

WHO'S WHO IN THE PARISH

Rector: Revd Canon Mark Taylor,

72 Riverforde T: 028 9337 3300 E: mark205@btinternet.com

Mobile: 07719619286

Facebook: St Patrick's & St Johns Whitehead & Islandmagee

Twitter: @Whitehead_Col

Email: churchofirelandwhitehead@gmail.com

George McNeill Diocesan Lay Reader

CHURCHWARDENS

St. Patrick's

Jo Pawson

Rector's:

People's:

Jeni McAughey

St. John's

Pauline Riddle

William Rafferty

GLEBEWARDENS

St. Patrick's- Trevor Peoples **St. John's - Jim Reid**

SELECT VESTRY (includes Churchwardens & Glebewardens)

Inez Moore - Hon Secretary **7 Donegall Drive 9337 8927**

Sandra Thompson - Hon Treasurer **07912478331**

Ann Mulholland; **Bill Pollock;** **Alison Higginson;**

Valerie Kincaid; **Maureen Reid;** **George McNeill;**

Priscilla Carlisle; **Mabel Allen;** **Bertnel Thompson;**

Andy Niblock **Austin Jenkins -Graveyard Manager St John's**

Sunday School Leaders

St Patrick's: Frances Taylor

St John's: Sara Henderson

Youth Fellowship Leader

Stephen Martin - stepheneddu@gmail.com

Safeguarding Trust Evelyn Powers 9337 2535 Valerie Kincaid 9335 3748

Flowers: St Patrick's: Judith de Fleury 07855736510

St John's: Ann Thompson 9338 2295

FWO & Gift Aid Sec: Sandra Thompson 07912478331

Distributors: C of I Gazette: David Robinson 9338248

Church Matters Magazine : Valerie Kincaid 9335 3748

Pastoral Care Team Tel No: 077 0776 8058

Editorial communications to: Jo Pawson

joanna_pawson@yahoo.co.uk or tel 077 9024 1263

Registered with NI Charity Commission NIC102649

CHURCH MATTERS

The monthly newsletter of the Church of Ireland
United Parish of Whitehead & Islandmagee.

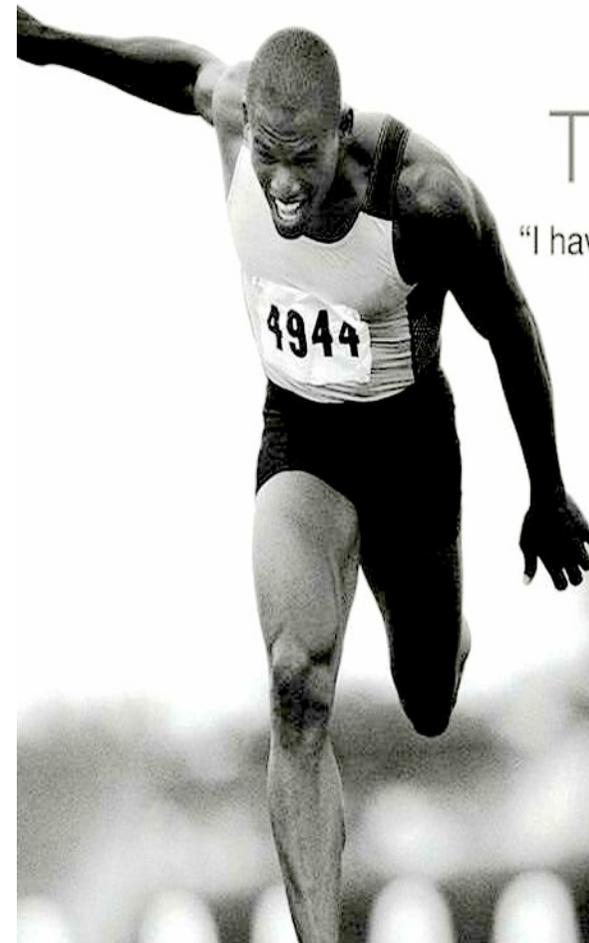
Here everyone matters

JULY-AUGUST 2021



**ST. PATRICK'S
& ST. JOHN'S**

UNITED PARISH OF
WHITEHEAD & ISLANDMAGEE



FINISH THE RACE

"I have fought the good fight
I have finished the race
I have kept the faith"

2 Timothy 4:6-7

TOKYO 2020



Did you Know?

