

ST Finnian's

NOVEMBER 2026



*The importance & complexity
of remembering.*

Dear Friends

We have been reminded in recent weeks and months about how delicate and painful the business of remembering is in our context in Northern Ireland. The determination to allow an Orange Order march down the mainly nationalist Garvaghy Road after 28 years, followed by a large-scale protest and the subsequent decision to reverse this determination by the Secretary of State, has caused widespread anger and hurt within both communities. There's a lot of history there and while great work has been done in local communities to facilitate most marches to pass off peacefully, the scars that are there from previous times are not far below the surface. While a legal determination was passed, there are memories of 21 deaths that took place that were linked to the violence around this particular march during the period 1996-1999. These memories and the involvement of large numbers in the protests, meant the police were in an impossible position, knowing that to forcefully remove protestors would have led to widespread violence. Others were seen as

orchestrating these protests and abusing their office to place themselves above the law to achieve an outcome that was not the determination of the courts. In one of my weekly blogs, I tried to offer some thoughts on a very challenging situation. See Church Without Walls from 22nd September on www.stfinnians.org

Remembering is complicated and painful and yet it is an important part of our human experience. Sometimes we remember with joy, beautiful occasions and times shared with the special people in our lives. Other times our memories are filled with sadness as we recall seasons of illness or loss or relationships that have broken down. Although it is full of complexity we believe it is an important thing to try to do together as a community. This month in church we will gather for some special occasions to do this. On 1st November we will gather at 7pm for a service of Thanksgiving and Remembrance for those from our parish family who have died in the past year. There will be a photographic tribute and an opportunity to name these

people with thanksgiving before God. For some it may be the first time they have returned to the church since the funeral service and that can be very poignant. On 8th November at 11am we have an Act of Remembrance at our main morning service when we recall those who gave their lives for freedom during the course of 2 World Wars and in conflicts since, including The Troubles in our own province. We recognise that while people take sides in conflict, the pain of loss is universal, and we ought never to forget the human cost of conflict and pray unstintingly for peace in our land and throughout the world. At the end of November, we will enter the season of Advent, a season of waiting and hope and expectation as we prepare to welcome the birth of our Saviour Jesus Christ. We will have special midweek services on Thursdays during December as a focal point to help us wait with reverence and attentiveness to this special event. As we focus on remembering well each year, this season, although it is difficult, offers us special opportunities. We hope that you

will come and join us, not to sweep the difficulties under the carpet but to honour the people and situations we think about and to renew our commitment to building a better, hopeful future.

With very best wishes.

Jonathan Pierce (Rector)
Telephone 02890 793822

PRAYER MEETINGS BY ZOOM

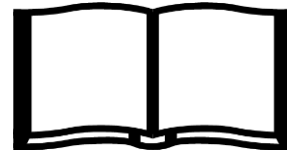
Our parish prayer meetings by Zoom take place at 7pm on Thursday evenings. If you would like to join us, send an email to zoomtostfinnian@btconnect.com or contact the Rector.

THE REASON FOR GOD

We continue to meet throughout November to discuss Tim Keller's book and explore his ideas and many more. We gather in the coffee bar on Wednesday evenings at 7.30pm and finish by 9pm. All welcome.

From the Registers

Christian Burial



6th October – Heather Lavery
15th October – Joan Crossett
16th October – Agnes Thompson
20th October – Christina (Chris) Caddoo

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 for tea/coffee, scones and friendship afterwards in the Sextons' Room.

DIVINE HEALING MINISTRIES' SERVICE

The Divine Healing Ministries' Service will be held on Tuesday 24th November at 7.30pm. The theme will be "Sharing of testimonies and breakthrough."

Norman Sleator

YOUTH GROUP

Youth Group meets at 11am in the Coffee Bar on the 3rd and 4th Sundays of the month (15th and 22nd November). Come along for some fun and chat. Feel free to bring a friend.

CREGAGH CRAFTERS

Come along on a Tuesday morning at 10.30am. and join in the fun. A warm welcome awaits with tea/coffee and plenty of chat. This month we are continuing to knit and crochet hats and scarves for homeless people.

Janet Johnston (07711885203)



Hello everyone

Thank you very much to all the adults and children who came to our first Messy Church session on 25th September. It was extremely successful and everyone seemed to enjoy themselves.

Many lovely Autumn wreaths were finished, as well as cute hedgehogs made of fir cones and masks decorated with feathers and fiery leaves. Jono taught the children and adults some new words for "thank you" using various foreign languages.

