADIES' FRIENDSHIP GROUP

Hello Ladies

The days may be getting chillier but a warm welcome awaits at our 2.00pm Wednesday afternoon meetings.

On the 14th we will be joined by Terry Bustard. He will describe the vital work of the Royal British Legion. This organisation, formed in 1921, is the British Armed Forces largest charity. It brings society together to recognise, remember and support the Armed Forces community.

Engage With Age is providing our entertainment on Wednesday 28th. We will be engaging with Sharon, a storyteller, and Jeff, a musician. It promises to be a very enjoyable afternoon.

As usual we look forward to seeing you and chatting over a cup of tea at the end of each afternoon.

Julie 07814928398

FLOWER DONATION ROTA

OCTOBER

4th Mrs C McGladery
11th Boys' Brigade
18th Mrs A Thompson
25th Mrs M Rankin



SOUP LUNCH - SUNDAY 11TH OCTOBER



It is planned to hold a Soup Lunch on Sunday 11th 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.

BB/ANCHOR BOYS

The BB and Anchor Boys will be taking a mid-term break on 26th October and 27th October. Meetings will resume the following week on 2nd and 3rd November.

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 or contact the Rector.

CREGAGH CRAFTERS

Come along on a Tuesday morning from 10.30 am. There is always a warm welcome, tea/coffee and plenty of chat.

This term we plan to knit and crochet hats and scarves for the homeless.

Janet Johnston
07711885203





Many congratulations to our much-loved parishioners Louie and Robin Heatley on their 70th (Platinum) wedding anniversary which they celebrated on 8th September. Well done on a great achievement! The photos below show the bride and groom on their wedding day and at their recent celebration with family and friends.



COMMUNITY FUN DAY - SATURDAY 12TH SEPTEMBER

Our Community Fun day was a great success with lots of fun being had by all. Thank you to everyone who volunteered on the day and behind the scenes leading up to the event.

Your commitment is much appreciated.

A special thank you to the following local businesses who kindly donated kids' drinks, sweets, tea, coffee, baps, burgers/ sausages and many other sundry items.

We really appreciate your generosity.

Armstrong Meats - Lisnabreeny

Allied Bakeries - Orby Link, Belfast

Thompson's Tea - Carnforth Street, Belfast

Tesco - Castlereagh Road & Newtownbreda

Co-op - Cregagh Road & Knockbreda

Iceland - Cregagh Road

Marks & Spencer - Forestside

Sainsbury's - Forestside

Lynas Food Outlet - Montgomery Road





Hello everyone

I always think of October as a lovely month of golden autumn days and mellow sunshine. As church city folk we remember with gratitude the blessings of harvest. Halloween is a bit more problematic with its pagan roots, although churches like our neighbours St. Andrews Rosetta have their Light The Night Outdoor event in the church grounds with a BBQ and reach out to the local community. A long time ago I read a book titled Ahead of the Class by Marie Stubbs. She was appointed Head Teacher of St. George's RC Secondary School in Maida Vale, London. The school was in a bad way and faced special measures and the threat of closure. There were lots of problems, depressed and demoralised teachers, poor behaviour and discipline, low academic performance along with a drab building. Although she experienced opposition, she brought in changes that turned around the ethos and exam results along with good pastoral care. One of the things she valued was the spiritual life of the school. With her staff task force team they used the church's year from a reflective Lent to rebirth at Easter and the other festivals such as Harvest and Christmas to provide a strong framework for the spiritual life of the school. In our Anglican way we can benefit from this seasonal rhythm. A verse from the hymn, Great is Thy Faithfulness, captures this idea:

Summer and winter and springtime and harvest

Sun, moon and stars in their courses above

Join with all nature in manifold witness

To thy great faithfulness, mercy and love

Another more modern worship song, A Thousand Hallelujahs puts it in a striking way:

Who else would rocks cry out to worship?

Whose glory taught the stars to shine?

Perhaps creation longs to have the words to sing

But this joy is mine

We are looking forward meeting up this new season as our Mothers' Union starts on Thursday 1st October 2026 at 7:30pm in the Huston Hall with a light-hearted General Knowledge Quiz and Supper.