In 1800, Vienna was under bombardment by Napoleon's troops. The Austrian composer, Haydn, was carried to his piano and made his own defiance of Napoleon. He solemnly play his composition 'Emperor's Hymn', composed for the Austrian Emperor, Franz II's birthday in 1797. Haydn never touched his piano again, and died a few days later, aged 77.

That is where the tune for a well-loved hymn came from. It quickly became the tune of the Austrian national anthem and was adopted by the Germans, in 1922, as the tune for their national anthem. The tune has survived as the German national anthem, but was abandoned by the Austrians in 1946.

The tune reached England in 1805 and was paired with the words of a hymn by John Newton. So when the Austrian Emperor Franz visited his grandmother Queen Victoria, he may well have heard his own national anthem's tune to words written by a slave trader turned country vicar!

John Newton's inspiration for this hymn comes from Psalm 87: 'Glorious things are spoken of you, O city of God' (vs3) and also a text from Isaiah 33:20-21: 'Look on Zion... there the Lord in majesty will be for us a place of broad rivers and streams...'

John Newton's hymn celebrates the joy of knowing that the Church is the new Jerusalem (Zion) where God abides. He rejoices that God protects His people and promises to supply their needs. He leads them into the Promised Land, just as long ago He led the Israelites through the wilderness to their Promised Land. Back then, He led them with a fiery and cloudy pillar; now we have His very Spirit within us, to guide us each step of the way home.

The hymn is:-

Glorious things of thee are spoken, Zion, city of our God; He whose word cannot be broken Formed thee for His own abode. On the rock of ages founded, What can shake thy sure repose? With salvation's walls surrounded, Thou may'st smile at all thy foes.	See, the streams of living waters, Springing from eternal love, Well supply thy sons and daughters, And all fear of want remove. Who can faint while such a river Ever flows their thirst to assuage: Grace, which like the Lord the giver, Never fails from age to age?...
--	--

FROM THE EDITOR'S DESK

Dear Reader

Welcome to our double month edition of Church Matters Magazine. At last the summer has arrived and we eagerly await some decent weather to holiday at home or perhaps further afield. Enjoy your break wherever you spend it.

Hopefully more of you are venturing out to attend our Sunday services at 11am . Do join us if you can as you are always welcome at St Patrick's and St John's.

Remembering those who are sick and need our prayerful support

I am conscious there are a number of people known to us who are not well at the moment both within our Church family and wider circle of friends. We do pray for all who are known to us. But please send in names of anyone you would like us to pray for so that we can remember them too.

Contact our Pastoral team by email: pctst.patricks@gmail.com or phone 077 0776 8058 and leave us a message.

A prayer for someone sick

Dear God, you are the strength of the weak & the comforter of those who suffer. Hear my prayer for _____ (name of person) and grant them the power of your grace, that their sickness may be turned into health and their sorrow into joy, for Jesus Christ's sake. Amen

Plant out at St John's Church yard....Do join us if you can on Sunday 15th August between 3-5pm as we put in more plants to add colour around St John's Church. **See page 9 for more details.**

God Bless and stay well

You Are Welcome Here

No matter:

- Where you've come from or are going;
- What you believe or doubt;
- What you are feeling or just not feeling;
- What you have or don't have; and
- No matter whom you love!



Fellowship Activities for July/August

The House Group

We will meet in the Parochial Hall at St Patrick's to follow the TV drama series 'AD Kingdom & Empire' (the story of the early church) All are welcome to join us on the following dates:

MONDAY 26th July at 7.30pm

MONDAY 9th & 23rd August at 7.30pm

Book Club in the Parochial Hall

Wednesday 28th July at 7.30pm.

