

The Columban

ST. COLUMBA'S CHURCH, KNOCK, FEBRUARY 2023



The latest parish news, events and notices



An open door to friendship, fellowship and faith



At the beginning of 2023 it is important that we have resources to strengthen and sustain us in the midst of all the challenges of these days. We need spiritual tools that we can use in our daily devotions to assist us.

David, Emma and Sarah Craig have generously given permission for me to include this prayer in my letter which is one of the most helpful that I have ever encountered:

As David said "This prayer was first brought to our family by my mother, Marie who gave it to Emma at a time when Emma was suffering from chronic back pain culminating in surgery. Subsequently Louise used it during her battle against cancer. In truth, whilst often used at times of ill health, its words cover almost every challenge in life when we need God's help".

Every day I need you Lord, but this day especially.

I need some extra strength to face whatever is to be.

This day, more than any day, I need to feel you near

To fortify my courage and overcome my fear.

By myself, I cannot meet the challenge of the hour.

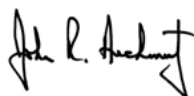
**There are times when human creatures need a higher power to help them
through what must be borne.**

**And so, dear Lord, I pray – hold my trembling hand and be with me today.
Amen**

I have seen over the past years the comfort and support which that powerful prayer has given and continues to give to the Craig family. I used it in St. Columba's for the first time at Louise's Service of Thanksgiving when we gathered in her parish church which she served so conscientiously and referred to as her "safe place". It clearly demonstrates that as people of faith we are dependent on God for all our daily needs. No matter how difficult the daily challenges or the uncertainties of this year they will be all the more bearable knowing that God is with us. That was Louise's experience. What a powerful example she has given to each of us where she placed such a strong emphasis on regular church attendance, her daily devotions and how she lived out her faith no matter how ill she was feeling. This prayer is just what we need to assist us each day reminding us that we need to be with God.

It has formed an essential part of my daily devotions. I commend it to you for your use.

Yours in His service,



PARISH PRAYER

God, our Heavenly Father, make the door of our Church wide enough to welcome all who need human love, fellowship and a Father's care; but narrow enough to shut out all envy, pride and hatred. Here may the tempted find help, the sorrowing receive comfort and the penitent be assured of your mercy. And here may all your children renew their strength and go on their way in hope and joy; through Jesus Christ, our Lord.

Amen.

Bishop Thomas Ken 1637-1711

Congratulations to William John Gaston Bennett who has been awarded an MBE to service to radio and television in Northern Ireland

SERVICES IN FEBRUARY

Thursday 2nd **The Presentation of Christ in the Temple** (White)
10.30am **Holy Communion** *followed by refreshments*

Sunday 5th **The Third Sunday before Lent** (Green)
8.15am **Holy Communion**
 Epistle 1 Corinthians 2: 1-12 The true wisdom of God
 Gospel Matthew 5: 13-20 The law and the prophets
10.30am **All Age Worship** *followed by refreshments*
 Gospel Matthew 5: 13-20 The law and the prophets

Thursday 9th (Green)
10.30am **Holy Communion** *followed by refreshments in the Choir Vestry*

Sunday 12th **The Second Sunday before Lent** (Green)
8.15am **Holy Communion**
 Epistle Romans 8: 18-25 The hope of fulfillment
 Gospel Matthew 6: 25-34 Do not worry
10.30am **Holy Communion**
 Epistle Romans 8: 18-25 The hope of fulfillment
 Gospel Matthew 6: 25-34 Do not worry

Thursday 16th (Green)
10.30am **Holy Communion** *followed by refreshments in the Choir Vestry*

Sunday 19th **Transfiguration** (White)
8.15am **Holy Communion**
 Epistle 2 Peter 1: 16-21 Eyewitnesses of Christ's glory
 Gospel Matthew 17: 1-9 The Transfiguration
10.30am **Morning Prayer**
 1st Reading Exodus 24: 12-18 Moses is summoned into God's presence
 2nd Reading Matthew 17: 1-9 The Transfiguration

Wednesday 22nd **Ash Wednesday** (Purple)
 10.30am Service for Ash Wednesday
 8.00pm Service for Ash Wednesday

Thursday 23rd (Purple)
10.30am **Holy Communion** *followed by refreshments in the Choir Vestry*

Sunday 26th	The First Sunday in Lent		(Purple)
8.15am	Holy Communion		
	Epistle	Romans 5: 12-19	Adam and Christ
	Gospel	Matthew 4: 1-11	The temptation of Jesus
10.30am	Holy Communion		
	Epistle	Romans 5: 12-19	Adam and Christ
	Gospel	Matthew 4: 1-11	The temptation of Jesus

Online Services

The audio recording of our 10.30am service each Sunday can be found on our parish website www.stcolumbas.down.anglican.org under "Church Service Recordings".