As the numbers were large, we were very glad that most of the adults threw themselves into the activities and helped as much as they could, as our team of regular helpers is quite small. As Charmaine wrote in last month's magazine, we would love to have another 3 or 4 people who wouldn't mind helping younger children with scissors and glue etc.

Please come on Friday 27th November and join in our Christmas craft session. Times are 3:30pm - 3:45 pm for the story/talk led by Jono/Ryan, 3:45pm - 4:30pm craft session, 4:30 pm games and clearing up, then 4:45 pm goujons and chips. We finish at 5 pm so please speak to one of our team if you would like to help us at our November session.

Charmaine & Mark, May & Brian, Felicity & Karen (catering), Alison & Sarah, Jono & Ryan.

Best wishes.

Alison

FLOWER DONATION ROTA

NOVEMBER

1st Mrs D Callan
8th Mrs E Walker
15th Mrs P Hamilton
22nd Mrs J Buchanan/Mrs M Gallagher
29th Mrs R Rogers



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

SOUP LUNCH

Thank you to all who supported the soup lunch on Sunday 11th October, it was another great success. I would also like to thank all those who supplied soup, desserts, bread, butter and those who helped in the kitchen as well as those who served the food, thank you.

We have raised in the region of £700 so far which will be split between the Mothers' Union and church funds for the Nepal appeal. **Heather Leckey**

Hello everyone

We started our monthly meetings for the autumn season on Thursday 1st October with a light-hearted quiz compered by Heather. It was good fun and there was a lot of hilarity over many wrong answers! All I can say is our table was robbed! (Only joking). At this evening, we made a formal presentation gift to our former Branch Leader Liz Walker to thank her for her faithful service over the last four years and of course, Liz will continue her MU work in the Diocese.

Recently I was over at Boucher Retail Park with a friend who was looking at sofas. We had gone to quite a few retailers and felt hungry. So, we took the easy option and went to

McDonalds. In the car park I noticed a rubbish bin that was packed to nearly overflowing with litter. The wording said "Thank you" and "Love where you live" with a logo of a stickman beside a bin. It didn't look very attractive but at least the litter was not strewn on the ground. Have you ever come home from somewhere like sunny Spain to Belfast

International Airport and there are grey skies, it's wet and cold and you're tempted to feel less than enthusiastic about your home place? Of course, those feelings pass and you can see the good things around you. Even walking from say Cregagh Road down Cregagh Park to the church on a lovely autumn evening with the moon so low in the sky just over the hills as if you could easily reach out and touch it. C. S Lewis, a native of East Belfast, remembered as a boy seeing the Castlereagh Hills and credited them as part of his inspiration for the Narnia landscape. As Mothers' Union Branches, we are called to "love where you live." As MU we have the structure of worldwide, zonal, national, provincial, Diocesan and Branch levels. The local Branch level is the bedrock of the rest of the organisation. Living locally, interacting in our church family of St. Finnian's and being available to reach out into our parish, we are well placed to support others just where we are.

At the MU 150th Anniversary Service in Christchurch Dublin on the 9th August which some of us had the privilege of attending, there were African members who attended, dressed in their bright blue and white uniforms. I spoke to one young woman. They were glad to be at the service and would return home to their locality with its own blessings and challenges. So, it is with that in mind we are looking forward to welcoming our Diocesan President Mrs Lynda Thompson who will be our speaker at the November meeting. I'm sure her thoughts will inspire us in our unique context, and it is fitting that at this meeting some of our members will be presented with long service membership certificates which recognise their quiet dedication and commitment over many years

Can I draw your attention to a Concert to celebrate the 150th Anniversary of Mothers' Union on 21st November at 7pm organised by Lynda Thompson at Glenmachan Church of God. It should be a great night. All parishioners and friends are welcome. For tickets contact Angela.

Angela Harvey

Mobile 07596075081

Dates for your diary: -

MU Branch Meeting Thursday 5th November 7:30pm - see details above including a special supper.

Launch of Diocesan 16 Days of Activism against gender-based violence in St. Marks Newtownards Saturday 28th November 10:00am Lifts to be arranged. Contact Angela or Heather.

Diocesan Carol Service Monday 30th November 7:30pm at St. Columbanus Parish Ballyholme (Rector Rev Canon Simon Doogan) Lifts or bus tbc. Contact Angela or Heather.

MU Branch Meeting Thursday 3rd December Advent Service in Church 7:30pm followed by Advent Supper in the Hall with carols led by the Choir afterwards.

