

AUG - SEPT 2023

GROOMSPORT PARISH CHURCH

CONTACT

www.groomsportparishchurch.org



From The Pulpit

From our Area Dean, Canon Simon Doogan



Signing off, on the arrival of your new Priest-in-Charge, gives me a chance to thank God for your welcome over the past year of Vestry meetings. You made life as easy for me as you could! Having chaired your Vestry for a period once before, I wasn't completely among strangers but working closely with your Honorary Secretary and Honorary Treasurer has been a real pleasure.

This seems like a timely opportunity to acknowledge how hard Heather and Florence have been paddling below the water to keep the parish not just ticking over but moving forwards. Likewise, your Churchwardens Mae, Bert and Zandra have been conscientious about alerting me to your pastoral needs. The Reverends Faith Cully and Tim Wright also deserve mention for leading so much of your worship. It has been good to get to know many lovely Christian people. As for highlights, well I can't go past Primrose, Iris and Marigold. Not my three favourite summer blooms, but three sisters, one of them a faithful Groomsport parishioner.

Our introduction was a sad one: I was with Marigold's husband Norman before he died and then conducted his funeral. But as the wider family gathered affectionately around them, the ladies' spirits were lifted with the prospect of an imminent birthday: all three were about to turn 90. You may have read in the local press that their application for the title of world's oldest living triplets is currently pending with the Guinness Book of World Records! They didn't look 90, they certainly didn't act 90, but the more I think about their combined 270 years, the more wonderful a tally it is. Among their constants were faith and church, worship and prayer, but what only struck me later was that simply living and loving really are God's most underrated blessings. Achievements, titles and plaudits come and go, but every day God gifts to us people to reach out to, to care for, to lift up. Incidentally, the last set of oldest triplets were the Cardwells born in 1899 in Texas USA. Their names? Faith, Hope and Charity (1 Corinthians 13).

SED



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August & September 2023

The 9th Sunday after Trinity

6th August

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

The 14th Sunday after Trinity

10th September

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

The 10th Sunday after Trinity

13th August

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

The 15th Sunday after Trinity

17th September

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

The 11th Sunday after Trinity

20th August

8:30 am
10:30 am
6:00 pm

The 16th Sunday after Trinity

24th September

8:30 am Holy Communion
10:30 am Morning Prayer
10:30 am Holy Communion

The 12th Sunday after Trinity

27th August

8:30 am
10:30 am
6:00 pm

The 17th Sunday after Trinity

1st October

8:30 am Holy Communion
10:30 am Family Service
10:30 am Evening Prayer

The 13th Sunday after Trinity

3rd September

8:30 am Holy Communion
10:30 am Family Service



Tuesday 7 pm - Compline

Thursday 11 am - Holy Communion

**10 am on the first Wednesday of every month -
Holy Communion is celebrated at the Chapel in Mount Stewart**

Vestry Minutes - June

Three solar batteries have now been installed in the store of the Canon Tyney Hall, one of them being given free to us. Power NI will pay us each September for power generated. Permission was given to proceed with roller blinds behind the organ in the Church to enable the organist to see the music on a bright day. The new lift in the halls has been installed. It will take a wheelchair and two passengers.

Ruth Fee, Vice chair of Discover Groomsport will contact Barry later in the summer. Work on Cove Avenue is almost complete. The decorators are currently in.

Pauline Harrison has raised a massive £1075 from her Thursday morning coffee mornings and Lunches. The select Vestry was delighted to hear the money is to be spent on a defibrillator for the halls.

Heather will write to thank Pauline for all her hard work. She will also write to thank Mary Cargill for the invaluable work she has been doing with the Tuesday Club to help so many lonely people.

A letter from the House of Bishops about use of the Chalice in Communion Services is being included in the Contact.

The Select Vestry had a lengthy discussion before agreeing to send a letter to the entire Parish about the current situation in which we find ourselves, informing everyone about a new "Projects" fund.

Barry and Bert will be updating GDPR (Data Protection) files in the next few weeks after the computer is upgraded.

The Vestry agreed that we will revert to one monthly Evening Sunday service with organ music. Heather will write to thank Vanessa for the contribution she has made, especially during Covid restrictions.

The Select Vestry met with Amanda to present her with vouchers to thank her for the tremendous work she did for Groomsport over the last few years.

