

The Columban

ST. COLUMBA'S CHURCH, KNOCK, SEPTEMBER 2023

Mothers' Union

Railway,
Model Club

Craft and
Hobby Circle

Bible Study Group

Young families

Crèche

Sunday
School

Activity
Group

Afternoon
Group

Mums
and Tots

Youth
Etc.

Ladies
Guild

Choir

Art Club

Pause



Situations Vacant

**Come and join us,
friendship, fellowship, faith**



RECTOR'S LETTER

Dear Parishioner,

REOPENING OF ST. COLUMBA'S

There is great excitement across the parish as we prepare for the reopening of St. Columba's. It has been a busy few months for us as the much-anticipated refurbishment projects got under way. The contractors have been working extremely hard throughout the summer. While many sporting events were temporarily suspended during the summer due to adverse weather, the refurbishment project continued on as it was all internal work and was not affected by the rain!

The completion of all the work will provide a great start to our new season of parish activities. There will be new opportunities for us to embrace as we return to our beautiful church building refreshed for the busy months ahead.

The front three nave pews on each side have been removed and stackable chairs have been placed in that space which can be moved or completely removed as required for specific church services, concerts or visiting groups. This will give us much needed flexibility as St. Columba's seeks to serve you and the community more effectively. It will greatly assist us all by providing:

- Additional seating capacity in our Side chapel for our Thursday services
- Additional space for the Sunday School children in our services
- Additional space for cantors and singers at parish concerts
- Provision for wheelchair and rollator users to sit with their families
- Increased acoustics with the new wooden floor at the front of church
- Flexible seating for our parish organisations who meet in the church
- Facilities for school and historical groups for research projects

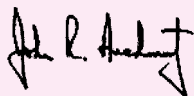
We are immensely grateful to Hazel Reid, whose generous bequest to our church which she served so faithfully throughout her life, has made all this much needed work possible.

It was good that we were also able to get the side aisle walls replastered together with plastering repairs throughout the building. The walls are now looking so much better with the completion of this long overdue work and are ready for painting later this year. The good news is that we can continue using the church while it is being painted.

In order for all this refurbishment work to reach its full potential, it needs YOU to join us for church services and parish activities. September is an ideal month to reconnect with St. Columba's - especially if you have not been able to join us for some considerable time. A very warm welcome awaits as we now start our new church season.

A service of Thanksgiving and Dedication will be planned following the internal painting of the church.

Yours in His service,



SEPTEMBER FLOWER ROTA

Sunday 3rd	Margaret Grahame
Sunday 10th	Esther Templeton
Sunday 17th	Alan and Dorothy Martin
Sunday 24th	Margaret McConkey

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

SERVICES IN SEPTEMBER

- Sunday 3rd** **The Thirteenth Sunday after Trinity** **(Green)**
8.15am **Holy Communion**
 Epistle Romans 12: 9-21 Marks of the true christian
Read by: Jayne Martin
 Gospel Matthew 16: 21-28 Jesus foretells His death and resurrection
- 10.30am** **All Age Worship with Dedication of parish organisation leaders and Sunday School teachers**
followed by refreshments
 Reading Matthew 16: 21-28 Jesus foretells His death and resurrection
Read by: Lynn Ryan
- Thursday 7th** **The Birth of the Blessed Virgin Mary (Transferred) (White)**
10.30am **Holy Communion** *followed by refreshments*
- Sunday 10th** **The Fourteenth Sunday after Trinity** **(Green)**
8.15am **Holy Communion**
 Epistle Romans 13: 8-14 Love for one another
Read by: Elizabeth Leonard
 Gospel Matthew 18: 15-20 Reconciliation and prayer in the community
- 10.30am** **Holy Communion**
 Epistle Romans 13: 8-14 Love for one another
Read by: Fiona Haldane
 Gospel Matthew 18: 15-20 Reconciliation and prayer in the community
Intercessions: Angela Kerr
- Thursday 14th** **(Green)**
10.30am **Holy Communion** *followed by refreshments*
- Sunday 17th** **The Fifteenth Sunday after Trinity** **(Green)**
8.15am **Holy Communion**
 Epistle Romans 14: 1-12 Do not judge another
Read by: Ronny Martin
 Gospel Matthew 18: 21-35 The parable of the unforgiving servant

10.30am Morning Prayer followed by refreshments hosted by Bible Study Group
1st Reading Exodus 14: 19-31 Crossing the Red sea
Read by: Eileen Anderson
2nd Reading Matthew 18: 21-35 The parable of the unforgiving servant