Any women of the parish or friends are welcome too.

Forward notice for Thursday 5th November at 7:30pm - Our Diocesan President, Lynda Thompson, will be speaking. Also, there will be long-term membership certificates presented to some of our members.

Saturday 21st November - 7.00pm - Glenmachan Church of God - an evening of music. Tickets £15 from Angela.

Please see the MU Midday Prayers and the Wave of Prayer for October.

Angela Harvey Branch Secretary Mob 07596 075081

Heather Leckey Branch Leader Mob 07948 829799

Mothers' Union Midday Prayers - October 2026

Theme: [Caring is sharing - sharing is caring](#)

**Reflection for caring is sharing – sharing is caring
(from the Prayer Diary 2026)**

At the very beginning of His ministry, Jesus declared that one of the tasks God had sent Him to do was, 'to proclaim liberty to the captives, to let the oppressed go free' (Luke 4.18). He announced that He had been anointed to fulfil Isaiah's prophecy, which He quoted in the synagogue at the beginning of His ministry (Isaiah 61.1). Throughout His life, He continued to reveal in word and action God's love and compassion, God's desire for freedom and justice for all who are oppressed or held captive, whether in physical or spiritual bondage. Jesus' call is also one for us all, especially those of us in Mothers' Union, to pray and to work for the liberation of others.

[Monday: A prayer for a united world. Read Matthew 12: 46-50.](#)

Jesus our Saviour, our brother, our friend. In the middle of this day help us to see that by recognising how you included all who followed your way into a caring sharing fellowship of love and forgiveness will enable your world to be united held in the palm of your hand. We pray in your precious name. Amen.

[Tuesday: A prayer for the wise and elderly. Read Psalm 145:4-5](#)

Lord Jesus Christ, we praise you and thank you for loving grandparents and all older people who act as grandparents to those young people who have none of their own to love and care for them. Help us, particularly as MU members who have cared for others for 150 years, to love and cherish them and surround them with you tender loving care. We thank you that they have time for younger people, listen to them and tell them stories of you and their lives. Bless them and keep them safe. When they are unwell comfort them and give them your peace. In your blessed name. Ame.

[Wednesday: A prayer for our prisoners and MU volunteers.](#)

[Read Matthew 25:36-37; 39-41](#)

Father God, at the beginning of Prisons' Week we ask you to bless the work of the MU as they carry out the caring task of walking alongside prisoners and their families. Speak your peace into these relationships granting that they learn forgiveness one from the other. We thank you for those who work within the prisons as Chaplains, Prison Officers and those who lead activities to assist with the prisoner's rehabilitation. Amen.

Thursday: A prayer for modern slavery and call for action.

Read Luke 4:18-1.

God of freedom, we believe your most powerful energy is all that creation might know about life. We pray for our sisters and brothers who are exploited sexually or forced to work because of human violence and greed. Just as you helped Moses and Aaron as they spoke boldly to Pharaoh on behalf of the Hebrew slaves in Egypt, help us as MU members to continue and expand the campaign work we do to expose those who exploit others. We think too of people who experience domestic violence and pray that we may make the best use possible of our 'Behind Closed Doors' and RISE UP campaigns. Amen.

Friday: A prayer for those who are struggling. Read John 15:12-13.

Loving Lord, we pray for our neighbours and community asking that they may experience your peace and fulness of life. We pray for unity that we may be a beacon of light and love. We pray for all who are struggling, that they may know your presence. May our community be a place of fellowship, caring, hope and love, where everyone feels welcomed and valued. We pray in the name of our Lord and Saviour, Jesus Christ. Amen.

Saturday: A praise for nature Read Genesis 2:8-9.

Loving Father, you are the creator of all things, the earth and everything in it. Forgive us for the times we have neglected your creation and remind us to care for the world with the love and respect it deserves. As MU members encourage us to share with others the care we have for the world around us, as we make good use of the resources you have given us so that it will benefit future generations. In His loving name. Amen.

