



One Year On!

Dear Friends.....	2	Bowling Club.....	6	Remembering.....	14
Diocesan Bible Week.....	2	Parish First Aiders.....	6	Decision Time!.....	15
Mothers' Union.....	3	Fellowship Lunch.....	7	Crossword.....	17
Newborns Vietnam.....	3	September Calendar.....	10	Rosters September.....	18
Killaney News.....	4	Midweek Services.....	11	Website & Contacts.....	19
Parishes' Bible Study.....	5	Day by Day.....	12	Presentation.....	20

Dear Friends

Summer Snaps!

With the availability of high-quality cameras in our phones - better than most cameras that people could afford years ago - most of us are able to produce decent images to remember summer scenes and locations. It used to be that a film with 12 or 20 negatives was all we would take for a week's holiday. Today we can take as many photographs in two or three minutes.



It astounds young people today that their parents only took one photo at a time, and had to wait several days for the chemist to produce the prints. They were black and white photos - of course - most of the time. Sometimes, for a wedding perhaps, we would buy Ektachrome™ colour film, and try to capture those special moments for the future.

Why do you take photos?

1. Taking photos forces you to pause on your walk, on your journey, or at your location to appreciate what is going on around you. If we pause to reflect on what's happening in our daily lives, we can take time to thank God for what is around us.
2. Selecting favourite snaps helps you revisit the moments they were taken and select a memory to keep. Many of my memories are spurred by such old photos. When we revisit the day's interactions, we determine which moments to savour and repeat and which to avoid.
3. Identifying the various individuals whose images you captured reminds you of friends with whom you may wish to renew acquaintance, and loved ones who shared your life in the past. That can be the start of a prayer list and a thank you list.
4. Photos help stir the pure joy of reliving the past, whether it is a recent summer's trip, or a vision of yourself as a child with bucket and spade. Usually, the selected photos we have kept reflect the best moments in our lives. When we see a long-departed parent or grandparent in some of the scenes of their youth, it reminds us of the transience of life, and the need to make the most of every day God has given us.

We do not tend to take photos of ourselves in prayer nor in the act of worship, nor of our families as they emerge from sickness or suffering. Such personal moments are a little too precious to record in that way. But those habits and heartaches have made us the people we are, and they, too, have helped turn our lives from monochrome to full-colour reality.

Embracing God's purposes in our sufferings and our glories makes sense of life, and will give us much to celebrate here and hereafter.

Stephen

Diocesan Bible Week

Bible Week 2023 will run from 29 August to 1 September in Willowfield Church and the speaker will be Revd Greg Downes. Events start at 7.45 pm each evening.

Greg is a full-time evangelist and before that he was Director of Ministerial Training and Dean of the Wesley Centre for Missional Engagement at Wycliffe Hall Oxford.

Greg will also be serving in the diocese for the month of September 2023 when he will engage in mission throughout the diocese, including in our own area deanery.

Our annual Bible Week is an opportunity for worship, teaching and ministry as the autumn term begins.

Mothers' Union

We will begin our 2023/24 season with a **Church Service on Thursday 7th September at 8pm**. Please come along and join us for worship and fellowship.

It was wonderful to see so many of you at our (indoor) picnic in July. I must say I was suitably impressed with the standard of the food- not your usual old sandwiches for the ladies of Carryduff! Many congratulations to Lorraine McCallion who celebrated a whopping 50 years of Mothers' Union membership. We were also delighted to have 2 new "members", little Tom and Anna, who joined us for the festivities!

There are 2 dates for your diary:

- Indoor/Senior Members Communion Service & Tea Party - **Thursday 7th September 2023 @ 2pm**, St Donard's Church, Bloomfield Road, Belfast.
- A-I MU 'Changing the Story' Conference - Launch of Gender Justice Programme, Seagoe Parish Centre - **Friday 15th September 2023, 10am-4pm**.

If you'd like to go to either of these events please let Vera or Jenny know.

Cover Photo: One Year On!

The image on the front cover, taken at Hazelbank Park at Whitehouse, reveals how our nation has moved on since the death of Her Majesty Queen Elizabeth II a year ago. For many of us it is still difficult to remember we have a king, King Charles, as our head of state, and references to the Queen still bring his mother to mind, rather than his wife, Queen Camilla.

I was impressed with the speed of creation, and the quality of the new garden area at Hazelbank which we visited in June. As the M5 ends on the road to Carrickfergus you will find the park entrance at the first roundabout.

Pay a visit to it, and maybe enjoy the twirling trees that give a sense of joy and excitement to the younger visitors.

A note of thanks from

Newborns Vietnam

"On behalf of Newborns Vietnam, I would like to thank you and all the wonderful people in your knitting group and from your Church for the most beautiful matching sets of blankets, hats and cardigans. When I was packing these beautiful items, I was overcome by emotion for the generosity of the knitters and by the joy the gift packs would bring to so many very poor families in the remote mountainous areas on north Vietnam. We are very grateful to Dr Richard for coming every year to Vietnam to teach Vietnamese doctors, to his family for supporting him and to everyone in the church knitting circle.



