



CROSSROADS



St Andrew's Killaney

St Ignatius' Carryduff



February 2019

Dear Friends,

With this first issue of the magazine in 2020 we invite readers to experience God's grace, and live in his truth. What do we mean?

A team from the vestry recently suggested a few small but significant changes to our monthly news magazine, and we want you to know what those changes are, and to embrace them with your enthusiastic support.

People: we celebrate God's gifts to us in Killaney and Carryduff with the groups who use our halls, both from inside and outside the parish. We want to hear from those groups, so that YOU, our readers, will be better informed and better able to support the groups by your attendance or interest.

Stories: we are inviting members of the parish to share short stories of their experience of God in their daily lives. Not a life story, just the story of a day when they experienced God's truth in a new or surprising way.

Resources: the community of Christ in our churches are concerned about wasted resources and wasted money. We produce about 10 spare paper magazines a month for passers-by to pick up at the doors of the churches. Yet some who receive the paper versions would LOVE to receive one without using paper. This month we are inviting anyone who has an email address to sign up for an emailed copy/link, to try it. If you like what you receive, and would like to save paper and printing costs, then at a later stage, you can opt out of paper deliveries. Send an email to Stephen Lowry to make the change. Free paper versions are available to all who wish to receive them and will continue to be available for the foreseeable future.

Content: to help us in the office we need to have content such as rosters, news items, articles, stories, and event notices in on time. Every time these were late it put pressure on the whole magazine team, especially the volunteers.

Kindle support: as I visit parishioners I find that many have various tablets and readers, such as Kindles, iPads, and smartphones. I am trying to find new ways to deliver magazine content directly to these devices. This will help you have the news to hand, even in full colour if your device supports it! Some of you may already be able to do this, but when I find a system that works easily, I would love to help you get to use it without great technical skill. Ask me about it.

Sharing: if you have old friends or relatives whom you would like to receive the magazine, please get them to sign up on the Parish website and a monthly reminder and link will be sent to them when each edition is ready!

Free: we intend to continue to provide the magazine free to all who request it, and any reduction in the number of paper issues will help us achieve this.

Thank you for reading the magazine month by month. We believe the good news we discover as we come to worship is life changing, so we want to share it on paper, on line, and in person.

Stephen

Mothers' Union

The next Mothers' Union meeting will take place on Thursday 6th February at 8.00 pm in the Mitchell Room. Our speaker will be Karen Salmon who will share her journey with God from a being a missionary nurse in Ethiopia to recently being ordained as Presbyterian for the curacy of Willowfield in September 2019.

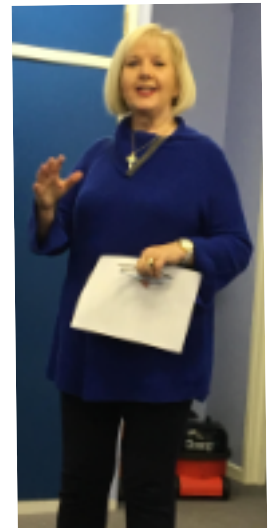
January was a busy month for the Mothers' Union .

We had our normal enrolment service at the start of the month and were delighted to welcome Karen McConnell (*left*) as a new member



Our speaker at our January meeting was the Unit Coordinator for Action and Outreach within the Down and Dromore MU, Claire Stewart (*right*). Claire told us about the current projects supported by the MU in our diocese – worldwide outreach, AFIA (holidays) prison projects and hospitals and refuges. We also learned about 2 future projects – “Days for Girls” and “Hungry Holidays”.

It was decided that Carryduff Mothers' Union would support the hospitals project and collect items for emergency toilet bags.



Items required are as follows (all small travel size where possible):

Toothbrushes	(Toothpaste already received)
Face Cloths	Combs
Soap	Deodorant (men and women)
Shaving foam	Disposable razors

We would be grateful if donations could be brought to the February meeting or given to Vera or Jenny

Diary Dates

Monday 17th February

8.00 pm - Annahilt Mothers' Union Visitors' Night - guest speakers will be Louise McGregor and her daughter, Victoria, who volunteered to go to Malawi with Habitat for Humanity to build housing for orphans and other vulnerable children.

Wednesday 18th March

Diocesan Festival Service - St Mark's Newtownards at 8.00 pm (banners required).

Sunday 29th March

All-Ireland Service at St Patrick's Cathedral, Dublin. Evensong at 3.15 pm with guest speaker, WW President, Sheran Hope

Anyone interested in attending please speak to either Vera or Jenny.

Sunday Evenings

Open for Business!

The Christian ministry was defined by one person as “preparing people for heaven”. It is a useful definition, for it includes not only introducing people to the faith, and helping to further them in their relationship with Jesus, but it also encourages them to live in a way which reflects Christ’s love. The “Business” of the church is to help that ministry to happen in each of our lives. When a service is organised in a church building, it can help us to grow in the faith. We gather with fellow travellers on the journey, listen to and respond to the words of scripture, share in conversation around the service times, and pray for one another and people around us. Singing hymns is also a good preparation for heaven: verses in the Bible often speak of this as a heavenly activity. Sunday evening worship resumes on Sunday 2nd February at 6:30 pm.

Word ALIVE!

Tuesdays at 8:00

Growing involves nourishing ourselves with food: some easy to eat, some needing a little extra effort. We usually find that a good meal is enjoyed best with others. Why not come along to be nourished in the word with friendly conversation, some searching questions and opportunities to support those around you? We meet on Tuesday evenings at 8:00 pm in the rectory. Often the programme uses the passage advertised for the previous Sunday evening at church, as its starting point.