Final Blessing (monthly prayer from the Prayer Diary 2026)

Gracious God and Father, as we welcome a new day and a new month, we pray that You will put a song in our hearts and on our lips to celebrate the glorious freedom won for us by Jesus in His death and resurrection. Freedom from sin and guilt; freedom to be who we are meant to be in Christ. May our joyful response be to join our MU brothers and sisters across the world to 'proclaim liberty to the captives and let the oppressed go free'. We give thanks for all that MU has done in your name and pray with hope and confidence that it will continue to serve You and show Your love now and in the future. Amen.



Wave of Prayer

1-3 October: Nzara in South Sudan; North Kigezi in Uganda; Kivu in Rwanda; Damataru in Nigeria; Auckland in New Zealand and Vanuatu and New Caledonia in Vanuatu.

5-7 October: Mbhashe in South Africa; Kitgum in Uganda; Ukwa & Ilesa South West in Nigeria; Tasmania in Australia and Central Melanesia in Solomon Islands.

8-10 October: Ethiopia; Zanzibar in Tanzania; Awgu/Aninri in Nigeria; Freetown in Sierra Leone; Monmouth in Wales and Malaita in Solomon Islands.

12-14 October: Ezo in South Sudan; Thika in Kenya; Jos & Akoto in Nigeria; in Europe and Uniao de Mulheres Episcopais Anglicanas do Brasil (UMEAB) in Brazil.

15-17 October: Terekeka in South Sudan; Nairobi in Kenya; Maiduguri & Osun North in Nigeria; Edinburgh in Scotland and Calcutta in India.

18-21 October: High Veld in South Africa; Nambale in Kenya; Niger-Delta in Nigeria; in Guinea; Blackburn in England and Bhopal in India.

22-24 October: Kimberley and Kuruman in South Africa; Kitui in Kenya; Kano & Kwara in Nigeria; Armidale in Australia and Myitkyina in Myanmar.

26-28 October: Malakal in South Sudan; All Saints Cathedral in Kenya; Kontagora & Osun North East in Nigeria; Glasgow & Galloway in Scotland and Pune in India.

29-31 October: Luapula in Zambia; Nakuru in Kenya; South Rwenzori in Uganda; Ibadan-North in Nigeria; Connor in All Ireland and Pusan in South Korea.

Services for October



Sunday 4th October (The 18th Sunday after Trinity)

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

Sunday 11th October (The 19th Sunday after Trinity)

9.00am Holy Communion
11.00am Holy Communion
7.00pm Compline

Sunday 18th October (The 20th Sunday after Trinity)

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

Sunday 25th October (The 5th Sunday before Advent)

9.00am Holy Communion
11.00am Harvest Thanksgiving
7.00pm Harvest Thanksgiving

YOUTH GROUP

Please note that Youth Group will only be meeting once this month, on 18th October.

CRECHE

Please feel free to leave your children over to the Huston Hall any time before or during the 11am service.

N.I. Air Ambulance Runway Run

I finally got to complete my 5 km runway run at Belfast City Airport on Wednesday 9th September. I would like to thank all those in St. Finnian's who so generously sponsored me and helped me raise £800 for the N.I. Air Ambulance charity.

It was an amazing experience, running in the dark with 450 others, clad in fluorescent yellow T-shirts and with only the runway lights to guide us around the course.

As no phones, cameras or personal belongings were allowed through security, I have no photos airside – only this one taken before the warm-up in the foyer!

Many thanks.

Patricia Stewart





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.

Thanks to Nell Erskine and her daughter, Sharon Spence for providing the twentieth article in this series sharing Nell's memories of her and her sister's double wedding in St. Finnian's.

ST. FINNIAN'S HISTORY

NELL ERSKINE

These are the memories of Nell Erskine, who has just celebrated her 96th birthday on 6th June 2026. Nell now resides in Towell House and is still going well and has a good sense of humour and an excellent memory.

