

As I write this report for the magazine we have just started back this week with Beavers and Cubs.

This is due to our Leadership crisis but we have been joined by Joanne Flynn, who will help Judy Graham take Beavers.

Cubs are continuing with Jony Laverty assisted by Andy Greer, Michelle Sergent and young leader Owen Minford.

We are trying hard to recruit volunteers for Leadership in Scouts and hope, with Parents help, to begin Scouts in November.

As with all organizations it is difficult to find volunteers to make a commitment. We are planning and looking forward to the Remembrance Day Parade, Christmas and all the other activities which make Scouting enjoyable for all.

Yours in Scouting

Catherine Michael GSL



Our Parish

The magazine of



ST. PATRICK'S & ST. JOHN'S
The Parish of Templepatrick & Donegore

“The meaning of Life?
To experience God’s love,
to respond to that love
and to share it with others.”

Christmas Services

Dear Friends,

- 04.12.16 The Second Sunday of Advent**
10.00 am Holy Communion Two – St John's
11.30 am Service of the Word – St Patrick's
7.30 pm Lylehill Young Farmers Club Carol Service – St Patrick's
- 11.12.16 The Third Sunday of Advent**
10.00 am Holy Communion Two – St John's
11.30 am Sunday Club Christmas Play and Gift Day – St Patrick's
- 18.12.16 The Fourth Sunday of Advent**
10.00 am Holy Communion One – St John's
11.30 am Holy Communion Two – St Patrick's
6.30 pm Service of Nine Lessons and Carols
- 24.12.16 Christmas Eve (Saturday)**
8.00 pm Holy Communion Two - St Patrick's
- 25.12.16 Christmas Day**
10.00 am Holy Communion Two – St John's
11.30 am Christmas Morning Family Service
- 01.01.17 The First Sunday of Christmas**
No service in St John's
11.30 am United Christingle – St Patrick's



Christmas Music at Donegore

Antrim Choral Society

Tuesday 6 December 2016

Further details to follow ...



It is always something of a challenge for us to see parallels between the reality of our lives and the truth of scripture. So often the busyness in our lives keeps us from deepening our understanding of the Bible. But without a deepening understanding of it, it remains disconnected from our lives by 2,000 years of history and 3,500 miles of cultural shift and we cannot connect with its truth, the truth of our need for God. As a society we need spirituality as well as a social conscience. As individuals we need to strengthen souls as well as bodies. It is perhaps the point at which so many church enterprises falter – we wish to be something, to achieve something but if we fail to connect with God's Will, we are just as ineffective as a swimmer trying to swim up a fast flowing river.

One of the great delights of reading the bible cover to cover is finding little gems in it that we never knew were there. I was surprised not only to find a couple of references to swimming, but also they are not very positive – in fact one is quite derogatory of the people of Moab. Which all seems a bit strange to us who know that swimming is one of the best forms of exercise that there is. It's only when we understand that the Hebrew people hated the sea, were fearful of it and of the monsters they supposed that lived in it, that we begin to see why they weren't so keen on it. The sea, sailors and especially swimmers were viewed not just as odd – but as disconnected from God. And then we begin to get a context to understand stories about calming storms, walking on water, being rescued by whales as being about connecting with God in the places where he is not. And whilst we might wish to reword that as 'where he is not known' our growing understanding helps us to see those stories become helpful portrayals of the calling of the Church.

As we continue to work on our Parish Development Plan we are seeking not just to do what we think would be 'good stuff' but actually to discern God's Will for our parish, for ourselves as a worshipping people, and for our engagement with the community around us. The team working on it will be presenting Select Vestry with a Vision Statement and a Mission Statement. These will be statements of what we want people to say about our parish in five years' time and of how we intend to become that parish. We will identify areas in which we believe we can and need to focus our energy and resources. And we will set out a number of objectives for each of those areas.

As we prepare to present that work to Select Vestry and then to the whole parish, I ask you for your prayers and your support so that we may step into the future as a parish united in faith and in mission, not just in name.

Blessings

Andrew

PARISH FINANCES

No 1 account (day to day income and expenditure)

At time of writing, this account has a **surplus** of £13,500. Due to the recent change in giving from envelopes to bankers order, income during the summer months did not decrease to the same extent. This normally happened due to lower attendance during the holiday season. This account should show a surplus at the end of the financial year.

No 2 Account (Fabric fund) - for upkeep and repair of property and buildings

This account has currently a **surplus** of £12,100. As the Fabric fund now plays an essential role in supplementing the No 1 account, the Select Vestry would encourage parishioners to continue to contribute to this account through monthly envelopes and to support planned forthcoming fund raising events.

The above accounts are linked, and hence debit interest is only incurred when the sum of the two accounts is negative.

Norman Shirley
(Hon Treasurer)

From the Registers

HOLY BAPTISM

"He took them in his arms and blessed them"

26 June 2016, Benjamin James Stuart Ozanne

3 July 2016, Cerys Elizabeth Kathleen Hunter

HOLY MATRIMONY

"What God has joined together ..." Mark 10:9

6 August 2016, Chloe Boyd and Joe Murphy

2 September 2016, Rosemary Barnes and Patrick Laverty

7 October 2016, Aaron O'Neill and Samantha Botten

LADIES FELLOWSHIP

The Ladies Fellowship started their new season in September with our annual Service of Holy Communion in St Patrick's, led by Rev Andrew. He told us about the women who went to Christ's tomb after his death and how they constituted the first 'ladies fellowship'.