4 Feb 11 Feb 18 Feb 25 Feb.

New Bishop

David McClay

Following his recent appointment as Bishop of Down and Dromore, David McClay, currently Rector of Willowfield and Archdeacon of Down, is due to be ordained bishop on Saturday 25th January at 3:30 pm in St Anne’s Cathedral, Belfast.

A few weeks later, on Sundays 9th and 16th February respectively, the new bishop will be installed on his “cathedra” in, first, Dromore Cathedral and then in Down Cathedral.

Please pray for David and the diocesan team at this momentous time for the diocese.

Vision 2020

Launch Night

Connect Churches, supported by, among others, our church family, is launching a series of community events for this year. To launch the programme of events, a Praise Service will be hosted by Carryduff Elim on Friday 7th February at 7:30 pm. All local church members are encouraged to come along to this lively and enjoyable service where Niomi McCullough from Carryduff Presbyterian will share news of the events planned. Parishioners are invited to attend.

Prayer Breakfast

On Saturday 22 February a Prayer Breakfast is being hosted by Carryduff Baptist Church. Starting at 9:00 am a light breakfast will be provided, followed by a time of prayer seeking God’s blessing on the Vision 2020 season of events. Parishioners are welcome to attend.

Sick Visiting

Request for help from 'patients' and families

Often no word of sickness or hospital admission reaches the ears of the folks at church until long after the sick person has returned home. Often this is a result of misplaced kindness on the part of the person concerned. They say, "I didn't want to bother the minister." However, "the minister" wants to offer help and prayers for those who are sick, and, if he doesn't know they are ill, how can he do so? Here is a plan for 2020. If you are admitted to hospital, even for one night, please tell the nursing staff who admit you that you "would like to see the Hospital Chaplain". If you are out of hospital before he or she calls, then let Stephen know directly. In fact, it is always best to let Stephen know directly when you are admitted to hospital. It saves him a lot of time if he knows that several parishioners are in a specific hospital at the same time, and he can visit everyone in the one day. Sick in hospital?

Make the call: 078 345 84932.

Flower Lists

Our churches are served by generous donors of flowers, and able arrangers. We thank all involved in this process. In Killaney the flowers for the month are arranged in advance and the list is published on the church notice board and in the magazine. In Carryduff a weekly list is produced so that most of the Sundays feature flowers presented by someone as a token of thanksgiving to God or in memory of a loved one.

Those donating flowers may wish them to be passed on to a particular person after the Sunday and you are welcome to arrange this yourselves.

Usually, they remain in place until a new arrangement is donated a week or two later.

The calendar for 2020 is now available for signing up on the Jeremy Taylor Chapel Noticeboard. Please select the Sunday for which you wish to contribute flowers or money for flowers (usually around £20.00 is enough). Arrangers are available if you choose not to arrange them yourselves



Brexit

.. and finally ..

Whether you are pleased or, like a majority of those in Northern Ireland, disappointed that the UK is leaving the European Union as this month starts, there will surely be some relief that the much delayed deadline has finally arrived. As we must all adapt to the new situation in which we find ourselves, let us be gracious, positive, and united in spirit. This is a strange situation for us all, most of us having lived in this European community for most of our lives. May the Lord have mercy on us, and on all our fellow Europeans, as we build new relationships with one another.

Select Vestry News

Killaney

The arrangements for the Easter Vestry in Killaney on Sunday 29 March were discussed recently, and it is hoped a good attendance will help us elect a good team to serve as wardens and vestry members this year. Recent work involving the refurbishment of the Clergy Vestry was discussed and a new heater was on the agenda. The provision of new chairs for the Church Hall was also under consideration. The vestry members were pleased to report on the repair and repainting of the Church gates and thanked the wardens for their help in getting these rehung.

Carryduff

The wooden chairs which formerly were used in the Jeremy Taylor Chapel are being reupholstered this month. We hope to have them available in the chapel for both occasional services there, and for people to enjoy during Sunday morning refreshments. The Development Committee was appointed to make some recommendations regarding the magazine. Discussion of the provision of CCTV - to guard the exterior of the church building - reached a conclusion and a contract was awarded.

SAMS IRELAND

Friday Night Live 2020

Craigavon Civic Centre

Friday 7th February at 7.30pm

SAMS is one of the mission societies supported by Carryduff. The society works to encourage and partner with the Church in South America - Brazil, Peru, Paraguay, Argentina and Chile. Every year, teams from churches in Ireland spend two or three weeks working alongside the indigenous people, sharing God's love in practical ways, and helping them to better understand the Gospel.

At Friday Night Live we hear stories of how God is at work in South America and we have the opportunity to meet some of our mission partners. If you would like more information or you would like to attend the event, please speak to Marlene Moore.

Submissions

Revision of General Vestry

The list of registered vestry members is revised each February as a matter of course. If you belong to the parish of Killaney or the parish of Carryduff, have reached 18 years of age, and have contributed to church funds in the past year, then you are eligible to apply. If you have let your contributions slip, or have moved house, or otherwise changed your status, you are asked to apply afresh for membership. Contributions need to be made in a such a way that a receipt could be issued. (Loose plate collection is not sufficient, but a FWO envelope or a plain envelope with your name on the outside put on the offering plate is sufficient.)

Forms may be filled in between Sunday 26th January and Sunday 1st March. They are available at church doors or here

<http://www.carryduff-killaney.down.anglican.org/vestry>



Killaney News

ROSTERS

Flowers: Lila Earney

Cleaning: Betty Green. Eileen Earney



THANKS

A sincere thank you to all who support the Food Larder. I can assure you it is very much appreciated.