LENT SERVICES

Throughout the penitential season of Lent there will be a service in St. Columba's each Wednesday at 8pm beginning on Ash Wednesday. This will be an opportunity for us to come together in the middle of our busy weekly schedules to pause and reflect on our Christian Faith. I encourage you to join us for these devotional services. Please note the dates in your diary:

Wednesday	22 nd February	Ash Wednesday Holy Communion
Wednesday	1 st March	Compline
Wednesday	8 th March	Compline
Wednesday	15 th March	Compline
Wednesday	22 nd March	Compline
Wednesday	29 th March	Compline

The Rector

Railway and Model Club

The festive season is over and done, and a lot has happened in our club.

In November we had our "annual" dinner, with our wives and some friends. This was an opportunity to enjoy each other's company and remember our dear friend Ian Parsons. Also, in that month, we had our Annual General Meeting when we elected John Robb as our new Chairman/Secretary.

After our annual "tidy up" we find we now have a nice little hoard of scenery and rolling stock. This helps us to plan and build new layouts. We still meet, in the lower rooms of the church hall, on a Monday afternoon from 2:00pm until approximately 4:30pm. Visitors are welcome, even those children who are over 60 years of age. So if you want to try building a layout yourself, or join a team building one, or you would just enjoy a bit of craic, then please come down to the club room. In the meantime...."Keep 'er Rollin'.

Rockie

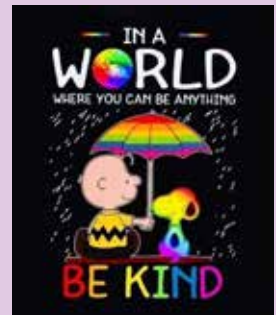
Craft and Hobby Circle

We started up again in September after the summer break when six of us were seated around the kitchen table in the hall, a lovely bright and spacious place. Arlene, who is skilled at patchwork and crochet, has planned to make a patchwork quilt and had set out her pattern to help in choosing the fabric she had collected for this. Anne Dawson was poring over her latest cross-stitch challenge trying to make sense of it all and Elsie Chambers was learning how to crochet V-stitch as she loves the finish it gives. Last season we had a few sessions of card craft and will do again over this new term.

Recently we have been meeting in the choir vestry and will continue to do so. Please feel free to bring a pal along to join our circle of friends where they will receive a very warm welcome and a lovely cup of tea or coffee.

Wishing everybody a very happy and healthy 2023

Carol 9079 9997 / 07831 345560 or Email: pchwillis@hotmail.co.uk



NEW PARISH WEBMASTER

Following many years dedicated and conscientious service to our parish Dr. Ivan Roche has retired as our parish webmaster. On behalf of St. Columba's and myself I thank Ivan for all his hard work and support over many years creating, designing and maintaining our parish website which was recently relaunched.

Our website is an essential parish resource which keeps parishioners and visitors updated with current news and developments. In addition, the audio recording of our 10.30am service is available each week for those unable to attend St. Columba's.

Ivan has now decided to retire from this position due to his work commitments.

I welcome his successor, Dr. Jonathan Stewart, who is well known to us as a former churchwarden. Jonathan is a current member of the Select Vestry. I wish him every success in this important role. I am most grateful to Jonathan for accepting this position in our parish. Ivan will kindly be assisting Jonathan during these coming weeks.

Keep up to date with parish information on our website: **stcolumbas.down.anglican.org**

There are lots of forms, photos and information available to assist you!

The Rector



From the Registers

Our Sorrows

Funeral Services

Tuesday 15th November

Thursday 17th November

Wednesday 30th November

Monday 12th December

Joseph Raymond Cummings

Vera Hewitt

Elizabeth Ellison

David John Donaldson Stewart

LENT: The Importance of Prayer, Fasting and Giving

The time is near for us to slow down our hectic lives and focus on growing closer to God. Lent is a time of personal reflection, rebuilding yourself, and learning that sacrificing something of yours is not that difficult compared to Jesus sacrificing Himself on the cross for our sins. It's an empowering and moving experience and you may even find a spiritual part of yourself that you didn't even know existed.

Here are three actions to observe at the beginning of the Lenten season.

1. You are strongly encouraged to attend a service at your church this Ash Wednesday, even if you have never done this before. It's a very small sacrifice of time and a very important act of worship. Take your children if they are still at home - families need to stand together. To be identified as a Christian is needed this year more than ever. ***We will be holding a short Compline service every Wednesday evening at 8.00pm during Lent*** to provide extra support this year.

2. If you want to continue the experience of Lent beyond Ash Wednesday, consider fasting. It doesn't have to be from food; consider fasting from complaining or from worry. Reduce or eliminate screen time or stop social media for the six weeks of Lent. Removing things from our daily routines can also help us remember our need for God in our lives.