Wednesday 25th August at 7.30pm

The July book will be 'Still Me' by Jojo Moyes

Contemplative Prayer Group

Tuesday 20th July at 7.30pm in the Boucher Room

& Tuesday 17th August at 7.30pm

A message from our Rector

The summer is upon us, again. It will hopefully be a time of relaxation, rest and renewal.

These three are all very important things in our life. They are things that our bodies require and if we don't do them it begins to take a toll on us, both physically, emotionally and spiritually. It is always better to rest and relax when the weather is good - and by good I do mean warm and sunny, windless and dry.

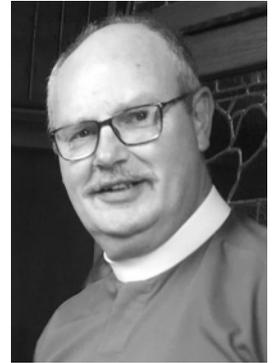
Resting and relaxing take many forms, they can be very different for different people. Some of you may see the perfect resting and relaxing as being sitting on a beach or beside a swimming pool at a hotel while on holiday. For me that would not be either restful or relaxing. For others it is gardening, or golfing or going out (to museums or such like). No matter what it is getting rest and some relaxation is important. It is when we are rested, when we are relaxed that we can be renewed. Our muscles and brain regain strength and vitality. Our emotions can settle and our mental state is improved.

But there is more to renewal than just sitting doing nothing (or lots of things). Renewal comes when we actively seek to be renewed. Just resting and relaxing is good for the muscles but to renew our strength and flexibility means we also have to exercise and stretch and put effort into being renewed. It is the same for our minds and most definitely for our faith! Many people will read or do puzzles or games to keep their mind active and to help it renew itself.

But what do we do for our faith? How do we renew our faith? Some times I like to let go and stop thinking about my faith. Stop all the theology and religious stuff and just focus on God. What does God actually say to me - through the Bible and the lives of others? What does God want from me - what skills or abilities do I have that God can use? What can I offer to God - what is it that I want to do for God? These are the three questions that we need to ask ourselves over the summer months, as we seek spiritual renewal and growth.

I hope you get the time, and space to rest, relax and renew yourselves, physically, emotionally and spiritually in the months to come.

Every blessing to you all, Mark.



July and August Services & Readings

Worship and services - PLEASE NOTE SUMMER SCHEDULE!

July Services will be in St Patrick's at 11:00 a.m. and August Services in St John's at 11:00 a.m. You can view and join in with our live services on our Facebook page at St Patrick's & St John's Whitehead & Islandmagee at 11:00 am each Sunday morning.

You can listen to the service on your telephone, as a recording, by ringing 028 93270012 after 2:00 p.m. on the Sunday, and it will be available for the rest of the week. The recording will be less than 1 hour.

If your name appears on the list of readers below, and you are uncomfortable about being in Church to read at this time please let me know and we will make a change.

All readers are to read the first reading from the "Sunday Readings" lists below - please read from the Lectern.

Sunday 4th July - 5th Sunday after Trinity

8:30 a.m. Holy Communion One
11:00 a.m. Holy Communion Two

Sunday Readings - 2 Corinthians 12:2-10; Psalm 48; Mark 6:1-13

Reader for first Lesson - Jeni McAughey

Weekday Readings: 1 Samuel 14 - 17; Psalms 101 - 115; Luke 23:44 - 24:35 & Mark 1:1-28

Sunday 11th July - 6th Sunday after Trinity

8:30 a.m. Holy Communion One
11:00 a.m. Morning Prayer Two

Sunday Readings - 2 Samuel 6:1-5, 12b-19; Psalm 24; Mark 6:14-29

Readers for first Lesson - Heather Cupples

Weekday Readings: 1 Samuel 18-22; Psalms 89 - 106; Mark 1:29 - 3:35

Sunday 18th July - 7th Sunday after Trinity

8:30 a.m. Holy Communion One
11:00 a.m. Morning Prayer Two

Sunday Readings - 2 Samuel 7:1-14a; Psalm 89:20-37; Mark 6:30-34, 53-56.