The service was followed by a supper in the church rooms where we talked about the coming year and our programme. By the time you read this, we will have spent an evening in Antrim at Simply Gifted. We have been invited to Templepatrick Presbyterian in November to hear about the work done by a couple working in Malawi, creating a 'one stop shop' to help people with health problems, and in December, we shall be heading to the Academy Restaurant in Belfast again for our Christmas Dinner. We will be doing Indian Head Massage in January, learning about the charity 'Girassol' in February and revisiting The Pink Barn in March for some creative Easter ideas.

We don't normally 'go out' so much and normally meet in the Parish Hall (Minor Hall) on the 3rd Tuesday of the month, but if you would like to come to any of the aforementioned events, please contact myself or any of the other Ladies. We'd be very happy to see you.

Luella Lecky
(Hon Secretary)
Tel: 9443 3266



Thanks to all who organise and distribute our parish magazines throughout the year!

Ethiopia 2016

I would like to thank very much everyone who in any way supported my fundraising Coffee Morning on 11th June. From everyone's very generous support I raised the fantastic amount of **£1360**.



All 16 pupils from Ballyclare High School who were going on the trip were asked to raise a minimum of £500. From my fundraising, I was able to donate £1300 to the school group fundraising. I was also able to buy a large amount of clothes and toys to take with me for the children and was also able to use some towards the cost of the trip.

The fundraising by the group was used to buy arts and craft equipment, T-Shirts for the children, sports equipment and DIY equipment to take with us. Due to everyone's fantastic fundraising efforts Ballyclare High School will also be making a donation of £8000 to the Stand By Me Charity, which will be used to buy stationery and sports equipment for Bethany School and to help with the general upkeep of the School.

Our travel plans changed at the last minute due to the terrorist attack at Ataturk Airport, Istanbul. We were due to travel through Ataturk on 30th June but our journey to Ethiopia was delayed until 4th July. We left Belfast by coach to go to Dublin Airport and from there we flew direct to Addis Ababa in Ethiopia. We then had a 6 hour journey by minibus to Bekojii.

When we arrived at Bethany School all the children were singing and dancing to welcome us.

During the week we visited the local Saturday market, as well as some of the homes of the pupils. We acted out biblical stories (such as David and Goliath) each day in the summer school. We went to the local church on Sunday (attended by around 3000 people), took lessons and games for the children throughout the week, taught dance, songs (Will Grigg's on Fire was a favourite), sports and games. We painted classrooms, built beds and climbed a local mountain which took us to the same altitude as Base Camp on Mount Everest!

Throughout the week we were all struck with how little the children had and yet they wanted to give us all so much. They were happiest when we just spent time with them and were fascinated by us and our phones and cameras.

We were all very sad to leave the school and especially the children.

Thank you again for all your incredible support and generosity as it was an amazing and life changing experience and would not have been possible without your support.

Andrew Brolly



Kindfund

Firstly a belated thanks to the Sunday Club and leaders who supported the Kindfund Advent appeal and raised an amazing £232. Thanks for your generosity once again and sorry I missed getting it into the July magazine. Also thanks to those parishioners who continue to faithfully support the charity by sponsorship and donations, it is very much appreciated.

It is hard to believe the Kindfund children were with us this time two years ago and it is nice that our church continues to have a link with them, thank you for sending out letters in June.

The work of Kindfund goes from strength to strength under the care of Ken and Pamela Dobbin who live on site for six months of the year. This summer they were in a position to further develop the Kindfund work in Northern Kenya, on four fronts, thanks to your and many other's generosity –

- The expansion of Kindfund Children's Home in Ndikir to 50 beds.
- The expansion of the Kindfund School at Ndikir as a public school, catering for all the children of this very remote village.
- The provision of a solar pump and water storage tanks to an existing borehole at Ndikir to provide secure water to the projects.
- The improvement of educational facilities for all Kindfund children by establishing a Primary school for the children at Wamba and Ngaremara.

The new facilities will raise the number of beds for orphan children in Kindfund's three homes from 125 to 170. This is amazing work; thank you for your support in reaching the needy and making a difference to their lives.

For more information visit www.kindfund.com

Daphne Lucas

The Parish of Templepatrick and Donegore

Diocese of Connor

www.templepatrick.connor.anglican.org

THE PARISH DIRECTORY

WHO'S WHO AND WHO TO CONTACT

The Rev Andrew Ker

**The Vicarage, 926 Antrim Road, Templepatrick, Co Antrim, BT39 0AT
(Mobile: 07762 785713) E-mail: templepatrick@connor.anglican.org**

Parish Administrator: Mrs Gail McCoy

Mobile: 07841 382193 Email: gail.mccoy21@yahoo.co.uk

CHURCH OFFICE BEARERS

Vicar's Churchwarden:(St Patrick's) Mr S McCollam, 33 Carmavy Road, Crumlin
Tel: 9443 2506

People's Churchwarden:(St Patrick's) Mrs M Walbridge, 4 Broadacres, Templepatrick
Tel: 9443 2795

Vicar's Churchwarden:(St John's) Mrs F McElhinney, 24 Burnside Road, Dunadry
Tel: 9443 2849

People's Churchwarden:(St John's) Mr C Ovans, 31 Broadacres, Templepatrick
Tel: 9443 2032

Vicar's Glebewarden: Mr K Egli, 14 Ingledene, Templepatrick
Tel: 9443 9285

People's Glebewarden: Dr C Lundy, 11 Old Coach Road, Templepatrick
Tel: 9443 3720

Select Vestry: (meets 2nd Monday in month at 8.00pm) Mr S Britton-Hall,
Mrs A Cinnamon, Mr M Cooke, Mr K Egli, Mr A Kane, Miss A Kerr, Dr C Lundy,
Mrs I McCollam, Mr S McCollam, Mrs G McCoy, Mrs F McElhinney, Mr T Michael,
Mr C Mulligan, Mr C Ovans, Mr N Shirley, Mrs E Smyth, Mrs M Walbridge