QUIET

A Sunday School teacher asked her children as they were on the way to the Church service, "And why is it necessary to be quiet in church?"

One bright little girl replied, "Because people are sleeping."

MY FORGETTER

My forgetter's getting better, but my rememberer is broke
To you that may seem funny, but, to me, it is no joke.
For when I'm 'here', I'm wondering if I really should be 'there'
And, when I try to think it through, I haven't got a prayer!

Oft times I walk into a room and say, "What am I here for?"
I rack my brain, but all in vain, a zero is my score.
At times I put something away where it is safe, but, gee!
The person it is safest from is, generally, me!

When shopping I may see someone, say "Hi" and have a chat,
Then, when the person walks away I ask myself, "Who's that?"
Yes, my forgetter's getting better, while my rememberer is broke,
And it's driving me plumb crazy 'cos it isn't any joke.

REGULAR DONATIONS

A form is available with details of the church account for you to make a standing order. Please consider using this.

Youth

J Club Kids & J Club Plus

We want to start by saying thank you to many parishioners who made encouraging and kind comments to us following the Christmas Nativity Service. The J Club leaders and Sunday School teachers feel very proud of all the children who were involved.

In a limited time frame they played their roles so well and made it extra special as they foretold the birth of Jesus Christ.

We also hope that both children and adults enjoyed the Christmas celebrations afterwards in the hall.

It has been decided that at the start of the new year and during 2020 we will be open every Friday night and on the 4th Sunday morning of the month.

The 4th Friday night activities will have a slightly different format from the other three Fridays.

Two important aims for 2020

1. To continue developing the ministry with children in J Club and to work closely with Sunday School.

2. Children's activities in the hall afterwards.

Special events coming up :

Palm Sunday 5 April

Prize Day June

J Club Groups Times :

Fridays 6.45 to 8.30pm

4th Sunday 10.30am to 12.30/1.00pm

We are delighted to inform you that J Club Groups are launching our first ever Summer scheme during July and August of this year. A separate flyer will be sent out in May with all the dates and exciting activities which are planned.

Come and join us at our

SUNDAY SPECIAL on Sunday 23rd February at 10.30am

for All Age Worship, followed by refreshments and fun activities.

If you have children or grandchildren, do bring them along and a warm welcome will be guaranteed!

If you would like further information regarding J Club and to keep updated about all our children's ministry at Carryduff Parish, please sign up to our closed group facebook page, 'Carryduff Parish J Club Groups'

Alternatively, we can add you to our new group email to receive information each month. (Ask Liz or Keith)

Belfast to Boston

Recently, I was reminded of something I had said in a sermon I preached in July of last year, and I have been asked to put it in writing.

In November 2018 I was in Boston to share Thanksgiving with my son and his family. One morning I headed to the "Pru" centre in the heart of the city where discerning shoppers enjoy a wide variety of upmarket goods on display in the stores which line each side of the four malls, laid out in the shape of a cross. They were busy with tourists and others, attracted by the opulence of the beautiful shops.

It was seven months since Billy had died and I had a concern with which I was grappling. Suddenly, I felt very alone and sad, wishing to be home again in the familiar and with my loved ones here. The noise and busyness of the crowds only added to my sense of isolation. As I walked along, to my right I saw glass doors which led into a Catholic chapel. I felt compelled to go in and sit down in the quiet, peaceful surroundings. On the back of the pew in front of me there was a shelf on which hymn books and other pieces of literature were neatly arranged. I picked out one of these and, on opening it, I saw that it was a book of readings and poems for each day, covering a period of three months. I went to the readings for the day and found comfort in the Bible passages and other writings, but it was the last verse which caught my eye.



"Surely, I am with you always to the end of the age" – Matthew 28:20.

Immediately, I knew God was speaking to me, assuring me that I wasn't alone. Tears ran down my cheeks and, as I looked at the crucifix which was suspended from the ceiling, I thanked my heavenly Father, who has promised, **"I will never leave you nor forsake you" - Hebrews 13:5.**

On my way back to my son's, I realised I must have passed the little chapel many times in the past, but I had no memory of it!

Marlene Moore

The Results of Prayer?

Joy and deep happiness. (John 16:24)

Relief from your worry, stress and tension (Philippians 4:6,7)

Wisdom and more mental clarity (James 1:5,6)

Protection and deliverance from temptations (Matthew 26:41)

An ability to share the Good News of Jesus with other people (Matthew 9:38)

Strength to persevere when you feel under spiritual attack (Ephesians 6:18)

A growing thankfulness to God, who is worthy of all glory (Revelation 4:11)

Fearfully and Wonderfully Made

Every person who ever lived was once a sperm and an egg. Those two cells fused together, and in nine months they turned into a living, breathing, human being. Each of us emerged from this same embryonic development process, which is highly complex and organised, but variable enough to turn out a unique individual every time.

If you like order – such as neat piles of stationery, or tidy colour-coded files – you will enjoy this story. One of the most important stages of an embryo's development is when each section of the body, from head to rump, takes on its identity. Each part is told what shape to take, and which limbs or internal organs to grow: legs or arms, lungs or kidneys, and so on.

The most beautiful part of this body-patterning process is that it brings the dimensions of time and space together in such a neat way. The DNA instructions for the procedure, known as genes, are organised in the order in which they are needed during development, which is also the order in which they appear on the body. No other sets of genes are known to be arranged in such a tidy pattern.

So, as the embryo develops, the tissues near the head end activate the first sets of genes. Those active genes then make all the proteins needed for that part of the body to grow and develop in the right way. The tissues just below the head then switch on the second set of genes, and so on. A wave of activation passes down the embryo, specifying each section of the trunk in turn.