Mothers' Union Midday Wave of Prayer November 2026

2-4 November: Lebombo in Mozambique; Makueni in Kenya; Newala in Tanzania; Niger- Delta North in Nigeria; Riverina in Australia and North East India in India

5-7 November: Antananarivo in Madagascar; Taita Taveta in Kenya; Ikara & Ife in Nigeria & Argyll & The Isles in Scotland

9-11 November: Kadugli & Nuba Mountains, Sudan; Kinkiizi in Uganda; Amichi & Igbomina West in Nigeria and Ottawa in Canada

12-14 November: Ukhahlamba in South Africa; Maseno West in Kenya; Oji River in Nigeria; Dunkwa-on-Offin in Ghana; Guildford in England and Coimbatore in India

16-18 November: Iraq; Katakwa in Kenya; Kafanchan & Asaba in Nigeria; Lincoln in England and Trinidad & Tobago

19-21 November: Musinga in Burundi; Lake Rukwa in Tanzania; Okrika in Nigeria; St Asaph in Wales; Bendigo in Australia and Gujarat in India

23-25 November: Southern Malawi, Malawi; N Uganda, Uganda; Lafia & Ilaje, Nigeria & Thoothukudi-Nazareth, India

26-28 November: Zululand in South Africa; Lodwar, Kenya; Isiala Ngwa South, Nigeria; Accra, Ghana; Bangor, Wales & Colombo, Sri Lanka

30 November: Mpumalanga, South Africa; Central Buganda, Uganda; Zonkwa, Nigeria; Bo, Sierra Leone; Newcastle, England & Barrackpore, India

Services for November



Sunday 1st November (All Saints' Day)

- 9.00am Holy Communion
- 11.00am Connect Service (Huston Hall)
- 7.00pm A Service of Thanksgiving & Remembrance

Sunday 8th November (The 3rd Sunday before Advent)

- 9.00am Holy Communion
- 11.00am Holy Communion (with Act of Remembrance)
- 7.00pm Compline

Sunday 15th November (The 2nd Sunday before Advent)

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

Sunday 22nd November (The Kingship of Christ)

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

Sunday 29th November (Advent Sunday)

- 9.00am Holy Communion
- 11.00am A Service of Wholeness & Healing
- 7.00pm Advent Carol Service

CRECHE

During the 11am service there is a creche available for younger children who are not yet old enough for Sunday School. Feel free to bring your children to the Huston Hall before or during the service.

LADIES' FRIENDSHIP GROUP

Hello Ladies,

BOTH OUR AFTERNOONS THIS MONTH ARE OPEN TO EVERYONE

On Wednesday 11th at 2.00pm we are pleased to welcome Rev Chris Bennett. His talk is entitled "The Forgotten Sister". He was heavily involved in the founding of the Dock Cafe and has an extensive knowledge of the area and history of RMS Titanic and her sister ships. As it is Remembrance Day, it is particularly appropriate that he is focusing on their role in WWI. On Wednesday 25th we continue our theme of remembrance when we welcome Tom Saunders whose talk is entitled "The Poppy and the Unknown Warrior". We hope to see you all for two interesting and poignant talks. As usual each will be followed by coffee with time to chat and reflect on the past.

Julie (Mobile no: 07814928398)

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. ***We would particularly welcome assistance with some of the internal cleaning of the church and halls.***

The next date is **Saturday 28th November.** See you then!

Jim Haughey, Glebewarden



ST. FINNIAN'S HISTORY PROJECT 1932-2032

Many thanks to everyone who has already submitted 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 please do have a think about anything that might be relevant. Any contributions can be submitted on a Word Document for ease of editing. Please contact Linda in the church office.

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 contact Linda with your name and details.

This month our article is focusing on Remembrance and the rich history within our parish and church where the 1st and 2nd World wars are concerned. Read on to discover the history of "The Colony" and the 1st World War soldiers who lived there with their families. Many of these soldiers were original members of our church and indeed, many of their descendants still worship here.

Many thanks to Nigel Henderson of History Hub Ulster who provided the history of The Colony and other information for this article. Nigel provides talks and tours on a range of topics including war fatalities and stained-glass windows. Thanks also to Peter Cooper for working his magic with the old photographs. Many thanks also to Audrey Baker, Nell Erskine, Sharon Spence, Philip Crawford and Brian Hay for all the information and photos they provided. Hopefully this article will go some way to honouring our former parishioners who fought in the 1st and 2nd World Wars.