Read by: Jacqueline Parrock
Occasional Prayers: Patrick Good

3.30pm Organ Scholarship Annual Awards Service followed by refreshments
Preacher: The Dean of Armagh, The Very Reverend Shane Forster

Thursday 21st Saint Matthew (Red)
10.30am Holy Communion followed by refreshments

Sunday 24th The Sixteenth Sunday after Trinity (Green)
8.15am Holy Communion

Epistle Philippians 1: 21-30 Paul's present circumstances
Read by: Joe McKee

Gospel Matthew 20: 1-16 The labourers in the vineyard

10.30am Holy Communion
Epistle Philippians 1: 21-30 Paul's present circumstances
Read by: Michael Sadlier
Gospel Matthew 20: 1-16 The labourers in the vineyard
Intercessions: Helen Armstrong

Thursday 28th Saint Michael and all Angels (Transferred) (White)
10.30am Holy Communion followed by refreshments

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".



The parish administrator will be unavailable from **Friday 8th September until 9am on Monday 18th September** for annual leave. All emails and phone messages will be dealt with on my return.

For parish matters, please contact the Rector on 028 9047 1514 or email rectorknock@down.anglican.org

Thank you.

Karen Patterson



Welcome back to a new season.

A Diocesan Prayer Walk was held on 9th August, 'Mary Sumner' day. Many countries and provinces mark this occasion by hosting a special service or event to honour our founder. More information can be found on the Mothers' Union web site and there are some prayers there for your use.

In recent years we, in Down and Dromore, have been holding a prayer walk to observe the day.

Why a walk?

I suggest the following as possible reasons you may have other ideas.

Walking is a sociable activity outdoors and embraces the idea of a pilgrimage. In medieval England the term to canter was used to describe the pace of pilgrims making their way to Canterbury. There are many examples of pilgrim walks including one dedicated to St Columba.

A group from across this Diocese walked at our own pace around the beautiful walled gardens in Castle Park Bangor. The weather was kind and the walk easy and suited all abilities. The gardens looked splendid and greatly enhanced our quiet time of pray. After the walk, a cup of tea provided by Bangor Abbey Parish, we had the opportunity to relax and renew friendships.

Mary Sumner's personal prayer was included in the prayer leaflet

All this day, O Lord.
let me touch as many lives
as possible for thee;
and every life I touch, do thou
by thy spirit quicken,
whether through the word I speak,
the prayer I breathe
or the life I live. Amen

We are looking forward to the opening of the church this month and enjoying the benefits it will afford for future meetings.

Diary Dates for September

7th IMPC tea party 2.30pm St Donard's Parish.

Invitation includes housebound members, letter writers and drivers.

15th Seagoe Parish Conference on Domestic Violence

Tickets can be booked through Eventbrite website

19th Don't forget everyone in the parish is welcome to attend Pause coffee mornings.

Perhaps some ladies would like to go together. We will arrange transport.

21st Willowfield and Gilnahirk combined area service.

Venue and details to be confirmed. Mark the date we will arrange transport as necessary.

Barbara



Bangor walled garden

PAUSE

Why is it that the summer months seem to pass more quickly than the autumn and winter months?

I hope that every reader of the Columban will have had time to relax and enjoy the summer, whether at home or away. Autumn is here and the children are back at school, ready for the new academic year. Parish organisations have recommenced or are about to do so.

As usual, **Pause** continued during July and August, meeting at The Poet, Hillmount Garden Centre and Neill's Hill.

In September we will meet on:

Tuesday, 5th September, at 10.30am at The Poet in King's Square for tea/coffee and scones.

Tuesday 19th September at 10.30am at Hillmount Garden Centre.

If you are free on either or both of these dates please come along. Come on your own or bring a friend. All are welcome.

If you require further details or help with transport please contact me.

Eileen (028 9020 3684)

SUNDAY SCHOOL

Welcome back to Sunday School!

We hope to see our young people on **Sunday 10th September** at 10.30am in the church hall. This year we have 2 classes. Our Junior class is led by Lynn, Rachel and Helen and is for children from Nursery (age 3) to Primary 5. Our Senior class is for Primary 6 and over and we welcome two new members to the Sunday School team who will lead this class – Jayne and Linda.

All parents will have received a newsletter with more detail about how Sunday School will operate this year. It is now on the 2nd, 3rd and 4th Sunday of each month. Parents will be asked to fill in data forms at the All Age Worship service on Sunday 3rd September so we do hope to see everyone then!

Come and meet the team at the All Age Worship on Sunday 3rd September.