The Wisconsin-based developmental biologist Jeff Hardin often quotes Psalm 139 to express the wonder of embryonic development. The Psalmist did not understand how this process happened, but he knew that it was a marvellous thing. "For you created my inmost being; you knit me together in my mother's womb...your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth."

The story of the tidy genes brings out the hidden beauty in the very early stages of embryonic development. The more biologists get to find out about how we came to be born, the more we can say, "I am fearfully and wonderfully made"!

Hedges

A hedge around your property is good for you. A recent study has found that the humble hedge, when in full leaf, can cut air pollution around it by up to half.

A recent study by the University of Guildford measured traffic pollutants on either side of a hedge in a park on the road to Guildford. The survey found that the level of particulate pollutions – those tiny particles of soot and other matter that cause illness – was cut by half after the hedge reached full leaf in April.

So – if your home is along a busy road, grow a hedge!

After **Jesus** was baptised He was led by the Spirit into the **wilderness** for **forty days** where he was tempted by the devil.

READ the story in **Luke 4:1-13**

Mouse Makes

JUMP
JERUSALEM
HIGHHOLD
IF

DESERT
ROJORDAN
VRIVEROCK
U

What was Jesus' reply when the devil asked Him to turn a stone into bread?

Who did Jesus say He would only worship and serve?

What did Jesus say you must not do?

Can you find these words in the word search?

JESUS • BAPTISED • RIVER • JORDAN • LED
HOLY SPIRIT • WILDERNESS • DESERT • TEMPTATIONS
DEVIL • FORTY • DAYS • HUNGRY • ROCK • STONE
BREAD • WRITTEN • SCRIPTURE • ALL • KINGDOMS • WORLD • GLORY
WORSHIP • SERVE • GOD • ONLY • JERUSALEM • TEMPLE • HIGH • IF • SON
JUMP • THROW • DOWN • ANGELS • HOLD • LIFT • FOOT • LORD • TEST

WOWORLD
ISONKTO
LCRWIHW
DRSRNRN
EIHIGOD
RPITDWG
NTPTOOL
EUAEMNO
SRINSLR
SERVEYY
EANGELS
LORDR

Calendar for February 2020

Sunday 26 January

9:00 Holy Communion C
Isaiah 9:1-4 Matthew 4:12-23

10:30 Sunday Special

12:00 Sunday Special in Killaney
Matthew 4:17-23

Epiphany 3 (White)

in Carryduff

in Carryduff

Tuesday 28 January

8:00 WORD Alive

in The Rectory

Wednesday 29 January

11:30 Midweek Fellowship Communion Lunch
2 Samuel 7:4-17 Mark 4:1-10

in Carryduff

Sunday 2 February

Presentation of Christ in the Temple (White)

9:00 Holy Communion TWO
Hebrews 2:14-18 Luke 2:22-40

10:30 Parish Communion

12:00 Parish Communion
Malachi 3:1-5 Psalm 24:1-10 Luke 2:22-40

6:30 Evening Prayer
Hebrews 2:14-18 Romans 12:1-5

in Carryduff

in Carryduff

in Killaney

in Carryduff

Tuesday 4 February

8:00 WORD Alive

in The Rectory

Wednesday 5 February

1:00 Flower Festival planning meeting in Carryduff

10:30 Midweek Fellowship Communion
2 Samuel 24:2,9-17 Mark 6:1-6a

in Carryduff

Thursday 6 February

8:00 MU with Karen Salmon
Please bring donations for the MU Hospitals Project to this meeting.

in Mitchell Room, Carryduff

Sunday 9 February

3rd Sunday before Lent (Green)

9:00 Holy Communion TWO
1 Corinthians 2:1-12 Matthew 3:13-20

10:30 Leprosy Mission Visit to KandCd

12:00 Leprosy Mission Visit to KandCd
Readings to be confirmed with preacher

3:30 Installation of Bishop David McClay

6:30 Compline
Isaiah 58:1-9a Matthew 3:13-20

in Carryduff

in Carryduff

in Killaney

in Dromore Cathedral

in Carryduff

Monday 10 February

7:30 Select Vestry

in Quin Room

Tuesday 11 February

7:30 Select Vestry Killaney

8:00 WORD Alive

in Hempton Hall, Killaney

in The Rectory

Wednesday 12 February

10:30 Midweek Fellowship Communion in Carryduff
1 Kings 10:1-10 Mark 7:14-23

Thursday 13 February

7:00 Sunday Special prep meeting in The Rectory

Sunday 16 February

2nd Sunday before Lent (Green)

9:00 Holy Communion TWO in Carryduff
1 Corinthians 4:1-5 Matthew 6:24-34
10:30 Morning Prayer in Carryduff
12:00 Morning Prayer in Killaney
Isaiah 49:8-16a Matthew 6:24-34
3:30 Installation of Bishop David McClay in Down Cathedral
6:30 Evening Prayer in Carryduff
Psalm 131 1 Corinthians 4:1-5

Wednesday 19 February

10:30 Midweek Fellowship Communion in Carryduff
James 1:19-27 Mark 8:22-26

Sunday 23 February

The Sunday before Lent (Green)

9:00 Holy Communion TWO in Carryduff
Romans 1:16-17;3:22-28 Matthew 7:21-29
10:30 Sunday Special in Carryduff
12:00 Sunday Special in Killaney
Matthew 7:21-29
6:30 The Lord's Supper in Carryduff
Romans 1:16-17;3:22-28 Matthew 7:21-29

Tuesday 25 February

8:00 WORD Alive in The Rectory

Wednesday 26 February

Ash Wednesday

(Purple)

10:30 Midweek Fellowship Communion in Carryduff
2 Corinthians 5:20b-6:10 Matthew 6:1-6
7:30 Ash Wednesday Service (Purple) in Carryduff
Joel 2:1-2,12-17; 2 Corinthians 5:20b-6:10; Matthew 6:1-6,16-21

Hymns for professionals

Dentist: Crown Him with many crowns...
Contractors: The Church's one foundation...
Obstetricians: Come labour on...
Golfers: There is a green hill far away...
Politicians – Standing on the promises...
Librarians – Let all mortal flesh keep silent...