Honorary Secretary: Mrs G McCoy, 27 Carmavy Road, Crumlin Tel: 9443 2782

Honorary Treasurer: Mr N Shirley, 23 Kingscourt, Templepatrick Tel: 9443 2597

Honorary F.W.O. Recorder and Envelope Secretary: Mrs I McCollam, 7 Lylehill Road
Tel: 9443 2734

Covenant & Gift Aid Secretary: Mr M Cooke 44 Rathmore Road, Dunadry
Tel: 9443 3183

Diocesan Synodsmen: Mr E Cinnamon, Mrs M Finlay

Supplemental Synodsmen: Mr H Cinnamon, Mr J Sheldon

PARISH PANEL:- Rev A Ker, Mrs S Aitcheson, Mr M Cooke, Mr A Walbridge

Hall Secretary: Mrs I McCollam Tel: 9443 2734

Sacristan (St Patrick's): Mr B McMeekin, Tel: 9446 4483

Sacristan (St John's): Ms H Boyd Tel: 9443 2990

Church of Ireland Gazette Secretary: Mr A Walbridge Tel: 9443 2795

Bible Study Notes Secretary: Mrs D Lucas Tel: 9082 5737

Christian Aid Secretary: Mrs L Lynas Tel: 9443 3363

Magazine Editorial Team: The Vicar; Mrs G McCoy; Mr A Walbridge

Parish webmaster: Mr A Walbridge Tel: 9443 2795 alan@walbridge.co.uk

Magazine Production: Mrs Gail McCoy Tel: 9443 2782 gail.mccoy21@yahoo.co.uk

Pre-service Refreshments: rota organizers – Mr J & Mrs G Hamill Tel: 9443 2579

Parish organisations and their leaders:-

Choir: Practices on Thursday at 8pm

St Patrick's, Templepatrick Organist and Choirmistress: Mrs Pat Maxwell,
Tel: 9443 9398

St John's, Donegore Organist and Choirmistress: Mrs S Cotter

Sunday Club: Co-ordinator: Mrs Gail McCoy Tel: 9443 2782

Helpers: Mrs Clare Clarke, Miss Sophie Clarke

Creche: (Sunday)

Youth Organisations

St Patrick's Young Singers/Instrumentalists: Rehearsal before Service of the Word service,
in the Church - see Pat - Tel: 9443 9398

Rainbow Guides (4-7 years): Wednesday 6.00-7.00pm Joan Barkley
Tel: 07546 880243

Brownies (7-10 years): Wednesday 6.30-8.00pm Lauren McFerran
Tel: 07763 411306

Guides (10-14 years): Wednesday 7.30-9.00pm Lesleyann Witherspoon
Tel: 07850 319205

Guides Senior Section (14-25 years): Wednesday 7.30-9.00pm
Lesleyann Witherspoon Tel: 07850 319205

Beavers (6-8 years): Monday 6.30-7.30pm Catherine Michael Tel: 9443 3123

Cub Scouts (8-10years): Tuesday 6.45-8.00pm Mr Jony Lavery Tel: 9446 1619

Scouts (10½-14years): Tuesday 8.00-9.30pm Catherine Michael Tel: 9443 3123

Teen Blast: 3rd Saturday in the month 7.00-10.00pm Michelle Ker Tel: 9083 6901

Adult Organisations

Choir: Practices on Thursday at 8pm. Mrs Pat Maxwell Tel: 9443 9398

Indoor Bowling Club: Friday 7.30pm

Secretary: Mrs I McCollam Tel: 9443 2734

Ladies Fellowship: 3rd Tuesday in the month 7.30pm

Secretary: Mrs L Lecky Tel: 9443 3266

Yoga: Monday 6.30-8.00pm Gail McCoy Tel: 07841 382193



Rotas



Readers and Intercessors rota for **St Patrick's, Templepatrick**

Date	Service	Reading / Intercessions	Reader / Intercessor
06.11.16	Service of the Word	Gospel Prayers	Josh Brobyn Harriet Brobyn
13.11.16	Morning Prayer One	Old Testament	TBC
20.11.16	Holy Communion Two	Old Testament Epistle Intercessions	Jeanette Egli Dorothy Gaffney Ann Kerr
27.11.16	Morning Prayer Two	Epistle	Christina McCollam
04.12.16	Service of the Word	Gospel Prayers	Sophie Clarke Ellen Clarke
11.12.16	Morning Prayer One	Epistle	Advent Readers
18.12.16	Holy Communion Two	Old Testament Epistle Intercessions	Claire Forth Elizabeth Smyth Wendy Brolly
25.12.16	Christmas Morning Family Service	Gospel	Stephen McCollam
01.01.17	Service of the Word	Gospel Prayers	Stephanie Gordon Rory Gordon
08.01.17	Morning Prayer One	Epistle	Suzanne Bennett
15.01.17	Holy Communion Two	Old Testament Epistle Intercessions	Bill McCrum Angela Barton Margaret Walbridge
22.01.17	Morning Prayer Two	Epistle	Ben Collister
29.01.17	Holy Communion Two	Old Testament Epistle Intercessions	Amanda Brobyn Ann Kerr Rev Andrew Ker
05.02.17	Service of the Word	Gospel Prayers	Anna Glover Nik Kane
12.02.17	Morning Prayer One	Epistle	Andrew Kane

Readers and Intercessors rota for **St Patrick's, Templepatrick** cont'd

19.02.17	Holy Communion Two	Old Testament Epistle Intercessions	Bill McAvoy John Sheldon Daphne Lucas
26.02.17	Morning Prayer Two	Epistle	Alison Millar

If you are unable to do either the reading or the prayers on the day you are assigned please swap with someone else on the rota and then change the list at the back of the church and inform the Vicar that a swap has been made. Thank you.