Children will receive a Sunday School bookmark with all the dates up to December.



See you soon!



Meet the Sunday School Team!

Junior Class



Lynn



Rachel



Helen

Senior Class



Jayne



Linda

Thank you!
FOR YOUR HARD WORK

I am most grateful to all those who assisted in so many ways with the temporary relocating of our church services to the church hall during the summer months - in particular to the churchwardens, glebewardens, members of the Property committee and our parish organist and choral director, Dr. Joe McKee.

They have all worked extremely hard making the necessary preparations in a most thorough manner for the benefit of us all. **This has enabled us to have the blessings of our traditional liturgical services in the accustomed manner throughout the summer in the church hall.**

It has been a particularly successful team effort which was carefully planned and actioned. It has also resulted in new friendships being made as we sat in new places and beside people that we might not always have had an opportunity of meeting.

I am also most grateful for the great support of parishioners and their understanding which was greatly appreciated.

In anticipation of our return to the church following the completion of the refurbishment projects, I thank all those who will be involved in this work.

Thank you for your magnificent encouragement and support, which is such a wonderful feature of St. Columba's.

The Rector

SUMMER CONCERT

It was a great joy to welcome many parishioners and members of the community to St. Columba's for our summer concert on Friday 30th June. It was a delightful evening with magnificent music, delicious refreshments, great friendship and fellowship, along with plenty of chat, which was thoroughly enjoyed by everyone.

We thank our parish organist and choral director, Dr. Joe McKee, the cantors and singers together with all those who supplied and served the refreshments. The wonderful support of those in attendance raised a total of £1,700 for Parish Funds. Thank you very much.

The Rector

Thought for the Month

Back to School

Most of us think of the 1st January as a time for our New Year's resolutions; a time for reflecting on what we would like to do differently in the year ahead and improvements that we would like to make in areas such as our health or our approach to work. For me, and I suspect for many other people, the start of a new academic year in September is the time when I think about changes and planning for the months ahead.

As a teacher working full-time and with two children still at primary school, life is beyond busy. By the time I limp to the end of June I feel 'burnt out' and ready for the summer holidays. We were lucky enough to enjoy a family holiday to Mallorca in July where we really did get the opportunity to relax and do very little. It was an extremely welcome hiatus from the 'busyness' of life. Why was it then that I felt so guilty about sitting down and reading a book by the pool? Why did I constantly feel that I should be doing something? Why did I feel like I was being lazy?

In today's world, we seem to be constantly on the go. Busy working, busy looking after our children, busy running a home, busy checking in with our parents and busy trying to squeeze in a social life. We are all busier than ever. Pre-children, I used to read voraciously and now I am lucky if I can keep my eyes open long enough to read a chapter! However, in Mallorca I managed four books, which was astonishing given my recent track record and guess what? I thoroughly enjoyed getting the time to just sit and read (I highly recommend the book pictured by the way).

This got me thinking. Why do we feel so guilty about taking time for ourselves when actually we can only really be useful to others when we are feeling well and coping? It is perhaps an over-used analogy but the instruction from cabin crew to fit your own oxygen mask first before attending to others on a flight can equally apply to our own lives. We need to find a little pocket of time every day to do something for ourselves. The TikTok generation call it self-care and do this very well. We could really learn something from them. Life shouldn't always be about self-sacrifice. We shouldn't feel we have to be working round the clock and constantly berating ourselves for not filling every minute of every day. Life is to be enjoyed! So this September, one of my 'Back to School' resolutions will be to be to read more, to give myself a little more grace and to take some time each day to do something for myself. Let's see how long it lasts.....

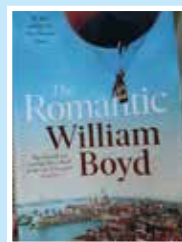
Lynda Barrett

Our thanks to Lynda for sharing this 'Thought' with us.

The October 'Thought for the Month' will be written by Lauren Cheshire.



Lynda Barrett





September marks the end of summer and the move towards autumn, and many families are busy adjusting to the new school runs, balancing working life, as well as the change in the weather, making it the perfect time to begin new activities! Why not come along to some of our organisations for a 'taster' of what we offer? We are always willing to consider new opportunities and groups to cater to the changing times we live in. If you have any ideas or would consider setting up a new group, please contact the Rector to discuss possibilities. We are especially keen to set up new groups for our younger parishioners as they are the church of today as well as the future of our parish.

We will be dedicating our parish leaders on Sunday 3rd September at our 10.30am All Age Worship service, and we encourage you to come along and build church attendance into your new season! A warm welcome is always guaranteed!!