Make a Connection

I usually try to catch the Archbishop of Canterbury's televised sound bite on New Year's Day. It may be very short – only five minutes – but it is one of the best things on television in a post-Christmas broadcasting schedule overloaded with noisy New Year celebrations.

This year his broadcast came from a life boat station on the English Channel and featured the efforts of volunteer life boat crews to rescue people, completely unknown to them, who were in danger at sea.

It's only a short step from there to his central message that it is an essential part of our Christian calling to engage warmly with people who may be unfamiliar to us. It could be that by some simple word or act of Christian kindness we could be helping someone – even the most unlikely of people – to come to faith. For all we know this could be a life changing rescue moment. As the Archbishop said: "Make that connection."

This was his suggestion for a really positive, even heroic, New Year resolution. It is, of course, a suggestion thoroughly grounded in the example of Christ himself.

In Jesus' time it was considered unthinkable for Jews to engage in a sociable way with non-Jewish people. Yet, in that very strict social climate, Jesus befriended and helped a gentile woman (a Syrophoenician) sitting at a well (John 4 v7-10) and a Roman centurion in Capernaum (Matthew 8 v5-10). Both of these people may have had an instinctive element of faith within them that others would not have recognised.

Then, on another occasion, he told that famous parable of the stranger - the Good Samaritan - (Luke 10 v25-37) who took pity on a traveller who had been assaulted and robbed by thieves.

Jesus befriended these strangers. Jesus made the connection.

His example shows us the way. He makes it clear that it is part of our calling to reach out in friendship to those with whom we are unfamiliar. Indeed, He made this point very strongly to his closest companions. They, in turn, responded and set about bringing their faith to non-Jewish communities across much of the eastern Mediterranean (i.e. all the countries within the Roman Empire). Then, in a famous passage from Acts, the apostle Peter stated "...that God does not show favouritism but accepts men from every nation who fear Him and do what is right (Acts 10 v34-35)."

Christian faith is not exclusive to our race or our tradition. Make that connection. Shake hands warmly with someone unfamiliar to you or from whom you may have become estranged. That could be the starting point for a

new faith journey for someone, maybe for some unlikely stranger (or even for yourself). There is more faith in deeds than in words.

Where could all this lead to? In the prophetic visions recorded in Revelation – the final book in the New Testament – the writer observes “.....I looked and there before me was a great multitude.....from every nation, tribe, people and language, standing before the throne and before the Lamb..... (Revelation 7.v9).”

I think the Archbishop was right. Let’s try to make that connection.

Denis Carson

Lent Fasting

This month sees the start of Lent, the season of penitence, self-examination and fasting, running up to Easter. Fasting can be a neglected discipline, but it plays an important part in the Christian life. Jesus began His earthly ministry by fasting in the wilderness for 40 days and He taught His disciples to fast i.e. not if, but ‘when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen.’ (Matthew 6:17,18).



Why Fast?

Firstly, giving up something in my life underlines my desire to put God first in my life. Secondly, fasting shows me how much I depend on things other than God in my life, so I can surrender my idols to Him. Thirdly, fasting encourages me to have a deeper hunger and dependency for God in my life. Therefore, fasting gives me space to humbly focus on God for His strength, provision, and wisdom, and results in a more intimate relationship with Christ. It also enables the Holy Spirit to reveal my true spiritual condition, leading to brokenness, repentance, and a transformed life, with a heart more attentive to God.

How can I fast?

Usually fasting involves missing one or two meals during the day, although some can’t abstain from food for medical reasons. It might also include abstaining or limiting the time I give to television, alcohol or social media. However, Lent can also be a time to embrace new spiritual disciplines e.g. joining a study group, ‘random acts of kindness’, or giving more time to prayer and Bible study. Whatever you do, make Lent count this year!

‘Blessed are those who hunger and thirst for righteousness, for they will be filled.’ (Matthew 5:6).

Laugh Lines

Adam and Eve

Adam and Eve had an ideal marriage. He didn't have to hear about all the men she could have married, and she didn't have to hear about the way his mother cooked.

Take me out

An elderly single woman died last month. She requested no male pallbearers. In her handwritten instructions for her memorial service, she explained: "They wouldn't take me out while I was alive, so I don't want them to take me out when I'm dead."

Love in a bag

I asked my nephew whether he bought his wife anything for Valentine's Day, and he said he had bought her a belt and a bag. When I commented that I am sure she would appreciate them, he agreed: "Yes, and hopefully the vacuum cleaner will work better now."

Lost in translation

Two American preachers were visiting in Germany and attended Sunday services. Since they couldn't speak German, they decided to do as the man sitting in front of them did.

A few minutes into the service the preacher from the pulpit said something and the man in front of them stood, and they stood also. The congregation burst into laughter. They then sat down when the man did.

At the end of the service, they met the pastor and found that he spoke English. They asked him why everyone laughed so much when they stood? The pastor explained that he had announced that they would have a christening service that evening, and would the father of the child please rise.