Readers for first Lesson - Judith de Fleury

Weekday Readings: 1 Samuel 24 - 31; Psalms 107 - 118; Mark 4 - 6:13

Find Unique & Special Gifts Here in Whitehead

We are all pleased to be open again so drop by soon!

Artisan Style ~ 21 Kings Road

Lesley Lowry offers a wide range of artisan handcrafted goods and gift ideas to help make buying a gift for any occasion so much easier.....check out the website at www.artisanstyle.co.uk or call Lesley on 07368 945569

20:20 Art ~ 23 Kings Road

Vicki Foster welcomes you to her Contemporary Gallery & Gift Shop to find that special and unique gift. New and established NI artists work featured. Contact Vicki on 07590 437677 or go to her business Facebook page for for more details: 2020 Art Whitehead

Things Bright & Beautiful ~ 25 Kings Road

Liz Rayner offers a vintage experience with slightly quirky gift items plus antiques and art too. Check out her range or ask her to source an item not on the shelf.

To find out what Liz has for sale visit her business Facebook page: Things Bright and Beautiful or call her on 07722 202247



Sudoku Solution

6	8	3	2	5	9	7	4	1
7	5	1	6	4	8	9	2	3
2	4	9	3	1	7	5	6	8
8	1	6	9	2	5	3	7	4
3	2	5	8	7	4	6	1	9
4	9	7	1	3	6	2	8	5
1	6	4	5	9	2	8	3	7
5	3	8	7	6	1	4	9	2
9	7	2	4	8	3	1	5	6

VICTORIANA FLORAL



The Language of Flowers

Kim Davies at Victoriana Floral offers a personalized & comprehensive floral service from her home studio in Magheramorne and delivers to doorsteps in the local area.

Contact Kim for all your floral needs: for weddings, birthdays, anniversaries, farewells, tributes, as well as for Christmas, Valentine's Day, Mother's Day, and Easter.

To place an order or to make enquiries contact Kim or visit her website

Phone 07740721799.

Website: www.victorianafloral.com

McKee's Home Bakery



Traditional home bakery with freshly baked breads, buns, cakes, hot snacks and pies everyday.

At McKee's Bakery, all of our breads and produce are freshly made in store each day and we are continually dedicated to supporting our local community.

Orders taken for parties and celebrations

9 Windsor Ave, Whitehead, Carrickfergus BT38 9RX

Phone: [028 9337 2429](tel:02893372429)

STEPHEN HENDERSON JOINERY



Domestic & Commercial
Qualified

All Interior & Exterior Joinery
General Building Maintenance
Roofs, First & Second Fix, Decking,
Stair Refurbishments, Bespoke Projects

Tel: 028 9338 2868

Mob: 077 1774 5369

Sunday 25th July - 8th Sunday after Trinity

8:30 a.m.

Holy Communion One

11:00 a.m.

Morning Prayer Two

Sunday Readings - 2 Samuel 11:1-15; Psalm 14; John 6:1-21

Readers for first Lesson - Colin de Fleury

Weekday Readings: 2 Samuel 1 -6 ; Psalms 119; Mark 6:14 - 8:10

Sunday 1st August - 9th Sunday after Trinity

8:30 a.m.

Holy Communion One

11:00 a.m.

Holy Communion Two

Sunday Readings - Ephesians 4:1-16; John 6:24-35

Reader for first Lesson - Bill Rafferty

Weekday Readings: 2 Samuel 7 - 13; Psalms 120-135; Mark 8:11 -9:41

Sunday 8th August - 10th Sunday after Trinity

8:30 a.m.

Holy Communion One

11:00 a.m.

