CROSSROAIDS





IFIBIRULARY 2022

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Dear Friends

It has been exciting watching, and sharing with people in our parishes, as they grapple with the implications of the book "Love Your Church." One of the key elements is to belong to the local church. For Church of Ireland church members this presents a challenge.



For many of us we 'feel' we belong to a church without any personal commitments. In most other churches the personal commitment is the key to membership.

One sign of membership is **attendance** at worship, including participation in Holy Communion. Another sign is our prayerful involvement with the church as we kneel at the foot of the cross, **praying** for one another, leaders and members, day by day. Financial **support**, too, is an indicator that we value God and his glory enough to invest valuable resources in his gathered community. Gathering for activities outside of the act of worship is a very natural act of a member, as we see one another as (potential) friends and companions in life, and we want to encourage one another as we spend time **together**. Seeking to draw others into the church family is yet another sign that membership matters to us, whether by **inviting** friends, distributing information, or speaking well of your experience of the church.

I have enjoyed preparing our evening studies at SNATCH. Sunday Night at Church is simply the title of an event which includes video and discussion and some note making. I think for February I am going to hold the evening in the Mitchell room on Sunday Nights. The name doesn't need to change: **Sunday Night At The Church Hal**l, but I would love to see more people there.

Membership is more than just one of those ideas listed: and you can make a difference to your life, your church, and your community as you engage more with the life of your churches. Attend on Sunday mornings to hear a sermon as you worship God, then come to SNATCH on Sunday night, or listen online if you really aren't free to come at that time.

Talking of membership, please see the article on the Easter Vestry Revision, and see where your membership (old or new) can help you serve God and your parish.

If you want a todo list to help you as a member - and who doesn't like todo lists... here are some to tick off this month: During February I will....

- Come to Communion
- Pray for my rector and my parish
- Give to mission or ministry according to my ability
- Consider what activities I would like to join (or start) as the world re-opens
- Invite a neighbour or family member to come to church with me
- Come to SNATCH

Mothers' Union

A very belated "Happy New Year " to all our members.

Firstly, some interesting Diocesan news. As you may know, Roberta McCartney's time as Diocesan President has come to an end and we would like to extend our thanks to her for all her support in what has been a very challenging time. She is being replaced by Mavis Thompson. Mavis is a member of Dromara Parish Church, where she served as Secretary. She has been Area Representative for Ballynahinch Area and, since 2020, a Trustee as Worldwide Representative. Overseas work is of particular interest to Mavis. Her mission is to see branches grow by encouraging younger members to join. At the same time as Roberta's tenure ended, her husband Gerald stepped down as Diocesan Chaplin. He will be replaced by the Rector of Groomsport Parish, Duncan Pollock. Both Mayis and Duncan will be commissioned in Dromore Cathedral on Wednesday 2nd **February** at 7.30 and we would ask that all members keep Mavis and Duncan in their prayers, as they take up their new positions. Unfortunately, because of Covid restrictions, numbers attending the commissioning will be very limited. If you are interested in going, please speak to either Vera or Jenny.

Our next meeting will be on **Thursday 3rd February** at 8pm. We are delighted that Norah's daughter, Heather, has agreed to come along to talk to us about her experiences fostering unaccompanied immigrant children.

We will not be having our normal meeting in March but will instead join together on **Friday 4th March** to celebrate the **World Day of Prayer in St Ignatius' at 7:30 pm** [Corrected time]. The World Day of Prayer encourages Christian women to engage in personal prayer. It is important as it **affirms our faith, encourages us to be of service and creates a sense of belonging. Everyone is very welcome to attend.**

Operation Christmas Child

Recently, Denis Carson received a letter from the director of Samaritan's Purse in the UK. In it he mentioned their work with Afghans:



We pray for Afghanistan and those who have fled. As a ministry we are working with Afghans in the UK, US, Korea, Albania and assisting those who are in transit countries in the Middle East. This is not going to be a fast nor easy journey to resettlement for these families, so please join us in praying for their wellbeing and that they might discover Christ's comfort during this challenging time.

Please join us in giving thanks to the Lord for a tremendous year of ministry as we shared Jesus' love and message of hope across the world to hundreds of thousands of people through Operation Christmas Child and our relief projects in Africa, Asia, Latin America and the Middle East.

St. Andrew's ---- NEWS & VIEWS

February Rosters

Flowers: Lila Earnev **Cleaning**: Betty Green, Eileen Earney

Lighting the Christmas Tree

Over 70 local people turned up to enjoy the music and excitement of our Christmas Tree Lighting in December. The tree was "planted" in front of the church and lit with sparkling lights after a countdown from those present.