Karen Patterson

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 Lavery (028 9573 8743). In addition to requested parish visiting, the clergy will be visiting parishioners in the following districts during September:

Rector

Kings Park

Kings Park Lane

Kings Vale

Kings Road (1-100)

Canon Lavery

Kings Road (101-200)

Kingsdale Park

Kingsway Avenue

Kingsway Park

Kingsway Close

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 Lavery (028 9573 8743) to enable them to take careful notes of the details. Thank you.



Christian Aid Ireland are holding a special Christian Aid Week celebration on Saturday 9th September in Carnfunnock Country Park, Larne and anyone who volunteered, in any way, in St Columba's in May is invited. The event will run from 2pm - 5pm and there will be delicious bakes and brews to enjoy with a special celebration moment between 3.30 and 4pm. You can find out more and RSVP (for catering) online at caid.ie/CAW23Celebration or by phoning the Belfast office – 028 9064 8133.

Hope to see you there.

Joyce



Sunday 1st October 2023

following the

11.00am All Age Worship service

Tickets available

for catering purposes only

**Voluntary donations for Church
Hall Refurbishment Fund.**



As we begin a new season of activities, we respectfully request that parishioners and visitors to our parish park in a considerate way by not blocking entrances to the homes of our neighbours. *It is also very important to leave a clear road available for emergency vehicles which may need to pass at speed or call in someone's house while a service/organisation is taking place.*

Cones have been placed to assist with considerate parking and we ask that they are not moved.

PLEASE make sure that vehicles can pull out of driveways safely and have enough space to see each direction, and do not park tight to the hedge as pedestrians legally need the space of a double buggy to walk past parked vehicles. Police can leave tickets on badly parked vehicles. *Remember – being late for church is not a viable excuse for poor parking!* Thank you.

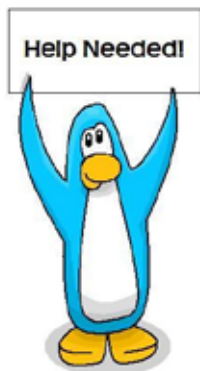


Sea Sunday 9th July 2023

We would like to thank most sincerely all parishioners who generously supported our fundraising on Sea Sunday this year. Donations received amounted to £465. This money will help with the development of additional facilities at the Flying Angel Centre adjacent to the port area enabling the provision of a 24-hour contact service for the seafarers who may dock outside of opening hours. Reverend Mark Reid, chaplain who joined our Service on that day wishes to express his thanks for the warm reception he received and for the interest shown in the work of the mission.

Geoff and Eleanor Launchbury

ONLINE RECORDED SERVICES



Many people enjoy listening to our online recorded services on our website each Sunday, especially those who cannot make it to church on that day. In order to provide this service, we need to purchase a licence, costing £207.60 including VAT. We would be grateful if someone could gift this licence to the parish to assist with this important ministry for those unable to attend church services.

If this is something you can help us with, please contact the Rector (028 9047 1514) or parish administrator (028 9065 6891) before Monday 18th September, and we will happily answer any questions and advise you how to help with this.

Thank you!

Prayers for your thoughts and comfort



On more than one occasion in the past month I have heard the remark that 'time stands still for nobody'. The summer seems to have passed in the twinkling of an eye. It has been a strange few months so far (this is written in early August) with unusually high temperatures in June and record quantities of water in July. Meteorologists and others are attributing that to climate change. The prophets of gloom and doom are bemoaning the fact that summer is over. That may be questionable although the Irish term for September – Mean Fomhair – means 'middle of autumn.'

However, prayers will not focus this month on the weather or the seasons of the year. There will be plenty of time to consider those subjects in October. It seems appropriate that our thoughts centre on new beginnings in September whether that means a new beginning (or back to school) for many young parishioners or the recommencement of organisations for all age groups. In addition, in September we hope to return to the parish church, to which we look forward with enthusiasm.

Hopefully, you will find these subjects and other material helpful, whatever your circumstances may be at present.