Shout

Verger's advice to visiting preacher: "You'll 'ave to shout very loud in this 'ere church, Vicar. The agnostics are somefink terrible!"

Off

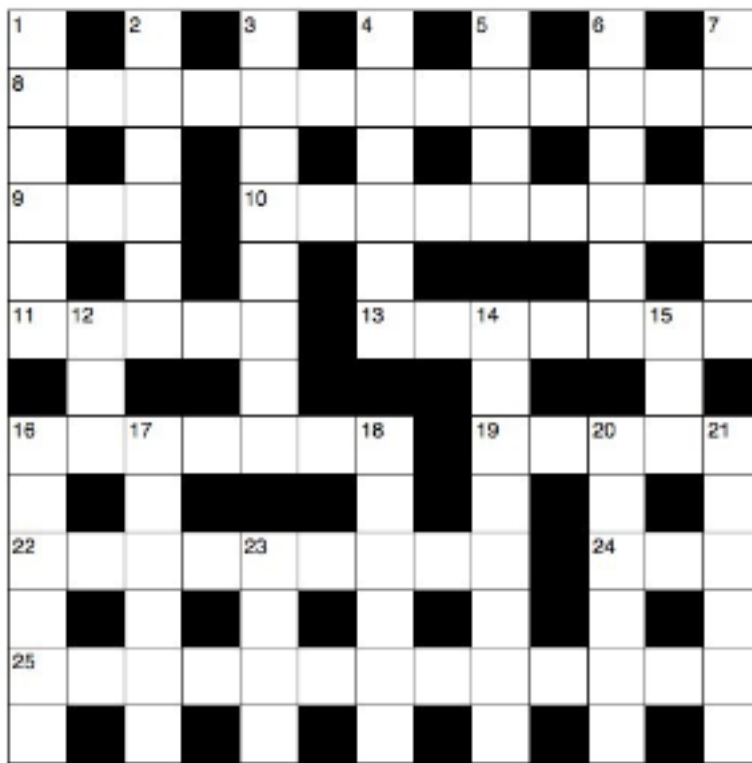
Due to the present financial situation, the light at the end of the tunnel will be turned off at weekends.

Best to impress

An older man, not in the best physical condition, went along to his local gym. Carefully dressed in his new exercise clothes, he approached a trainer in the gym. "I want to impress a beautiful young girl as soon as possible. Which machine should I use?"

The trainer took one look at him and smiled: "I would highly recommend the ATM machine outside!"





Across

- 8 Interrogated (Acts 12:19) (5-8)
 9 'Burn it in a wood fire on the — heap' (Leviticus 4:12) (3)
 10 Tobit, Judith, Baruch and the books of Esdras and the Maccabees are part of it (9)
 11 Science fiction (abbrev.) (3-2)
 13 Clay pit (anag.) (7)
 16 Went to (John 4:46) (7)
 19 'Therefore, I urge you, brothers, in view of God's mercy, to — your bodies as living sacrifices' (Romans 12:1) (5)
 22 David's plea to God concerning those referred to in 14 Down: 'On — — let them escape' (Psalm 56:7) (2,7)
 24 Royal Automobile Club (1,1,1)
 25 How the book of Ezekiel refers to God more than 200 times (Ezekiel 2:4) (9,4)

Down

- 1 Seas (Proverbs 8:24) (6)
 2 One of the sons of Eli the priest, killed in battle by the Philistines (1 Samuel 4:11) (6)
 3 Specialist in the study of the Muslim religion (8)
 4 'Do not rebuke an older man harshly, but — him as if he were your father' (1 Timothy 5:1) (6)
 5 One of Esau's grandsons (Genesis 36:11) (4)
 6 Taking a chance (colloq.) (2,4)
 7 God's instructions to the Israelites concerning grain offerings: ' — salt to — your offerings' (Leviticus 2:13) (3,3)
 12 Confederation of British Industry (1,1,1)
 14 'All day long they twist my words; they are always — to harm me' (Psalm 56:5) (8)
 15 The crowd's reaction to Jesus bringing back to life a widow's son in Nain (Luke 7:16) (3)
 16 Disappear (Psalm 104:35) (6)
 17 How Jeremiah was likely to die if he wasn't rescued from the cistern where he was imprisoned (Jeremiah 38:9) (6)
 18 What the prophets do to a wall, with whitewash (Ezekiel 13:10, RSV) (4,2)
 20 Made by a plough (Job 39:10) (6)
 21 Noah was relieved when the flood waters continued to — (Genesis 8:5) (6)
 23 Jesus gave the Twelve the power and authority to do this to diseases (Luke 9:1) (4)

Answers on page 22

Looking back...

December

Since our last magazine was published we have enjoyed a damp but temperate December.

The Christmas Carol season began with the Connect Community Carol Service at Lough Moss. Joining this year were music groups from four schools: instrumentalists from St Joseph's and choirs from Carryduff PS, Millennium IPS and Carr PS. Speaker to the large audience was the Rev. Mervyn Jamison.

The Midweek Communion Christmas Lunch was a great success with over 30 people present, who enjoyed a lunch prepared by our own parishioners. We always want new people to come to the event so, on this occasion we made the decision, as an encouragement, to give guests the opportunity to contribute donations to the Salvation Army Christmas Appeal. We hope that in future years this may help parishioners and friends to feel they have a 'right' to come, even though they have always been welcome! Carryduff PS choir presented some pieces from their Christmas repertoire to us as we finished our lunch.

The long dark evenings began to sparkle with the delights of the Mothers' Union Christmas party. Featured was a young group of musicians trained and led by Michelle Hudson, one of our regular organists. The food, served in the Mitchell Room by the White Horse, Saintfield, proved very popular. We thank the committee for arranging this for our members this year.