Morning Prayer Two

Sunday Readings - 1 Kings 19:4-8 Psalm 130; John 6:35, 41-51

Readers for first Lesson - Maureen Reid

Weekday Readings: 2 Samuel 14-16; Psalms 136-150; Mark 9:42-11:11

Sunday 15th August - 11th Sunday after Trinity

8:30 a.m.

Holy Communion One

11:00 a.m.

Morning Prayer Two

Sunday Readings - 1 Kings 2:10-12, 3:3-14; Psalm 111; John 6:51-58

Readers for first Lesson - Jim Reid

Weekday Readings: Ruth; Psalms 1- 19; Matthew 19:16 - 23:12

Sunday 22nd August - 12th Sunday after Trinity

8:30 a.m.

Holy Communion One

11:00 a.m.

Morning Prayer Two

Sunday Readings - 1 Kings 8:22-30; 41-43; Psalm 84; John 56-69

Readers for first Lesson - Stephen Martin

Weekday Readings: 1 Thess 1-4 ; Psalms 20-38; Matthew 23:13-25:30

Sunday 29th August - 13th Sunday after Trinity

8:30 a.m.

Holy Communion One

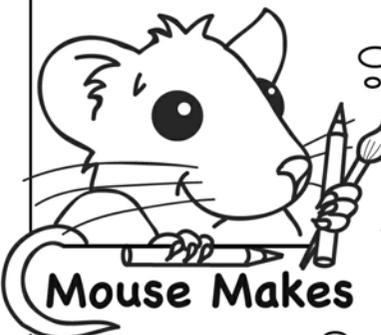
11:00 a.m.

Morning Prayer Two

Sunday Readings - James 1:17-27; Psalm 45:1-2, 6-9; Mark 7:1-8, 14-15, 21-23

Readers for first Lesson - Joy Kerr

Weekday Readings: 1Thess 5, Colossians 1; Psalms 39-50; Luke 4 - 6:5



The Parable of the Good Samaritan

A man asked Jesus "Who is my neighbour?" and Jesus replied with this parable:

A man was attacked by robbers, they tore his clothes, beat him and left him almost dead.
 A priest saw him but walked by on the other side.
 A Levite saw him but walked by on the other side.
 A Samaritan saw him and took pity on him, he poured oil and wine on his wounds and then bandaged them. He lifted the man onto his donkey, took him to an inn and cared for him. The next day he gave the innkeeper two denarii to look after the man until he returned.

Which of the three travellers do you think was the neighbour to the man who was attacked?



Read the full story in Luke 10:25-37



C L O T H E S P
 H N J E S U S R A
 M E R C Y S L O S
 B I R O B B E R S
 G J M P W V A E
 H E P A O I J D
 B R A R U T E C
 O I S A N E R A
 U C S B D E U R
 B R H I L S B S E
 D P L
 W A S L O I L D S A M A R I T A N O O E E O A P
 P R I E S T A O A M A G O O D C N I N N T U L A
 G O D O I G C W W I N E A T A K W J O U R N E Y
 E N T D E N A R I I D T W O P O U R E D M

JESUS • PARABLE • JERUSALEM • JERICHO • JOURNEY • MAN • ROBBERS • SAW
 CLOTHES • DOWN • ROAD • PRIEST • PASSED • PLACE • SIDE • LEVITE • CARE
 GOOD • SAMARITAN • COMPASSION • BOUND • WOUNDS • POURED • OIL
 WINE • MERCY • INN • TWO • DENARII • REPAY • BACK • NEIGHBOUR • GO DO

To help prioritize your prayer, why not create a small prayer board this summer. Find a space on a wall at home for your notice board then cut up some small slips of paper ready to write on the names of family and friends who you want to especially remember in prayer each day.

We keep small slips of paper and (wall-friendly!) tape for hanging drawings, verses, photos – whatever will remind us of the people we're lifting up daily. As summer ends, we'll sit down and share stories of how we've seen God working. It's a wonderful way to begin putting faith into action.

So what started as a poolside chat with my friend that day ended up becoming a turning point for her. She needed someone to hear her heart, to point her to Jesus, and to remind her that she's never alone. I went away committed to check in on her regularly and pray for opportunities to lift her up.