Prayers for children at school

Going back to school or attending for the first time, can be stressful for parents and children. Here are some thoughts and prayers to consider:-

Lord, we ask your blessing on our child/children as he/she/they begin a new school or return after summer holidays. May they make new friends quickly and have an excellent rapport with teachers, enabling them to settle down and learn quickly. **Amen**

Lord of mercy, help us/me to support our child/children who is struggling at school. Help me/us to be supportive and to establish good and trusting relationships with teachers so that he/she/they may get the appropriate help needed to become comfortable with daily studies. **Amen**

Lord, as grandparents, we pray for our loved ones as they attend school. When we are able to do so, may we be supportive of our grandchildren and their parents, especially when the day to day challenges become stressful. **Amen**

Holy Spirit of God, we pray for teachers and other adults who are responsible for our children's education. Through their commitment and care, may classrooms fill students with knowledge, but also with wisdom and integrity. **Amen**

Prayer for Sunday Schools

Lord of wisdom, we thank you for those who give of their time and talents at St. Columba's. In dedicating themselves to helping our children to develop spiritually, enable them to use fun, and innovative ways to capture children's attention. Grant that attendance at Sunday School will help children to build a firm foundation in the Christian faith that will give them support throughout their lives. **Amen**

All age groups in our parish

Grant God our Father, that in our parish, its activities and worship, the younger may respect the traditions of the older, and the older may understand the impatience of the younger, so that all may share together in your service and gladly recognise that we are one in Jesus Christ our Lord. **Amen**

Parish organisations

Lord, bless and encourage all parish organisations as they recommence their activities. We thank you for all who have been prepared to serve in leadership roles. Strengthen the bonds that unite us as members and friends, and show us, through our times together how we can bear witness in our homes, our places of work, and in the life of our community, to the honour and praise of your name. **Amen**

Parish choir

Bless Lord God, the organist, musical director, and all who sing faithfully in the choir week by week. We recognise also the cantors whose contribution enriches our worship. We pray that their singing and music will continue to compel us to praise you in faith, thanksgiving and adoration, through Jesus Christ our Lord.

Amen

A prayer for all centres of learning

Lord, prosper with your blessing the work of all universities, colleges and other centres of learning, that those who belong to them, as teachers and students, may be enriched and prepared for future life, so that we, and the world may benefit from their studies, through Jesus Christ our Lord. **Amen**

Families

God our Father, loving and merciful, keep families in perfect unity of love and mutual respect. Instil in each member the spirit of understanding and affection for one another. Encourage them in resolving quarrels, and where there may be occasional stubbornness or failures, help them to persevere in seeking peace and a forgiving nature. **Amen**

Our parish

Prosper with your blessing, Lord, the work to which you have called us in our parish and strengthen the hands of the rector and of every person who has responded to the call to serve you. Make our worship more worthy, our witness more effective and our lives more holy. We pray that among the homes of this parish: in local schools and hospitals: in shops, offices and other places of industry and commerce: in places of entertainment and leisure, and in all places of worship, your disciples will be like a city set on a hill whose light cannot be hidden, so that others may find Christ as the light of the world, and the Church as a true and caring community. We ask this in your name. **Amen**

Our parish church

Jesus, Lord, as we prepare to return to celebrate our faith week by week in St. Columba's at the conclusion of the remedial work, we thank you that we can worship you in the beauty of holiness. May we be appreciative of what has been done in former times and in our day, to enhance worship and witness in this place and community. As we look ahead, prosper our endeavours to further Christ's kingdom on earth, for the glory of your name. **Amen**

Refugees and Victims of War

Lord of the nations, we are encouraged to turn from evil and do good. Enable us to show compassion and practical help to all who have come as refugees to our country. We pray that victims of war and invasion may enjoy safety and stability again, and that through our deeds, they may experience your love in action.

Amen

The Sick and Sorrowing

Merciful God, we entrust to your care those who are ill or in any kind of pain or distress, knowing that whenever danger threatens, you are there to comfort. May they know your sustaining presence, and the care and compassion of all who provide medical, emotional and spiritual help. We ask it in the name of the one who shares our sickness, sorrows and infirmities, Jesus Christ our Lord.

Amen

A Prayer of thanksgiving for all times and seasons

Lord, from the rising of the sun to its setting, you guide us
From our birth to our death you lead us
In our grief and sorrow, you comfort us
In our joy and celebration you uplift us
From the beginning of our lives to their ending
You encompass us with love.

A Final thought and blessing

Go, and know that the Lord goes with you. Let Him lead you every day into the quiet place of your mind where He will speak with you. Know that He loves you and watches over you - that He is always with you, wherever you are, and however you may feel. God's blessing will be with you always. **Amen**

Note from the Treasurer

At the Easter General Vestry, I reported on our 2022 accounts. It was a broadly positive picture. We had completed a very significant project, replacement of the church roof, without incurring debt or unduly depleting our reserves. Significantly, we had weathered the discontinuities of the lockdowns and the extended closure of the church building. Both these achievements reflect the continuing generosity of our contributing members and the hard work of our Rector and clergy team. As with family life, the blessing of not having to worry unduly about money, allows us to focus on our core purpose.