On the following Sunday evening the Scouts joined together in the church for a simple carol service. Along with readers from the groups, there were items from the Cubs and the Beavers. Reflections on popular Christmas films interspaced the Bible story of the incarnation.

During the following weeks Christmas parties were enjoyed by the children and young people of the different youth groups. The persistent, reliable and generous work, which our leaders provide for the young people in this rising generation, is a tribute to them and the values they espouse. We thank them and wish them well in their continuing work.

One of the season's favourite services took place on 15th December when the NI Brass Ensemble was engaged to lead worshippers in Killaney at their Christmas Carol Service. Every aspect of this service is a highlight, with music, readings, decorations and refreshments, all playing their part. Unfortunately, some members of the band were struck down with illness, and had to withdraw from their agreement at the last minute. We were blessed to

have the wonderful talents of Michelle Hudson to 'save the day' and the service went ahead as normal.

The two services in Carryduff on 22nd December presented the two extremes of Christmas Celebration: the Nativity was presented (using a script edited and revised by Katie Maginn) by the young people in the morning, and the Nine Lessons and Carols were read and sung by the congregation in the evening candlelight. The recently retrained choir presented four carols composed in recent years, under the direction of our visiting organist, Brian Mulholland.

At the Christmas Eve and Christmas Day services there was a good number present in both our churches. We congratulate parents for bringing their children to worship. Making Christ the centre of Christmas is what these events are designed to achieve.

January

The re-establishment of government at Stormont was surely the most memorable event in our community this January. After three years the various elected MLAs agreed to serve together again in governing our country. Many in the community breathed a long overdue sigh of relief.

Meanwhile, in the parishes the faithful resumed their service in worship, leading groups, encouraging their neighbours and serving the Lord in their own ways. After the flurry of a busy December, the life of the parish adapted to a more settled pace. We pay tribute to fellow members who come out on cold nights to lead Scouts and Guides, to serve on the vestries, to study the Bible and pray, to support our local organisations by attending, and to lead our Friday Clubs. Let us be ever grateful to God for them, and encourage them as best we can.

Miscellaneous observations on daily life

You should not confuse your career with your life.

No matter what happens, somebody will find a way to take it too seriously.

Nobody cares if you can't dance well. Just get up and dance.

The most powerful force in the universe is gossip.

The one thing that unites all human beings, regardless of age, gender, religion, economic status or ethnic background, is that, deep down inside, we ALL believe that we are above-average drivers.

The main accomplishment of almost all organised protests is to annoy people who are not in them.

A person who is nice to you, but rude to the waiter, is not a nice person. (This is very important. It never fails.)

Bible Bite

A short story from the Bible

It can be read in the Bible in
1 Samuel 2:11-17, 22-25, 3:1-21

As soon as he was old enough to leave his parents, Samuel went to live at God's temple in Shiloh, with the priest, Eli..

Eli's sons were also priests, but they helped themselves to what people had brought to give to God.



Eli talked to them about it. They ignored him.



But Samuel did all the work he was given well.

One night, after everyone had gone to bed, Samuel heard someone calling him.



He thought it was Eli, so he ran to him.



No, I didn't call you

It happened again.



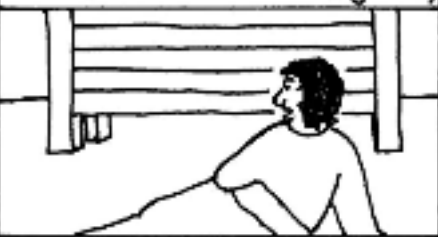
I didn't call. Go back to bed.

The third time, Eli knew it must be God calling Samuel.



You must say, 'Speak, Lord, your servant is listening.'

God called Samuel again,



and Samuel answered as he had been told.

I told Eli his sons had done bad things, but he has not stopped them. Now, even being sorry will not make up for what has happened.



The next morning, Eli demanded to be told what God had said.



Samuel was afraid, but he told him.

He is God. He will deal with us as is right.



God continued to talk to Samuel. He became known throughout Israel.



PARISH REGISTERS

Holy Baptisms:

Carryduff:

1 December Anna Laurie Dyer, Belvoir Park, Belfast

Killaney:

29 December Benjamin Howard Frank Judge, Old Belfast Road, Ballynahinch.

"As for me and my house, we will serve the Lord."

Christian Funerals:

25 November Rhona Dunlop, Hollygate Park, Carryduff

20 December Agnes Campbell, Nursing Home, Saintfield.

7 January Isabel Savage, Edgar Boyd Court, Carryduff.

"I am the Resurrection and the Life, says the Lord."

In Memoriam

Mrs Rhona Dunlop had served as a source of inspiration to members of the parish for many years. As a talented floral artiste, an able teacher, a source of encouragement and an exemplary wife and mother, she used her God-given gifts to bring glory to him.

Her name is one which comes up in conversation repeatedly as friends in the parish and community speak well of her. It was good to have had the Rev John Auchmuty conduct her Cremation Service. John had been rector here when Rhona was in excellent health and actively involved. We sympathise with her family in their time of loss, and will continue to remember her and her late husband, Fred, in the life of the parish.

The family of **Miss Agnes Campbell** was supported at her funeral service by old friends and work colleagues of Agnes from her days working at Telephone House in Belfast. She was a gifted baker and dressmaker, and was always seeking ways to support her family. Agnes was a life time member of St Nicholas' Church on Lisburn Road but, following several years residing in her Nursing Home in Saintfield, it became our privilege in Carryduff to conduct her cremation service. We sympathise with her sister, Florence, and her family circle in their loss.

