

APR - MAY 2023

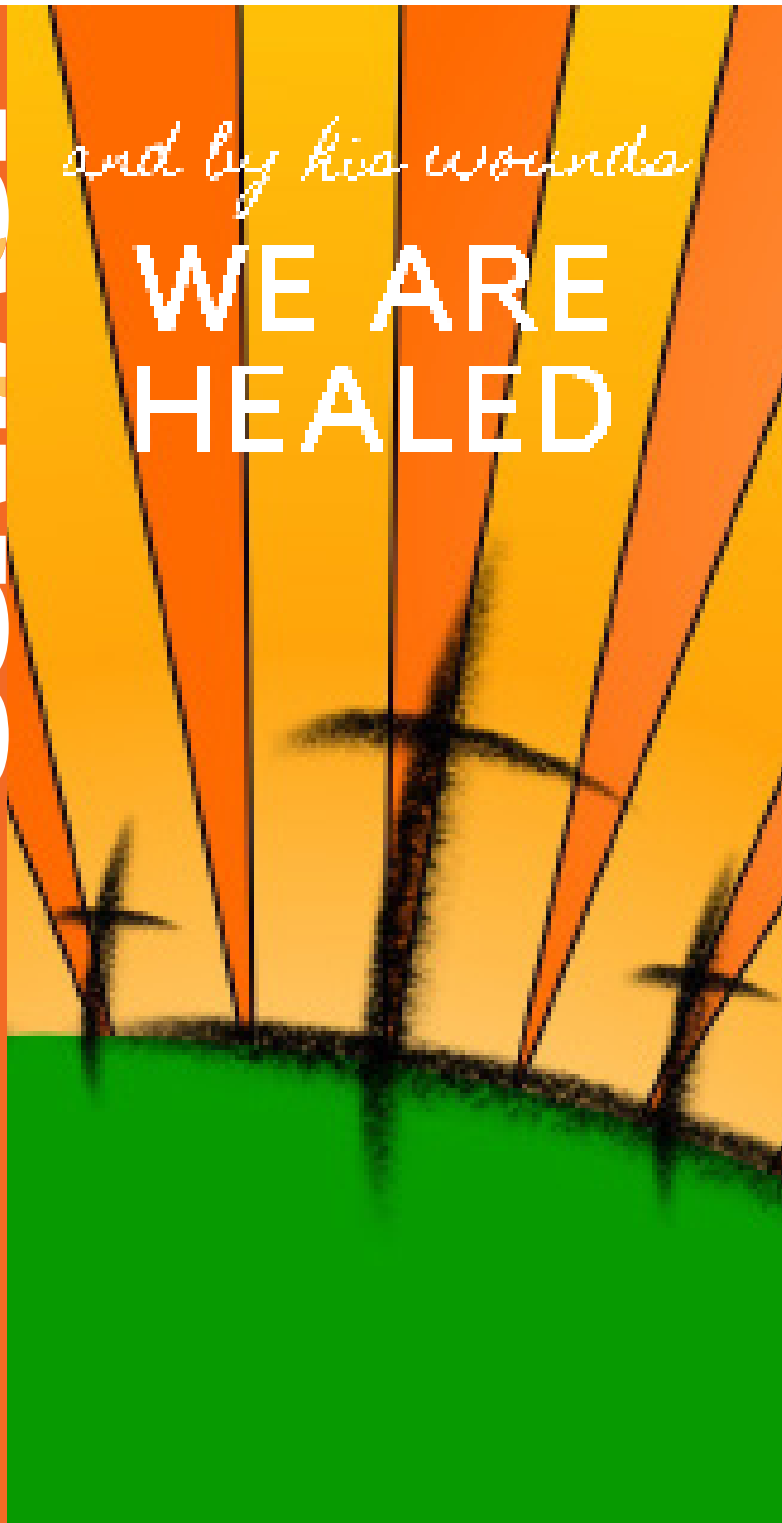
GROOMSPORT PARISH CHURCH

CONTACT

www.groomsportparishchurch.org

and by his wounds

WE ARE
HEALED



From The Pulpit

During the interregnum, a number of ministers are leading our services. In this issue we share a little about Reverend Captain Colin Taylor.



Dear Parishioners of Groomsport,

I'm Colin Taylor, one of those ministers who comes from time to time to preach in your Parish. I am married to Eleanor, a retired teacher and I am a retired Rector and Church Army Evangelist (though I am not convinced that Clergy and Church Army Evangelists ever actually retire).

Originally from Sheffield in Yorkshire, I have served with the Church Army for some 45 years, mostly in the Diocese of Down and Dromore working in parishes, with

young people in mission and outreach.

Many years ago, I met a Church Army Evangelist from the United States. He wore a big badge with the letters PBPWMGNFY on it in large print. When people asked about it he told them it means "Please Be Patient With Me, God's Not Finished Yet." I have found that on our Christian journey God always has something more to challenge us with, things that need changed in us, rough edges knocked off and parts of life where I need to grow in grace.

Some verses given to Eleanor and myself for our encouragement were from Jeremiah 29:11 "For I know the plans I have for you declares the Lord, plans to prosper you and not to harm you, plans

to give you hope and a future." We have found that over the years God has opened up all sorts of opportunities for us.