Music was provided by the NI Brass Ensemble as they came to lead us. The musicians were safely under a Gazebo provided by our neighbour, Gareth. Food was provided by the church for all our visitors and small gifts of selection boxes were given to the children present.

We were delighted to become the centre for this year's community event and we look forward to making it a part of the local scene each year. Thank you to all who helped with arranging it.

The Christmas Church

FOOD BANK

COLLECTION

While we continue to be limited in the numbers we can welcome into St Andrew's safely, it was great to give worshippers the delight of seeing the Christmas Tree inside so beautifully decorated, along with the window decorations and festive welcome. We thank Florence and David, and the parishioners who helped them, as they made the scene so special.

NEW: List of Items for Ballynahinch Foodbank.

Killaney Vestry has been delighted to help The Larder at St Christopher's for some years now. In a desire to help people more locally we have identified the food bank operated in Ballynahinch as a suitable project to support over the next few months (or longer). Goods may be brought to the church porch on the first Sunday of each month.

The following items are drawn from a list made available by the organisers. Tinned vegetables

Breakfast cereals Small tins of meat **Baked Beans**

Rice Pudding, Custard, etc.

Soups of any sort Pasta (dried) Long life milk.

Tea. Coffee. Biscuits

Spaghetti Hoops Small tins of fruit. Rice Pot Noodles, etc. Diluting Iuice

Tinned meals

Cooking Oil.

Treats for children such as chocolate, crisps, sweets, etc.

Toiletries: Adult & children's shampoo, shower gel, toothpaste, deodorant, feminine hygiene.

Household Items: All cleaning materials, washing powder, antibacterial wipes, washing up liquid, kitchen rolls & toilet rolls.

We look forward to supporting this effort to help people in need in the local area. See https://www.facebook.com/ballynahinchfoodbank

The Hempton Hall Team

What has been happening?

During the Autumn of 2021 a group of members from Killaney vestry and parish completed a training programme in conjunction with a DAERA grant scheme for the refurbishment of the Hempton Hall.

Following completion of the training, the grant award has been approved together with a small grant for AV equipment. The refurbishment work is due to commence shortly.

Our hope is that by Easter we will have a warmer, brighter, more secure and welcoming building, with AV equipment and new kitchen facilities to use in a community focussed hall.

We thank the parishioners for their efforts on our behalf.

What is the next stage?

We have received guidance and suggestions to help the parish develop a Hall Team to take responsibility for managing the hall as a community resource. We have some suggestions for the team to help us start, and now we need the personnel with the relevant skills to build our Hall Team!

We want to build the team with members of the vestry, plus attendees of the church, and a few local residents, including others interested in serving a community hall. A multi-talented team will help Hempton Hall take centre stage on the Boardmills Community Map!

What skills are needed?

Character is more important than skills, and we expect those who serve to be willing to work under the guidance of the vestry, but the day to day - or rather month to month - management of the hall will be the Hall Team's concern.

Necessary skills include keeping records, developing advertising, and negotiating fees applied for the use of the hall. When new users come on board we need people to serve as key-holders, checking the hall is tidy before and after use, showing new users how to operate equipment, and guiding use of AV equipment.

Before you panic, we anticipate that users will soon look after themselves; new users may only appear every few months and the roles will be shared.

I'm interested. How do I find out more?

Contact Colin McClintock, or Stephen Lowry, or the wardens, Gary Crothers and Florence Coulter to find out more. Your questions will **not** be taken as a commitment.

A Happy, Healthy and Peaceful 2022 to you all.

Mission Focus

REMINDER: UNMUTED: Friday Night Live

In just a few days time SAMS Ireland meet at another **Friday Night Live** after a break last year. It takes place on 4th February 2022 at 7:30 pm.

"Unmuted A VOICE FOR MISSION" is the intriguing title of the event.

Booking is essential, using eventbrite or by phoning the office 028 3831 0144. Those online may visit friday-night-live-2022.eventbrite.co.uk to sign up. Covid requirements currently in place at the venue, Craigavon Civic Centre, will be followed.

J Club Kids

We began the New Year's opening gathering on 14th January with an evening of crafts and baking, and a great sense of togetherness and laughter. Our activities were linked to the biblical theme, Naaman is Transformed.

February

4 Jigsaw Activities

Biblical Theme: God protects Moses

11 Jigsaw Activities

Biblical Theme: The Plagues of Egypt, Part 1

18 Jigsaw Activities

Biblical Theme: The Plagues of Egypt, Part 2

J Club Sunday (Children meet in the Halls at 9.45am)

Biblical Theme: The Ten Commandments

NB Because of COVID restrictions Bible teaching and activities take place in the hall.