Thank you for such beautiful knitting. Your support is invaluable. Best wishes"

Killaney News

September Flowers: Sandra Cousins
 Cleaning: Sandra Cousins
 Adrian Cousins



- The Emma Gill Memorial Trophy for 2022-2023 was presented to Thomas Cousins for his enthusiastic and active participation in the life of the church family, both before and after Sunday Club begins each week. The award was presented at Children's Day - without reference to the current Sunday Club leadership - and was warmly received by the congregation in attendance. Well done, Thomas.
- Hopefully, everyone enjoyed a nice summer and we will have a catch up with a cup of tea in the hall on the third Sunday in September.
- A sincere thank you to Florence and Raymond for cleaning and painting the summer seats in the graveyard. One in particular was in a poor state and it is lovely to see it back to normal.

BACK TO SCHOOL!

Tracey set off with her mother for her first day at a new school in great excitement, but as soon as they had crossed the street with the lollipop lady she burst into tears. At last her mother found out what the matter was.

Tracy had thought the lollipop lady was a woman who handed out lollipops!



Ladies Fellowship Group

The Ladies Fellowship Group will meet each Thursday from 5th October at 10:30 am to enjoy an hour of chat with a cup of tea. Ladies are very welcome!

THE GOOD SHEPHERD

The Lord my pasture shall prepare,
And feed me with a shepherd's care;
His presence shall my wants supply,
And guard me with a watchful eye;
My noonday walks he shall attend,
And all my midnight hours defend.

TEN RULES FOR A GOOD LIFE

- 1 Never put off till tomorrow what you can do today.
- 2 Never trouble another for what you can do yourself.
- 3 Never spend your money before you have it.
- 4 Never buy what you do not want because it is cheap; it will never be dear to you.
- 5 Pride costs us more than hunger, thirst and cold.
- 6 Never repent of having eaten too little.
- 7 Nothing is troublesome that we do willingly.
- 8 Don't let the evils which have never happened cost you pain.
- 9 Always take things by their smooth handle.
- 10 When angry, count to ten before you speak; if very angry, count to one hundred.

Parishes' Bible Study

Growing as believers is a key part of God's purpose for us. In the family of the local church, we are instructed to meet together to encourage one another in our faith. Prayer is a much-neglected element in many of our lives. September sees a short series of studies on some bible passages which show us how and why to pray.



You are invited to come to the rectory on Tuesday evenings in September to share your successes and shortcomings in prayer, together with fellow believers, and to ask for God's help to make each of us part of his praying people. You need not say or do anything, but you are welcome to contribute your thoughts, ideas and questions. Bring a bible with you, if you can. We meet from 8:00 pm to 9:30 pm, starting with a cuppa about 7:50 pm.

5/9/23	The Path of Prayer	Psalm 17
12/9/23	The Power of Prayer	James 5:13-20
19/9/23	The Purpose of Prayer	Ephesians 1:15-23
26/9/23	The Practice of Prayer	Mark 1:35-39; Colossians 1:9-14

Ballynahinch Foodbank



REPORT 1 APRIL – 30 JUNE 2023

Ballynahinch Foodbank continues to experience an increased demand on its services, mainly due to higher food prices and increases in the overall cost of living. Thanks to the kindness and generosity of the local community and the greater Ballynahinch community, the Foodbank is still able to support the families and individuals who are finding it difficult to feed themselves or their families.

	2022	2023
Number of parcels distributed	219	323
Number of people seeking our help	804	1,079
Number of meals provided	8,280	9,711

The retail value of food, toiletries and household items distributed in this period is estimated at £23,670, an increase of 157% on the same period in 2022. The Foodbank volunteers thank all those who provide support, either as donations of food or of money – your support is vital to the ongoing work of the Foodbank and is very much appreciated.

Ballynahinch Foodbank, 1st Presbyterian Church Ballynahinch, Windmill Street, Ballynahinch BT24 8HB
 Help Line No 0333 050 1167 Monday – Friday 9am – 5pm



Parish First Aiders

As a new term is due to begin, it's a good time to assess our First Aid requirement for the church and youth groups. If you hold a current first aid certificate and are willing to aid the parish in fulfilling its requirements, please contact Joan Clayton, so that a register of First Aiders can be compiled.

Or, if you would like to become a First Aider for the church, again, contact Joan Clayton before/after church on Sunday so that a list of names can be put forward in order for training to be arranged.

Or Email: joan@carryduff.co.uk

Bowling Club

We are looking forward to bowling on Wednesday 13 September at 7.30pm

Everyone is most welcome to join in the relaxing and competitive indoor sport.

Just so you **know**, basic equipment is available (bowls etc), but we ask you to remember to wear/bring soft soled shoes.

Ray Scott



Drop in for tea & coffee, blood pressure check and a chat!