Sunday Club

Our Advent appeal for this year will continue with Kindfund, and will run from Sunday 27 November to 8 January 2017.

The children's gifts will be given to the NSPCC. If anyone would like to contribute to this very worthwhile appeal, could I ask that you mark if the gift is for a boy or girl (or both), and also what age group please. These gifts will be received at the beginning of the Service on 11 December 2016.

Some useful dates for your diary:-

- 27 Nov - *Rehearsal for play – 10.30 am*
- 4 Dec - *Service of the Word*
Rehearsal for Instrumentalists
- 11 Dec - *Pre Christmas AAW, Christmas Play & Collection of Gifts – 11.30 am*
Rehearsal for play – 10.30 am
- 18 Dec - **No Sunday Club**
Carol Service – 6.30 pm
- 25 Dec - Christmas Morning Service – 11.30 am

2017

- 1 Jan - Christingle Service
- 8 Jan - **Sunday Club Resumes**
Return jars for Kindfund appeal

Gail



Rotas



Readers and Intercessors rota for St John's, Donegore

<i>Date</i>	<i>Service</i>	<i>Reading / Intercessions</i>	<i>Reader / Intercessor</i>
06.11.16	Holy Communion Two	_____	_____
13.11.16	Holy Communion Two	Old Testament Epistle Intercessions	Des Smyth Elizabeth Smyth Heather Boyd
20.11.16	Holy Communion One	_____	_____
27.11.16	Morning Prayer One	Epistle	Luella Lecky
04.12.16	Holy Communion Two	_____	_____
11.12.16	Holy Communion Two	Old Testament Epistle Intercessions	Molly Finlay Colin Ovans Bob Cotter
18.12.16	Holy Communion One	_____	_____
25.12.16	Holy Communion Two	Old Testament Epistle Intercessions	Michael Cooke Heather Boyd Anne Cooke
01.01.17	Holy Communion Two	_____	_____
08.01.17	Holy Communion Two	Old Testament Epistle Intercessions	John Jones Elizabeth Smyth Molly Finlay
15.01.17	Holy Communion One	_____	_____
22.01.17	Morning Prayer One	Epistle	Carole Williamson
29.01.17	Holy Communion Two	_____	_____
05.02.17	Holy Communion Two	Old Testament Epistle Intercessions	Colin Ovans Anne Cooke Luella Lecky
12.02.17	Holy Communion One	_____	_____
19.02.17	Morning Prayer One	Epistle	Bob Cotter
26.02.17	Morning Prayer Two	_____	_____

If you are unable to do either the reading or the prayers on the day you are assigned please swap with someone else on the rota and then change the list at the back of the church and inform the Vicar that a swap has been made. Thank you.

Rotas

St Patrick's



Communion Rota

November	Mr J & Mrs G Hamill
December	Mr T & Mrs C Michael
January	Young Parishioners
February	Mr M & Mrs A Cooke



Cleaning Rota

November	H Graham, E & A King
December	H & J Sheldon, E & D Smyth, B McMeekin
January	A & H Cinnamon
February	A Cooke, O Erskine, B Perris



Flower Rota

November	6 th I McCollam, 13 th C Michael, 20 th & 27 th O Erskine
December	4 th F Blackbourne, 11 th S Russell, 18 th & 25 th Ladies Fellowship
January	1 st & 8 th I McCollam, 15 th D Gaffney, 22 nd S White, 29 th Vacant
February	5 th N Clendinning, 12 th , 19 th & 26 th Vacant

St John's



Communion Rota

November	Mr & Mrs Cooke
December	Mr & Mrs Mehaffey
January	Dr & Mrs Lundy
February	Ms H Boyd & Mr E Cinnamon

CALENDAR FOR NOVEMBER 2017 – FEBRUARY 2017

01.11.16 All Saints Day (Tuesday)

10:00 am Holy Communion One – St Patrick’s

~~**02.11.16 Wednesday - No Holy Communion Service**~~

06.11.16 The Third Sunday before Advent

10:00 am Holy Communion Two (said) – St John’s

11:30 am Service of the Word – St Patrick’s

Old Testament	Haggai 1: 15b - 2: 9
Psalm	Psalm 145: 1-5,18-22 or Psalm 98
Epistle	2 Thessalonians 2: 1-5,13-17
Gospel	Luke 20: 27-38

09.11.16 Wednesday

10:00 am Holy Communion Two

13.11.16 The Second Sunday before Advent (Remembrance Sunday)

10:00 am Holy Communion Two – St John’s

11:30 am Morning Prayer One – St Patrick’s

Old Testament	Isaiah 65: 17-25
Canticle	Song of Isaiah
Epistle	2 Thessalonians 3: 6-13
Gospel	Luke 21: 5-19

16.11.16 Wednesday

10:00 am Holy Communion One

20.11.16 The First Sunday before Advent (The Kingship of Christ)

10:00 am Holy Communion One (said) – St John’s

11:30 am Holy Communion Two – St Patrick’s

Old Testament	Jeremiah 23: 1-6
Canticle	Benedictus
Epistle	Colossians 1: 11-20
Gospel	Luke 23: 33-43

23.11.16 Wednesday

10:00 am Holy Communion Two

27.11.16 The First Sunday of Advent

10:00 am Morning Prayer One – St John’s

11:30 am Morning Prayer Two – St Patrick’s

Old Testament	Isaiah 2: 1-5
Psalm	122
Epistle	Romans 13: 11-14
Gospel	Matthew 24: 36-43