OUR VISION FOR 2022

Children are important and valued members of our church family. Our vision is to build up our children's and youth ministry post pandemic. It is our prayer that children in our community would hear about and know Jesus as a Friend and Saviour, and that their love for Him would impact every aspect of their lives, both inside and outside their homes.

We were delighted to welcome 4 new members to J Club in January. If your child or children would like to join J Club, please speak to any leader or to Keith - 07901935205.

We need two part time leaders to augment our team to assist on one or two Friday evenings and a Sunday morning. If you feel you could help, please speak to Keith.

Prayer Requests

New volunteers

Sunday Special (in the hall for children) on 27th February

Easter Vestry Membership

At this time of year, February, the membership of the Easter Vestry List in both our parishes is opened for revision. Those who have completed relevant forms as residents or accustomed members of either parish will have their names added to the lists, and those who, sadly, have died or left the parishes will have their names removed.

As a member of the list (formally called the General Vestry to distinguish it from the Select Vestry) you have the right to vote at the annual meeting (called the Easter Vestry as it occurs around Easter each year). We encourage those who are over 18 years, are able to prove they are subscribers to their parish in the last year or so, and who are not members of any other parish's General Vestry, to sign up. It costs nothing but your time, and enables you to contribute your ideas and opinions and service to the local church in any of the following ways:

General Vestry: all signed up members of the parish

Church Wardens: two parishioners, one elected by the General Vestry.

Glebe Wardens: two parishioners who assist with the management of property, one elected by the General Vestry

Select Vestry: a group of 12 people elected from the General Vestry, along with the rector and churchwardens.

Diocesan Synodspersons: four people (3 from Carryduff and 1 from Killaney) elected at the General Vestry Meeting every three years. (There are supplemental members, too, who act when a synodsperson resigns etc.)

Parochial Nominators: four people (3 from Carryduff and 1 from Killaney) elected at the General Vestry Meeting every three years. (There are supplemental members, too, who act when a nominator resigns etc.)

The Nominators are men and women who meet with the bishop of the diocese to consider who might be a suitable rector for their parish when the parish is vacant. Their role is probably the quietest of the elected people, but by far the most important in the long term. A prayerful, discerning, godly disciple of Christ is more able to serve in this role than someone placed there because of other great qualities they may have.

General Vestry Revision

Carryduff Parish: Opening Date 1st February 2022 Revision Meeting 7th March

Killaney Parish: Opening Date 1st February 2022 Closing of Revision 1st March 2022 for approvals at Revision meeting on 8th March 2022

Forms are available from the Church Wardens' Tables in both churches. If you wish to print a copy for completion and signing, these may be found as follows:

https://carryduff-killaney.down.anglican.org/2225-2/

How full is your 'Love Tank'?

Everyone has times when, if we are in a relationship, we feel really loved by our partner, there's a close connection and lots of fun and laughter. The relationship is flourishing.

There are also times when we feel distant, frustrated, angry perhaps, and all the love seems to have leaked out of the relationship.

Imagine we have an inner emotional 'love tank', and how full or empty the tank is represents how loved we feel. What's the 'fuel gauge' showing, how full is your love tank right now?



The question is not designed to be an opportunity to start thinking negatively about our partner, for criticising or demanding things, because we know that love is about giving, not getting.

The thing is that we all experience love in different ways. For one person hearing the words: 'I love you' makes them feel on top of the world. Words alone might feel quite hollow for someone else; regular cuddles and kissing may be what makes them feel loved.

Gary Chapman, author of The Five Love Languages, describes ways in which we can GIVE LOVE in the way our partner can receive it, when we know their 'love language.'

The five love languages are:

Words of affirmation, Quality time, Physical touch, Acts of service, and Thoughtful gifts

It comes naturally for each of us is to show love in OUR particular love language. I tend to do practical things, like making a nice meal or organising time together. There's nothing wrong with either of those things, it's just that my husband's top love languages are: 'words of affirmation' and 'physical touch'. So the candles on the table do very little for him. If I want to express love in the way he's going to receive it, I need to tell him how special he is and whisk him off to the bedroom! In short, if I want my husband to feel loved I need to be thinking of HIS needs.

The 5 Love Languages are a great tool to help people understand different ways they feel or experience love. You and your partner can explore these in Toucan Together's Loving Module. Toucan can help you start some really great conversations. It's really worth learning how to fill each other's 'love tanks', and then get filling!