KILLYNURE COMMUNITY HUB

SECOND FRIDAY OF THE MONTH

2:30-3:30 PM

LAST SATURDAY OF THE MONTH

10:30-11:30 AM

NO BOOKING NECESSARY - JUST TURN UP
RUN BY HEALING ROOMS, CARRYDUFF COMMUNITY CHURCH
REGISTERED NURSES WILL BE PERFORMING THE HEALTH CHECKS

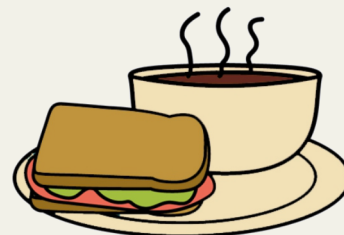
Killynure Community Hub, Church Rd. Belfast BT8 8DT.

Fellowship Lunch

The Fellowship lunch held usually on the fourth Sunday of the month will resume on Wednesday 27 September. The lunch will follow a midweek Holy Communion service at 11.30 am and will be soup and sandwiches.

A sign up sheet will be available nearer the time to assist with catering.

Everyone is most welcome.



Babies & Toddlers

in Carryduff Parish Church Hall
10:00 to 11:30
on Friday Mornings
All welcome



Babies & Toddlers

B&T will start back on Friday 8th September and will continue to 15th December. Please note there is no B&T on 22nd September as the hall has been booked by another organisation, and half term break is 27th October and 3rd November.

Please spread the word amongst your family and friends. Everyone is most welcome to come along.

We have a band of 12 ladies who help out on a rota basis. If you are free on a Friday and would be keen to join us, please let Jenny Montgomery know.

J Club and Sunday Club Spot

J Club Team Support

To ensure that J Club runs smoothly, and is able to open each week, an appropriate number of leaders and volunteers is required. This year we are asking parents to consider contributing, in some small way, by volunteering to help on a weekly or monthly basis.

This would be greatly appreciated and would enable our parishes to reach out in ministry to the young people in the areas where God has placed us. If you would like to offer help please contact Keith 07901935205

Sunday Clubs Team Support

In both our parishes we have Sunday children's programmes. The youngsters come to church at the regular time, and take part until the Children's Spot. After this they go out to the halls to enjoy special activities organised and supervised by our Sunday Club leaders with the help of parents. The *greatest* gift parents can give is by being present with their children as they come to church week by week, but in addition you can be available to help the Sunday Club leaders by volunteering from time to time. We also would love some help with the puppet ministry which we hope to be able to restart soon.

Amanda in Killaney and Tanya in Carryduff are currently taking responsibility for working with the volunteers.

Sunday Club begins on Sunday 3rd September at 10:00 in Carryduff and 12:00 in Killaney.

Why do we do children's ministry?

Jesus, fresh from His baptism and fired with His new calling, bursts into Galilee. Coming upon four fishermen working on the shore of the lake, He says to them, 'Follow me'. Without further ado or even a second thought, they abandon what they're doing (and in the case of two of them, James and John, leave their poor old father alone in the boat with the hired crew), and set off with Jesus, they know not where. That is how Mark's Gospel records the recruitment of four of the apostles of Jesus. Talk about a sudden change of life!

For many of us on the journey of faith the experience of James and John – and the other two, Peter and Andrew – mirrors our own experience. First we know about Jesus, perhaps as children at Sunday school, or later as adults. Then we begin to ask questions and look for answers. Finally there may come a time when we hear His voice, as it were, calling us to accompany Him on a life of love, service and commitment.

Will you help in this enriching and life-giving ministry?

J Club Programme

September to December

This year J Club will be re-branding under the umbrella of 'Messy church' programme. You will likely ask:

What is Messy Church Programme?

Messy Church is a way of being church for families and others. It is Christ-centred, for all ages, based on creativity, hospitality and celebration. We are very excited as J Club starts to explore this exciting programme.

September

- | | |
|-----------|--|
| Friday 8 | Back to J Club Celebration |
| Friday 15 | Messy Church activities |
| Sunday 24 | J Club Sunday +
Outing - Ten Pin Bowling, Dundonald |
| Friday 29 | Messy Harvest Event |

October

- | | |
|-----------|--|
| Friday 6 | Messy Church activities |
| Friday 13 | Funtastic Softplay Centre |
| Sunday 22 | J Club Sunday +
Outing - Private Swimming session (J Club only) |
| Friday 27 | Messy Halloween Event |

November

- | | |
|-------------|---|
| Friday 4 | Closed (Half Term Holidays) |
| Friday 11 | Messy Church activities |
| Friday 17 | Family Night - The Gathering Drum
Families & Parents Welcome |
| Saturday 25 | Fundraiser - Christmas shopping trip to Dublin |
| Sunday 26 | J Club Sunday & Mobile Zoo in the Church hall |

December

- | | |
|-----------|---|
| Friday 1 | Messy Christmas Event |
| Friday 8 | Nativity Rehearsal |
| Sunday 17 | The Nativity & Build A Bear
Christmas Family Celebration in the hall |

We hope you enjoy taking part in our planned Autumn programme of events.