Standing Orders – Time for a Change?

I feel it apt to mention the importance of standing orders to our finances. Almost 80% of regular giving is by standing order. This is a great benefit to the volunteer team who count and lodge cash and cheques. Their job is easier and safer. As we saw during lockdowns, standing order giving is resilient.

On the other hand, standing orders have the demerit of standing still whilst the financial climate changes around them. In an environment in which inflation is hovering around 10% per annum, and this becomes persistent, we could easily slide into a situation in which our income is not meeting our costs. All of our costs are increasing due to inflation, some such as heating and lighting by much more than 10%.

There is no obvious time to review a standing order. Those currently giving by standing order, might like to consider this note as an invitation to **review their giving**.

Those not currently using standing order giving may like to consider making a change.

Those who are not currently contributing might find that a small regular payment by standing order is an easy way to support our work.

The parish administrator would be more than happy to help you with these changes.

Karen Patterson

parish administrator/ Financial giving secretary

Email: office.knock@down.anglican.org

Tel: 02890 656891 Monday – Friday 9am-1pm

Brian Acheson

Honorary Treasurer



Have you changed address, mobile number or email address recently?

You will appreciate it is very important to keep our records up to date. At the start of this new season of activities, we are asking everyone to take a moment or two and advise us of any recent changes. We respectfully request that any changes are highlighted to the parish office as soon as possible so that we can carefully note these changes and amend the necessary records accordingly.

Please contact Karen Patterson on 028 9065 6891 (Monday – Friday, 9am-1pm) or email the parish office on: office.knock@down.anglican.org

Thank you.

BILLY GEARY 100th BIRTHDAY

Heartiest congratulations to Billy Geary who celebrated his 100th birthday on Sunday 13th August. Billy is a most regular church attender and generously supports St. Columba's in many ways. He is a hard working member of the Rotary Club where he raises significant amounts of money for so many charities and organisations. Billy has many interests including golf and bridge and a most supportive family. It is always a great joy to visit Billy in his very welcoming home.

There was a huge applause for Billy from all his many friends in St. Columba's following the Holy Communion service on his birthday. Happy Birthday!!



The Rector



Ladies Guild

As autumn approaches and memories of our "short lived" summer begin to fade we look forward, with great anticipation, to beginning a new season of meetings in our refurbished church building bringing us together in a more inclusive and comfortable way.

Our opening meeting on **Tuesday 12th September** will be a week earlier than our usual meeting day of the third Tuesday of the month. This is to facilitate our guest speakers from **Eggshell Cambodia**. This charity was formed by former members of our parish, Liz and Mark Fetherstonhaugh, who some of you will remember. Their work in Cambodia is with deprived and abandoned children who are forced to live in unimaginable deprived conditions. We look forward to welcoming Liz and one of her Cambodian co-workers Sokheng.

Please feel free to bring a friend or neighbour who may be interested along with you to the meeting.

Eleanor

Railway and Model Club

Summer is over and we are now heading into our autumn program, with new layouts being constructed and existing, well loved, layouts being added to. I am sure you will remember that wonderful summer when it did not rain till after lunch on both days!!

As expected, of course, we did not really stop over July/August.

Following a successful exhibition at Bangor, John Robb followed it up with another successful exhibition held at the sports hall in Methodist College, this time in August. Our 'Parson's Halt' layout is becoming quite popular.

Stewart Beckwith has been rolling ahead with his "narrow gauge" layout and Hugh, Geoff and yours truly have been building a mountain and are now adding trees and bushes!!

Want to see what all that means? Why not come down on a Monday afternoon between 2:00pm and 4:00pm. Just in case you are not a model builder.....why not come down, just for the chat. You would be very welcome.

**Keep 'er Rollin'.
Rockie.**

ORGAN SCHOLARSHIP MANAGEMENT BOARD

The Board of Management of the Dioceses of Down, Dromore and Connor Organ Scholarship scheme is in its 33rd year and helps provide and equip Organists for public worship. It was established in 1990 when an anonymous benefactor, recognising the importance of the ministry of music in parish life and worship, provided a very generous endowment to train organists in these dioceses. The tutors are our parish organist and choral director, Dr. Joe McKee and Mr Michael McCracken (Down Cathedral organist).