~~**30.11.16 Wednesday - No Holy Communion Service**~~

04.12.16 The Second Sunday of Advent

10.00 am Holy Communion Two (said) – St John’s

11.30 am Service of the Word – St Patrick’s

7.30 pm Lylehill Young Farmers Club Carol Service – St Patrick’s

Old Testament	Isaiah 11: 1-10
Psalm	72: 1-7, 18-19
Epistle	Romans 15: 4-13
Gospel	Matthew 3: 1-12

07.12.16 Wednesday

10.00 am Holy Communion One

11.12.16 The Third Sunday of Advent

10.00 am Holy Communion Two – St John’s

11.30 am Sunday Club Christmas Play and Gift Day – St Patrick’s

Old Testament	Isaiah 35: 1-10
Canticle	Magnificat
Epistle	James 5: 7-10
Gospel	Matthew 11: 2-11

14.12.16 Wednesday

10.00 am Holy Communion Two

18.12.16 The Fourth Sunday of Advent

10.00 am Holy Communion One (said) – St John’s

11.30 am Holy Communion Two – St Patrick’s

6.30 pm Service of Nine Lessons and Carols

Old Testament	Isaiah 7: 10-16
Psalm	80: 1-8, 18-20
Epistle	Romans 1: 1-7
Gospel	Matthew 1: 18-25

21.12.16 Wednesday
10.00 am Holy Communion One

24.12.16 Christmas Eve (Saturday)
8.00 pm Holy Communion Two - St Patrick's

Old Testament	Isaiah 52:7-10
Psalm	98
Epistle	Hebrews 1:1-4
Gospel	John 1:1-14

25.12.16 Christmas Day
10.00 am Holy Communion Two – St John's
11.30 am Christmas Morning Family Service

Old Testament	Isaiah 9:2-7
Psalm	96
Epistle	Titus 2:11-14
Gospel	Luke 2:1-20

01.01.17 The First Sunday of Christmas
10.00 am Holy Communion Two (said) – St John's
11.30 am Service of the Word and Christingle – St Patrick's

Old Testament	Isaiah 2: 7-9
Psalm	148
Epistle	Hebrews 2: 10-18
Gospel	Matthew 2: 13-23

04.01.17 Wednesday
10.00 am Holy Communion One

08.01.17 The First Sunday after the Epiphany (*The Baptism of Christ*)
10.00 am Holy Communion Two – St John's
11.30 am Morning Prayer One – St Patrick's

Old Testament	Isaiah 42: 1-9
Psalm	29
Epistle	Acts 10: 34-43
Gospel	Matthew 3: 13-17

11.01.17 Wednesday

15.01.17 The Second Sunday after the Epiphany
10.00 am Holy Communion One (said) – St John's
11.30 am Holy Communion Two – St Patrick's

Old Testament	Isaiah 49: 1-7
Psalm	40: 1-12
Epistle	1 Corinthians 1: 1-9
Gospel	John 1: 29-42

18.01.17 Wednesday
10.00 am Holy Communion One

22.01.17 The Third Sunday after the Epiphany
10.00 am Morning Prayer One – St John's
11.30 am Morning Prayer Two – St Patrick's

Old Testament	Isaiah 9: 1-4
Psalm	27: 1, 4-12
Epistle	1 Corinthians 1: 10-18
Gospel	Matthew 4: 12-23

25.01.17 Wednesday
10.00 am Holy Communion Two

29.01.17 The Presentation of Christ in the Temple (*observed*)
10:00 am Morning Prayer Two (said) – St John's
11:30 am Holy Communion Two – St Patrick's

Old Testament	Malachi 3: 1-5
Psalm	84
Epistle	Hebrews 2: 14-18
Gospel	Luke 2: 22-40

01.02.17 Wednesday
10.00 am Holy Communion One

05.02.17 The Fourth Sunday Before Lent
10:00 am Holy Communion Two (said) – St John's
11.30 am Service of the Word – St Patrick's

Old Testament	Isaiah 58: 1-9a
Psalm	112: 1-9
Epistle	1 Corinthians 2: 1-12
Gospel	Matthew 5: 13-20

08.02.17 Wednesday

10.00 am Holy Communion Two

12.02.17 The Third Sunday Before Lent

10.00 am Holy Communion Two – St John’s
11.30 am Morning Prayer One – St Patrick’s

Old Testament Deuteronomy 30: 15-20
Psalm 119: 1-8
Epistle 1 Corinthians 3: 1-9
Gospel Matthew 5: 21-37

15.02.17 Wednesday

10.00 am Holy Communion One

19.02.17 The Second Sunday Before Lent

10.00 am Holy Communion One (said) – St John’s
11.30 am Holy Communion Two – St Patrick’s

Old Testament Isaiah 49: 8-16a
Psalm 131
Epistle 1 Corinthians 4: 1-5
Gospel Matthew 6: 24-34

22.02.17 Wednesday

10.00 am Holy Communion Two

26.02.17 The Sunday Before Lent (Transfiguration Sunday)

10.00 am Morning Prayer One – St John’s
11.30 am Morning Prayer Two – St Patrick’s

Old Testament Exodus 24: 12-18
Psalm 2
Epistle 2 Peter 1: 16-21
Gospel Matthew 17: 1-9

Volunteers' Corner



Dear Church-Friends!

The poor old dictionary collects dust on the shelf these days and, although I get a pang of guilty conscience, it's nevertheless quicker and more convenient (catching, isn't it?) to simply download a definition from the Internet.

The definition in question is: *Volunteer*. The Internet advises: *To offer one's services*.

That's a phrase we can agree with, but I'd like to suggest that, from a *church-point-of-view*, we may indeed *offer* our services, but what we receive back, in return, is so much more. What we receive back is a sense of – *One Body*.