THE COLONY

In November 1918 Lloyd George gave a speech in which he said that the battle was now to build a land fit for heroes. In 1919, the Houses of Parliament passed the Irish Land (Provision for Sailors and Soldiers) Act which provided funding for the building of houses for veterans of the Great War. Between 1921 and 1939, 1252 houses were built in Northern Ireland, with 563 houses being built in Greater Belfast, of which 290 were built in East Belfast.

In April 1922, Castlereagh Rural District Council rejected a proposal for the erection 34 houses for ex-servicemen for a variety of reasons such as inefficient drainage, narrow street widths and plots that were too large.

A revised proposal was submitted to construct 146 houses and the proposal was accepted by the Council in October 1923. The houses were built on a seventeen-acre parcel of land off the Cregagh Road which had been purchased from the Marquis of Downshire for approximately £2,084, which is about £114,000 in current terms. The houses were designed by Roland Ingleby Smith (1882–1942), an English architect who served as the Chief Architect and Deputy Director of Works for the Northern Ireland Ministry of Finance following the partition of Ireland in 1922. He also designed Stranmillis College, the Belfast Employment Exchange on Corporation Street, the principal's residence at Greenmount Agricultural College and Viscount Craigavon's Tomb in the Stormont Estate. The houses were completed by the end of 1925. On average, each house occupied a 0.12-acre plot, and the initial rent was ten shillings per week (approximately £27.50 per week in current terms). The rent was below the market rent for the style of house and the size of plot and was required to cover the maintenance of the properties. The large rear gardens were provided so that the occupants could grow their own fruit and vegetables.

The streets in the colony were all named after battles of the Great War in which the Ulster Division participated – Thiepval Avenue, Picardy Avenue, Bapaume Avenue, Hamel Drive, Albert Drive and Somme Drive – which has given rise to the myth that the houses were built for veterans of Ulster Division.

The men to whom the houses were allocated were predominantly ex-soldiers, but some had served with the Royal Navy. There were ex-soldiers in The Colony who had served with the Ulster Division but there were also ex-soldiers who had served with one of the two Irish Divisions and others who had served with Divisions drawn from the regular army. Whilst the occupants were predominantly from the Protestant community, some were from the Roman Catholic community. The ISSLT (Irish Sailors & Soldiers Land Trust) had several styles of houses and all the houses in Cregagh Colony are Type W houses, being a mixture of semi-detached houses (66) and four-house terraces (80). The houses in the Cregagh Colony were of similar sizes and had the same facilities, although the sizes of the rooms varied between house types. On the ground floor there was a scullery kitchen, larder, coal storage, bathroom, water closet toilet and a spacious living room. The kitchens had a water boiler. On the upper floor there were three bedrooms. Each of the houses had three fireplaces, one in the living room and each of the larger bedrooms had a fireplace.

The veterans formed their own Orange Lodge – Cregagh Defenders LOL 1588 – and a branch of the British Legion. A Legion Hall was built on Bell's Lane, close to the houses but not in The Colony and a war memorial to commemorate all the fatalities from the Cregagh district was erected in The Colony and unveiled on 10th November 1929. A Remembrance Service is still held there annually on Remembrance Sunday. A general merchandise store was built in Hamel Drive and there were open spaces behind some of the houses, which became allotments. Somme Drive was the only street in The Colony to be recorded in the 1926 Belfast Street Directory and there was only one occupant listed – William Harvey, a tram inspector, at Number 18. William had served in the Ulster Division with the Army Service Corps from 8th December 1914 to 17th February 1919. He was living at Somme Drive when he died on 15th November 1969, aged 81 and is buried in Knockbreda Cemetery.

Between 1926 and 1930, 46 of the original occupants had left The Colony and several different occupants were recorded for some houses. The occupants moved on for a number of reasons – employment opportunities, emigration to Great

Britain or overseas, policemen being transferred to a different station, etc. – but some were evicted for the non-payment of rent. On the other side of the coin, 39 of the original families were still living in The Colony in the mid-1960s. Some veterans moved between houses within The Colony. For example, Angus MacGougan, who had served with the Royal Navy, moved from 14 Hamel Drive to 20 Hamel Drive, where he remained until 3rd April 1966, aged 82.



Housing Scheme. Cregagh Belfast

L. Ingleby Smith Architect.

Source: PRONI Ref - FIN/14/3/1/1

Source: ISSLT First Annual Report (1925/1926)



SCHEME 149. CASTLEREAGH, BELFAST. SCHEME 93. LARNE. NORTHERN IRELAND.
Type W.I. Living room, scullery, 3 bedrooms, bathroom. *Sup. area*, 756 ft.