Not always easy and maybe not always what we would have chosen, but they have been for our good. In retirement, that remains the same. Dr Billy Graham's book 'Nearing Home', talks of finishing well in life and ministry. I pray that I can continue to look to what God has for me to do and to finish well in his service. There is still so much to learn, even in the later years of life.

Every Blessing,

Colin Taylor



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April & May 2023

Palm Sunday

2nd April

8:30 am Holy Communion
10:30 am Blessing of the Palms
11:00 am Palm Sunday Service in the Presbyterian Church
6:00 pm Palm Sunday Service in the Parish Church

Easter Day

9th April

6:30 am Sunrise Service
8:30 am Holy Communion
10:30 am Parish Communion

The Third Sunday of Easter

23rd April

8:30 am Holy Communion
10:30 am Morning Prayer
6:00 pm Holy Communion

The Fifth Sunday of Easter

7th May

8:30 am Holy Communion
10:30 am Family Service
6:00 pm Evening Prayer

Sunday after Ascension Day

21st May

8:30 am Holy Communion
10:30 am Service of the Word
6:00 pm Evening Prayer

Holy Week

Mon 7:30 pm Evening Prayer with the Mothers' Union
Tues 7:30 pm Compline
Wed 7:30 pm Evening Prayer
Thurs 7:30 pm Maundy Thursday
Fri 1:30 -3:30 pm A Good Friday Vigil

The Second Sunday of Easter

16th April

8:30 am Holy Communion
10:30 am Service of the Word
6:00 pm Evening Prayer

The Fourth Sunday of Easter

30th April

8:30 am Holy Communion
10:30 am Morning Prayer
6:00 pm Compline

Rogation Sunday

14th May

8:30 am Holy Communion
10:30 am Parish Communion
6:00 pm Compline

The Day of Pentecost

28th May

8:30 am Holy Communion
10:30 am Morning Prayer
6:00 pm Holy Communion

Please note that there is no evening service on Easter Day.

Tuesdays 7:30 pm - Compline

Thursdays 11:00 am - Holy Communion

10:30 am on the first Wednesday every month - Holy Communion is celebrated in the Chapel at Mount Stewart.

Vestry Minutes - March

As the lift for disabled access in the halls has proven to be unreliable, a small sub-committee was formed to explore the possibility of replacing it. Thanks again to Barry Greenaway who has secured yet another grant towards the cost of replacement we have been able to place an order for a new lift with Pollock Lifts.

Thank-you letters have been received from all charities supported at Christmas.

Heather has had an excellent meeting with Ruth Fee, Vice Chair of Discover Groomsport, and will pass on the future plans of the organisation to the new Select Vestry.

An electrician is coming to repair the sensor lighting at the back of the

Canon Tyney Hall and the kitchen fan will be re examined. Weeds have been sprayed at the back of the hall.

New Communion arrangements are working well. Most people attending are choosing to use the Chalice.

Approval was given to purchase artificial palms for the Church.

Work is going well in Cove Avenue in preparation for the new incumbent.

Barry reported that we have been given a wealth of sheet music from Queens Parade Methodist Church.

Annual Accounts were approved by e-mail following the meeting.

Why go to Church

Rev Charles Spurgeon

Some go to church to take a walk; some go there to laugh and talk.
Some go there to meet a friend; some go there, their time to spend.

Some go there to meet a lover; some go there a fault to cover.

Some go there for speculation; some go there for observation.

Some go there to doze and nod; the wise go there to worship God.

Some go to church, their sins to cover,
Some go there to see a lover,
Others go to sleep and nod,
But few go there to worship God.

Appointments

Bishop David has appointed the Reverend Elliot Swattridge as Priest-in-charge of the Parish of Groomsport. Elliot is currently Associate Minister of the large parish of Emmanuel, Croydon, prior to which he served a curacy in the Diocese of Hereford. He is married to Nomi.

Groomsport Parish Church extends a very warm welcome to Elliot and his wife, Nomi.



New Vestry Members

The meeting of the Annual Easter Vestry took place in the Canon Tyney Hall following Morning Service on Sunday 19 March. The meeting was chaired by the Area Dean, Simon Doogan, and attended by 40 people. The annual Accounts were adopted and a new Select Vestry was appointed. Appointments were as follows:

Rector's Warden – Bert Smith. People's Warden - Zandra Sloan.

Rector's Glebe Warden - William McAneney. People's Glebe Warden -Tony Anderson.

Select Vestry - Gordon Boyd, Ken Boyd, Mae Burke, Barry Greenaway, Gary Keenan, James Love, Stephen McCullough, Dorothy McKnight, John McKee, Kate Murray, Helen Parkinson, and Maureen Taggart.

Florence McAneney was co-opted as Treasurer and Heather Pentland as Secretary.

Every three years Synod representatives must be appointed. Our Synod representatives are William McAneney and Trevor Craythorne, and our Reserve appointmees are Hester Kelly and Barry Greenaway.

Thanks were expressed to the many volunteers who work behind the scenes to ensure the smooth running of the Church, especially during this Interregnum period. The outgoing Rector's Warden, Mae Burke, was presented with a gift as an acknowledgement of all the work she has put in to ensure services have run smoothly and appropriate Pastoral Care visits have been made.