Our new Administrator is Ashley Rogan who will be working four days a week Tuesday - Friday. The office will continue to be closed to visitors until 11.00am each morning.

Barry requested some large hymnbooks with music for Jubilate. A separate article will appear in the Contact asking if anyone would like to purchase one in memory of a loved one.



Appointments

Ashley Rogan has been appointed as Parish Administrator.

Ashley will be working Tuesday - Friday. The office will be open from 11 am to 12 noon.

Please make sure you are only visiting the office during opening hours.



Church Projects Fund

For anyone wishing to set up a Standing Order for the Church Projects Fund, you will require the Bank details given below.

However should you choose to use envelopes to contribute for the Fund, you can obtain these from the Church Wardens.

Standing Orders and envelopes can be used weekly, monthly or any other time that suits you.

Banking details for Church Projects Fund.

Progressive Building Society

Sort Code 23 -74 - 48

Account Number 60538426

Reference 0130001563X

If you are setting up the Standing Order online, you may be asked if you wish your Bank to check the details. As it is a savings account, the Bank cannot verify the details. You will therefore be asked if you wish to proceed. In which case, simply click **YES** and continue.

Church Projects Fund

Dear Parishioner,

Following the exciting news of Elliot's arrival and his Service of Introduction on 21st August, the Select Vestry has been busy making plans for the future.

We have always endeavoured to keep you, the parishioners, informed of the workings of the Church, hence our regular Vestry article in our Church magazine. We appreciate that we are in difficult times and have thought long and hard about sending out this letter and request, but the pressures are such that we think it is necessary to avoid longer-term problems.

Why did we sell the former Rectory?

When Duncan moved to his own property, the Rectory was rented out, but when the last tenants moved out last year, it was agreed that we should review the situation. Duncan set up a Rectory sub-committee to explore our options. Following much research and consultations with several professionals, our options were:

Option A-Do nothing – not an option.

Option B - Renovate it and continue to rent – at an estimated cost of £50,000 - £100,000. This was a non-starter.

Option C- Knock the house down and rebuild – again, cost prohibitive.

Option D - Sell the property. Particularly given the location of the Rectory and the dangers of exiting onto a busy narrow road. The Vestry felt its only choice was Option D. This proved a long and difficult process because of the legalities.

Why did we purchase Cove Avenue?

The purchase of any C of I Rectory requires approval from RCB (Representative Church Body) in Dublin, and RCB has an extensive list of criteria from which they will not deviate. Again, after a lot of research by

by our Committee and by the Diocesan Secretary, it became clear that there were no suitable properties inside the Parish boundary. Indeed, even outside the boundary, properties of over £500,000 still did not meet the RCB's criteria. When RCB were asked to help with our conundrum, our question was not even addressed. Therefore, we had to do something to move the situation forward, and so with the Bishop's approval, we purchased Cove Avenue. However, that meant we were unable to appoint a Rector which explains why the Bishop appointed a Priest in Charge, a concept new to most of us. The difference is that a Priest in Charge is appointed by the Bishop on a 5 year contract but is actually our Rector in all but name.

How are we going to purchase a Rectory?

While we are not in the position to purchase a Rectory at this moment, we would do well to remember that due to good governance of successive Vestries, generous legacies and generous Building Fund contributions of Parishioners, we have been able to refurbish our Halls and more recently our Church without a loan.

As we see it, we now have two options:

A- Bury our heads in the sand for the next five years and face an even bigger problem in 2028.

B- Be proactive!

You will agree that we do not have a choice.

At some stage in the future, we are going to have to provide a Rectory, either by purchasing a property which will be approved by RCB (which currently seems an impossible task) OR locate a piece of land on which we can build a purpose-built Rectory, meeting all necessary criteria. The latter is probably the preferred option, but as we all know, land is hard to find and comes at a cost.

Projects Fund

As your Select Vestry, we have given strong consideration as to how we can deal with our current problems. While we fully understand the current financial pressures everyone is under, we have concluded that it would be prudent to set up a Projects Fund. We would ask you to consider donating to this fund, giving whatever you can reasonably afford, as and when suits your circumstances, any time from July onwards. This will start us on our way to meet the RCB's housing requirements and enable us to appoint a Rector in future years.

You will be able to do this either:

- By weekly donations in a Projects Fund envelope (which will be a different colour to FWO envelopes). Please complete the enclosed form and give it to the Wardens.