3. Make prayer a focus of your life for the next six weeks. Pray during Lent that we—as the body of Christ and as individuals—will be faithful to our Lord and exemplify his love in our daily lives. Why not set a timer on your watch or phone or in your kitchen to remind you to pray many times during the day, perhaps starting with three daily times of prayer: morning, noon and night. This will help you develop a better habit of praying.

Your prayers can be very simple. You can pray each time, with humility and focus, "Thank you God that you are with me. Thank You Jesus that you died for me." Even a simple repeated prayer like this will please God and will change your heart over six weeks. The Lord's Prayer is an easy way to get children to join in

Use the season of Lent to increase your closeness with God, rather than indulging yourself with a thousand lesser things.

4. Finally, giving – try to use more of your time or talent to help others. Give to charities instead of buying a cup of coffee for yourself. Encourage children to be kind in spirit, to notice that people may need help and to offer it. Give of your time where possible, to share it with friends, neighbours or family who may be in distress or have fallen on hard times.

Most of all, let us join together as a church and praise God.

Karen Patterson

At our informal January meeting we enjoyed an evening of companionship by getting to know one another. At the beginning of the meeting, we wrote a personal statement which was later read out as we guessed the author. Prior to supper two teams embarked upon a celebrity quiz. It was a fun and interesting way to begin a new season.

Thank you to all who have been prompt in returning their membership fees.

Our next meeting is on 7th February 8.00pm in the church when Peter McCabe, a local historian, will talk about the origins of street names in East Belfast.

We hope members and anyone who is interested will join us.

All are welcome.

Barbara

Sunday 5th March

11.00am All Age Worship followed by



Lent Lunch in the Church Hall

Come along and join us!

Admission: Voluntary contributions in aid of the Church Hall Refurbishment Fund.

Tickets for catering purposes only available from the back of church.

ART CLUB

We were encouraged that our exhibition on 26th November, despite inclement weather, attracted many visitors. This year several parishioners helped with serving the tea/coffee and our sincere thanks to them. A further innovation was back ground music being played by a guitarist and violinist during the morning and a keyboard player in the afternoon. This was appreciated by both club members and visitors.



Our thanks to Carole who organised the art club display on one of the church windows for the Christmas services.

Our Christmas lunch was held in the Royal Northern Ireland Yacht Club premises in Cultra on 8th December and our final meeting of 2022 was a visit to the Royal Ulster Academy exhibition in the Ulster museum.





Ladies Guild

Our February meeting will be our charity one for this year when we will welcome a speaker from the Children's Cancer Foundation. Visitors are always welcome at our meetings so please come along if you have an interest in hearing about the work of this charity.

At the time of writing I know some of our members are, unfortunately, ill in hospital or recovering at home from falls or various winter 'bugs'. We continue to remember them in our thoughts and prayers. **Eleanor**

Thought for the Month

The Church's One Foundation

At the beginning of each new year, resolutions are usually made to set new goals or encourage people to better themselves in some way. 2023 will be a very exciting year in our

household, following the recent arrival of our son, Benjamin.

Not so much a resolution, but Scott and I will be spending this coming year navigating parenthood, as we watch our baby boy grow week by week.

We had the pleasure of being married in St Columba's in October 2019 by the Rector – an autumn wedding (my favourite time of year!) Scott then had the great privilege of being asked to serve as People's churchwarden from Easter 2020, meaning that I could often be found sitting alone in the pews on Sunday mornings. A benefit of attending church in this way, was that it allowed me to get to know many of the congregation –albeit in a socially distanced manner, at that time!

It has been refreshing to see the lifting of the pandemic restrictions, with the return of many things that we all previously took for granted. The sense of community within St Columba's is something

that Scott and I have always commented on, and it is fantastic that so many groups are well supported within the parish. I personally am looking forward to attending the Mums & Tots group on Friday mornings, along with Ben. I am certain that as a new parent, this will grow my support network and prove to be a helpful part of my routine during my maternity leave.

Scott and I will endeavour to support Ben in his journey of faith, and we trust that the church will form a very important part of his development into becoming a young man in the years to come. We know that he will not only have the guidance of his family and friends, but also the community at St Columba's. We look forward to coming to church, along with both of our families, for Ben's christening in the coming months – currently the youngest parishioner, as far as we are aware!

Our sincere thanks to Melissa for sharing this 'Thought' with us.

The March 'Thought for the Month' will be written by Eithne Hobson and Diana Fox.



Melissa Rutherford

Church hall cleaning rota

February 11th

Jayne and Ronnie Martin

February 25th

Fiona and Robin Haldane



Prayers for your thoughts and comfort



Prayers for the February issue of The Columban have been prepared at a period of unprecedented difficulty, and stress, for the Health Service. Those who serve in hospitals and care homes are over worked, and understaffed, while the system seems unable to cope with the demands. The problems feature regularly on news bulletins, and account for the unrest and apprehension in our communities. While many of these problems may be beyond our control, it is important that we focus our prayers on some of the current concerns.