Ladies Breakfast



On Saturday, 11 March, the men of the Parish organised our biennial breakfast for the Parish ladies.

Gillian, from Samaritans' Purse, was our Guest Speaker and gave a challenging yet heart warming report on the charitable work they do around the world.

Musical entertainment was provided by Guy McFarland, Margaret McFarland and our very own Maurice Drury.

As regards everything else, here are a selection of comments from the ladies themselves:

"It was a joy to see the men of our congregation looking so smart and dapper. They were so attentive and helpful. It just made a Saturday morning special. Thank you boys!"

"Excellent event all round, great speaker and the food was excellent, presented beautifully and served by handsome men; couldn't ask for any more. Set the bar high for the ladies next year."

"A five-star effort in all categories: superb service from our handsome men, quality of food, fantastic and excellent entertainment."

"Convivial company, delicious food served with a smile. Nothing was too much bother for the waiters, who also seemed to enjoy themselves. The entertainment rounded off the breakfast nicely. Nothing more to eat was needed until dinner! What more could we have asked for?!!"

"The gentlemen were all handsome in their meticulous uniform and very attentive to their guests. The Maitre'd for the event was most entertaining. A very enjoyable occasion to complement all the background preparation."

"After enjoying my breakfast on Saturday 11 March, I would like to place my order for breakfast every Saturday morning around 10am until further notice. It should consist of orange juice, smoked salmon, scrambled eggs, toast and lots of hot coffee. A very enjoyable morning. Well done to the men of Groomsport



"On a cold March morning, the handsome men of our Parish, all spruced up in white shirts, black trousers and bow ties welcomed the ladies to breakfast. The tables were tastefully set and the delicious food served in a quiet efficient manner. As we relaxed, we were entertained by an interesting talk, restful music and a sing along. We left refreshed, spirits lifted and looking forward to the next ladies' breakfast. Thank you gentlemen."

"Thank you to the gentlemen of the Parish who provided the most amazing and memorable ladies' breakfast. The whole ambience of the event was a unique

experience, with the elegantly attired "staff", the beautifully presented tables, the really delicious breakfast together with the unerring attention at table throughout the meal. The very interesting after-breakfast speaker, and the well chosen music, rounded off a perfect morning. Thank you all so very much for an unforgettable time together."

Looks like our Parish ladies have been set a high standard for next year!

The Ladies Breakfast even made the front page of the Spectator Newspaper.



Kildaire Shopping Trip

As this was the first trip since before Covid, there was a lot of excitement amongst the 36 ladies who boarded the bus at Newtownards, Groomsport, Tesco Knocknagoney, Sprucefield and Banbridge.

The ever faithful (Jenny Craythorne and all her gang and my sister and all her gang) were there, as were some newcomers who spoke highly of their day away. The usual ballot on the bus helped create a bit of fun and raised some extra cash for the event. Even though we found prices at the Outlet had increased substantially



since our last visit, it did not prevent a considerable number of parcels making their way onto the bus!!

Yet again we are extremely grateful to Robin from McAvoy's, who is a delight to work with and makes one feel that one is in a very safe pair of hands.

Funds raised from this trip are used to help provide prizes for the Luxury Draw at Christmas each year.

Heather



Bell

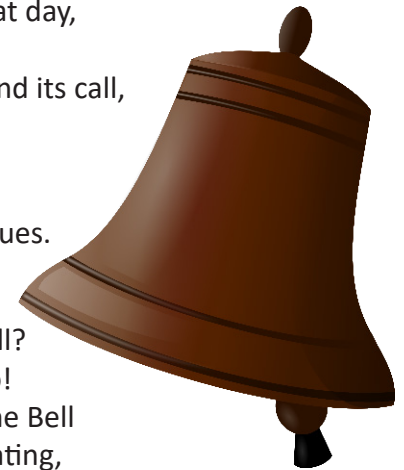
Our Bell high up,
suspended upon our heads.
It's message unchanging,
relentlessly,
for ever it sings,
familiar to our ears!
It's always been as it is.

Yet
it's message was created in fire
those generations ago,
in fearsome heat
the flames scorching the faces.
The muscled arms of men
wrestling the molten flow
from earth taken,
the hellish foundry of blackening steam.

Hammer upon bell cooled,
it's song first rung that day,
grinning faces
another one born to sound its call,
somewhere.

With us,
it's message continues.

But,
do we hear its call?
We are bells too!
do we ring out like the Bell
through lives resonating,
calling?
Is love the hammer which makes us sing?



MOJOS

MOJOS is a group of ladies which meets in the Parish Hall on a Wednesday morning. We weigh ourselves and discuss what's important to us. We are concerned with our health and well-being but basically, we have a good laugh!

On January 25, we welcomed guest Clare Williams and gave her £250 for the Air Ambulance Service NI.

A few months ago, we gave a similar amount to RNLI Donaghadee. Mojos continue to meet every Wednesday; if you are interested in joining, please speak to Elaine Lester.