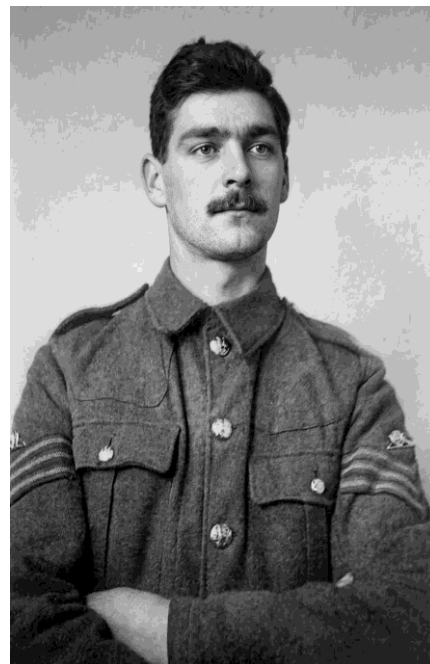
THE COLONY & ST. FINNIAN'S PARISHIONERS

Sergeant Harry Baker – **11 Thiepval Avenue**

**(written by his granddaughter,
current parishioner, Audrey Baker.)**

My grandfather, Herbert, Henry, William Baker (known as Harry) was discharged from the army at his own request and on payment of £35 in August 1920. My grandparents then moved back to Northern Ireland and lived with my grandmothers' parents in Craigavad.

They were then allocated a house in East Belfast in Thiepval Avenue in The Colony. For obvious reasons, it was a closely knit community as everyone had been through so much. They had four children: Sydney (my father), Edna, Meryl and Mervyn. I often wonder how they managed to bring up the children after what my grandfather had been through. Quite a number of the men joined the Cregagh Defenders Orange Lodge as did my grandfather. They always wore bowler hats and were very neat and tidy. I had lovely Christmas and Boxing Days in that house. My grandmother was a great cook and baker. She never measured anything and her Christmas pudding was delicious and my father and I continued to follow her recipe. I also remember helping my grandfather to make up the poppies with foil and a sprig of greenery. Such lovely times I had in that house. My grandfather joined the army when he was 15 years of age before the war began. His father, grandfathers and brothers were all in the army, so it was a natural progression for him. My grandmother's four brothers were also in the 1st World War. He joined the Royal Regiment of Artillery RGA 203 Siege Battery in 1910. He was promoted to Lance Corporal in 1915. He was then promoted to Sergeant in 1916. Then to BQMS in 1918 and finally BSM when under the command of LT. Colonel, WE



Wailes of 86th Brigade RGA. He served in France although I do not know where exactly. I know he was also at Grey Point Fort in Helen's Bay for a short time. Siege batteries operated heavy artillery. They were involved in various engagements, providing crucial fire support in trench warfare conditions. When he left the army, he was employed as an engineer in Telephone House. In May 1940, he sent a memorandum to his line manager asking if he could join the Anti-Parachute Corp on condition that it would not interfere with his normal duties. This request was turned down but he was included in the detachment for Telephone House. I have his Home Guard certificate signed by King George. He was a founder member of the British Legion Wandsworth Branch joining in June 1931. He remained a member until his death in 1993.



Harry Baker – front row, 3rd from left

Rifleman Clifford Campbell – 5 Bapaume Avenue

(written by his daughter, current parishioner, Nell Erskine.)

My mother and father, Clifford Campbell and Annie McFall were married in Willowfield Church of Ireland in 1915.

Clifford had previously served in the Royal Irish Rifles in the First World War. He lost his left arm during the war after which he was medically discharged in 1917. This picture is of



Clifford and Annie in or around the time of their marriage.