- By setting up a monthly Standing Order –and arranging it with your bank, making clear that it is not FWO contribution.

- By giving anonymously by putting your contribution on the plate in the church or in the post box outside the Halls and marking the envelope Projects Fund.

In addition

Other financial pressures, while not immediate, also need to be planned for. On the evening of Tuesday 23rd May, many of us attended the Bishop's Evening for Select Vestries at St Mark's Newtownards. And what a challenging evening that proved to be! We were given the most incredible presentation by Captain Jasper Rutherford, European Director of Christ in Youth. Jasper did not just give us his opinion on the worrying nature of the lack of numbers of young people in the Church of Ireland in the four provinces of Ireland. He gave us the hard, cold facts. As a Select Vestry, we were challenged in every possible way to go back to our churches and consider how we can be proactive in doing what we can to address the situation, be that employing a part-time youth officer, making use of the many resources that are available centrally or thinking

outside the box to do "our bit" to ensure a generation of young people is not lost. When the Bishop was asked how we finance this, his advice was to put aside a percentage of our new Projects Fund in order to be able to use it for possible future youth projects.

And, of course, we must bear in mind that since Duncan's departure, we have not had to pay a monthly stipend and all that goes with it. With Elliot's arrival, our monthly outgoings will be considerably higher than in the past year.

In the next edition of the Contact, you will find an extensive list of clubs and groups which meet weekly and monthly in our halls. Look out for two new groups – Singing for Fun – the brainchild of Pauline Harrison, for those of you who would like to get together to have a coffee and sing some of your favourite old hymns and old songs. The group will also be open to carers/ friends/relatives /who might like to bring along someone who perhaps suffers from dementia. Bereavement – discussions are also taking place about the creation of a confidential support group for those recently or not so recently bereaved.

At the Easter Vestry, you chose US to make decisions on your behalf, but on such important issues, we would be most grateful to hear any suggestions YOU may have to solve what is a real conundrum with the Rectory.

We know we belong to a very special Church, and we are blessed to be able to welcome the Rev Swatridge in August, when so many churches in Ireland remain without ministers.

Prayer has been at the heart of all our decisions to date. Therefore, we would ask that, as well as donating to the Projects Fund, you would pray that we find a way forward– and maybe God will respond in an unexpected way.

Yours in Christ

The Select Vestry

The Common Cup: from the House of

We are not used to declamatory central directives in the Church of Ireland, but on St Patrick's Day past, one was received in relation to the distribution of Holy Communion. Bishop David has now requested compliance across the diocese. I bring a shortened version to your attention here, so that you have a couple of months to digest its ramifications. As you will see, it was intended to apply throughout the Church of Ireland from Pentecost Sunday (21 May) but I have informed the Vestry that we will fall into line from Sunday 3 September. SED



"From time to time, during and since the Covid 19 pandemic, the bishops have sought to offer counsel to the wider church particularly concerning the manner of the administration of the Holy Communion. In all our statements, we have sought to combine seamliness and safety and to take the best professional advice available to us.

(photo: the Archbishop of Armagh presiding at the General Synod opening service)

"It is approximately a year now since we encouraged the restored use of the common cup at Holy Communion. This is the traditional Anglican practice in relation to the administration of the sacrament and is enshrined in the formularies of the Book of Common Prayer. The sharing of the Cup of the Lord is rich in meaning and value for the communicant, and only in the most extraordinary medical emergency could we take it upon ourselves to advise that the cup should be withdrawn, or that the consecrated wine of the Eucharist should be administered by other temporary means such as individual vessels.

"We recognised a year ago that it would take some time for the cup to be restored across the whole church, that there would for a while need to be a degree of variety of practice, and that the position of those who remained nervous about receiving from it should be respected. Nevertheless, cognisant of the present situation in terms of public health, and mindful of professional wisdom which indicates the extremely low risk associated with the transmission of infection via a shared silver vessel containing the fermented fruit of the vine and used in an ordered liturgical context, we have all agreed to provide the following directions to the church.