Mothers' UNION

Christian care for families

In January we were delighted to enrol four new members to our branch. We hope they find friendship, fellowship and support in their membership.

February saw us welcome Mrs Hilary McClay, who spoke about her life.

In our March meeting, we welcomed Reverend Duncan Pollock, our Mothers' Union Diocesan Chaplain. Duncan reminded us of the work of our founder, Mary Sumner, her life and how the Mothers' Union was started in 1876.

Today's movement comprises hundreds of individual Mothers' Union charities across 84 countries. Mothers' Union is unique in that members work together to solve challenges in their local communities,

by helping to restore and strengthen relationships in families and communities. The movement gives the stigmatised and vulnerable a sense of belonging and acceptance.

In this diocese, we work in prison, bringing crafts to women in Hydebank. We work closely with Women's Aid, providing all sorts of items to help their guests feel cared for. We provide wash bags for new hospital inpatients and knitted hats, vests, and blankets for the baby units. Members knit knee blankets and fiddle muffs for the hospices. we also sew syringe driver bags for the hospice. So we keep busy ourselves.

We would love to reach out to young families in the village who may need some help or support.

Mothers Union Programme 2023

- Thursday 30th March, 7:30 pm - Festival Service, St Marks, Newtownards.
- Monday 3rd April, 7:30 pm - Holy Week Service in Groomsport Parish Church.
- May - There will be a meal at The Stables, Groomsport.
- Monday 18th September, 7:30 pm - Talk from Bert Smith, 'Life!'
- Monday 16th October, 7:30 pm - Talk from the new Rector TBC.
- Monday 20th November, 7:30 pm - Hester Kelly, 'MU & Women's Aid'.
- Monday 11th December, 7:30 pm - Christmas Supper.

The Seamstress

My name is Tabitha, although Greek speaking people call me Dorcas. I have lived in Joppa all my life and love it here, close to the sea where the air is fresh, but there is much poverty and many who wonder from day to day how they will live. I try to do what I can but it is not much.

I can sew and that is mainly how I help. I sew clothes all day long to give to those who most need them. My friends know that I can help in this way. They help me by bringing me what fabric they can to keep me supplied, so I am always busy! I have many friends and they are kind to me, I am a very fortunate woman and despite being poor, I have many other riches. Many of my friends are widows and they know what it is to be poor and do without, but we all look after each other and those in the community who need our help. Being together helps us to help others. I believe too that having little to spare but many friends is much better than having plenty but few friends.

I have become a disciple of Jesus and that belief helps me carry on, knowing that I can ease the burden of others - if only a little. I do get very tired and my eyes ache from the sewing but I know that I must do what I can. Our Lord did so much for us, we must all do as much as we are able.

One day I was sitting outside my home, smelling the sea on the breeze and sewing in the bright light, as I had so often in the past so that people passing could see me and know they could come for help. I had to put down my work, the material started

to swim before my eyes and I couldn't make the needle do what I wanted it to do. I went inside and lay down feeling very strange. I must have fallen asleep because I wakened to see some of my friends bending over me looking concerned. They brought me a drink but I couldn't take it and then slowly everything went dark.

I do not know what else happened, all I can tell you is that the next thing I knew was that a man was kneeling beside my bed, praying. He looked at me kindly and said, "Tabitha arise". I sat up and he held my hand and helped me up. I was confused but he called my friends and they all came in and were full of praise that I was alive, they told me that I had died but they had faith that I could still be helped. The man who helped me was called Peter and I learned that he was one of the Lord's friends and disciples. He healed me and I was able to return to my work and time with my friends.

I later learnt that they had shown him what I was doing and how I sewed clothes for others then they begged him to help. They were very sure that Peter could achieve wonders. They believed he could because they had heard from others that Peter had healed a man in the next town of Lydda. He was called Aeneas and had been paralysed for eight years but Peter had healed him in the name of Jesus.

I am so happy to have another chance to do my work and full of praise for Peter; to think that he was once just a poor fisherman and now he is able to bring the

dead back to life! The Lord can do so much for us if we will let Him and I thank Him every day for my extra life.

Carol Walters

Note: The stained glass window in the south transept of Dorcas is one of my favourites in our church and I have often sat in church and thought about Tabitha/Dorcas and her life and amazing healing.



Ambassador

Congratulations to Simon Walters, who is due to begin his new role as UK ambassador to Israel.

We all know Simon's parents, who are regulars at Groomsport Parish. Simon's proud mum, Carol, shares with us that Simon started of life here in Groomsport and attended Groomsport Primary School and our Parish Sunday School.

We understand that Simon is undertaking the not-so-easy task of learning Hebrew for his new appointment. And he is no stranger to this type of work as his impressive CV contains several roles which involve other countries, such as serving as the Foreign Office's Director of National Security for the Middle East and Africa, the Consulate for Jerusalem and other appointments in Saudi Arabia, Iraq and Yemen.

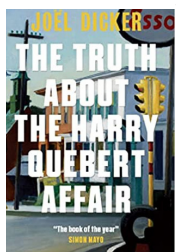


Book Stall

A great many new books have been placed on the shelves in the last few weeks so do check them out, I still have many in store, so can replenish our shelves which became quite depleted this winter. Thrillers and mysteries continue to be the most popular items but there are many more genres available; true life, historical novels, romance and classic literature to name but a few. The books reviewed here will be available on the top shelf once this Contact magazine is published so if any really catch your eye, look out for them.