Both our organist emeritus, Gerald Hill and myself retired at the June meeting which also coincided with the end of the current triennium. Gerald was a most conscientious board member for eight years where he also assisted with the auditions and assessments. In addition, he was a most efficient secretary during the past year and provided invaluable assistance to me as the Chair.

Members of the Organ Scholarship Management Board



Canon Stephen Fielding, Chairman
Canon Lady Sheil, Vice-Chair
Dr Judith Harper, Treasurer
Mrs Beth Aiken, Secretary
The Reverend Canon W D Humphries
Mr Richard Yarr
The Very Reverend S B Forde
The Venerable E P Dundas
Mr Richard Campbell
Mr. Ian Bell

At the June meeting of the Down and Dromore and Connor Organ Scholarship Board of Management are, from left: Mrs Beth Aiken, Dr Judith Harper, Canon John Auchmuty, Canon Stephen Fielding, Lady Brenda Sheil, Mr Ian Bell, Mr Gerald Hill.

I served as a Board member for 14 years and as Chair for the past five years. It has been a great joy to have had the privilege of sharing in the important work of training organists to serve in our parishes.

Our assistant organist, Brian Clements is a graduate of the Organ Scholarship Scheme. Many of the former scholars are now playing in churches, and others assist at public worship.

I am delighted that the rector of St. John's, Malone, the Reverend Canon Stephen Fielding was elected as my successor and that Mrs Beth Aiken was elected secretary.



The annual awards service of choral evensong will take place in St. Columba's on Sunday 17th September at 3.30pm.

The preacher will be the Dean of Armagh, the Very Revd Shane Forster. At this service certificates will be presented to those who have successfully completed the scheme and grateful thanks will be conveyed to the tutors, assessors and all those who support and participate in the work of the Organ Scholarship Board.

The service will be followed by refreshments. All are welcome to attend.

The Rector

Touch rugby Q and A with Karen

Our Rectory family has shared some very exciting news!

Henry Auchmuty has been selected as male captain for the Ireland Mixed Open Touch Rugby Team for the European Championships to be held in Vichy in France from 9th – 12th August. This is a wonderful achievement, and we congratulate Henry on his success!



Having attended “a few” rugby matches in my time and having spotted the Rector’s family many times at Kingspan watching Ulster, I could not wait to catch up with Henry and ask him a few questions about his experiences with the team.

Here is what he had to say...

Q How did you become selected for this amazing opportunity?

A I have sustained a few shoulder injuries playing regular rugby and so decided to try touch rugby at university. As I am home for my placement year, I wanted to keep playing so I joined Belfast Warriors. It was here that I was asked to attend the Irish trials for the European Championship, and I was selected to play. I have been training 3 times per week in Dublin for the last 4 or 5 weeks, which has been a great experience.

Q How are you feeling as you look ahead to the championship matches?

A I am really looking forward to this opportunity. I have played with friends at university, and I am now looking forward to playing against them as they will be playing for England and Wales. I am really looking forward to this whole experience as it should be very enjoyable.

Q How does touch rugby feel different?

A A standard rugby team has 15 players on the pitch, where there are only 6 in touch rugby. This means that each player will have a lot more responsibility on the pitch. Fitness levels are greater, and there are less players to cover the pitch. Also, as there are no scrums or lineouts, there is less chance of running into one of the monster-sized front row players and therefore less chance of

injury. I still like to play rugby in the 15's team, but this is a completely different type of game, and I am really enjoying it.

Q Why is touch rugby gaining so much attention at the moment?

A Coming from school's rugby, there is a lot more pressure from ages 13/14 to prepare and play like professionals. There are gym fitness levels and dietary plans to stick to, just as the professionals do. For some, this is not something they want to carry on with after school, and it is making people reconsider if this is something they want to do long term. For this reason, it is putting off younger players from joining such a regimented schedule, leaving only the most dedicated continuing to play.



Touch rugby is a game of less contact, so children, adults, men and women can all play together. It comprises of two 20-minute halves with a 5-minute half time. A touch is legitimate and minimal contact between a player in possession of the ball and a defending player. A touch includes contact on the ball, hair or clothing and may be made by a defending player or by the player in possession. It is therefore perfect for any age group and can have the benefits of team interaction, fun and improve fitness levels without the restrictions of professional rugby and without the danger of head injuries etc.

Having watched these very lively seven matches against Switzerland, Italy, France, Netherlands, Guernsey, Wales and England, Henry displayed wonderful leadership and encouragement to the Ireland team, and the speed and dexterity of the players provided a completely different aspect to rugby. I am delighted to report that the Ireland team were placed fourth – an incredible achievement. Congratulations to Henry and the rest of the team.