- Specific permissions given for the use of individual vessels at Holy Communion will lapse after Pentecost Sunday 2023. Thereafter the administration of the consecrated wine at Holy Communion in our churches should involve the common cup only.
- Those who remain for their own reasons nervous about receiving from the common cup should be respected, and they should receive in one kind only, with an assurance that the Church teaches that the sacrament can be fully received in one kind.
- We ask that communicants do not themselves intinct the consecrated bread they have received in the wine. This is based on clear medical advice that intinction can spread infection from fingers to the wine, and crumbs of bread left in the wine can be problematical for other people who wish to receive it, eg coeliacs
- Chalices should be kept scrupulously clean and washed with very hot soapy water after services before being put away.
- It is really important that chalices be wiped fully using clean cloth (preferably linen) purificators. The use of tissues can spread infection; the use of proper cloth purificators significantly diminishes it.

"In issuing this guidance we are concerned that communicants feel safe, that they conduct themselves with mutual courtesy, and that above all the supper of the Lord is administered with reverence and with joy. The long period during which the common cup had to be withdrawn only served to remind us of how precious a thing it is, how full of Scriptural resonances, how it speaks to us of our utter equality before God as we gather in sacramental unity, how the beauty of its meaning must never be taken for granted. In that spirit we pray that the full restoration of the common cup, surrounded of course by care and courtesy, can be for the whole Church of Ireland a matter of the greatest joy."

The Roman Centurian

I have been stationed here for some time. It's not a popular posting for most of the troops, they are far from home and know that most of us are feared and resented by the population. Their religious customs are exceedingly alien to us and they regard us as ignorant of a proper respect for their God. Over the years I have come to a way of learning to live in a foreign country and I did the same here. I tried to understand their way of life and their religious beliefs.

I have been based near Capernaum and that was how I came to learn about the teacher and preacher, Jesus of Nazareth. I knew that he too was regarded with mistrust and suspicion and seemed to be of great concern to many of the Jewish leaders. I became curious about him and found out all I could. Over time I had managed to gain the trust of some of the local Jewish people, they were not all hostile and were curious about our way of life and the things we had achieved in the Roman Empire. I learnt to love the local people and did all I could to help them, and respect their religion. I had a synagogue built for them when they felt the need of one for the local population. Thus it was that I gained their trust and friendship.

Apart from the hundred troops I command I have a good number of slaves to help run my household. I try to treat them well, they are after all not just property but human beings too. One day it became clear that one of my most trusted slaves was critically ill. He could do nothing, even for himself, as he had become completely paralysed. I was distraught, I knew none of our medics could do anything for him, he was fated to die a slow horrible death. I couldn't bear to let that happen without at least trying to find a way of helping the dear man. I remembered Jesus, then I thought that there was no way such an amazing person who had healed so many would want to help a Roman Centurian. I thought of my Jewish friends and went to see some of the leaders with whom I had developed a relationship. They told me that Jesus was on his way to Capernaum. I asked them if they would go to him on my behalf to beg for help for my suffering slave.

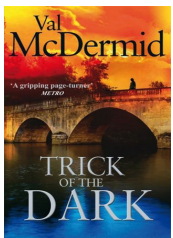
Word came to me from the stragglers in the crowds who always followed Jesus that he was on his way to my villa, in response to my call for help. I could hardly believe it, I was not fit that he should come to my home so I sent some friends to intercept him. I asked them to say that I felt unworthy to come to him myself but understood his authority as I too have authority and when I say that something must be done, it is done, immediately; troops come and go at my command. I knew that if he said the word it would happen. I learnt that Jesus was amazed at what he called my faith and commended it to others. Me! A Roman Centurian. He told my friends that my plea would be answered because of my faith. At that very moment, as I learnt when my friends returned, my servant was healed. It was at this point I believe, that it all began to make an amazing sort of sense and I realised just who He was. I now know the real meaning of faith and recognise that my authority is as nothing compared to His. I really feel part of the community now and can join His followers in proclaiming His power and love.



Book Stall

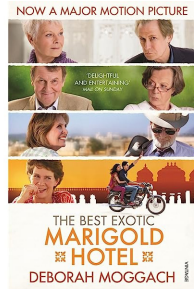
The Fair was a success enjoyed by many people. We raised a little over £200.00 but this event was not intended to be a fund raising opportunity. I know that many of you had enjoyed the book fairs in the past, the chance to sit and chat with friends and enjoy the delicious fare on offer. My profound thanks to the stalwart army of helpers who organised the books, served the food and refreshments and worked so hard, from early in the morning in the kitchen to ensure that only the best was available. I have a wide selection of books below so if you are heading for a few days away and like the sound of any of them, do come along to the church hall; once the Contact is published I will place these titles on the top of the bookshelf as usual.