The Truth About The Harry Quebert Affair

Joël Dicker

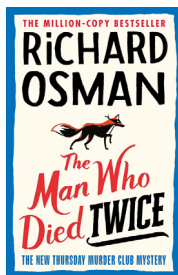


This is a fascinating read; complex and with a veritable tawler full of red herrings. For mystery fans, it should be a joy. Marcus Goldman is a young novelist who has suddenly found success with his first novel but is now struggling with writer's block. Desperate for inspiration, he visits his old tutor and mentor from college, Harry Quebert, himself a famous novelist who is now living in a remote part of New Hampshire. Discovering that Harry is accused of murder, he sets about trying to disprove this by writing about what really happened, only discovering much later that the premise upon which his theories rest is in fact, false. Hence the newer version, 'The Truth about the Harry Quebert affair'. The book is long and contains many twists, every time

you think that you know what has happened, you are confounded. But it is well worth the patience. It is not for nothing that this book has won so much acclaim.

The Man Who Died Twice

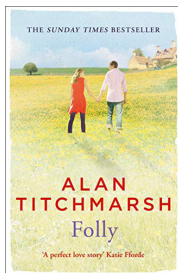
Richard Osman



A very different sort of murder mystery here but one which fans of the first of Richard Osman's stories of the engaging members of the Thursday Murder Club will surely enjoy. As ever there is humour, delightful character definition and tension. The characters are familiar by now; Elizabeth who has such a fascinating back story, Joyce, the apparently guileless nurse who is surprisingly astute, Ibrahim, the sensitive counsellor and Ron the ex trade union leader who is a good man to have on your side. A man emerges from Elizabeth's colourful past, looking for her help which of course, with a little help from her friends, she is able to give, particularly as it involves gangsters and stolen diamonds.

Folly

Alan Titchmarsh

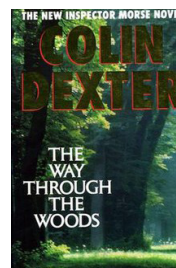


This I think, is probably a 'Marmite' book. There will be those who love it and those who hate it with few moderate opinions. It follows the actions of two young people who fall in love during a background

of warring and resentment between their two families. This background is filled in with regular flashbacks to the root of the feud which occurs between two graduating students in 1949; these two in the time of the young couple, are now grandparents. Inevitably the youthful enthusiasm to heal the breach comes up against the implacable resistance of those originally involved as further uncomfortable truths are unearthed. However this version of star crossed lovers does not end in ghastly tragedy as is traditional. Alan Titchmarsh is nothing if not a romantic. Having heard mixed reports of this book but very harsh critical comments, my expectations were low, but I have to confess that I read it without wincing from beginning to end and became quite drawn into the story. Not the greatest but far from the worst and diverting in the cold weather.

The Way Through The Woods

Colin Dexter

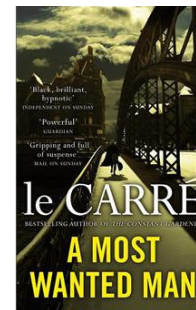


This is one of the later Morse novels and an enjoyable read. As a fan of the 'Lewis' and 'Endeavour' spin-offs dramatised on television, I was intrigued to encounter two characters the writers had transposed from Colin Dexter's original story. Dr Laura Hobson the pathologist and her predecessor Dr Max de Bryn. The story is a convoluted one of a missing Swedish student who is presumed to have been murdered over a year ago. Interest in the case, which had not been closed, was reawakened by a spate of letters to the Times, each with

thoughtful and erudite interpretations of a poem printed there, clearly referring to the missing woman. I have to confess that I particularly enjoyed this as it was, I think, the very first Morse story that I have worked out the answer before the denouement!

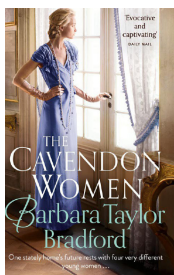
A Most Wanted Man

John le Carré



An apparently half starved, Muslim immigrant of Chechen/Russian origin appears in Berlin with an unlikely amount of money on him. He appeals to a young, idealistic lawyer Annabel Richter for assistance, with further support from the owner of a long established British private bank in Berlin. They try to assist him in his claim to a fortune lodged in that bank by his father, money with a very questionable provenance. The son, on claiming this fortune wishes to give it away in its entirety to Muslim charities. Inevitably the anti-terrorist organisations of Britain, Germany and America collude to frustrate them. This becomes an incredibly complex story as the spies of the three competing nations come into the story; nevertheless, it is gripping and enthralling with finely drawn characters. The Guardian describes the story as "One of the most sophisticated fictional responses to the war on terror yet published". I am not in a position to confirm this as it is a genre I do not usually read; nevertheless, it does seem a feasible response to this book.