Nell was recalling memories of her wedding in St. Finnian's on 8th March 1952 at 2.30pm. Hers was a double wedding – which was popular in those days - primarily because it saved money! On the day, Nell (Campbell) (age 21) married Hugh Erskine and Joan (Nell's younger sister) married William (Billy) Irwin. Both sisters bought their dresses, which were blue, not white, as white dresses were more expensive, in American Fashion, Royal Avenue, for 13 Guineas each and paid them off weekly. The photographer was McQueen of Dee Street and pictures were taken in the church grounds. Nell's father paid for the wedding car and he walked both girls down the aisle together. Canon Huston presided over the nuptials but he got a bit confused and almost married Nell to her sister's fiancé! There were no bridesmaids and the girls 'stood for' each other. They did have a little flower girl (a niece), who gave each couple a horseshoe for luck. There was no music or singing at the ceremony and it was just a small affair, attended by friends and family.



A small reception was thrown for the happy couples back at the family home in 5 Bapaume Avenue. Wedding food consisted of a variety of salad and there was no alcohol on offer. A taxi came at 5pm to take the couples to Victoria Street Train Station, where they boarded the train for Dublin. They honeymooned from Saturday until Tuesday, visiting Phoenix Park for a nice walk.

After the honeymoon, Nell and Hugh returned home to Connsbrook House, in Connsbrook Avenue, where they started their married life in a rented bedsit.

Sadly, Hugh, Joan and Billy are now all deceased and, also regrettable, is the fact that Nell's wedding album was destroyed along the way. However, we do have a few pictures to share – one of Nell and Hugh, one of the double wedding party and one of both couples, taken in Dublin on honeymoon.



Divine Healing Ministries at St. Finnian's, Cregagh

Divine Healing Ministries was founded in 1992 by Brother David Jardine and Sister Margaret McStay. United by a desire to see lives touched by the healing love of Jesus Christ, they established a ministry devoted to prayer, compassion and the healing of both individuals and our land.

Through prayer, the laying on of hands and anointing with oil, they sought to bring those in need into the comforting and healing embrace of Jesus Christ. Their vision was simple yet profound, that people experiencing physical, emotional, spiritual and mental struggles would find hope, strength and healing through the love of Christ. More than three decades later, that same vision continues. Divine Healing Ministries remains an interdenominational ministry bringing together Christians from many traditions and backgrounds united in prayer and in a shared desire to bring hope, healing and freedom in Jesus' name.

DHM remains deeply grateful for the faithfulness, humility and dedication of those who laid these foundations and seeks to carry that legacy forward with the same spirit of compassion, unity and love. Early in DHM's existence, and following a suggestion from the Rt Revd Gordon McMullan, Bishop of Down and Dromore, a weekly healing service was established at St. Finnian's by Bro. David. This proposal was warmly welcomed by Canon Noel Battye, then Rector in the Parish. Up until the onset of the Covid lockdown and its restrictions on church gatherings, the Tuesday evening services continued to enjoy the whole-hearted welcome of the current Rector, Revd Canon Jonathan Pierce. The support of successive Sextons always ensured a warm, welcoming and comfortable church building for those attending. We remember with thanks, former Sextons Mr & Mrs Nelson & Nora Quinn and Mr & Mrs Billy & Kay Johnston.

We also extend our thanks to Mrs Barbara Carlisle who, in recent years, has performed the role of Sexton. We also remember with thanks, Mr Sam Lown and Mr Johnston Gray for their sympathetic playing of the St. Finnian's organ, they always selected church music most conducive to the contemplative atmosphere of the healing service.

The prayerful and faith-filled atmosphere at St. Finnian's has contributed greatly to making it a place where many people speak of experiencing the presence of God in a tangible way. For many, St. Finnian's has become a "thin place" - a place where heaven seems especially near and where people encounter Jesus. Some feel that the Spirit filled ambience of the Tuesday evening service carries over into the atmosphere of the weekly Wednesday morning service of Holy Communion during which the Lord is invited to bring his healing touch to those who have requested prayer.