After our final 2023 event J Club reopens on Friday 12th January

Keith Shaw

September Calendar

27 August	Trinity 12	(Green)
8:30	Early Communion Romans 12:1-8 Matthew 16:13-20	in Carryduff
10:00	Sunday Morning Prayer 3 Exodus 1:8-22 and Exodus 2:1-10 Moses drawn from the bulrushes	in Carryduff
12:00	Sunday Morning Worship Exodus 1:8-22 and Exodus 2:1-10 Moses drawn from the bulrushes	in Killaney
30 August	Wednesday	
10:00	Midweek Communion 1 Thessalonians 2:9-13 Matthew 23:27-32	in Carryduff
3 September	Trinity 13 Larder Sunday	(Green)
8:30	Early Communion Romans 12:9-21 Matthew 16:21-28	in Carryduff
10:00	Parish Communion Exodus 3:1-15 Matthew 16:21-28 God draws near	in Carryduff
12:00	Parish Communion Exodus 3:1-15 Matthew 16:21-28 God draws near	in Killaney
4 September	Monday	
7:30	Select Vestry	in Carryduff
5 September	Tuesday	
8:00	Parish Bible Study The Path of Prayer Psalm 17	in Rectory
6 September	Wednesday	
10:00	Midweek Communion Colossians 1:1-14 Luke 4:38-44 Praying with Thanks	in Carryduff
7 September	Thursday	
8:00	Mothers' Union Service	in Carryduff
8 September	Friday	
10:00	Babies and Toddlers Group restarts	in Main Hall
10 September	Trinity 14	(Green)
8:30	Early Communion Romans 13:8-14 Matthew 18:15-20	in Carryduff
10:00	Holy Baptism Romans 13:8-14 Mark 10:13-16	in Carryduff
12:00	Sunday Morning Prayer Romans 13:8-14 Matthew 18:15-20	in Killaney
12 September	Tuesday	
7:30	Select Vestry	in Killaney
8:00	Parish Bible Study The Power of Prayer James 5:13-20	in Rectory
13 September	Wednesday	
10:00	Midweek Communion Colossians 2:6-15 Luke 6:20-26 Grounding life in Jesus	in Carryduff
17 September	Trinity 15	(Green)
8:30	Early Communion Romans 14:1-12 Matthew 7:1-6	in Carryduff
10:00	Sunday Morning Prayer Matthew 18:21-35 James 2:12-17 Mercy triumphs over Judgment	in Carryduff

12:00	Sunday Morning Prayer Matthew 18:21-35 James 2:12-17 Mercy triumphs over Judgment	in Killaney
19 September	Tuesday	
8:00	Parish Bible Study The Purpose of Prayer Ephesians 1:15-23	in Rectory
20 September	Wednesday	
10:00	Midweek Communion Colossians 3.1-11 Luke 7:31-35 Renewing the Mind	in Carryduff
21 September	Thursday	
1:00	Golf Society	in Lurgan Golf Club
22 September	Friday: No Babies & Toddlers today due to external hall booking	
24 September	Trinity 16	(Green)
8:30	Early Communion Philippians 1:21-30 Matthew 20:1-16	in Carryduff
10:00	Celebrate at Ten Matthew 20:1-8 and 9-16	in Carryduff
12:00	Sunday Morning Worship with refreshments Matthew 20:1-8 and 9-16	in Killaney
26 September	Tuesday	
8:00	Parish Bible Study The Practice of Prayer Mark 1:35-39; Colossians 1:9-14	in Rectory
27 September	Wednesday	
11:30	Midweek Communion followed by Lunch Colossians 3.12-17 Luke 9:1-6 Clothing the Heart	in Carryduff

Midweek Services

Each Wednesday, the service of Holy Communion, followed by refreshments, takes place in St. Ignatius', Carryduff. Around 15 to 20 people usually attend. A short sermon each week, using readings from the Bible as the source of their message, is designed to help to make the services both fresh and relevant. It has been good to have Ray and Jenny, our parish readers, assist in the conduct of the services, and we are grateful to them for joining the worshippers with such help.

In September we pick up on the Diocesan Bible Week theme of Colossians. We will take a few verses each week as our guide for living as a church under God's rule. If you don't often read your bible why not use this opportunity to do so, reading the verses from the Service calendar in preparation?

6 September	Praying with Thanks	Colossians 1: 1-14
13 September	Grounding Life in Jesus	Colossians 2:6-15
20 September	Renewing the Mind	Colossians 3.1-11
27 September	Clothing the Heart	Colossians 3.12-17



Day by Day

I can recall from my early days in Sunday School at St. Finnian's Parish Church, Cregagh, the value placed on the discipline of daily prayer. There was no doubting its significance or its importance. It also became mercifully clear to us that such prayers did not need to be long or elaborate. They just needed to be said sincerely each day and to become a natural feature of everyday life.