The Cavendon Women Barbara Taylor Bradford



This author has figured largely on the bookshelves since I set them up, but I had never read her before. When tidying recently, I saw this and as a huge fan of Downton Abbey, thought I might enjoy it, particularly as Taylor Bradford is such a popular author. I will say immediately that I was disappointed. The story, such as it was, became a page turner for me, but the characterisations, the dialogue and the set pieces became extraordinarily repetitive and this in a book of four hundred and sixty-two pages! The 'women' in question are the four daughters of the Earl of Mowbray, he is divorced and lives with most of his family in Cavendon Hall, a very grand stately home. It is 1926, the boom years following the First World War. The four daughters, all of whom have names beginning with 'D' are described and they are uniformly beautiful, blonde and blue-eyed. All are witty or intelligent or determined or strong and similarly loving and loyal, some have all those qualities - hard to believe for me. Equally, the men in the story are - guess what - handsome, caring, thoughtful, supportive and of course intelligent. There are some villains introduced to the story, but the earl's family gather around and defeat any evil that encroaches on their world. I found it formulaic and hard to suspend disbelief as the characters were all two-dimensional. Some may well enjoy this, it is certainly a sound bit of escapist family saga, just not for me!

As the days lengthen and people think of holidays and warmer weather, an advance notice - there will be a book fair by early summer and we hope that this will be the best yet. In the meantime, enjoy your reading and please share any particularly notable books, I would love to hear from you.

Carol

Book Fair



The first book fair since lockdown will be held on Saturday 3rd June. It is hoped that alongside the books there will be vinyl records for sale too! If you have any old records lying about that you no longer need, please drop them off to the Parish Office any weekday morning, 11:00 am to noon.



Thoughts of a Blow In ...

Despite some chilly weather, there are signs we are slowly but surely coming to the end of winter. There might be a few final freezing blasts about to hit our shores with an icy north wind, but the first early flowers are starting to bloom, and the wild garlic is growing fast. And it's just about coming into the daffodil season, which is always a joy.

Although they are inevitable annual events, there's nothing like being aware of the turn of the seasons, especially at this juncture with the sense of renewal and the promise of spring, whatever the weather!

Despite the uncertainty of what kind of summer we'll get, it's always a relief to have got through winter relatively unscathed. Being able to get out and about a bit more, seeing familiar faces, and even a quick chat is such a tonic. The cold and dark certainly aren't an aid to sociability.

That steady lengthening of morning and evening daylight makes such a difference to our spirits with the thought that spring has almost sprung. There's the enjoyment of more daytime and not being confined to the house due to the winter dark.

Before long, Easter will be upon us.

I was out for a late afternoon walk the other week and passed some neighbours I hadn't seen for a couple of months. Despite the chill, we stopped briefly to exchange news. Amongst other topics, we were excitedly discussing the fact that it was still light after five o'clock, and we were even enjoying a sunset!

Talking of bumping into neighbours, I recently encountered next-door's children and their mum as they were coming home. I remarked on how tall the eldest was becoming, and their mum added that the youngest was having a growth spurt too. Emma, in the middle, looked cast down at the comparison that she was languishing height-wise, so I reassured her that she'd soon be taller than me, as that's always inevitable. I think that cheered her up!

When looking for an appropriate quote for this month's article, these words by Doug Larson made me laugh as they are so appropriate for the time of year. After this predicted cold snap, here's hoping for no more snow, let alone the dreaded slush!

Cynthia

Spring is when you feel like whistling
even with a shoe full of slush.

Flowers

We have such lovely flowers in church, thanks to Pat Love.

In April, there will be some flowers in memory of my dear sister, also Pat, who died in 2018. I miss her dreadfully. Of course, many of us feel the same about our departed loved ones. You may spot my Pat's as tucked in somewhere in the flowers will be a poppy. Strange in April, but my Pat lived in Poppy Close and had poppy curtains, bedlinen etc. I always send a picture of the flowers to her children.

It has made me think of the flowers that appear every week,

and consider who has asked for them. If they are in memory of someone etc. I wish, in a way, there was a note of who flowers are in memory of and then maybe we could remember those who are grieving in our prayers.

We have a yearly service for the faithful departed, but not everyone wants to attend. We all grieve in our own way.

What do you think? Would you like to know if flowers are in memory of someone?

Elaine Lester

Jubilate

The Jubilate Singers are always happy to welcome new members, especially altos, tenors and basses. We are a singing group associated with Groomsport Parish, not a church choir and while we sing in Church when asked, we are happy to take requests from other sources.

One piece of news which will be of interest to choral musicians is that Jubilate has become the custodians of Queens Parade Methodist Church Choir Music Library, since that Congregation is moving elsewhere. This is a large choral collection of over 600 items which was the life's work of the late Rodney Bambrick, organist, choirmaster and composer.

Barry

Soup & Scones

Soup and Scones coffee mornings continue on the first and third Thursday of every month. This event has created fellowship within the local churches and community. All of this would not be possible without our fantastic chef, Pauline Harrison. Very special thanks go to Cathie Brown, Gordon Boyd and the other helpers who are quietly working in the background ensuring the smooth running of these events.

It would be lovely if we could have another couple of volunteers to help out at the mornings, even on a rota basis. If you think you could offer, even just an hour of your time, please contact the Church office, Pauline Harrison or Gordon Boyd for more details.