Climatically, February can contain the coldest days of the year. However, on the bright side, it is marked by the first signs of a new season. In the ancient Celtic world, that was known as Imbolc. In the Christian calendar, St. Brigid's Day on 1st. February is considered by many people to be the beginning of Spring. A few prayers acknowledge that fact.

During the month of February we will mark the beginning of the season of Lent on Ash Wednesday. While Lent may be seen as a solemn time in the Christian calendar, we are encouraged to project our minds forward.

Whatever our circumstances may be, let's not forget the truth of the saying that 'Hope Springs Eternal.' May you find some of the prayers and material helpful and encouraging

Prayers for the National Health Service

Heavenly Father, we pray for all who work in health care in our community including those associated with the NHS. We commend them to you that they may be inspired and sustained in all their work. Encourage and strengthen them when they feel exhausted, and grant to us all, relief from the illnesses that are making life so difficult at present. We offer this prayer through Jesus Christ our Lord. **Amen**

God of compassion, we are grateful that we can turn to you in times of crises. In praying for those who work with the NHS, we ask that all people of faith may be aware of your protection and help. May those who are your agents of help and healing be given the resources they need in order to do their jobs to the best of their ability. We pray in the name of Jesus Christ. **Amen**

We thank you that throughout the NHS there are women and men from so many backgrounds who are focused upon the huge task of coping with the current crisis, caring for those in greatest need. Grant them the stamina to endure these days of unprecedented challenge. May all who seek help and healing from the Health Service continue to do so without anxiety about paying medical bills, that all may feel valued as people of your creation. We ask it in your name. **Amen**

Medical research

God of all grace, you have taught us that the leaves of the tree of life are for the healing of the nations. Grant such success to all engaged in medical and scientific research that their work may be used to alleviate pain and to further the ministry of healing among people of every nation, for the sake of Jesus Christ our Lord. **Amen**

Those suffering the pain of loss and bereavement

Lord, sometimes when we experience the loss of loved ones, our minds may be baffled and our spirits weighed down with grief. Yet, we know that life is full of mystery and that many others may be travelling a similar path to ourselves. Enable us to experience your peace so that it may lift our darkness and ease our pain, and help us to be aware of the fact that you are a very present help in trouble. We(l) pray in your name. **Amen**

Christian Hope

Grant O God, that amidst all the discouragements, difficulties and dangers and darkness of this mortal life, we may depend upon thy mercy. On this build my hopes, as on a sure foundation. Let thine infinite mercy in Jesus Christ deliver me from despair, both now and at the hour of death. **Amen**

(Written during a period of religious and political turmoil c. 1690)

Prayer during economic insecurity

Lord, we live in challenging days across the world, when prices rise, debts increase and jobs are uncertain. Be a tower of strength amidst the shifting sands and a light in the darkness. Help us to receive your gift of peace, and enable us to focus where true joys are to be found, in Jesus Christ our Lord. **Amen**

The Ukraine

God of peace and justice, send your blessing on the people of Ukraine including those who are currently in Ireland. Sustain them in their courage, protect them from danger and be for them the hope they desire. We pray for those with power over war or peace, for discernment and compassion to guide their decisions. Our prayer is made in the name of Jesus, the Prince of Peace. Amen

A Winter prayer

Lord, in the midst of Winter when the days are cold and the wind can pierce us, remind us of the warmth of your love. When dawn arrives late and the dusk falls early, remind us that in the darkness your light still shines, and that Spring is only a short time away. In addition Lord, we thank you for all the seasons of our lives. **Amen**

Prayer for Family life and Peace

Lord we thank you for the blessings of family life. In doing so, we realise that we are not always lovers of peace and harmony. Maybe there are moments of strife and anger, and because of this, we can cause hurt to one another. Let peace reign in our homes at moments of tension, and let compassion be at the centre of our thoughts. Guide us each day as we walk through life relating to our families wherever each of us may be. We ask this in the name of the Lord of reconciliation and healing. **Amen**

The Serenity prayer

O God, grant me the serenity to accept the things I cannot change: the courage to change the things I can, and the wisdom to know the difference. **Amen**

St. Brigid 1st February (considered by some to be the first day of Spring)
Lord, by the leadership of St. Brigid you strengthened the Church in this land.
As we thank you for her service, inspire us with new life and light and give us
perseverance to serve you all our days, through Jesus Christ our Lord. **Amen**

The Presentation of Christ 2nd February (known as Candlemas)