Trick of the Dark Val McDermid



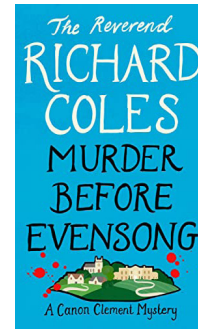
Regular readers of this column will know that I am a great fan of Val McDermid's work. They are dark as befits a thriller but for crime fiction fans she really fits the bill. Charlie Flint is a psychologist, currently suspended from work after a lengthy court case following her evidence against an accused man. During her period of purdah she is sent, anonymously, a package of cuttings about a recent dramatic double murder. This sets her on a trail, reluctantly at first, back to her old college at Oxford and brings her into great danger, personally, emotionally and physically. There is much more to this crime than meets the eye and the reader will enjoy.

The Best Exotic Marigold Hotel Deborah Moggach



Here is a really enjoyable, witty, touching story, full of colour, humour and wonderful characterisation. For those of you who haven't seen the film this is the story of a disparate group of retired people who are at a point in their life when they feel they need or want to downsize or look for a less expensive home. Coincidentally they find a connection with an enthusiastic Indian entrepreneur who needs a new venture to save himself from bankruptcy. His renovation of a rather dilapidated building to provide an inexpensive private hotel for elderly English people is the answer. As they arrive and settle in, their various responses to the challenges, food, climate and new friends far from home, provide the main part of the book. I strongly recommend this book as an excellent holiday read.

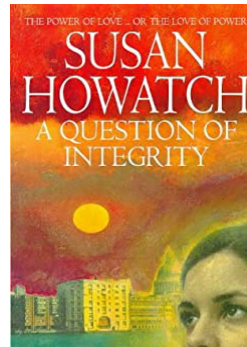
Murder Before Evensong The Reverend Richard Coles



Some of you may be familiar with Richard Coles who is often on radio and television. The framework of this story will be familiar as the services described sound very like our own. Canon Daniel Clement, the Rector at the heart of this story causes consternation among his congregation who are not amenable to change, when he announces his feeling that the church needs a lavatory. He clashes with the flower arrangers, jealously wanting the space for their creations, but this uproar fades into insignificance when Daniel's two dachshunds, Cosmo and Hilda discover a body, stabbed with a pair of secateurs, at the back of the church. Old hidden stories are revealed and many of those in the quiet village are found to have secrets. This story is gentle, humorous and intriguing. Another good holiday read.

A Question of Integrity Susan Howatch

I have read all of Susan Howatch's Starbridge novels, a wonderful series about characters in the Cathedral of Starbridge and loved them so I picked this up when I noticed it in the shelves. I should warn you that this is a very big book, six hundred and eighty pages in total! However I couldn't put it down once I got into it, and read it in less than a week. Alice, at the centre of the book, is shy, unhappy and overweight, but one lunch time discovers, on a wander through London, a modern but mysterious healing centre in a church where she shelters from a downpour. This brings her into contact with those working and volunteering at the centre, Lewis, an irascible minister very traditional not to say old-fashioned in his views, Francis the kindly volunteer who is Alice's first contact, Rosalind, glamorous and apparently effortlessly successful and at the centre of it all Nicholas a distinctly flawed though charismatic priest.



Book Fair

Our first Book Fair since the pandemic took place on June 3rd and was, as always, enjoyed by all those who attended. A small, stalwart army of helpers made this such a lovely occasion, from the dedicated bakers who arrived early to make fresh scones, to the warm welcome on the door, the large number of people who turned up the day before to set out the books in different genres and the smiling hosts who served tea and coffee and a delicious assortment of scones, biscuits and tray bakes.

I made my usual book cake quiz, not quite up to my previous efforts- I think I was out of practice! That's my excuse anyway. Did you guess the book? It's my all time favourite, one I have read many times.

The answer at the end of this article.