At services, Bro David's talks mostly focused on Jesus' teaching about the coming of the Kingdom of God and His actions in healing the sick and casting out demons. His talks were always enlightening, mostly illustrated by examples from his own life serving as an Anglican priest in the Society of St. Francis. Often his talks were relevant to the lives of the individuals at the service and especially those coming for prayer for themselves or others. DHM team members often spoke powerfully on Jesus' healing ministry and its impact on their own lives. Of particular note were Mrs Valerie Murray and Mrs Pat Hutchinson, both long serving members of the Ministry. Guest speakers at St. Finnian's during the time of Bro David's leadership have included David Clements, a Methodist Minister whose father was murdered in 1985 at the RUC station in Ballygawley, Revd Mairisine Stanfield who has led a transformative broad-based healing ministry at First Bangor Presbyterian Church and Mr Brian Hilton who along with his late wife and family have had a long association with St. Finnian's.

More recent years have been marked by several important transitions in DHM. Most notably, Bro David stepping down from leadership and Fergus McMorrow taking on the role of Director. As DHM seeks to build upon the strong foundations laid by Bro David and many others - praying for healing, praying for the land and praying in unity - St. Finnian's continues to hold a very special place in the life of DHM. Following the lifting of the pandemic restrictions, healing services at St. Finnian's resumed on the last Tuesday of each month. Allan Bruce and others have led the worship in a more contemporary but no less sympathetic style while a faithful prayer ministry team continues to come alongside those seeking prayer, encouragement and the love of Jesus. As well as those who come from Greater Belfast and the surrounding towns, individuals and families have travelled to the healing services from Limavady, Magherafelt, Ballymena, Lurgan and farther afield.

Video recordings, using St. Finnian's audio-visual system, have enabled people throughout Ireland and in other nations to view the services in their own time receiving encouragement primarily from the Spirit filled talks of the guest speakers. Speakers have included Dr Stephen Rodgers, a retired GP who had worked in a part of Belfast where the community suffered much during the Troubles, David "Packie" Hamilton, a former loyalist prisoner who came to faith whilst serving a lengthy prison sentence and the Revd Dr Pat Mollan, Director of The Church's Ministry of Healing – The Mount, a niece of the founding Rector of St. Finnian's, Canon CWA Huston, MA.

DHM often receives encouraging testimonies from people who believe they have experienced healing after attending the healing services at St. Finnian's. Recently they have included a testimony by 'W' from the North West who shared how his doctors were amazed when subsequent tests showed that all signs of his cancer had disappeared.

Also 'S' from Co Antrim, reported: "The lump in my breast can no longer be seen in the scans and there is nothing in the lymph nodes. This is the Holy Spirit and the Lord. I am so thankful for all the prayers and support." Testimonies such as these remind us that Jesus Christ still heals today. He is the same yesterday, today and forever.

As DHM continues to journey with St. Finnian's, the Ministry is deeply grateful to Canon Jono and the entire Parish community for continuing to welcome the DHM family to gather in prayer each month. By gathering in the blessing of unity described in Psalm 133, DHM continues to pray for the Parish community of St. Finnian's, praying that the Lord Jesus will meet individuals and families at their point of need and that this shared ministry will continue to bring healing, hope and blessing to many.

Norman Sleator

DIVINE HEALING MINISTRIES' SERVICE

The Divine Healing Ministries' service will be meeting on Tuesday 27th October at 7.30pm. The Guest Speaker will be Revd. Dr Pat Mollan from The Church's Ministry of Healing.

Norman Sleator

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

St. Finnian's Pilates



Hello everyone

Now that we're into Autumn it seems as if everything has started to take off - holidays over, schools are back and all the normal activities are up and running as if they never stopped. It can seem a bit overwhelming to be honest and we need those things that can provide a bit of health and well-being without costing the earth or leaving you exhausted. This is where our Wednesday Pilates sessions come into the equation and I'll pose and answer the question - Why do Pilates?