Safeguarding

The Church of Ireland is committed to ensuring all children and vulnerable adults are protected from harm, whether physical or mental.

Our new Safeguarding panel members were appointed in 2022 by the select Vestry, and details of names and contact details are displayed on the notice boards in Church and our halls. The diocesan trainers have now trained panel members and Access NI is current.

Every three years, an Evidence-based audit is undertaken by the Development Officer with panel members and the Rector present. Our Audit was completed on 7th February 2023 and was passed with only three points to be rectified by the end of April.

Alongside Safeguarding is also safety. All groups meeting in our halls are required

to produce a risk assessment, evidence of insurance and also carry out a fire drill once a year.

Any incidents, however small or seemingly insignificant, must be reported to the Safeguarding Panel, where it will be dealt with in confidence.

Kate Murray



OMA Foundation News

Be a part of the young ladies' journeys and support them on becoming independent, strong and confident.

It's not enough just to sympathise with them; rather get involved in their success stories. It's a phrase that we at OMA Foundation prioritise. Yes, their stories make us cry and we offer a shoulder for them, but it doesn't just end there. We offer a hand for their next step, to rise, and above all, restore hope to less privileged girls. We have been doing this since 2019

with the grace of God.

We have continued to expand. In 2022, we moved to a new spacious training centre, achieved amidst all the challenges of post-Covid-19. The building accommodates 50 more students, and this has been possible due to the help of friends, partners and well-wishers. We not only expanded our accommodation, but our numbers have continued to increase during training. In 2022, we registered 28 girls who are finalising in April, 2023.

Twenty of them are doing tailoring and design, and eight do hair dressing now. All are set to graduate soon in their respective fields, all at no cost to them.

As a Foundation, the ladies won't just graduate with skills in tailoring and hairdressing, but also in the knowledge of God. The daily discipleship lessons have equipped them and built up their faith in God, with which they can move forward in their lives. Good news is here too.

We have introduced a new project, which will involve girls and boys in videography and photography. This has been possible through your prayers and the support from friends, partners and above all by God's grace. Taken together, this will provide our local youth with hope for a better life

However, the success equation is still lacking. While training and qualification have been provided, our graduating students lack the capital essential to

start up their own businesses. Among their requirements are tailoring machines, tailoring kits and hairdressing equipment. For these reasons, we humbly ask for your continuing prayers and support, as we wait upon God to respond and help us with our need.

As for the present, we have seen growing numbers of girls and boys applying to join OMA for the coming course training year, which starts in May 2023.

We call upon you to travel with the Foundation in our life changing journey, as partners with God.

With 100 euros (approx £90) you can sponsor a girl or boy of 18 to 30 years, for a 1-year training course.

For more info: omafoundation01@gmail.com. Website: omafoundationug.org. For further information please contact Zandra (0796 8401386) or Amanda (028 91271311)



Recipe Corner

Garlic Cough Syrup Recipe

Ingredients

6 Cloves Garlic
3/4 Pint Water
3/4 lb Sugar
6 tbsp Vinegar
3 tbsp Whiskey

Method

Chop the garlic cloves and put into a saucepan with the water.
Bring to a boil and simmer for 30 minutes
Strain and keep the liquid and return to the pan.
Add the sugar and vinegar, bring to the boil and simmer a further 20 minutes.
Add Whiskey

Pour into a sterilised bottle. Take 2 tsp of the cough syrup as required.



Irish Cream Liqueur

Ingredients

1 large tin evaporated milk (410g/14.5oz)
1 large tin condensed milk
1 tsp glycerin
1 heaped tsp coffee mixed with 1tbsp warm water
1.5 cups Irish whiskey

Method

Blend all of the ingredients well and enjoy

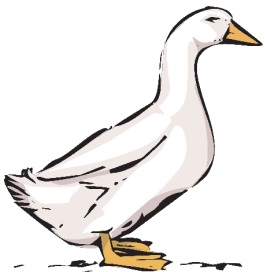
Recipes sent in by Ella Milliken

Walking for Softies - Kiltonga

January saw us at Kiltonga Bird Sanctuary, aka The Duckpond in Newtownards.

The sun shone, as we enjoyed a pleasant walk, occasionally stopping to watch the various birds, especially the colourful waterfowl. As the perimeter walk wasn't too long, we made a return loop in the opposite direction. It looked quite different!

Afterwards, we drove to the nearby Strangford Arms, where we were treated to plates of fresh scones and piping hot pots of delicious tea and coffee.



Hillsborough

We ventured further afield in February to Hillsborough Forest Park. Again, it was a sparkling sunny but cold day. We strolled around the lake, during which William took some time searching for the best spots to go fishing! Not sure it was worth the effort, as returning a few days later, he singularly failed to catch any fish! After our mild exertions, we went to Dobbies Garden Centre for refreshments in their excellent restaurant. Suitably replenished, some of us stayed a while longer to wander round the shop and horticultural stands before heading home. A good day was had by all!



Bible Bite

A short story from the Bible

It can be read in the Bible in
Mt 21:1-11, Mk 11:1-11, Lk 19:28-38, Jn 12:12-19

Thousands of people went to Jerusalem to celebrate the Passover feast each year. This year Jesus and his friends went too.