Christine Daniel is a speaker and blogger for FamilyLife UK, developer of the Toucan Together resource. Toucan Together is a relationship wellness app for couples that covers friendship, intimacy, resolving conflict, love language, and money management.

Visit it at www.toucantogether.com

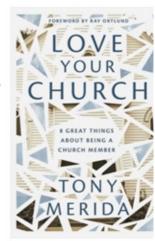
Teaching Programme

Love Your Church

How do you love your church - and why? A short series based on chapters of the book "Love your Church" has now begun. We have been encouraged to belong and to be welcoming, and have been asking why we should gather together regularly.

The series continues as follows:

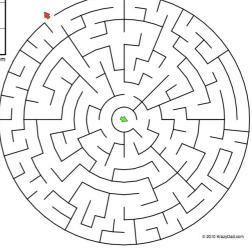
- 6 February Caring: Galatians 6:1-10
- 13 February Serving: Romans 12:1-8
- 20 February Honouring: 1 Peter 5:1-5
- 27 February Witnessing: 1 Peter 3:13-17
- 6 March Sending: Acts 11:19-26



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Rev William Jeffrey

We are pleased to receive news that the Reverend William Jeffrey has been appointed as Rector of Lisbellaw and Coolbuck in the diocese of Clogher in County Fermanagh.

William served as our Deacon in Carryduff and Killaney some years ago and has since been curate of Ballymacash parish in Lisburn, in the diocese of Connor. We wish William, and his wife Alison, well as they enter a new era in their shared life and ministry together.

For words from William and his new bishop, Dr Ian Ellis, visit the Clogher

Diocesan Website: https://clogher.anglican.org/ News/newsevent.php?id=1085

One photo shows Bishop Alan Abernethy greeting parishioners Elizabeth and Jeannie following William's ordination to the priesthood on 9th September 2018, the other. . well let's say he was a great worker!





In praise of plodders

I've been pondering the words of the apostle Paul where he says, 'I press on towards the goal' (Philippians 3:14). It suggests to me taking one step at a time, and simply keeping moving in the right direction with discipline and determination.

This reminds me of the great Bible translator, William Carey, who said of himself, "If he gives me credit for being a plodder, he will describe me justly. Anything beyond that will be too much. I can plod. I can persevere in any definite pursuit. To this I owe everything."

Christian discipleship is not always exciting, glamorous, or even enjoyable. Sometimes it is a matter of quietly getting on with it, with our eyes fixed on Jesus.

God in the Sciences

This series is written by Dr Ruth M Bancewicz, who is Church Engagement Director at The Faraday Institute for Science and Religion in Cambridge. Ruth writes on the positive relationship between Science and Christian faith.

The Love of Wisdom of Natural Things

Some time ago a scientist was invited to speak at the Dewsbury Women's Institute. He spoke about his research on polymers, hoping that the women of this Yorkshire mill town would connect with his desire to develop new fibres.

One person in particular, a woman called Betty who had worked in a mill since the age of 15, listened as if her life depended on it, and peppered him with questions afterwards. She had always been interested in how things work, but until that day had not found anyone to answer her questions. Whenever she had asked about the processes that they were using in the mill, she was just told to get on with her job.

From the outside, science can seem a closed specialty, hemmed in by intimidating jargon. When McLeish described science as 'the love of wisdom of natural things', however, he realised he was opening a door. He was moved to see that Betty was not the only person who shed a tear when her questions were finally taken seriously, confirming that her enquiring mind was indeed probing in the right direction – only fifty years too late.

Hearing about people like Betty reminds me that science is a very natural activity for anyone to be involved in. McLeish is convinced that there is a future in 'science therapy'. In his book Faith and Wisdom in Science, where this story appears, he asks the question "If a reintroduction to the activity of representing both inner and outer worlds in paint, music and drama can help to heal minds, what hope



might there be for a participation in a gentle and contemplative science in restoring a broken or misunderstood relationship with the physical world?"

This story inspired me to run a number of hands-on science activities with adult audiences in churches. I have extracted DNA from strawberries with a midweek group for older people, organised hands-on exhibits to liven up lecture or discussion events, and even had groups extracting DNA from their own cheek cells.

Every time I lead activities like these, I find that grown-ups are grateful for the opportunity to have a go at science themselves. I love helping church-based groups, in particular, to reconnect with science and celebrate what they find. Science is not just for children and professionals – it is for everyone to enjoy and explore the world God made.