Pilates has been around for over a century but it is only in the last decade or so that peer reviewed research has finally caught up and what the studies show may come as a surprise, although not to me, as it turns out that the evidence shows that it not just a flexibility exercise but the benefits now include pain reduction, balance, mental health and preventing falls. An umbrella review in the Journal of Science & Medicine in Sport found strong evidence linking Pilates to a wide range of conditions - from musculoskeletal and circulatory diseases to mental health and sleep disorders. These findings were based on an examination of 27 systematic reviews and this goes to show how seriously the research community now takes Pilates as a therapeutic intervention. A further review found that Pilates was more effective in reducing lower back pain compared to no exercise or other exercise programmes. In addition it was found to reduce pain and disability with regard to functional problems associated with shoulders, knees and ankles. Meanwhile other studies have found that it has a positive effect on balance, strength, flexibility and functional capacity in older adults and in particular a large effect on reducing the risk of falling. The good news continues as most of the research was conducted using mat based Pilates, without the need for expensive reformer or other studio equipment, meaning that the well documented benefits are accessible to anyone with enough floor space. So the real question is ..why not just do Pilates on a regular basis? Unfortunately, as I know from my own experience, it can be very hard to motivate yourself to do exercises by yourself - even if you know what the benefits are - and this is where regular classes come into the story since it's always that bit easier to be part of a group all working out together and being told what to do and when to do it and you get the benefit of social contact and a bit of craic, particularly when the nights draw in that bit more. So there we are, the question now is not so much why? as why not? I'll leave that thought with you as a I sign off as usual by encouraging everyone to 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

SAMARITAN'S PURSE

2026 SHOE BOX APPEAL

Hello everybody

Just a gentle reminder that our Samaritan Shoe Box Appeal boxes are due in by 24th October.

Items to include in your box might be, (bearing in mind the age group that you have selected): -

- **Fun toys:** Cuddly teddy bears, dolls, toy trucks, small balls with pumps, skipping ropes or musical instruments.
- **School supplies:** Pens, pencils and sharpeners, crayons, felt-tip pens, notebooks and erasers.
- **Personal care items:** Toothbrushes, hairbrushes, combs, washcloths, sponges, pyjamas, t-shirts (Note: do not include liquid soap or toothpaste).
- **Other essentials & accessories:** Non-liquid lip balm, stick deodorant, nail clippers, compact mirrors, socks, hats and scarves.
- **Personal touch:** A handwritten note and a photograph of yourself or your family.

Please do not include: sweets, chocolate, chewing gum or any food items.

If you can place a £5 donation in each box in order to help cover shipping, project materials and processing costs, we would be most grateful.

It would also be helpful if you could put an elastic band around your completed box instead of Sellotape. This stops items from falling out and also allows us to insert the £5 donations.

Lastly, if anyone needs help putting their box together, please do not hesitate to contact us.

We thank you most sincerely for your kindness to these children. God bless.

Mark & Charmaine
(Mobile: 07870567449)

Church Giving

The Free Will Offering (FWO) envelopes for 2027 will be available for collection at the back of the church from early November.

Like other churches, St. Finnian's depends on the generosity of parishioners for all our general income. Without this, we could not continue as a local place of worship, witness, support and fellowship. The Select Vestry would like to thank all who support the work of the Parish by their regular giving by envelope or Standing Order. Your donations are greatly appreciated.

Parish Credit/Debit Card Donation Facility

The Select Vestry recently decided to invest in a Parish Credit/Debit Card reader facility. This has now been placed at the back of the church and we trust that it will enable visitors and others who may not carry cash to easily donate to the Parish if they wish. Simple instructions for using the card reader machine have been placed above the reader and we trust that you will find this easy to understand and use.

Please feel free to contact the Parish Treasurer if you have any questions or need additional information on supporting God's work in St. Finnian's.

Brian Lavery

Hon. Treasurer

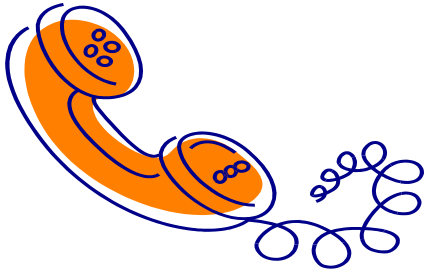
Email: stfinnianstreasurer@btinternet.com

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 **November** magazine to **office.cregagh@down.anglican.org** or telephone the Parish Office 028 90792793 by NOON on **Tuesday 6th October.**

Don't forget to check out the church website:

www.stfinnians.org



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