Two miles outside Jerusalem Jesus said to two of his friends



If anyone asks, say 'The Lord needs it.'



and they found it as Jesus had said.



The Lord needs it.



They brought it back to Jesus, and made a saddle from a cloak.



They spread more cloaks on the road to make it a way fit for a king.



Others cut palm branches and waved them.



God bless the one who comes in the name of the Lord!



As they got closer to Jerusalem the crowd grew!



Everyone shouted to welcome Jesus as king



The teachers of the laws were angry



But Jesus replied



Mouse Makes

HE IS RISEN!

Read the story of The Resurrection in Matthew 28:1-20

Into Jerusalem

Jesus is Betrayed

The Last Supper

How many other words can you make from RESURRECTION

An _____ of the Lord came down from _____ and going to the _____ rolled back the _____ ... the _____ said, "Do not be _____, for I know you are looking for Jesus who was _____, He is not here; he has _____, just as he said."

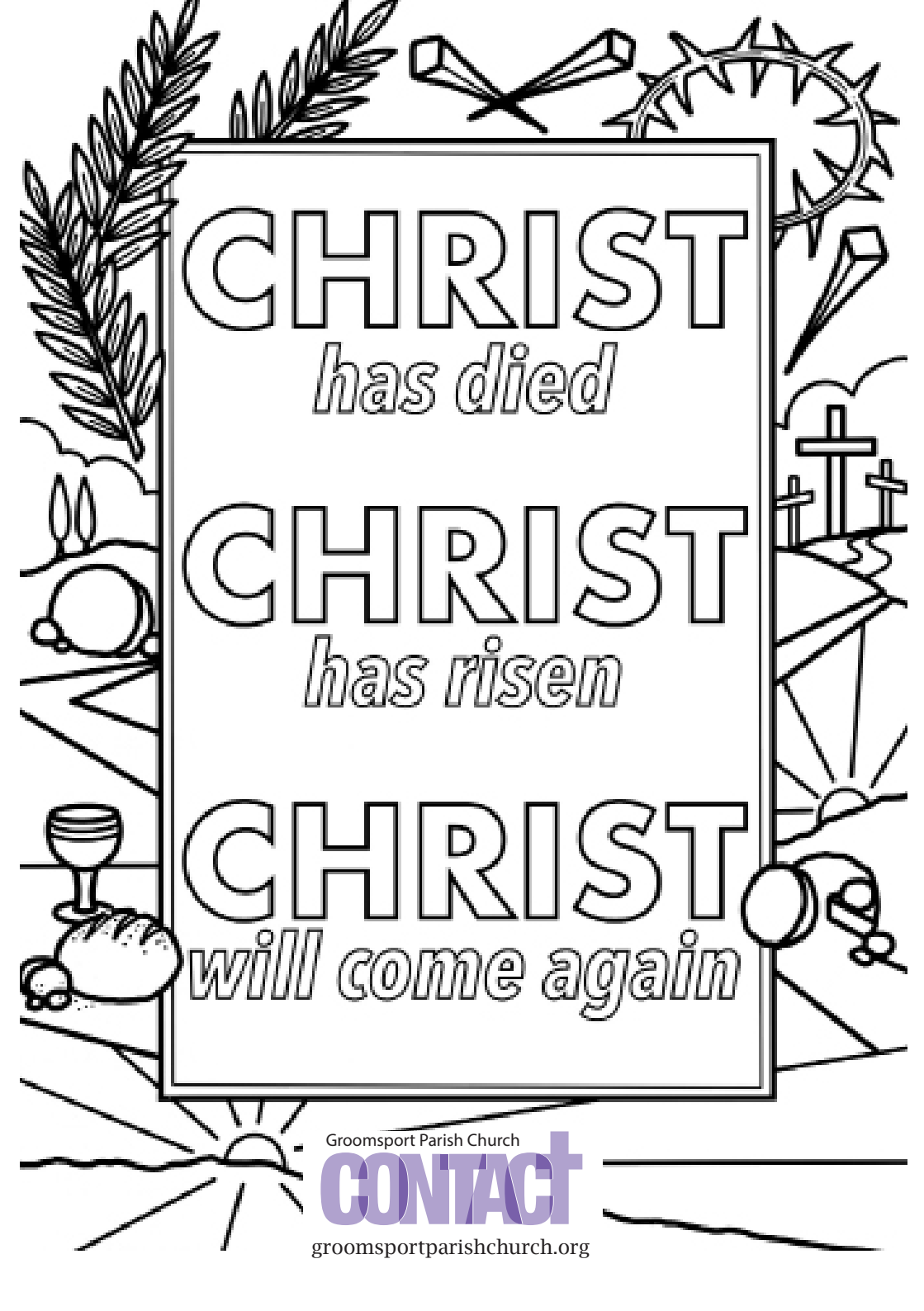
Jesus is Crucified

Jesus is Buried

Jesus is Risen!

Glue this page onto card. Cut out the ovals then colour in. Punch a hole at the top and hang up for Easter

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CHRIST

has died

CHRIST

has risen

CHRIST

will come again

Groomsport Parish Church

CONTACT

groomsportparishchurch.org