Services	February			
30 January		(White)		
8:30	Early Communion	at Carryduff		
10:00	Morning Worship	at Carryduff		
	Gathering: Acts 20:7-12			
12:00	Morning Worship	at Killaney		
7:00	SNATCH: Sunday Night at Church	Carryduff		
	Read Hebrews 12:18-29 in preparation			
Wednesday	2 February The Presentation of Christ	(White)		
10:00	Midweek Communion	at Carryduff		
	Hebrews 2: 14-18 Luke 2: 22-40			
Sunday 6 Fe	ebruary 4 before Lent CARING	(Green)		
8:30	Early Communion ONE	at Carryduff		
	1 Corinthians 15: 1-11 Luke 5: 1-11			
10:00	Parish Communion	at Carryduff		
	Galatians 6:1-10 and Luke 5: 1-11			
12:00	Parish Communion	at Killaney		
	Galatians 6:1-10 and Luke 5: 1-11			
7:00	SNATCH: Sunday Night at Church Hall	Mitchell Room		
	Read Galatians 6:1-10 in preparation			
•	9 February			
10:00	Midweek Communion	at Carryduff		
	1 Kings 10: 1-10 Mark 7: 14-23			
Sunday 13 l	February 3 before Lent SERVING	(Green)		
8:30	Early Communion	at Carryduff		
	1 Corinthians 15: 12-20 Luke 6: 17-26			
10:00	Morning Worship	at Carryduff		
	Romans 12:1-8			
12:00	Morning Worship	at Killaney		
	Romans 12:1-8			
7:00	SNATCH: Sunday Night at Church Hall	Mitchell Room		
	Read Romans 12:1-8 in preparation			
	16 February			
10:00	Midweek Communion	at Carryduff		
_	James 1: 19-27 Mark 8: 22-26			
Sunday 20 February 2 before Lent HONOURING (Green)				
	arly service today			
10:00	Morning Worship 1 Peter 5:1-5	at Carryduff		
	I PRIBL 7.1-2			

1 Peter 5:1-5

12:00	Morning Worship at Killaney			
	1 Peter 5:1-5			
7:00	SNATCH: ONLINE ONLY			
	Read 1 Peter 5:1-5 in preparation			
Wednesday	23 February			
10:00	Midweek Communion	at Carryduff		
	James 4: 13-17 Mark 9: 38-41			
Sunday 27 February Sunday before Lent WITNESSING (Green)				
8:30	Early Communion	at Carryduff		
	2 Corinthians 3: 12 - 4: 2 Luke 9: 28-36, (37-43	3)		
9:45	Sunday Special for children in Church Hall at Carryduff			
10:00	Morning Worship	at Carryduff		
	1 Peter 3:13-17			
12:00	Morning Worship	at Killaney		
	1 Peter 3:13-17			
7:00	SNATCH: Sunday Night at Church Hall	Mitchell Room		
	Read 1 Peter 3:13-17 in preparation			

Carryduff Community Fundraising

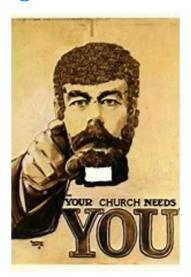
As we hopefully emerge from the pandemic in 2022, Carryduff Church wishes to re-establish its presence in the Carryduff area by running a variety of community/fundraising events.

To make this happen we are looking for volunteers to come together as a Community/fundraising committee to organise these events when it is safe to do so.

Examples of events the Group may wish to consider are Auction of Talents, Car Boot Sale, Car Wash, Craft Fair, Film night.

Please let myself, Stephen or any member of the Select Vestry know of your willingness to join the committee.

Sandra Thomas





A Loving Wisdom

Every year, on 1 January, there is a five minute televised broadcast featuring the Archbishop of Canterbury. This year the location of his broadcast was a leafy spot in Kew Gardens. At once it was clear that he was going to say something about the

environment, about climate change and about our Christian response to the challenge all this sets before us.

In effect he prompted us to recognise that we should be calling for justice. It is now quite evident that our present changing global weather patterns are, in large measure, due to human activity arising from the impact of the industrial revolution. Of course there have been brutal storms and some severe floods within the home nations – but the most catastrophic effects of extreme weather have generally been in other more impoverished parts of the world.

The Archbishop mentioned, for example, that the coffee crop across large areas of central Africa has been very vulnerable to climate change. This has significant social consequences since thousands of livelihoods have been simply wiped out.

The Archbishop said, in effect, that a great many people world wide have become endangered by extreme weather, harsh environments – and human conflict. He also observed that a great many animal and plant species are at risk of extinction. Do we care? Ought we not to think deeply about how we live, and the industrial foundations from which our everyday lifestyle is derived? How easy it is to take all this for granted.