Let me explain where I'm coming from. Even though the words *One Body* isn't usually associated with the word *Volunteer*, they are the words I think of when I'm putting my name down, in joining others, for something needing attention.

The quip, *many hands make light work*, is quite true in that one person can have a lot to sort out and the weight of it is visible; it's easier with two; the task becomes lighter still with three; when a fourth joins, it starts to get enjoyable; along comes a fifth and the craic starts; a sixth shows up and the job is beginning to look as if it really will get finished, after all. But when the seventh parks-up and pitches in, the feeling of *One Body* is evident, and growing all the time.

Now, I'm not throwing out there that it would be great to have, say, 20 gentlemen paint the *entire* outside of the church! So let me soften that horrific thought somewhat, to much more manageable assignments. (Relieved, aren't you?)

Take, for example, our calendar showing its time for a Spring-Tidy-Up or an Autumn-Sweep-Up, among other light DIY-Jobs in and around the church buildings. We can then be pretty much in agreement that a work-party is the best way forward!

It never fails to amaze me that this feeling of *One Body* sits very prominently with me after I've attended, or organized, such a work-party.

Volunteer is simply our church's definition of joining together as *One Body*.

Karl Egli



Music in the parish

As we all settle into the Autumn routines of choir practices for Harvest and Christmas, I want to say thank you once again to our wonderful choir members, who provided a 4-part choir throughout the summer months. This was appreciated and noted by relief organists Rachel Adams and Richard Ryan, as well as by parishioners.

New Communion Setting

We celebrate the gift of a new musical setting for the Holy Communion Service: Michael Cooke and his family have given this in memory of Michael's mother, Lady Alison Cooke. The setting is by David Thorne, an accomplished musician, composer, arranger and teacher, who has been organist of Portsmouth Anglican Cathedral for over 30 years. I chose this setting out of a dozen I looked at, because it is both congregational, (tuneful and easy to sing) and includes sections written for 4-part choir. We plan to dedicate and use it for the first time on Christmas morning, at the 10am Holy Communion Service in St John's. On behalf of the parish I express thanks and appreciation to the Cooke family for this generous gift.

Our young church musicians continue to make excellent progress on their various instruments: congratulations to Samantha Collister (grade V violin), David Kane (Grade II piano), Sasha Logan (Grade II flute), Alex McIlwaine (Grade II flute), Emily Reid (Grade II clarinet), Anna Glover (Grade I piano) and Helen Menagh (Grade I piano). Well done everyone! At the Harvest in St Patrick's, 2 October, the young instrumentalists will play before and during service, and the juniors will sing a harvest song. At the Harvest in St John's, 3.30 pm on 9 October, the church Recorder Consort will play a selection of 16th century music and a seasonal hymn before the service starts - at about 3.10pm. The choir anthem for Harvest this year will be Beethoven's 'Creation Hymn'.

In our Christmas music this year will be included a coming-together of all our parish musicmakers for a not-to-be-missed rendering of 'O Holy Night'. Another highlight will be the Recorder Consort's Christmas recital. Please watch out for the details of these later in the Autumn.

Remember that all of the church music groups are made up of enthusiastic amateurs! None is a closed clique; new members, especially beginners, will be welcomed and supported. Why not have a go? Just come along to practice on a Thursday night: 7.30pm for recorders, 8.00pm for singers.

Pat

Tel: 9443 9398

A Sainly Shout with the RSCM

Early in July, when we were in holiday mood, Mrs. Maxwell put to the choir the prospect of a day of choral singing in Dublin's Christ Church Cathedral with Dr. Andrew Reid, Director of the Royal School of Church Music (RSCM). It would be an opportunity to meet other church choirs and have a rare day out at the end of August. So several of us signed up and paid our £20 each to go.

As the date drew closer some of us were having second thoughts, but in the end seven of us, put to shame by Mrs. MacKean's boundless energy and buoyed up by Mrs. Maxwell's indefatigable enthusiasm, were on the platform in central station at 7.30am on 28th August to board the Dublin train.

Maintaining her powerful methods of persuasion Mrs Maxwell produced from her bag a pot of her very own raspberry jam and a large pack of homemade pancakes to keep our strength up for the long day ahead.

It was a lovely sunny warm day in Dublin and three of us walked to the cathedral to allow the others to go in style by taxi. We were glad of the walk because the programme was four and a half hours teaching and rehearsal of choral music from a new festival service book entitled "With Sainly Shout and Solemn Jubilee", finishing with evensong at 5pm. The teaching was excellent and well worth the money, all the hard work, and the long day.

We had a brief respite of ten minutes to emerge from the gloom of the crypt into the sunlight and were amazed to see the relatively small Cathedral Close full of stalls, mainly fast food, and lots of "grazers"... for a moment I thought I had stumbled on a film set for Cadfael.

There was some anxiety over catching the 6.45pm train but we made it AND INDEED MADE IT TO CHURCH THE NEXT MORNING FOR DUTY AS USUAL.



St Patrick's & St John's Bowling Club

The bowling club re opened on Friday 2nd September, 2016, with a good turnout of members. The first bowl of the new season was delivered by a new member, Bill McKitterick.

We bowl on Friday evening from 7.30pm until 10.30pm and Monday evening from 8.00pm until 9.30pm. We have started the new season with one new member.

In September once again we had a four-day bowling break in Fermanagh staying this year in the Killyhevin Hotel and bowling in the local leisure centre.

This year we celebrate 30 years bowling in our church and we are having an anniversary dinner to celebrate this event in October.

We are now looking forward to our first visit of the new season to the Baker Stadium on Thursday 24th November.

Our Christmas party night will be on Friday 16th December at 7.00pm.

Once again we are looking forward to a good years bowling.