This early exposure to the principle of daily prayer has stayed with me. It is something that became lodged quite firmly in my mind and which, in later years, I now continue to value and appreciate.

In those days of early experience there was a very particular prayer which all of us in the Sunday School were expected to learn. It is both short and priceless. Here it is:

**Day by day dear Lord,
of thee three things I pray –
to see You more clearly,
to love You more dearly,
to follow You more nearly,
day by day. Amen.**

The text is brief, straightforward and clear. Furthermore, it has often occurred to me that it is a great deal more than just a simple jangle for children in Sunday School. There is real relevance in it to daily life in our adult years. I still use it.

I would further suggest that the crunch issue in daily prayer is that it should be sincerely meant and not be just a matter of using "the correct words" as if in the formal setting of a church service.

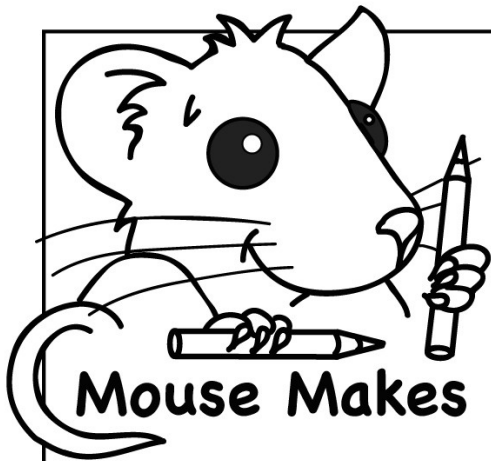
Of course the text of "Day by Day" does not cover everything. There is no reference in it to, for example, forgiveness for all we have done wrong or for all that we have failed to do. This is, unarguably, a crucial issue which we also need to take care of on a daily basis. How about a further short and simple expression like "Lord, forgive me and help me"?

Such brief and simple daily disciplines can do much to stand against the prevalence in today's world of indifference.

The great value of such short and simple prayers is that they can be easily recalled, and that they can be spoken at any time and anywhere during the day. I have said "Day by Day" quietly to myself while sitting behind the driving wheel in a traffic jam. It is also something that could be called to mind while peeling the spuds, or cutting the grass, or doing the ironing.

Sincerity is the only real issue rather than any formal setting – and, of course, the discipline to pray "Day by Day."

Denis Carson



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

Parish Registers Holy Baptism

16 July Marlie Frances Mary Moran, Crossgar
As for me and my house, we will serve the Lord

Christian Funerals

I am the Resurrection and the Life
18 May Devina (Vina) Crothers, formerly Queensfort Court, Carryduff
26 June Jack Boles, Lough Leane Park, Carryduff

*Blessed are the dead who die in the Lord:
they are blessed indeed for they rest from their labours.*

Remembering

Mrs Vina Crothers lived a long and fruitful life both as a wife and mother, and a volunteer at her church and in the community. Her faith was a driving force in her pattern of life, and her witness to her family of Christian devotion was a source of rich blessing to them all. Vina had been ill for some years but prior to this was an avid and keen member of the church, attending without fail, and serving when able. Vina Halston married Alec Crothers in 1958 and they had four children, Mark, who died as a baby, Gordon, Deirdre and Brian. They had moved to Hollygate in 1963 and to Queensfort Park South in 1972. Vina was a life long learner and enjoyed dressmaking and flower arranging classes taking place in the parish and in the local tech. She used her skills as a long-time member of the Flower Arrangers here, becoming a key member of the team.

She was a great mother to her three children and, with a quiet dignity and strong spirit, she brought them up in the life of the parish, while serving here as a member of the Mothers' Union, the Women's Institute, and as a volunteer at the playgroup, as well as teaching in the Sunday School.

The death of her eldest son, Gordon, hit her hard, but, comforted by Deirdre and Brian, and with the support of the whole family, she bore the grief with quiet dignity. She is survived by Gordon's wife Gillian, her daughter Deirdre and her husband Leonard, son Brian and his wife Karen, her grandchildren and great grandchildren. We thank God upon every memory of this delightful, friendly and beautifully warm lady, and express our sympathies to one and all. Vina's ashes were buried at Killaney on 21 July.

Mr Jack Boles was remembered at St Ignatius' Church, following his death at the age of 94 after a long illness. His contribution to church life, both as a servant of the church family and a devout worshipper, spanned some 46 years.

Jack was a devoted family man, survived by his sister Kathleen, his wife Gladys and their three daughters, eight grandchildren and one great-grandchild. He served as a Police Constable for 33 years, initially in Fermanagh and mostly in Belfast.

Having sacrificed the opportunity to continue his education in order to support his family business, he nevertheless continued to read, enjoy poetry, and learn to paint. Conversation with Jack was always stimulating, and his delight in his family and generous care for them was an example to us all.