Of course there is a need for justice; for the emergence of a loving wisdom on a global scale. This is an issue which, as the Archbishop said, should be at the core of our Christian calling to reach out in new directions. Jesus was at the heart of new beginnings. The Archbishop confirmed that Jesus invites us to share hope and to plant seeds. World leaders have now – at last – recognised the problem: but will this ever translate into effective action?

Beyond doubt we need international agreements and – most significantly - meaningful changes to our own behaviour and expectations. It is our global and Christian responsibility to change, and to persuade governments and industrial enterprises to engage effectively with the new reality.

Arguably self-interest is a significant issue. We use a lot more than our fair share of the earth's resources, and this is literally costing the earth. To change this and to respond as we ought to those most in need is a Christian imperative. Sending aid to communities most at risk is an obvious response: but we also need to step back from our excessive consumption of finite resources. Arguably, according to Martin Rees (Astronomer Royal) in

a Reith lecture for the BBC in 2010, "more than ten billion people could live sustainably with a high quality of life, if we all adopted a vegetarian diet, travelling little but interacting via super-internet and virtual reality." This is a big challenge; but also a viable response to our Christian convictions.

All this recalls the time when, at a Lambeth Conference of Bishops, the late Archbishop Desmond Tutu was invited to say grace before a quite lavish dinner. In response he said:

"Thank you for our beans on toast Father, Son and Holy Ghost."

What a challenge! Those few words represent the very essence of humility and loving wisdom.

I began this note with a reference to one Archbishop and now finish it with reference to another. Both have much to say about the nature of our response to the consequences of climate change.

Denis Carson

St Ignatius' Gift Day

Sunday 6th March 2022 is our proposed Gift Day to help towards the cost of repairing and cleaning the paint work around St Ignatius' Church. The Select Vestry seeks to identify specific costs we face each year, which need an extra dose of generosity from parishioners and friends, if we are to continue the routine ministry and mission of the church without constraint.

The new open appearance, as people pass the church building, adds weight to the need to improve the façade of the building. This work has been in



anticipation for over a year as we await the completion of the planned road developments (announced in autumn 2019!). As that day approaches, we wish to hold a Gift Day to make this possible.

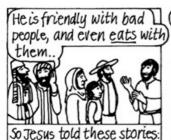


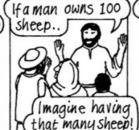
As readers will recall, we had no envelopes or formal appeal at Harvest in 2021, so this Gift day will give an opportunity to help meet the considerable cost of redecorating the outside of the church building. Envelopes will probably be issued with a future issue, but, if you wish to support the project now, please place your gift in an ordinary envelope marking it, 'Gift Day 2022' and include your name for Gift Aid/Receipt purposes.

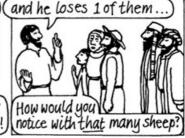
It can be read in the Bible in Luke chapter 15 verses 11-32

A short story from the Bible

Jesus spent his time teaching everyone who would listen, whatever they were. The Pharisees and Law teachers watched Jesus.

















(What's special about a small coin?

Won't she light a lamp, sweep her house, and search until she finds it?



When she finds it she tells her friends to celebrate because she found the coin she had lost.



(In the same way, God's angels rejoice when a s bad person repents.)





God's Plan for Your Wellbeing

By Dave Smith, CPO, £8.93

Perhaps you're feeling that one or two areas of your life need to be redirected and refocused. The good news is...you can achieve greater wellbeing in every area of your life! And it's all connected.

This book shows you how to improve each of the dials on the dashboard of your life. It covers your levels of physical energy and health; your emotional freedom and peace; your sense of satisfaction in your relationship with God; your connectivity and harmony with others; your financial margin, peace and means for generosity; and your role-based sense of motivation and creativity.



A Prayer for Winter

The winter seems a long time, Lord, A long time until spring, A long time 'til we see green shoots And hear the small birds sing. So whilst the days are short and dark Please keep us safe and strong, Let cheerful music lift our souls, Place in our hearts a song.

Through wintry winds, through frost and fog, Let every doubt dispel,
And let your love fill all our lives
And whisper "all is well."
We thank you, Lord, for home and food,
The blessings of each day,
Let hope and joy light up our world
"Til winter slips away.

How to reduce stress in your life!

Turn the news off Turn the music up And dance!

Release International

Release International is an inter-denominational ministry working in 25 countries to support and help protect Christians who are being persecuted for their faith. It was founded by Richard Wurmbrand, a Romanian evangelical Lutheran pastor, who was tortured and imprisoned for 14 years by the then Romanian Communist regime.