Isobel McCollam

(Hon Secretary)

Fundraising Calendar

We are planning further fundraising events for the benefit of the parish and we value your support. The dates for your diaries are below, we'd love to see you at these events!

Tickets are available from members of Select Vestry, the Parish Office –

Tel: 028 9443 2300 or email: templepatrick@connor.anglican.org

Chinese Banquet - Thursday 17 November 2016

Queens Island Victoria Choir - Friday 20 January 2017

Safeguarding Trust

In accordance with the recommendations in 'Safeguarding Trust - The Church of Ireland Code of Good Practice for Ministry with Children', a Parish Panel has been appointed (operating since June 1998) to implement some of the responsibilities identified in the Code.

The Panels responsibilities include:

- interviewing persons willing to serve as workers in the parish
- advising workers on their responsibilities in respect of the Code
- advising the Select Vestry in respect of its responsibilities
- being an immediate contact point for workers when a suspicion, complaint or allegation of child abuse is made about a worker or on parish premises in accord with the procedures set out in these guidelines.

The Parish Panel Members are:-

Rev Andrew Ker, 926 Antrim Road, Templepatrick Tel:028 9443 2300

Mrs S Aitcheson, 3 Lylehill Green, Templepatrick Tel:028 9443 3674

Mr M Cooke, 44 Rathmore Road, Dunadry Tel:028 9443 3183

Mr A Walbridge, 4 Broadacres, Templepatrick Tel:028 9443 2795



Notes for next issue of the Parish Magazine are due on:-

Wednesday 1 February 2017

Contributions from all parish organisations would be very welcome.

The Traditional Chinese Medicine (TCM) Approach to Health – A Holistic System

Our bodies have an enormous capacity to heal themselves. Think of how your body heals cuts, colds, flu and other diseases. If your body can heal these conditions, then it stands to sense that we can heal ourselves of other more serious conditions. This ability is God given. Acupuncture is a means whereby the insertion of fine needles encourages the body back into balance (Yin/Yang) in order to heal itself. I would like to introduce you to the wonders of TCM.

TCM has a holistic view of the body. Everything is seen to exist within the continuous circle of nature. When the elements of nature are in balance, life flourishes. Living in harmony with the world around us is the way to maintain health.

Another vital view of TCM is the psychological aspect of our beings. What we feel has a huge impact on our physical bodies, therefore emotional well-being is an important (probably, the most important) aspect of our health. We experience the world around us both physically and emotionally. In TCM every aspect on every level is important.

In Chinese Medicine every organ is associated with an emotion. For example, Liver=Anger, Spleen=Worry or Over thinking, Heart=Joy, Kidneys=Fear, Lungs=Sadness or Grief. These organs are not necessarily considered the same way as they are in Western Medicine

Overview of the Lungs in TCM

Every organ has a series of things associated with it. These are the clues to dealing with the organ when it is out of balance (in TCM terms), either in excess or deficiency. The related organ to the lung (or Yin-Yang partner) is the Large Intestine, the Emotion is Grief, the Season is Autumn, the Flavour is Pungent, the Colour is White and the Healing Sound is sssssssss.

So when the lung is weak eating pungent foods such as ginger, garlic walnut or black pepper is beneficial. The best time to tonify the lungs is Autumn when its energy is at its peak and the emotion of sadness affects the lungs more than any other organ.

From a seasonal perspective, autumn is the season of the lungs, so this is the time where it is most important to take care of this delicate organ so that we can avoid colds, flus and allergies. Emotionally this is the season where we should become a little more introspective and concentrate on resolving or at least coming to terms with any underlying emotional issues and letting them go. This allows new space to bring positive emotions into our hearts and lives. Walks in nature, breathing in the crisp dry air will help immensely in this process.

The energy around your body in TCM is known as Qi (pronounced chee). If your Qi is strong and flowing in the right direction, then your body will be healthy. Qi that is blocked for any reason causes pain. There is physical blocking of Qi and there is emotional blocking as well. So if you are 'stuck' emotionally, then that can cause disharmony in your body and lead to illness.

The Emotional Aspects of the Lungs

The lungs in TCM are associated with clear thinking and communication. Openness to new ideas, positive self-image and the ability to relax, let go and be happy. When the lungs are out of balance or you are dealing with excessive grief, you will have difficulty coping with loss and change, a sense of alienation. You may experience a prolonged sense of sadness that does not dissipate. The lungs are associated with attachment, so if you have a hard time letting go of people, objects and experiences or spend a lot of time reliving the past, this can point to a deficiency of the lungs.

In contrast, grief that is expressed fully and resolved is strengthening both physically and psychologically. Therefore, it is not avoiding grief, but rather dealing with it in a healthy way that is the key to being happy and maintaining balance in all aspects of life.

How to help in the grieving process

Firstly, you need to acknowledge how you feel. Often people try to avoid feeling emotions that can seem overwhelming, but it is only in acknowledging how you feel that you can begin to deal with the emotions and move on.

Secondly, don't judge yourself. The stages of grief include anger and that emotion is difficult for many people. There is nothing wrong in emotions. It's how we deal with them that matters, so don't be hard on yourself.

Thirdly, try some breathing exercises. Breathe deep into your diaphragm and fill your lungs to capacity. Deep breathing can be enhanced by using visualisation which helps to cleanse and release grief from the body. Use the sssssssss sound. Breathe deeply filling your lungs and then breathe out through your teeth using the ssss sound.

Finally, you might consider acupuncture. In the privacy and safety of a consultation people can let go of grief that may have been festering for weeks, months or years. I include this because I think that many people don't know about the scope of acupuncture and what it can treat and the importance of emotions in the TCM model.

If you have emotional issues there is also a list of foods that can help strengthen lung Qi, such as: sweet potato, onion, cabbage, pears, radish, rice, chilli, cinnamon, cardamom, leek, soy beans, celery, broccoli, banana and eggs. You could try some of these and the breathing exercises above.