Throughout the years here Jack and Gladys attended church regularly, and their faith was a key part of their life together. It broke his heart when Jack was unable to attend midweek and Sunday worship regularly from the end of last year. His passing in June marked the end of a lifetime of worship, first at Camus-Juxta-Mourne (Strabane) Parish, then at St Columba's in North Belfast, and finally, here at St Ignatius' Church. He was buried in Killaney, following a well-attended service at Carryduff.

We express our fond sympathies to Gladys and the family in their bereavement.

Decision Time!

As the summer draws to a close and relaxing days give way to busy times once more, it is good to make careful decisions about what we will take up in the autumn. I hope you will resolve to spend some of the 168 hours God gives you each week with him. May I suggest you worship every Sunday or at least every month? Choose the time and type of service that will help make a difference to you, and make a personal promise to be there! There is no doubt the habit of daily prayer enables us to pause the relentless passing of time and confess our needs as we seek God's help.

Quitting some activities can be as profitable as starting some. Is there a time-wasting habit you need to stop so that you have time to spend doing something more worthwhile? Imagine how much time you would save if, for instance, you watched the news just once a day, or limited social media to one ten-minute slot? "They", be they TV or social media companies, want to keep you longer. Is your time really up for grabs at such a price? Giving yourself a day or even a morning without using some device can transform the value of your use of time.

What do you need to decide to change? Tell someone in the (church?) family and check in regularly with them, with updates on your failures and successes.

A fellow struggler!

God can use everything we give him

The story is told of a man in charge of building a great church, who was pestered by an apprentice who wanted to design the glass for one of the windows. Finally, he agreed that the apprentice should be given one very small window. BUT – the apprentice would have to provide all the materials himself. Undaunted, the apprentice carefully swept up all the stray bits of coloured glass that had been discarded and set to work. Slowly, and with great care, he pieced together a window of rare beauty. When the church was finally opened, many people stopped to stare in wonder at his small, but so beautiful, iridescent window. Our lives can be like that – no matter how small we may feel, or that we have only scraps to offer to God, He can still help us use every bit of time and energy and love we do have, to build a life that is beautiful, and which will reflect the glory of God to others.

Wordsearch

For some reason, the Church gives thanks for angels in September. The 29th is the feast day of Michael and All Angels. Since the days of Genesis, these messengers of God have been sent many times to intervene for the good in human affairs. Angels guarded the Garden of Eden, they led Lot away from Gomorrah, they helped Gideon, they stopped Balaam, they closed the mouths of lions for Daniel, and, most important, the archangel Gabriel was sent to tell Mary that she would mother the Messiah. Angels sat in the empty tomb of Jesus, and told of His Resurrection. Revelation is teeming with angels, sent on all sorts of missions by God in the last times. Today, many Christians in the world's hot spots report having had angels help them when in mortal danger.



Clues

Thanks Angels Church Feast Michael All Genesis Messengers God Sent Intervene Garden Eden Lot Gideon Balaam Mouths Lions Daniel Archangel Gabriel Mary Mother Teaming Revelation

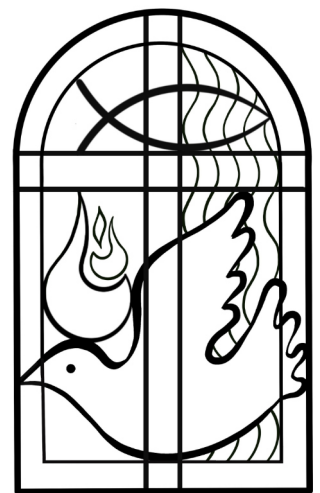
The importance of having a cause greater than yourself