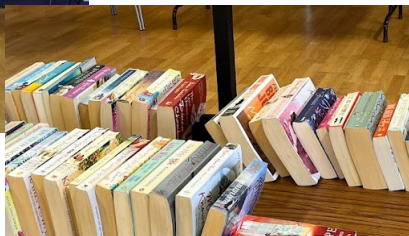
There were lots of children's books available, many of which are now in the shelves reserved for children's books at the end of the shelves in the last two sections. Everyone who attended was able to take home two books as part of the entrance contribution but many took home extra for the knock down price of 50 pence each.

Many people arrived at the beginning and stayed till the end, chatting over refreshments with friends, there was lots to go round. We raised a little over £200 for church funds, but this wasn't a fund raising event, just a chance to get together with members of the community in a convivial atmosphere. Now of course the book shelves have a range of new titles, you are always welcome to browse and see what takes your fancy. Let's hope it is not too long until our next fair!

(The book pictured above



is Middlemarch by George Elliot)



Thoughts of a Blow In ...

As usual this summer, we're getting a mixed bag weather-wise. During most of June, it seemed like we'd been transported to the Mediterranean! But now we're back to normal (no bad thing for gardeners, farmers and our water supply), and the usual dodge-a-shower routine when walking down the road.

Even when the weather is uncertain, there are always more people about during the spring and summer months and also more opportunities for social occasions. A great chance to catch up with people! I recently enjoyed a wonderful virtual tour around Europe from a friend who's been travelling throughout June with a whirlwind view of France, Austria and Germany!

It's also the time of year when the younger generation comes home for the summer. I've recently enjoyed visits from several people I've known since they were shorter than me. It's so lovely to see them, and such a pleasure to catch up with their news and achievements.

And speaking of achievements of friends' adult children, a young lady called Emily Clarke from York represented Team GB in the tennis squad at the Special Olympics in Berlin a few weeks back.

Simply taking part at such a high level is amazing in itself, but Emily also came fourth in the singles competition and got a bronze medal in the doubles. Huge congratulations to Emily and the team! Her family is naturally over the moon and so proud of her. I've thoroughly enjoyed seeing the photos they've posted of this wonderful event. Go, Emily!

As we're enjoying the light nights of summer, I thought this fun and whimsical verse *Bed in Summer* by Robert Louis Stevenson might raise a smile. Whether you're heading abroad or staying home, I hope you have a lovely summer!

*"In winter I get up at night
And dress by yellow candle-light.
In summer quite the other way,
I have to go to bed by day.*

*I have to go to bed and see
The birds still hopping on the tree,
Or hear the grown-up people's feet
still going past me in the street*

*And does it not seem hard to you,
When all the sky is clear and blue,
And I should like so much to play,
To have to go to bed by day?"*



Walking for Softies

In May we had our last walk of the season at Sir Thomas and Lady Dixon Park in South Belfast. It was a beautiful morning, the sun was shining and the birds were singing. After assembling in the car park next to the Stables Ability cafe, we set off towards 19th century Wilmont House. On the way we passed the delightful children's play park. Some of us briefly ventured to revisit our childhood on the swings! But the highlight was undoubtedly the rose gardens themselves. It was still early season and the roses were just beginning to come into bloom. Some of us promised to return in mid summer, when the display of roses would be at their very best



We finally reached Wilmont House itself. Lady Edith had originally gifted the House to Belfast Corporation, with the intention that it be used as a hospital, convalescent home, or care home for the elderly. It was finally closed as a care home in 1992. Sadly, this Victorian house is now itself looking rather forlorn and in need of some loving care and repair. It is uncertain whether Belfast City Council will be willing to allocate the necessary funds to bring this old lady back to looking her best and once again serving the people of Belfast.

Sir Thomas and Lady Dixon Park

At the close, we gathered in the cafe, where we were regally treated to delicious scones, washed down with lashings of coffee and pipping hot tea. Another great season of enjoyable walks had been completed.



Our walks will recommence on the last Saturday in September, and thereafter continue on the last Saturday of each month for the rest of the season. We intend one of our walks will be to wonderful Montalto Estate near Ballynahinch. If you would like to join us on any of our gently strolls (or simply come for the craic over refreshments afterwards), give Ian or Zandra a call for further information. We'd be delighted to hear from you.



Ian mob. 07968401387
Zandra mob. 07968401386

Confidential Bereavement Support Group

As mentioned in our Parish letter, we are now able to provide you with details of the new group which will have its first gathering in the Maxwell Hall on Thursday 14 September at 2.00pm and will be on the second Thursday of the month thereafter.