The following is part of a poem written by Pastor John Cao, who is currently serving a seven year sentence in China. He was charged with allegedly 'organising illegal border crossings' when he and several others crossed the border between Myanmar and China.

A Prisoner's Poem

You can take away my freedom, but you can't take my prayers.

My prayers have wings and leap over the iron mesh high wall.

Many brothers and sisters have heard them,

And they fly freely every day and reach heaven on the blue sky.

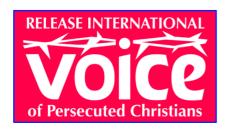
You can impose heavy punishments on me, but you can't hold my soul and spirit.

They are like cheerful yellow birds, raising gentle praises toward the iron gate.

My Saviour must have heard my voice.

You can deprive me of the sun. I eat leftovers with coldness every day, But you can't extinguish the brightness that the Lord has placed in my heart.

To find out more about Release International go to their website: releaseinternational.org



'Release International is a truly humbling and inspiring charity, seeking out, supporting and protecting some of the bravest and most vulnerable men, women and children who are being persecuted for their faith. Your support means so much. Thank You.'

Bear Grylls OBE Chief Scout

Lord, you are a God who shows and is and is and is and is and is and Beal makes and Love the Lord your God with all your God with all your God show He loved us? Read 1 John 4:9 Matthew 22:37
DBSENSSE PCOMPASSIONATEA RUTMERCIFULLOVE YONIGRACIOUSYTINK OUFJUSTJRUDEBRLDF DDAEMEJAJEALOUSUH TKINDVHBATNFATPRD YLVSEOUPRGISHOE DIYPRPNAURSTFUS NUKEEDTSYHFUS GODSFAITHFULI Read 1 Cor 13:4-7
Whoever lives in love lives in, and the same as you love



The Church of Ireland began a three-year mental health promotion initiative in October 2020. This initiative aims to raise awareness of, and respond to the mental health needs of communities across the island of Ireland. The project was made possible by a significant grant from one of the UK and Ireland's largest grant-making charities, Allchurches Trust, and is fully supported by the Representative Church Body of the Church of Ireland and the Church of Ireland's House of Bishops.

We are now looking for mental health champions/advocates as part of our MindMatters COI project. The volunteers will help promote positive mental health in the Church of Ireland and in communities across the island of Ireland.

To mark World Mental Health Day, the Chairperson of the MindMattersCOI advisory group, Bishop Pat Storey, is urging people with an interest in mental health, whether personal or professional, to become involved in the project.

Our plan is to match your skills, interests and time availability to the countless opportunities that exist to promote positive mental health in the Church of Ireland and the wider community.

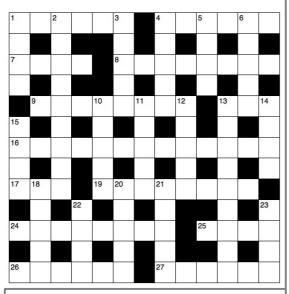
Anyone can be a mental health champion whether you have personal or professional experience in the area of mental health or not. If you are interested in taking part, please contact us by emailing the project at mhp@rcbdub.org.

To read and study the summary report for MindMatters ask Stephen - who has a copy or connect to https://mindmatters.ireland.anglican.org/wp-content/uploads/2021/12/MindMatters-COI_Summary-Report.pdf

You may click on a link here in the online magazine to save yourself time and typing!



Crossword



Across

- 1 'If you love those who love you, what is that to you?' (Luke 6:32) (6)
- 4 'They threw the ship's overboard' (Acts 27:19) (6)
- 7 The first murderer (Genesis 4:8) (4)
- 8 He was the head Levite in charge of the singing when the ark of God was brought back to Jerusalem (1 Chronicles 15:22) (8)
- 9 Samson was noted for this (Judges 16:6) (8) 13 Solicit money or food from passers by (Acts 3:2) (3)
- 16 What William Booth's Christian Mission became in 1878 (9.4)
- 17 Alliance of Religions and Conservation (1,1,1)
- 19 'I will praise your name for ever and ever. —
- I will praise you' (Psalm 145:1–2) (5,3)
- 24 Simon had (anag.) (8)
- 25 Desperate (Deuteronomy 28:48) (4)
- 26 Elisha witnessed the boy he was seeking to resuscitate do this seven times before opening his eyes (2 Kings 4:35) (6)
- 27 The belly and thighs of the statue in Nebuchadnezzar's dream were made of this (Daniel 2:32) (6)