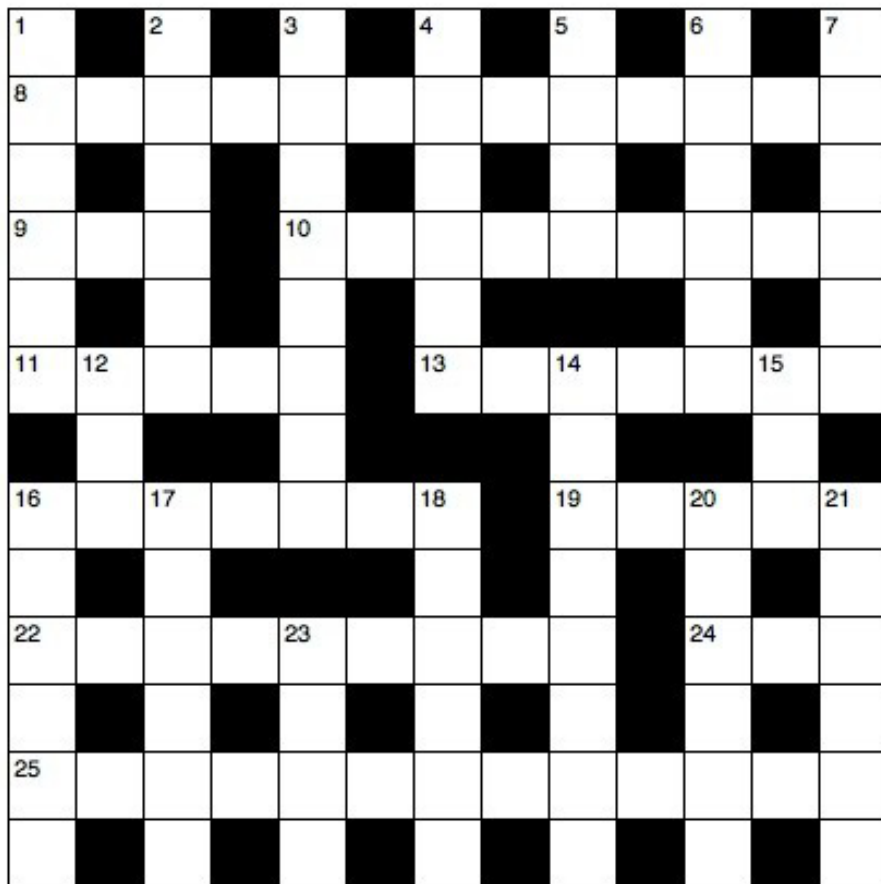
A survey was conducted among people who lived to be more than 100 years old. What had kept them going so long? You'd have thought that they would recite their health diets, their miracle drugs, or their devotion to strenuous exercise. Instead, the one thing all these centenarians had in common was a purpose in life. They had had a good reason to get out of bed each morning.

St Paul writes: 'For me to live is Christ' (Philippians 1:21). For Paul, that kept him going. He lived to exalt the name of the Lord Jesus Christ, and to share the Good News.

Sadly, too many of us are instead like the man who said; 'No matter what I'm working on, I'd rather be doing something else.'

A wise man once said: There are two most important days in your life. The day you were born, and the day you discover WHY you were born. God made you for a purpose. Have you discovered it yet? You haven't really lived until you know what it is.





Across

- 8 Where the Ark of the Covenant was kept for 20 years (1 Samuel 7:1) (7,6)
- 9 One of the parts of the body on which blood and oil were put in the ritual cleansing from infectious skin diseases (Leviticus 14:14–17) (3)
- 10 Uncomfortable (3,2,4) 11 'Yet I have loved Jacob, but Esau I have —' (Malachi 1:3) (5)
- 13 Where Paul said farewell to the elders of the church in Ephesus (Acts 20:17) (7)
- 16 'Jesus bent down and — to write on the ground with his finger' (John 8:6) (7)
- 19 Prophet from Moresheth (Jeremiah 26:18) (5)
- 22 Comes between Exodus and Numbers (9)
- 24 and 2 Down 'Then Elkanah went home to Ramah, but the boy ministered before the Lord under — the —' (1 Samuel 2:11) (3,6)
- 25 There was no room for them in the inn (Luke 2:7) (4,3,6)

Down

- 1 Rough drawing (2 Kings 16:10) (6)
- 2 See 24 Across
- 3 Underground literature (including Christian books) circulated in the Soviet Union (8)
- 4 Lo, mash (anag.) (6)
- 5 The Bible's shortest verse: 'Jesus —' (John 11:35) (4)
- 6 'Can a mother forget the baby at her — and have no compassion on the child she has borne?' (Isaiah 49:15) (6)
- 7 Can be seen in a dying fire (Psalm 102:3) (6)
- 12 'Send me, therefore, a man... experienced in the — of engraving, to work in Judah and Jerusalem' (2 Chronicles 2:7) (3)
- 14 Second city of Cyprus (8)
- 15 United Nations Association (1,1,1)
- 16 One of the women who first heard that Jesus had risen from the dead (Mark 16:1) (6)
- 17 Braved (anag.) (6)
- 18 — of Evangelism, outreach initiative in the 1990s (6)
- 20 'Woe to those who are wise in their own eyes and — in their own sight' (Isaiah 5:21) (6)
- 21 'Neither — nor depth... will be able to separate us from the love of God' (Romans 8:39) (6)
- 23 What Jesus shed in 5 Down (4)

Answers on page 18

Rosters September

Readers	8:30 am Epistle	10:00 am Lessons	12:00 pm Lessons
3	Raymond Scott	George Buchanan	Viona Crothers
10	Ken Fletcher	Cedric Adams	Colin McClintock
17	David Patterson	Karen McConnell	Regis Calard
24	Edward Darling	J Club	Amanda Cousins

	Flowers	Refreshments at Carryduff	Screens
3	Ella Ferguson	Jill Crowe and Michelle	Andrew
10		Tanya, Liz Maginn and Jill McP	Maureen
17	Helen Burke	Deirdre and Robert Shaw	Jenny
24	V Frazer	Trevor Dunlop and Victoria F	Fiona