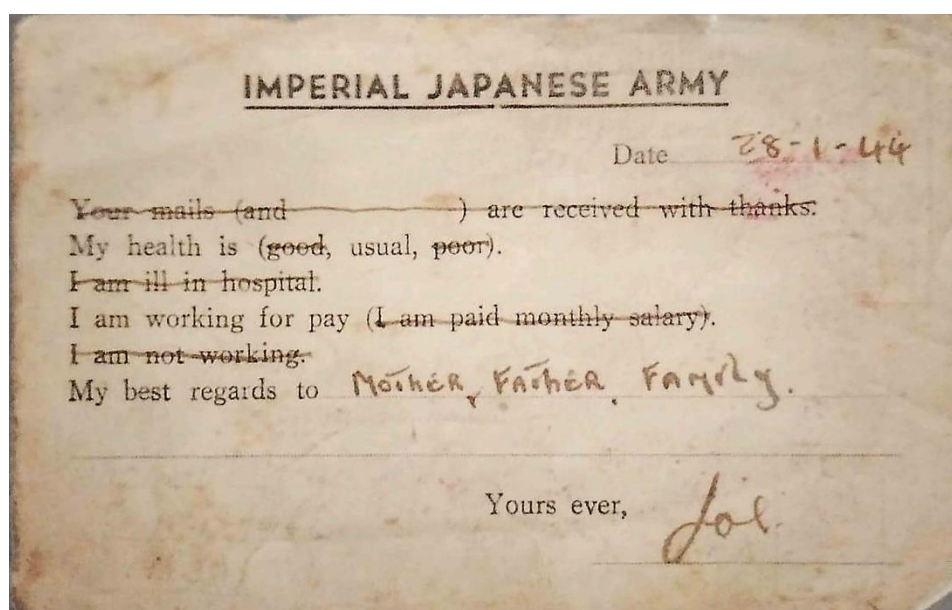
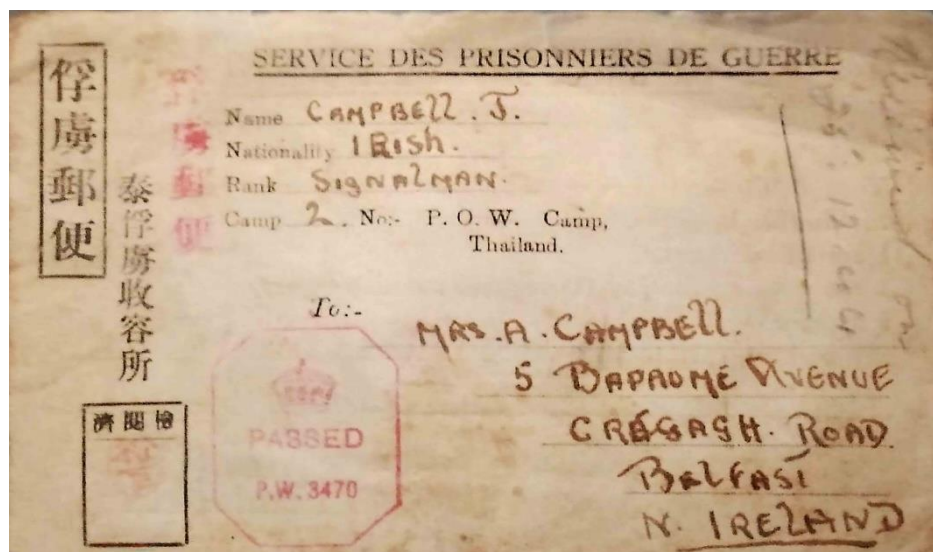
Clifford and Annie went on to have 11 children, 6 boys and 5 girls. Their names were Dinah, Clifford, Joe, Robert, Mary, William, Nan, Arthur, Nell, Joan, and Herbie. My family resided in a small 3 bedroom/1 bathroom house at 5 Bapaume Avenue. Life was pretty hectic, there were long queues for the bathroom, and the children had to sleep top to toe.

Times were hard and I don't remember ever having a toy of my own. My clothes were almost all hand-me-downs and one of my happiest memories was getting a new coat. As children we amused ourselves and often played hide and seek, skipping, kick the tin, and thunder and lightning (*rascals*). We had great imaginations - I recall making a poke out of paper and putting fresh peas into it, then pretending they were sweets.

I went to school in the British Legion, Montgomery Road. I don't have fond memories of school as I found reading, writing and arithmetic difficult - although I have always been blessed with an almost genius level memory - which seems to have been completely overlooked at school! I remember that the classroom could be very cold in winter and, if you didn't bring a piece of coal, you didn't get to sit near the fire!

Three of my brothers, Clifford, Joe, and Robert, served in the Second World War. All survived the War but, sadly, Joe was captured and held prisoner by the Japanese.

Below is a picture of a postcard Joe sent to our mother in January 1944 from the PoW camp.