On behalf of everyone at St Columba's we welcome Henry home and congratulate the Ireland team on their success in the European Championship matches!

Art Club

The Art club started the 2023/24 year by accepting an invitation from Julian Friers (past president of the Royal Ulster Academy) to travel to Portrush, on 7th September, for some outdoor painting and drawing guided by Julian.



The club starts 'normal' activities on 14th September.

- Club members are reminded to submit parish Christmas card designs by 12th October.
- It is hoped to have our Christmas lunch on 7th December in the Royal North of Ireland Yacht club in Cultra.
- We will continue to have videos/talks each month and we intend to purchase a dedicated screen in stead of our present 'on the wall' images.

If you have an inclination to explore your hidden art talent please join us each Thursday morning and enjoy the company of fellow aspiring artists.

Betty

From the Registers

Wedding

4th July

Our Joys

Kerry Louise Nesbitt
and
Andrew Gilmore Scott

Holy Baptism

25th June

Lara Hailie Rose McMinn-Reid

Funeral Services

28th June
4th August
10th August

Our Sorrows

Ellen (Ella) Armstrong Wilkinson
Christine Susan McConnell
Hazel Adair

GOING INTO HOSPITAL



The Clergy would appreciate being informed if parishioners are in hospital, are being transferred or if they have been discharged, so he can offer pastoral support to them and their loved ones.

Unfortunately there have been recent circumstances when the Rector has been unaware of parishioners being in hospital. In an effort to avoid this please

contact him by telephone (028 9047 1514) or by email (rectorknock@down.anglican.org) or Canon Walter Laverty (028 9573 8743).

Thank you.

Church hall cleaning rota

October 14th

Jayne and Ronnie Martin

October 28th

Clare and Jim Best



OCTOBER PARISH MAGAZINE

Any articles or photographs for publication in the **October** parish magazine should be handed or emailed to the editor, **Billy McAlpine**, by **Wednesday, 6th September**.

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

Church Envelopes

The October Magazine will be delivered with your new 2024 pack of church envelopes. Any old envelopes used after December 2023 may not be allocated to your donations, so please remember to use ONLY 2024 envelopes from January onwards, as your number will have changed.



Approximately 66% of St Columba's parishioners currently donate to the work of the church, and we actively encouraging the remainder to join in too!

- Each family which does not contribute will receive a Standing Order form and a single Annual Donation envelope, which we ask you to consider using. Please remember that the church needs funds for heating, lighting etc to function.

Please make sure that you fulfil your obligations as a member of the parish by attending and/or contributing. We all have a responsibility to support the parish practically and financially.

This is your opportunity to assist your church as we begin a new season of services and activities.

- For those families who use **Free Will Offering envelopes**, we have made some changes. We have moved the few remaining families from weekly to monthly envelopes. Each pack of envelopes will have a Standing Order form supplied for your convenience, and we would encourage you to consider changing to this preferred method of donation.
- Thank you very much to those who currently contribute by **Standing Order**. This allows us to plan ahead for the future and is much more convenient for everyone involved.

If you can assist by **gift aiding** your donations, please contact me in the parish office to discuss how to do this or download the form from the parish website under "Giving" and complete it and return it to the parish office.

We appreciate that times are difficult for many, and it is through your generosity that we can help others during their time of need. Thank you.

Karen Patterson

Parish Administrator & Financial Giving Secretary

PARISH ORGANISATIONS


New members are always welcome at any of our organisations!

Sunday	Sunday School <i>Junior nursery to P5 Senior P6 and over</i>	2 nd , 4 th and 5 th Sundays 10.30am	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

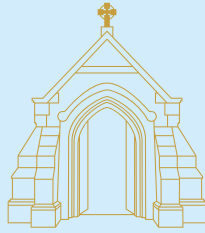
Parish website: www.stcolumbas.down.anglican.org

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	Dr. Richard Whiteside	07747 616105
People's Churchwarden	Louise Mercer	07742 113519
Rector's Glebewarden	David Kelly	07730 468684
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, Hon. Secretary, Hon. Treasurer, Assistant Hon. Treasurer, David Craig, Andrew Hirst, John Kerr, Martin Moore, Nigel Morrow, Scott Rutherford, Gillian Sadlier, Jim Stevenson, Jonathan Stewart	
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 , Dr. Elizabeth Leonard Charles Auchmuty (Under 30)	
Organist and Choral Director	Dr Joe McKee	07976 294574
Assistant Organist	Brian Clements	028 9079 3641
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 Lavery	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.