A Strong Hold

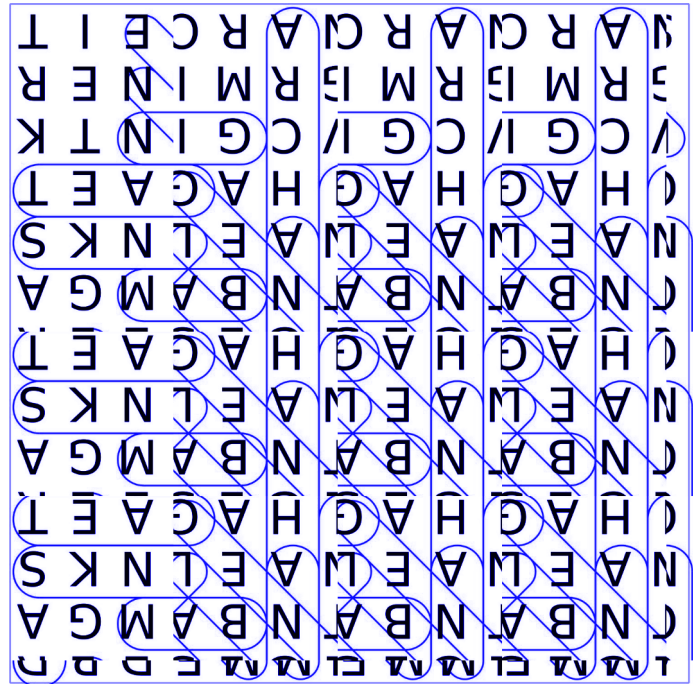
Should I slip and lose the way
The Lord will hold me fast,
Should I choose to walk away
I'm firmly in His grasp.

Though I walk through death's dark
vale,
His rod and staff are there
I would not dare to walk this path
Without His loving care.

Although my hold on Him is light
His loving arms are wide,
What He's begun He will fulfil
Till I am safe on Canaan's side.

What God is this who loves us so?
Our future He has planned,
We're ever safe in His embrace
And none can snatch us from His hand.

By Megan Carter



DOWN: 1, Sketch; 2, Priest; 3, Samizdat; 4, Shalom; 5, Wept; 6, Breast; 7, Embers; 12, Art; 14, Limassol; 15, UNA; 16, Salome; 17, Adverb; 18, Decade; 20, Clever; 21, Height; 23, Tear.

ACROSS: 8, Kirith Jearim; 9, Toe; 10, III at ease; 11, Hated; 13, Milletus; 16, Started; 19, Micah; 22, Leviticus; 24, Eli; 25, Mary and Joseph.

Website & Contacts

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

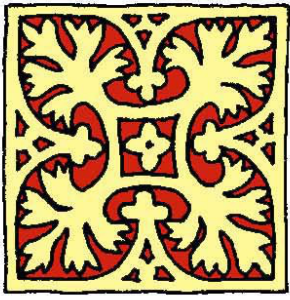
<https://carryduff-killaney.down.anglican.org>

Facebook: KandCd at the Crossroads - Twitter #KandCd

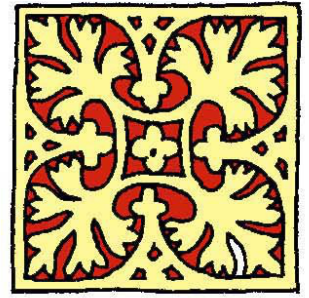
Rector:	Stephen Lowry, 700 Saintfield Rd, Carryduff BT8 8BU stephenlowry@me.com	078 345 84932 028 9081 2342
Diocesan Readers:	Marlene Moore mrm-moore@hotmail.co.uk Keith Shaw keith_shaw@live.co.uk	028 9081 4896 079 0193 5205
Parish Reader:	Jenny Montgomery Raymond Scott	
Office:	Jenny Eralp killaneyandcarryduff@icloud.com	028 9081 3489
Carryduff Wardens:	Cedric Adams Sammy Barratt	
Co Honorary Treasurer:s	Deirdre Shaw, Sandra Thomas	078 5519 3341
Gift Aid Secretary:	Fiona Moore	
Honorary Secretary:	Sandra Thomas	
Sexton:	Fiona Ellis	
Freewill Offering:	Susan Creber	028 9263 8798
Hall Bookings:	Sandra Thomas	
Killaney Wardens:	Adrian Cousins Anne McKeown	0773 1987183 0781 5498638
Vergers:	Florence Coulter	028 9263 9133
Honorary Secretary:	Colin McClintock	0782 5337705
Covenants:		
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	
Carryduff	Marlene Moore Joan Nevin	028 9081 4896 028 9751 9366
Killaney	Florence Coulter Bill Connor	077 8756 3851 028 9263 9873

Next Edition is the October Edition.

Please submit copy by 13 September to killaneyandcarryduff@icloud.com for publishing on Friday September 22. Thank you to our distributors and compilers for your help.



September 2023



Presentation

Mothers' Union members enjoying their picnic (in the hall due to the rain!) as Vera presented Lorraine with a certificate to acknowledge her fifty years of membership of MU.