Almighty God, you fulfilled the hopes of Simeon and Anna who welcomed
the Messiah in the Temple. Complete in us your will that in Christ we may
see your salvation, for he is Lord for ever and ever. Amen (Note:- The Song
of Simeon is also known as the Nunc Dimittis)

Ash Wednesday 22nd February (Lent begins)

Read Psalm 51

Prayer - Make your ways known to me. Guide me in your truth and
teach me. Help me to remember in my weakness that your compassion and
understanding are everlasting. Enable me to see in my soul, how the desert
can blossom, and that renewal can take place in my spiritual life. **Amen**

FINALLY

Trust in God. Let nothing disturb you. Let nothing frighten you. All things
are possible but God never changes. They who have God find they lack
nothing for God alone suffices.



giftaid it
making donations go further

Thank you very much to everyone who was able to Gift Aid their contributions to St Columba's during 2022. **We have claimed £30,049** for the year! This is a huge part of our annual income, and we gratefully value this important support. Although this figure is lower than 2021 (which also included the huge donations towards the Church Roof project), it is a very welcome and generous boost to our annual income. In most previous years, our Gift Aid has been averaging around £26,000, so this is a fantastic result!

If you are a UK Taxpayer, please consider 'boosting' your gifts to St Columba's by completing a Gift Aid form, available from the Parish Office (028 9065 6891 Monday – Friday, 9am-1pm) or simply download and print it from our 'Giving' tab on our parish website: www.stcolumbas@down.anglican.org

Details of who can Gift Aid their donations are available on the website, on the Gift Aid form itself, or by contacting Karen in the Parish Office.

Thank you!

Karen Patterson



Copies of our beautiful parish book pictured above are still available to purchase for £10 at the back of church each Sunday.

A perfect gift for friends or family, or even for your own personal use, this book explains the stories behind each of the beautiful windows. Get your copy while stocks last!

THE REGISTER OF VESTRY MEMBERS

During this month, the Register of Vestry Members is open for review and is available for inspection from the churchwardens. This Register is separate from the Parish Database and only those whose names appear on it are eligible (subject to their consent at the Annual Vestry Meeting) for nomination and election to the Select Vestry. In addition, those parishioners are entitled to vote at the elections during the Annual Easter Vestry Meeting.

If your name is not already on the Register of Vestry Members and you wish to have it added, you are required to:

- **Be over 18 years of age**
- **Be a contributor to church funds in a recognised form (Free Will Offering Envelopes or Standing Order). Please contact the Parish Administrator, Karen Patterson (028 9065 6891) if you wish to support the work of St Columba's in this way.**
- **Sign a Form of Declaration, which can be obtained from the churchwardens - please contact them directly. These completed forms need to be returned to them by **Sunday 19th February 2023.****
- **Should a parishioner's financial contribution to the parish have lapsed for a period of 12 months or more, their name may be removed from the Register of Vestry Members in agreement with the Select Vestry Review Meeting which will take place on **Thursday 23rd February at 7.30pm.****
- **It is the responsibility of parishioners to ensure that they are fully compliant with these requirements before the review meeting on **Thursday 23rd February.****

St Columba's, along with other parishes, is now registered as an individual charity with the Charity Commission (N.I.). As a recent communication from the Diocesan Office stated,

"Each member of the Select Vestry is considered as a Trustee of their parish – that is nothing new in terms of their responsibilities, it is just that these have been formalised under charity legislation".

The Supplementary Guidance on Charity Trustees provides this additional information for your assistance:

Anyone who is elected as a member of a Select Vestry must not be disqualified from being a trustee of a charity. Those disqualified under the Charities Act from acting as a trustee are anyone who:

- **Has been convicted of an offence involving deception or dishonesty, unless the conviction is spent conviction under to Rehabilitation of Offenders (NI) Order 1978.**
- **Is an undischarged bankrupt or has made a voluntary arrangement with creditors**
- **Has previously been removed as a trustee by the Commission or by the Court**
- **Is subject to disqualification under company legislation.**

It is the responsibility of anyone who might fall into any of these categories, not to make themselves available for election to the Select Vestry.

Clergy Parish Visiting

It is always a great privilege for the Clergy to visit parishioners in their homes. If you would like to request a Clergy visit, please telephone the Rector (028 9047 1514) or Canon Walter Laverty (028 9573 8743). In addition to requested Parish visiting, the Clergy will be visiting parishioners in the following districts during February:

Rector

Cyprus Avenue
Cyprus Gardens
Cyprus Park
Douglas Court
Drinagh Manor

Canon Laverty

Earlswood Court
Earlswood Road
Eastleigh Dale
Edenvale Gardens
Enid Parade

PASTORAL SUPPORT



The Clergy would appreciate being informed if parishioners are in hospital, are being transferred or if they have been discharged, and will be pleased to offer them pastoral support. ***Please do not assume that they already know this information.***

Please telephone the Rector (028 9047 1514) or Canon Walter Laverty (028 9573 8743) to enable them to take careful notes of the details.