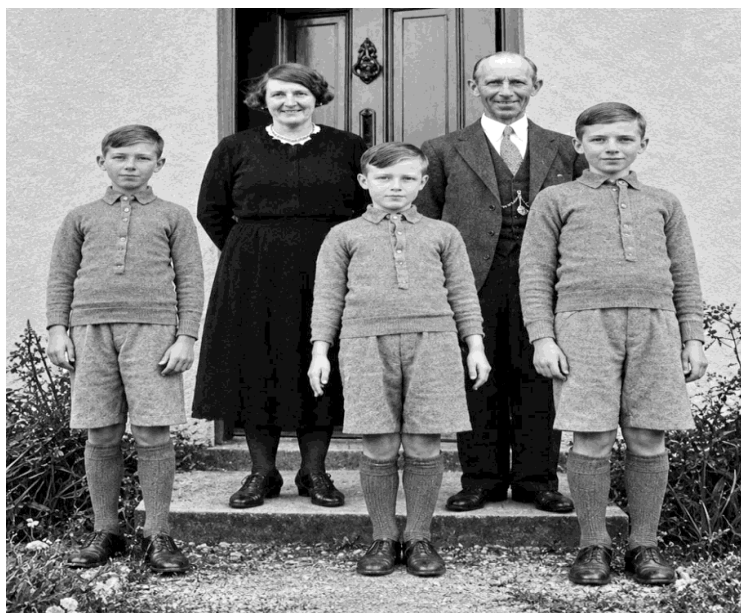


Joe suffered extreme mistreatment in the PoW camp, and this had a huge impact on his physical and mental health, but despite this he returned home, married and raised a family. Indeed, all but one of the siblings went on to have families of their own and most of them stayed in NI, apart from Clifford who moved to the Isle of Bute in Scotland, Robert who moved to Durham, and Herbie who emigrated to Perth, Western Australia. I am the last surviving member of my family.

Guy Wilson Crawford – 18 Picardy Avenue

(information provided by his grandson, current parishioner, Philip Crawford.)

Guy Wilson Crawford, father of Wilson and Bertie Crawford (much-loved former parishioners) lived with his wife and three sons in 18 Picardy Avenue. Guy served with the Machine Gun Corps Infantry. He was disabled in the Great War due to mustard gas poisoning and being shot and was honourably discharged in March 1919.



Jane & Guy Wilson with their sons, Wilson, Bertie & Harry



Rifleman Alexander Hay – 3 Somme Drive

(information provided by Nigel Henderson and Alexander's grandson, Brian Hay.)

Alexander Hay was born in Scotland around 1896 to Alexander Hay, a plumber, and Mary Jane Campbell. His father was born in Scotland, and his mother was from County Sligo and the family was living at Cable Street in 1911. Alexander Hay enlisted with the Royal Irish Rifles (Regimental Number 10/16582) and was deployed to France with 10th Battalion in October 1915. He was stationed at Salisbury Plain when he married Agnes Helen McCullough of Rosebery Street on 27th July 1918 at Willowfield Parish Church. He was serving with 1st Battalion when he was transferred to the Class Z Army Reserve on 25th March 1919. After the war, Alexander worked as a plumber and, as Secretary of the Cregagh Branch British Legion, he wrote to Captain C. Herbert Creighton, Belfast Branch British Legion:

“I have been instructed the Committee of the above Branch to request that you convey through your Council to Lady Haig the best thanks of their members for the interest she took in the housing of ex-service men in Northern Ireland on her too brief visit. We believe that her influence and appeal to Lord Dufferin was the means of the Trust granting a reduction in rent from 1st July 1929. We trust that this request will be forwarded to her ladyship without delay, and an invitation extended to visit Northern Ireland at her earliest convenience.”

A son, Gordon Alexander Hay, enlisted in the 2nd Battalion Royal Inniskilling Fusiliers in 1938 at the age of 18 and transferred to the Royal Army Ordnance Corps in 1940. He served in India and Burma, was Mentioned in Despatches, and was demobilised with the rank of Warrant Officer 1st Class. Alexander's son, David Hay still belongs to the church. Alexander's twin sons, Jack and Eric also belonged to St. Finnian's for many years and sang in the Choir.