Down

- 1 'Before the crows, you will disown me three times' (Matthew 26:75) (4)
- 2 Relating to the books of the Bible between Acts and Revelation (9)
- 3 'They have the Lord out of the tomb, and we don't know where they have put him!' (John 20:2) (5)
- 4 Bélief (5)
- 5 'Take the following fine spices: ... 250 shekels of fragrant —'
- (Exodus 30:23) (4)
 6 'Do not Jerusalem, but wait for the gift' (Acts 1:4) (5)
 10 A seer (anag.) (5)
- 11 'Even there your hand will me' (Psalm 139:10) (5)
- 12 The wild variety was part of John the Baptist's diet (Mark 1:6)
- 13 A non-Greek speaker who was looked down on by civilized people (Colossians 3:11) (9) 14 Famous 1950s musical whose
- characters included members of 16 Across, and Dolls (4)
- 15 The province from which Paul wrote to the Corinthians (1 Corinthians 16:19) (4)
- 18 'He was standing in the gateway with a linen cord and a measuring — his hand' (Ezekiel 40:3) (3,2)
- 20 'Today, if you hear his , do not harden your hearts as you did in the rebellion' (Hebrews 3:15) (5)
- 21 The Jericho prostitute who hid two Israelite spies on the roof of her house (Hebrews 11:31) (5) 22 'And now these three remain:
- faith, and love. But the greatest of these is love' (1 Corinthians 13:13) (4)
- 23 'God has numbered the days of your reign and brought it to an end' (Daniel 5:26) (4)

Lesson Readers

Day	8:30 am Epistle	10:00 am Lessons	12:00 pm Lessons
6 Feb	Mary Hewitt	Joan Nevin	Raine Calard
13 Feb	Edward Darling	Sandra Thomas	Betty Green
20 Feb	No service at 8:30	Raymond Scott	Colin McClintock
27 Feb	Ken Fletcher	Denis Carson	Anne Mannis

Platinum Jubilee plans?

vears of faith and service.

Churches, Christian charities and youth organisations are working together to celebrate the Oueen's Platinum Jubilee over the four-day Bank Holiday from 2nd to 5th June. A new website has been created www.theplatinumjubilee.com - to provide ideas and resources for communities to celebrate the Queen's 70

The UK and Commonwealth will celebrate the Oueen's Platinum Jubilee with a four-day Bank Holiday from 2nd to 5th June 2022.

HOPE Together is working with a wide range of partners to help churches around the Commonwealth to mark this special occasion and, in particular, to celebrate the Queen's 70 years of faith and service. As with the Queen's 90th birthday celebrations, HOPE Together and partners will provide a range of ideas and resources for communities, schools, churches and youth organisations.

Jubilee is a biblical concept; the year of Jubilee was a year to release people from their debts, releasing all enslaved people, resting and being with loved ones. Jubilee in the Bible is about radical justice and inclusive community. We can celebrate both of these things in the ways we mark the Queen's Platinum Jubilee in 2022 - in the ways we extend the invitation to the whole neighbourhood.

What would you like to see in Carryduff and Killaney?



Crossword solutions

ACROSS:

- 1, Credit.
- 4, Tackle.
- 7. Cain.
- 8, Kenaniah.
- 9, Strength.
- 13. Beg.
- 16, Salvation Army.
- 17, ARC.
- 19, Every day.
- 24. Admonish.
- 25. Dire.
- 26. Sneeze.
- 27. Bronze.

DOWN:

- 1. Cock.
- 2, Epistolic.
- 3. Taken.
- 4, Tenet.
- 5. Cane.
- 6. Leave.
- 10, Erase.
- 11, Guide.
- 12. Honev.
- 13, Barbarian.
- 14, Guys.
- 15, Asia.
- 18, Rod in.
- 20, Voice.
- 21. Rahab.
- 22, Hope.
- 23, Mene.

Website & Contacts

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

https://carryduff-killanev.down.anglican.org

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Honorary Treasurer: 028 9081 4579

Gift Aid Secretary: Fiona Moore **Honorary Secretary:** Sandra Thomas Sexton: Fiona Ellis

Susan Creber Freewill Offering: 028 9263 8798

Sandra Thomas Hall Bookings:

David Gill Killanev

028 9263 9133 Wardens: Florence Coulter Verger: Florence Coulter 028 9263 9133

Honorary Secretary: Colin McClintock

Covenants: Viona Crothers 028 9751 9637 Flower Rota: Anne Mannis 028 9751 0089 Cleaning Rota: Marie Mack 028 9751 0350

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

Marlene Moore Carryduff 028 9081 4896

> Ioan Nevin 028 9751 9366 Florence Coulter 028 9263 9133

Killaney Bill Connor 028 9263 9873

Next Edition

Please add content by Wednesday 16th February for the March Edition