Thank you.

Retired clergy hear of importance of church music in liturgy

By the Reverend Clifford Skillen



The last meeting of 2022 of the Retired Clergy Association (Northern Ireland) took place recently in St Columba's, Knock, Belfast.

The morning began with a service of Holy Communion, celebrated by the rector of Knock, Canon John Auchmuty, assisted by the Retired Clergy Association (NI)'s chairperson, Canon Ken Smyth, who serves as one of St Columba's assistant priests.

Canon Auchmuty warmly welcomed members and particularly thanked the retired clergy for their invaluable and faithful ministry, of which he himself was continuing to benefit.

Following light refreshments, Canon Smyth introduced the guest speaker, Dr Joe McKee, Organist and Director of Choral Music at St

Columba's, and one of the tutors on the Down and Dromore and Connor Organ Scholarship Scheme. Canon Smyth described Dr McKee's contribution to choral and instrumental music in the wider Church and beyond over many years as "very, very considerable".

In a personal, comprehensive and fascinating talk on the overall theme of 'Music in Liturgy', Dr McKee began by defining music as "an organised system of sounds and silences".

He traced his musical roots from his days at primary school, through his career in a number of working and musical posts to his present-day position in St Columba's in which he saw himself as "part of a team which provides appropriate music enhancing the liturgy and creating moments of beauty".

He went on to express the hope that congregations would feel uplifted by church music, challenged by the sermon and prayers, leave church refreshed and, feeling the better for having attended, want to come back again.

Dr McKee also touched on the changes which he had seen taking place in church music: many churches today don't use organs; there is a shortage of organists; a shift to praise bands and worship groups often leads to a mismatch between organist and praise groups; and there is a lack of expertise of skilled organ builders.

The Venerable John Scott commended Dr McKee for the importance of his contribution to church music and thanked him for a captivating talk of much breadth and depth, presenting him with a small token of members' appreciation.

Canon Auchmuty also added his thanks to Dr McKee, especially for his faithful membership of the St Columba's team and his work in enhancing the church's traditional and musical liturgical worship.

The Church of Ireland GAZETTE

INTERESTED?

The Church of Ireland Gazette is a monthly magazine promoting the Christian faith and covers the activities of the Church of Ireland across all its dioceses, North and South. Although associated with the Church of Ireland, the Gazette's editorial is formally independent. First published in March 1856 as a monthly journal under the title, The Irish Ecclesiastical Gazette, the Gazette became weekly in 1880. In January 2019 the publication changed to a full colour monthly magazine format.

The present editor, Emma Blain, was appointed in September 2020. Emma began her career in journalism with the Sunday Independent and Sunday Independent 'Life' magazine, and has contributed to many other publications as a freelance journalist, writing for The Herald, Image Business and Irish Tatler, amongst others. Educated at Wesley College, Dublin, and University College, Dublin, where she obtained her MA in Politics, Emma lives in Dublin and is a member of Taney Parish, Dundrum.

St. Columba's has long enjoyed a close association with the Gazette. Our Rector served on the Board for some fifteen years, including five as Secretary and five as Chair. Parishioner Donald Kerr also served on the Board for many years as Treasurer. Two parishioners are current members of the Board, Adrian Clements, who was also a former Chair, and Patrick Good.

Ten issues will be published during 2023. The annual subscription will be £45 or £40 for the online edition.

Should you wish to sample the Gazette, I have some spare copies available.

Anyone considering subscribing can either speak to me in church or contact me on **028 9079 3704** or email: noadfamily@hotmail.com

Moranne Noad

THE LARDER

In 2013, The Larder began offering support by way of food to the local community in East Belfast who found themselves food insecure. Running out of St. Christophers, a deconsecrated church on Mersey Street and using the traditional food bank model, we began by responding to emergency needs arisen from unplanned circumstances, emergency food for a time of crisis, four visits to help someone get back on their feet after a difficult financial month.

But in the last number of years food banks have been popping up everywhere. It's been fact checked and found true: There are now more food banks in the UK than there are McDonalds. We found ourselves increasingly supporting people on an ongoing basis. Our referring agencies, knowing situations in depth, were no longer able to see how four visits could keep crisis at bay, instead telling us *'This person's situation isn't going to change, there simply isn't enough money coming in to live on'...* not enough to meet the most basic needs, like that of food.

During the Covid period our ways of operating had to change and we moved from receiving donations of food to cash donations to prevent transmission of the virus. This resulted in an increase in cash reserves. The Trustees have also looked at how the Larder could make community support go further through bulk buying items, supporting local businesses to build a more circular economy in East Belfast and of course the ethics of waste involved in unnecessary packaging.