Hello everyone

Time for another little note from me about health and wellbeing, and this time I thought I'd take a closer look at what the 'Core' is, what is meant by 'Core Stability' and how to achieve it. This is something that is central to Pilates, but the words are often bandied about carelessly without any real understanding of what and why they are so important, and so I'll attempt to explain the anatomy and physiology involved and hope that it makes some sense. In simple terms the 'Core', sometimes called the Lumbopelvic-hip complex, comprises the deeper or local muscles that have attachments on or near the vertebrae of the spine and the pelvic bones. These include the Transverse Abdominus, Pelvic floor muscles, the Diaphragm, the internal Obliques (the 'side' muscles) and the multifidus. The latter are small muscles that are attached between vertebrae and are crucial to controlled movement of the spinal column. All these muscles combine to form a supportive cylinder around the spine to protect it, and all the organs contained within the 'cylinder' during movement. When these core muscles contract, they tighten the walls of the cylinder, causing an increase in what is termed intraabdominal pressure, and this prevents the spine from making any excessive movements and thereby maintaining correct posture. Basically, what this means is that the muscles give a great big protective hug to the spine and all the soft tissue and organs in that area we know as the trunk (i.e. the middle bit of the body) while we move. Ok so far, so what do we mean by 'Core Stability'? Again, in simple terms this is the ability to maintain neutral spine, or optimal trunk alignment to control the position and motion of the trunk over the pelvis and legs during gross motor tasks that involve the transfer of loads and force to the extremities, such as lifting and replacing heavy objects. It actually involves 3 interdependent systems that must work in tandem to achieve the desired stability and protection; 1- a passive system of tissue including vertebrae, intervertebral discs (the ones that usually cause a lot of pain) and ligaments; 2- an active system of core musculature to provide the dynamic stability and 3- the neural control system or the control centre for nerve signals relating to movement. Sounds complicated doesn't it, but thankfully Pilates exercises and the mind/body focus required therein are designed to engage and develop all three systems to produce what we know as 'core stability'. This is why all classes start with a quick refresh on optimal posture/neutral alignment of the spine and engaging the core muscles correctly before starting in to the exercises. During the exercises there will usually be a few verbal cues given as part of the instructions to raise and maintain awareness of this core connection and using it to control each movement to ensure they are carried out safely. I'm aware that this may need a couple of read throughs to get your head around it, but I think it's important to get at least a basic idea of the main concepts, and just maybe it might make you think about why and how you exercise - always no bad thing. I'll sign off now in my usual way and encourage everyone to take care and keep moving.

We meet on Wednesdays at 7pm in the Huston Hall. Everyone is welcome and a small donation of £3 per class is requested for church funds. If you want to find out more about Pilates, please contact me - John Waterworth by phone (+447941368546) or email at jcwworth@yahoo.co.uk

CHRISTIANS AGAINST POVERTY (CAP)

CHRISTMAS APPEAL

I love Christmas.... with three children and nine grandchildren it is a crazy, cheerful, loving and exhausting time, it is family time, so precious to me. But Christmas for many is the most stressful time of the year, with demands to keep up with the latest trends for the children and putting on a good show. Many of our clients face a real time of torture and tight budgets. They have done the hard bit of facing their money problems and are working well within their budgets, but Christmas is not easy for CAP clients as they are not permitted to accumulate additional debt. Careful management and planning still means that for many, Christmas is well out of their reach. This is especially so this year with gas and electricity going up by 19% and the extra cost of Christmas and its trimmings make winter months difficult. We would like to remove some of that stress by helping our clients through the festive season. With your help this is possible. It would be great if you were able to provide men & women's toiletry sets for clients or gift cards for local stores where clients can purchase those precious toys or clothes for their loved ones. Last year the response from your church was amazing with several of our clients not just in tears but truly grateful for your generosity. The look on the faces of those who receive your gifts is amazing and humbling and it makes me as a mum and nana grateful for the difference that your generosity brings to others. We would really like to bless all our clients and families with a little bit of cheer and hope this Christmas. Thank you so much for your generous hearts.

Proverbs 11: 25 tells us: "A generous person will prosper; whoever refreshes others will be refreshed".

Giving refreshes you also, God does not overlook what you pour out, he knows how to refresh you too.

(Linda Campbell, Debt Centre Manager)

IF YOU WOULD LIKE TO CONTRIBUTE TO HELP FAMILIES AND MAKE A DIFFERENCE THIS CHRISTMAS, GIFTS CAN BE LEFT AT THE BACK OF THE CHURCH OR WITH HEATHER HARMAN BY SUNDAY 29TH NOVEMBER.

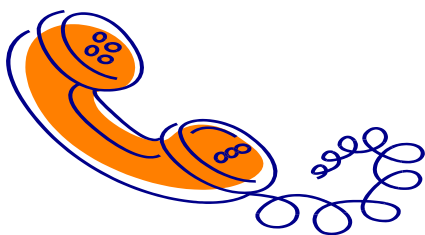
CONTACT DETAILS

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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 **December** magazine to office.cregagh@down.anglican.org **or** telephone the Parish Office 028 90792793 by NOON on Tuesday **3rd November**.

Don't forget to check out the church website:

www.stfinnians.org



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