I hope you have enjoyed reading this and are intrigued. I am happy to answer questions if you would like to know more. In the next edition we will talk about the liver and anger.

Until then stay healthy and happy

Denise Martin



Acumen Acupuncture

Health, Strength, Well-being
Traditional Chinese Medicine (TCM)

Therapist: Denise Martin

- TCM Acupuncture can treat a wide range of conditions from tiredness to ulcerative colitis, MS, musculo-skeletal conditions and many more
- Also beneficial for maintaining health & well-being and prevention of disease
- If you would like to discuss the benefits of acupuncture give Denise a ring

22 The Chase, Parkgate, BT39 0JT
Mob: 07468 613319

NO ROOM AT HOME?

*Do you have family or friends coming to stay?
Let Cherrybrook Self-Catering
accommodate your overflow.*

Contact: Anne Cooke - Tel 028 9443 3183
or check out our website for more details

acooke@cherrybrook.co.uk
www.cherrybrookselfcatering.co.uk



www.actiononhearingloss.org.uk/northernireland
hearinglossNI
@hearinglossNI

Action on Hearing Loss, the charity in partnership with the Northern Trust will be hosting free hearing aid maintenance clinics during the autumn and winter months at

The Beeches Community Resource Centre
79 Avondale Drive
Ballyclare, BT39 9EB

on the last Thursday of every month from 10 am - 12 noon
Thursday 27th October, 24th November and 15th December

It's a free drop-in service where no appointments are necessary and where volunteers will be available to assist the local community with their NHS hearing aids, by providing information, assistance, re-tubing and batteries. Also if you have a family member or friend who is housebound please contact us and we will arrange a home visit.

If you require any further information you can contact Angela Stanbridge on 07940 160672 or 028 9023 9619.

Many thanks for your support for the charity.

Brian Price

Building & Joinery Contractor



New Builds, Extensions
Loft Conversions, Garages
Renovations, Modernisations
Site Works - ie Digger, etc ...

42 Loanends Road, Nutts Corner, Crumlin, BT29 4YW

Tel/Fax: 028 9443 2979

Mobile: 07802 354 337

COLEMAN'S GARDEN CENTRE

6 Old Ballyclare Road, Templepatrick

For further information Tel: 028 9443 2513

Garden Centre Opening Hours - Mon – Sat 9am – 5.30pm
Sunday 1pm – 5.00pm



Garden & Lawnmower Services

All Makes & Models of Lawnmowers
Serviced & Repaired

Regular or one-off lawn mowing service,
freeing up your time for the more important things,
like relaxing with friends & family

Please contact **Geoffrey Gray**
for details and pricing

Mob: 07542 772657



McCOLLAM

(Heating and Plumbing) Ltd

Boiler Service, Boiler Replacement
Oil Tank Replacement
Bathrooms, Shower Speciality
Complete Oil-Fired Heating

7 LYLEHILL ROAD, TEMPLEPATRICK, CO ANTRIM, BT39 0EN

Tel/Fax: 028 9443 2734

The Parish of Templepatrick and Donegore

Community Soup and Cheese Lunch



1st & 3rd **Wednesday** of each month

from 12 noon – 2pm

at Templepatrick Parish Hall, Old Coach Road

All welcome for food and fellowship



LITTLE THOUGHTS



JAMES 5 : 16 KJV
... pray one for another ...

My List

My list intervenes! Don't I know it!
I have no idea where my mind goes,
If I don't write things down, I'll be running around,
So my pen and a notepad must shoulder the blame,
For keeping me well on my toes!

I'll think of five things all at once,
While I reach for my list, as I should,
By the time that I've found myself writing them down,
I've remembered just one, or forgotten the lot,
Well, I knew anyway that I would!

Still the thoughts keep on tumbling to mind,
With a growing frustration and stress,
Of getting things done, even just one-by-one,
I'm kept back by my list, threatening nothing is missed,
An improvement is anyone's guess!

Must I always have this tug-of-war,
In conquering each niggling thought?
Why must I still be, that overstrung me,
Who, whatever the trend, won't let go of her pen,
And despairs at the battles she's fought!

Though I know, Lord, I'll always have You,
When forgetfulness stands in my way,
You keep sending a sign, to make sure that my mind,
Will remember the task, when I come and I ask,
That You hold in Your heart my dear church-friends, today!

It's that time of year again! The schools are all back and organisations are all getting into full swing again. After a great year last year, and ending on such a high with our family fun and hog roast evening, we are looking forward to what this year will bring for Teen Blast. We have a great and enthusiastic team of leaders who have lots of new and wonderful ideas for our young people.

We have so much planned already for this year – including a games night organised for November, where we will have a wide range of consoles and the latest games for us to play and try out, and also our favourite movie-duvet night in January! But we'll be starting back with a bang – literally! We have a drumming group joining us for our first night back, which is Saturday 15th October. A great excuse for our young people to make as much noise as they like!

We are also planning a night out again for Teen Blast after our very enjoyable and successful trip to see the Belfast Giants last year – watch this space!

We really hope that we will see lots of familiar faces and also new faces coming along on the 15th October. It has been very encouraging to have such a great group of young people come back each month, getting involved in everything we organise and most importantly having fun.

We will continue to meet on the third Saturday each month at 7pm until 9pm. This is for ages 10-15 years, old and new members welcome! We will do registration slightly different this year so instead of paying £1 each night we would ask that each child pays £10 at the start of the year (this price also includes a Teen Blast t-shirt!).

We look forward to seeing you all on the 15th October and hope that this year will be even better than last!

Michelle

Jeanette Egli