We are so fortunate to have Muriel Cairns, one of our own parishioners, leading the group. Muriel is a retired Social Worker, working with the elderly and vulnerable adults. She has experience volunteering with Childline and Relate and is currently working as a volunteer in Belfast Trust Bereavement Team. Muriel is keen to stress that gatherings are completely confidential, and anything discussed will not leave the four walls of the Maxwell Hall.

She also wishes you to know that the group welcomes **all ages** and **all those who have lost someone important to them**.

You can either just turn up on **14 September** or you can give Muriel a call on 07976 239 896 if you would like further details.

The Tuesday Club Groomsport

This group was started by me, Mary Cargill, in 2017 for people who live alone within a ten-mile radius of Groomsport. The intention was to use the two church halls for two years at a time and to invite speakers along to entertain us. We have a membership of 54 at present, with room for more.

Our next meeting, on 5th September, will be a very interesting one. We have invited the Belfast Pilotage to come and tell us about their work on Belfast Lough. It will be an open meeting so that anyone who is interested can attend. Come along at 2 pm. You might enjoy it! If you want any further details, give me a call.

Mary 028 9147 4096.

Sing for Fun

This is a new enterprise which Pauline Harrison and Mary Cargill have decided to try out. It is intended to bring together, dementia sufferers and their carers, and anyone else interested in singing for fun for one hour each month to sing songs and enjoy a bit of a change from “normal” everyday life. Starting on Tuesday 12th September at 2 pm, we hope that you will support our venture so that it may become a regular event. If you want any further details, give either of us a call.

Mary 028 9147 4096

Words and Actions



Clubs and Activities in the Church Hall

Monday

First Monday in the month	Select Vestry meeting	7.30 pm	Contact Heather 07834 771075
Second and Fourth Monday	Chattering Needles	7.30 pm (Starting 9th Oct)	Contact Jenny 07748580541
Third Monday in the month	Mothers Union	7.30 pm (starting 18th Sept)	Contact Faith 07802494260
Every week	Lets Do Pilates	7 pm	Contact Denise 07759683489

Tuesday

First Tuesday in the month	The Tuesday Club	2 pm	Contact Mary 07359373770
Second Tuesday in the month	Sing for Fun	2 pm (further details in magazine)	Contact Pauline 07745191808 or Mary 07359373770
Second Tuesday in the month	Groomsport Gardening Club	7 pm	Contact Miriam 07796101537

Wednesday

Every week	Mojos Club	9.30 am	Contact Elaine 07791569432
Every week	Scrabble Club	2 pm	Contact Elaine 07791569432
Every week	Crafty Stitchers	2 pm	Contact Susan 07867782395
Every week	Silver Spurs Line Dancing Club	8 pm	Contact Gillian 07968225619

Clubs and Activities in the Church Hall

Thursday

First and Third Thursday in the month	Coffee, Scones and Soup	11 am (Starting on 7th Sept)	Contact Pauline 07745191808
Second and Thursday in the month	New Confidential Bereavement Group	7 . 3 0 p m (Starting 1 4 t h Sept)	Contact Muriel 07976239896 (Further details in Magazine)
Every week	Jubilate practice in Church		Contact Maurice 07752569999
Every week	Tai Chi	3 . 3 0 pm	Contact Janet 07703360385
First Thursday in the month	Groomsport Masonic Lodge	7 . 3 0 pm	Contact Jonathan 07876687517
Second and Forth Thursday	Bangor Art Club	7 pm	Contact Gordon 07583027517

Friday

Every week	Groomsport Art Club	1.30 pm	Contact Elaine 07791569432
Every Week	Rising Stars Theatre Youth Group	3 pm	Contact Poppy 07711062137

Saturday

Last Saturday in the month	Walking for Softies	10 am	Contact Ian 07968401387 for details of location
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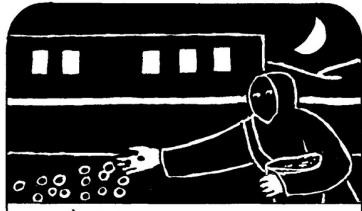
Bible Bite

A short story from the Bible

It can be read in the Bible in
Matthew chapter 13: 24-30, 36-43

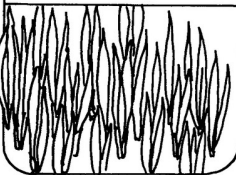
Jesus told this story to help explain
what his Kingdom, the Kingdom of
Heaven, is like...