We're delighted to announce that The Larder has taken massive steps to become a charity in its own right rather than operating as a part of Boring Wells and, depending on the speed of the charity commission's administration, we will soon be freed up to grow into this next phase of our service to the people of East Belfast.

We've stopped giving people ongoing free food and instead we've, together agreed upon an affordable shop, harnessing the collective buying power and sourcing local nutritious food that is guaranteed weekly. The money coming in means we can reliably source bread, milk, fresh fruit, and vegetables.

Our members pay a £5 yearly membership and from there on can pay £3/£5 to get a weekly family shop worth upwards of £35. We have a membership of 230 households that results in a weekly visit record of 80-100 each week. Our members know what to expect each week and no longer have to treat our support as their last resort, but instead their first port of call for their grocery shop.

The next part of our journey towards sustainability and community is to offer a second membership to those who are not experiencing food insecurity. These members can join us for a yearly fee and then have access to purchasing zero waste food from the Larder. Their purchases will also go towards supporting the work of The Larder and increasing our sustainability.

If you want to know more about our work contact:- hello@thelarderbelfast.com / www.thelarderbelfast.com

We are very grateful to St Columba's for all the support you have given and continue to give to The Larder. We were overwhelmed by your generosity at your Carol service. We were able to very quickly pass on the over £5000 raised by topping up by £50 the cards for prepaid electric meters for 109 of our members just before Christmas! At a time when the cost-of-living crisis means that keeping the lights on is a constant struggle and concern for many of our neighbours, it was a welcome relief for them to have that worry removed for a brief while.

Your ongoing support motivates and encourages us to keep going as an organisation and enables us to be creative and thoughtful in our response to ongoing poverty in our community. Thank you.

Louise, Alli and the Team at the Larder.

CHURCH HALL GUTTERS

Plans are well advanced for the replacement of the church hall gutters. They are in urgent need of replacement and it is hoped that the work will commence this month. Due to the height of the building a large amount of scaffolding will be required especially on the side facing the Kingsleigh apartments. The church hall will continue to be available for all our parish organisations while this work is being carried out. Please take additional care while entering and leaving the building.

I thank the glebewardens, the Property committee and the Select Vestry for all their hard work with this important work as we protect our church hall from further damage.

The voluntary proceeds from the Lent Lunch on Sunday 5th March will be allocated to this essential project.

The Rector

PAUSE

I hope that all of you have had a healthy and happy introduction to 2023 and that the New Year resolutions are still intact! If only we could continue as we intended to without distractions and occurrences over which we have no control.

In January PAUSE met at the Stormont Hotel and at The Poet in Kings Square. This month we are meeting on :

Tuesday 7th February at 10.30am at the Stormont Hotel.

Tuesday 21st February at 10.30am at Hillmount Garden Centre.

If you are free on one or both of these dates please come and join us for a chat and light refreshments. There is no membership and everyone is welcome. We would love to see you.

If you need help with transport please contact me.

Eileen (028 9020 3684)



MARCH PARISH MAGAZINE

Any articles or photographs for publication in the **March** parish magazine should be handed or emailed to the editor, **Billy McAlpine**, by **Wednesday, 8th February**.

His contact details are:-

10 Old Quay Court, Holywood BT18 0HT
Tel: **9042 4390** Email: **colmaged@outlook.com**

We all love to see photographs of people enjoying our Church activities. So we can all benefit fully from this and for reproduction purposes, it is very important that photographs are clear and in focus.

Many thanks

FEBRUARY FLOWER ROTA

Sunday 5th	Jack Dunlop
Sunday 12th	Margaret McKee
Sunday 19th	Stewart and Maureen Beckwith
Sunday 26th	Betty Little

PARISH ORGANISATIONS


New members are always welcome at any of our organisations!

Sunday	Sunday School <i>Candles (3 – 5 years)</i> <i>Lamps (6 – 10 years)</i> <i>Torches (11+ years)</i>	2 nd , 4 th and 5 th Sundays 10.30am	Superintendent: Linda Wilson 07850 309097 Deputy Superintendent: Lynn Ryan 07955 479065
	Crèche	2 nd , 4 th and 5 th Sundays	Lindsay Rothwell 07710 590574
Monday	Craft and Hobby Circle	1 st and 3 rd Monday each month 10.30am	Carol Willis 9079 9997
	Railway and Model Club	2.00pm	David Beattie 9028 5868
	MU Afternoon Group	2 nd Monday each month 2.30pm	Joy Montgomery 9029 5427
	Mens' Club	7.30pm	John Robb 9058 1438
Tuesday	Ladies Badminton	10-30am	Gillian Popplestone 9080 3799
	Ladies Guild	3 rd Tuesday each month 2.30pm in the church	Eileen Anderson 9020 3684
	Activity Group	Except 1 st Tuesday 7.30pm	Maureen Irwin 9079 5155
	Mothers' Union	1 st Tuesday each month 8.00pm	Barbara Lavery 9573 8743
Wednesday	Bible Study Group	2.30pm - 4.00pm	Eileen Anderson 9020 3684
Thursday	Art Club	9.30am	Vida Shaw 90655063
	Choir	7.30pm	Dr Joe McKee 07976 294574
Friday	Mums and Tots	10.00am	Joyce Stevenson, 9058 3381
Bi-monthly	Pause	As arranged	Eileen Anderson 9020 3684
Monthly	Youth Etc. <i>(11-15 years)</i>	As arranged	Jonathan Martin, 07980 885990
	Young Families	Social events as arranged	Rachel Stewart 07812 247343