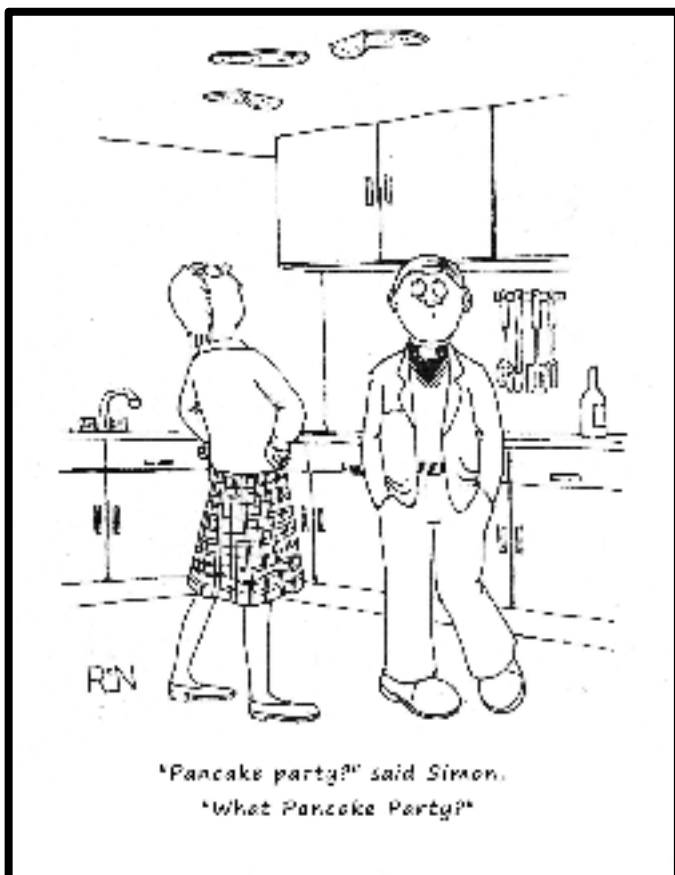
Mrs Isabel Savage, with her late husband Billy, resided in Edgar Boyd Court in Carryduff. Previously she had lived many years in Carrickfergus. They were a well travelled couple, including spells for Isabel in USA as a young woman, and life in Australia for the couple and their two children David and Heather. Isabel had a doughty spirit, enduring many years of poor health with courage and dignity. She was well loved and cared for by her family and, lately, her carers.

The family was supported at a well attended funeral in Carryduff before the burial in Knockbreda Cemetery.

Rosters for February in Carryduff

	9:00 Readers	10:30 Readers	6:30 Readers	10:30 Prayers
2	Mary	Emily	Elizabeth	Keith
9	Caroline	Joan Clayton	June	Denis
16	Patricia	Karen McConnell	Marlene	Raymond
23	David	J Club	Vera	J Club
	10:30 Displays	10:30 Welcome	Flower Donors	Arrangers
2	Maureen	Trevor & Marion	Ken Ellis	Joyce McMeekin
9	Dave N	Helen & Norah		
16	Fiona	Mary, Ann & Aaron	Susan Creber	Susan Creber
23	Jack	J Club		
	Refreshments Team		Communion Assistants	
2	Karen McConnell & Liz Maginn		Marlene Moore & Denis Carson	
9	Nicky Johnston & Helen Montgomery			
16	Joyce McMeekin & Fiona Ellis			
23	Norma, Olwen & Jenny			

The Rosters are to help team members. If any day printed is not suitable, please get in touch with the team leaders, Stephen, Elizabeth, Jene, Keith 07901935205 and Joan (whoever originally asked you to do the the task). Online there are further rosters looking ahead. A Master list is on the Jeremy Taylor Chapel noticeboard and, if you amend any dates, then please also make changes there. You can simply phone/text Stephen, if that is easier for you, using 078 345 84932



Contacts Page

See service times, current news sheets, all magazines and recent news at:

killaney.down.anglican.org & carryduff.down.anglican.org

Facebook: KandCd at the Crossroads - Twitter #KandCd

The People

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	killaneyandcarryduff@icloud.com	

Carryduff	Joan Clayton	
Wardens:	Jenny Montgomery	

Honorary Treasurer:		028 9081 4579
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Gift Aid Secretary:	Fiona Moore	
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Honorary Secretary:	Joyce McMeekin	
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Sexton:	Fiona Ellis	
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Freewill Offering:	Susan Creber	028 9263 8798
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Hall Bookings:	jandr.mcmeekin@btinternet.com	
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Killaney	David Gill	
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Wardens:	Florence Coulter	028 9263 9133
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Verge:	Florence Coulter	028 9263 9133
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Honorary Secretary:	Colin McClintock	
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Covenants:	Viona Crothers	028 9751 9637
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Flower Rota:	Anne Mannis	028 9751 0089
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Cleaning Rota:	Marie Mack	028 9751 0350
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Parish Panels:

The Parish Panels seek to help ensure that children and their leaders experience a safe and secure environment in their youth work.

Panel Members are	Stephen Lowry and	
Carryduff	Marlene Moore	028 9081 4896
	Joan Nevin	028 9751 9366

Killaney	Florence Coulter	028 9263 9133
	Bill Connor	028 9263 9873

Next Magazine is the March Edition

Please email content to Stephen or Marlene by **Wednesday 12 February 2020**

Make up Team on **Friday 21 February 2020** at 11.00 am



Nativity at Carryduff

A purpose-built nativity scene welcomed family and friends of our children and young people, as they gathered at St Ignatius' Church on the Sunday before Christmas. We thank everyone involved.