A farmer's workers sowed
good wheat seed in his field.

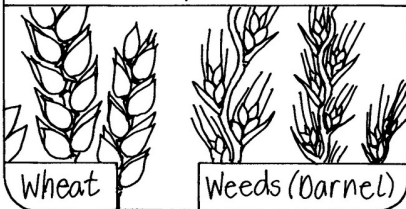


At night an enemy came
and scattered weed seeds

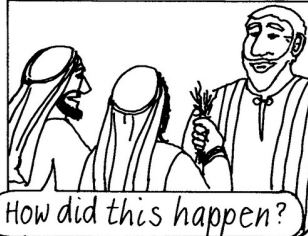
When the seeds
sprouted they
looked the same



When the plants grew bigger
the workers spotted the weeds



They asked the farmer



An enemy did this



No, you might pull up
some wheat with them.
Wait until harvest time



You will be able to sort them
out, and put the wheat in the
barn... and burn the weeds



People asked

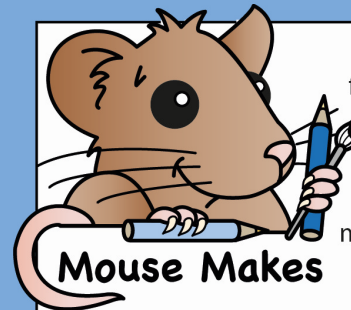


The field is the world
and the good seeds are
the good people



The weed seeds
are the evil people. At the end
of time they will be separated.

The angels will bring
the good people to me
in heaven.



Mouse Makes

After Jesus miraculously fed 5,000+ people
from two fish and five loaves, he sent his disciples
off in a boat across the Sea of Galilee before
going up a mountain by himself.
Later in the night, as the boat was being blown
and buffeted by the wind, Jesus came
miraculously walking on the water towards them...

Read the story in: Matthew 14: 22-27,
Mark 6:45-56 or John 6:16-21

What did Jesus do when he
went up on the mountain?

Matthew 14:23

What was the boat
struggling against?

The _____ and
the _____
Matthew 14:24

What did Jesus say to
his disciples?
Do not be _____
Matthew 14:27

What did the disciples think
Jesus was when they saw
him walking on the sea?
A _____
Matthew 14:26

Who walked out on
the water to Jesus?

Matthew 14:29

What did Jesus say to Peter?

Oh you of little _____
why do you _____
Matthew 14:31

W F W A F R A I D Y C K O C S
I N O T F E A R W A T E R M R B B O J
N N R L A L O N E K I N T O O O E M E
D I S C I P L E S A V E E U W A V E S
G G H E T E R R I F I E D N D T E S U
H H I A H T L G U D O U B T S Y N I S
O T P S S E A K P R A Y W A L K I N G
S F E E A R N O T H E R S I D E N K S
T O D D T V D G K N F S O N O F G O D

JESUS • DISCIPLES • BOAT • OTHER SIDE • CROWDS • MOUNTAIN • EVENING • ALONE • LAND • NIGHT • SEA
WALKING • TERRIFIED • FEAR • COME • WATER • SINK • SAVE • INTO • CEASED • WORSHIPED • SON OF GOD

Answer the questions then find them in the word search

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Walking for Softies

In May we had our last walk of the season at Sir Thomas and Lady Dixon Park in South Belfast. It was a beautiful morning, the sun was shining and the birds were singing. After assembling in the car park next to the Stables Ability cafe, we set off towards 19th century Wilmont House. On the way we passed the delightful children's play park. Some of us briefly ventured to revisit our childhood on the swings! But the highlight was undoubtedly the rose gardens themselves. It was still early season and the roses were just beginning to come into bloom. Some of us promised to return in mid summer, when the display of roses would be at their very best



We finally reached Wilmont House itself. Lady Edith had originally gifted the House to Belfast Corporation, with the intention that it be used as a hospital, convalescent home, or care home for the elderly. It was finally closed as a care home in 1992. Sadly, this Victorian house is now itself looking rather forlorn and in need of some loving care and repair. It is uncertain whether Belfast City Council will be willing to allocate the necessary funds to bring this old lady back to looking her best and once again serving the people of Belfast.