WHO'S WHO IN ST. COLUMBAS

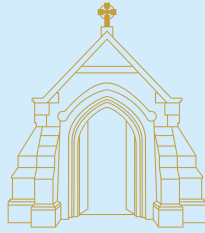
Parish website: www.stcolumbas.down.anglican.org

Rector	The Reverend Chancellor John R Auchmuty	St. Columba's Rectory 29 Kings Road BT5 6JG 028 9047 1514 rectorknock@down.anglican.org
Assistant Priests	The Reverend Canon Ken Smyth The Reverend Canon Walter Laverty	3 Mount Royal Bangor BT20 3BG 028 9145 8706 6 Hanwood Heights Dundonald BT16 1XU 028 9573 8743
Diocesan Lay Reader	Karen McAlpine	readercolumba@gmail.com
Rector's Churchwarden	Jim Stevenson	028 9058 3381 07973 392 448
People's Churchwarden	Mark Wilson	07714 658911
Rector's Glebewarden	David Kelly	028 9079 6658
People's Glebewarden	Ian Johnston	07850 999909
Honorary Sexton	John Proctor	028 9087 0526
Assistant Honorary Sexton	Geoff Launchbury	028 9028 1204 07814 498 241
Select Vestry	Rector, Churchwardens, Glebewardens, Honorary Secretary, Honorary Treasurer, Assistant Honorary Treasurer, Suzanne Allen, Richard Caldwell, Andrew Hirst, John Kerr, Jonathan Stewart, Gillian Sadlier, Martin Moore, Nigel Morrow, Scott Rutherford	
Honorary Secretary	John Macpherson	10 Sandhill Gardens BT5 6FF 028 9028 2076 jdmacpherson@hotmail.com
Honorary Treasurer	Brian Acheson	028 9042 4892
Assistant Honorary Treasurer	Victor Dukelow	028 9029 0625

Gift Aid Secretary	Jack Dunlop	028 9065 4103
Parochial Nominators	Victor Dukelow, Patrick Good, Elizabeth Leonard, Linda Wilson	
Diocesan Synod members	Patrick Good, Elizabeth Leonard Hollie Wilson (under 30)	
Organist and Choral Director	Dr Joe McKee	07976 294574
Assistant Organist	Brian Clements	028 9079 3641
Sidesperson's rota Co-ordinator	Rosemary Coffey	028 9754 2198
Magazine Editor	Billy McAlpine	028 9042 4390 colmaged@outlook.com
Parish Webmaster	Dr Jonathan Stewart	office.knock@down.anglican.org
C of I Gazette Distributor	Moranne Noad	028 9079 3704
Bible Reading Fellowship notes	Joan Madill	028 9065 6591
Church flowers	Eleanor Launchbury	028 9028 1204
Premise's Convenor	Stewart Beckwith	028 9048 6622
Crucifer	Mark Laverty	028 9573 8743
Parish Office Administrator/ Financial Giving Secretary	Karen Patterson Office hours: Monday to Friday 9.00am-1.00pm	 028 9065 6891 office.knock@down.anglican.org

Safeguarding Panel

**The Rector, Select Vestry and parish leaders are committed to upholding good practice in the parish's ministry with children and young people. Should you have cause for concern or suspicion regarding child welfare in the parish please contact:
The Rector 02890471514 Patrick Good 02890656908 Elizabeth Leonard 02890653162**



ST COLUMBA'S KNOCK

*An open door to friendship,
fellowship and faith*

YOUR attendance can strengthen YOUR parish!



CHURCH CAR PARKING

When parking to go to church services or Parish Organisations please be sensitive to the residents in the local community by taking care not to block entrances or pavements.

Thank you!



Facebook

St Columba's Knock is now on Facebook. **'Like'** our page to see updates on events, services and photos.

Search coiknock on Facebook or Messenger to find us easily.

For those who are new to St Columba's and would like more information about the life and membership of the parish, please give your name and phone number to our Churchwardens or contact the Parish Office during office hours Monday-Friday, 9.00am-1.00pm on 028 9065 6891.