As we look around this summer at our loved ones and our world, will you also join me in looking up, too? Let's take note of those who are not having such a sunny time and let's commit to lifting them up in prayer as well as actively sharing God's love. Whether it be inviting them over for a socially distanced lemonade or a simple cup of tea and a chat, let's open our hearts to allow God to work through us to ease the suffering of those around us.

If you know someone who isn't having such a sunny time this summer? Why not send them a quick message or card to let them know you are thinking of them? It might be just the message they need today.

Church Mice

Karl Zorowski



When Sunny Days Aren't So Sunny!

By Paige from Dayspring.

I'm sitting by the pool with my neighbour, laughing because my kids are already driving me crazy and it's only been a week or two since school broke up for the holidays. They're picking on each other. I'm tripping on their toys. The baby's out of control.

But we're having a blast. Lazy mornings; No real schedule; Ice cream for dinner! That's what summer is all about, right?

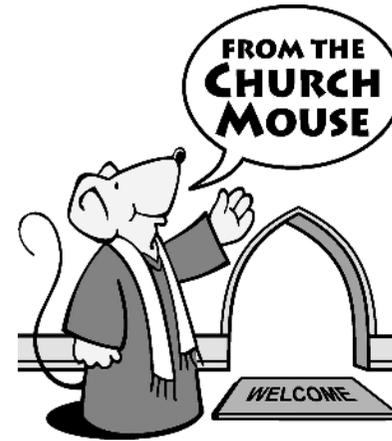
But I look up and see tears in my friend's eyes. She's a single mum. She's been struggling at work, fearful of losing her job. Her daughter just finished school and will be leaving home to go to college in the autumn. This is not a happy season for her at all.

'Summer'. Just saying the word makes us smile – it conjures up images of sunny days full of family, friends and fun. And because it's a season that so many of us look forward to, it's easy to miss the fact that not everyone is having the time of their lives. So how can we help those around us who may be having a less-than-ideal summer? Here are a few ways to consider reaching out.

Party with a Purpose. *Even with Covid*, Summer is still a safe time for get-togethers outdoors - the perfect opportunity to connect with those around us. Take a moment to pray before gathering with friends and family. Ask God to direct you to those who may need some extra encouragement right now.

Create Some Encouragement. My children love creating, and I'm always looking for ways to help them share God's love. We keep simple craft items on hand to create uplifting art throughout the summer. Sometimes we send things the children have made to housebound grandparents, sick friends or someone who's lost a loved one. We find easy craft ideas to make which we hope will bring a little sunshine in from the outside.

Make Prayer a Priority. We often hear the phrase "Our thoughts and prayers are with you." While this is a heartfelt sentiment, it can also become something we just say, but then forget all about in life's busyness.



Happy Summer Holidays Everyone

Whether you're staying at home or heading off somewhere nice for a bit of a break I hope you have a good summer holiday.

I had been thinking I would head off to see a distant relative of mine in Australia, but I've heard that apparently millions of my kind are running riot in the eastern part of Australia. Farmers are worried because their crops are being eaten and grain silos are being attacked. I've also heard they are even getting inside houses and eating away pipes causing flooding and lots more damage. Let me just say that I'm not causing any damage here and any leaks that may happen will not be due to me. So, no need to resort to drastic action as is being used in Australia to rid themselves of unwanted mice!

There's also been plagues of locusts in East Africa devouring all the crops in no time at all and I've even heard the Coronavirus referred to as an invisible plague, so we all can sympathise with anyone who suffers because of plagues. I know that when I next hear our Rector talking about the plagues in Egypt in the days of the Old Testament, I will be better able to relate to the Egyptians' awful suffering.

Anyway, getting back to happier matters I've decided to cadge a lift with our Glebe Warden Trevor when he next calls by at the church with his tool bag. I can slip in nicely unseen and then go and spend a break at his holiday home in Portrush. I know he has a cat called Sooty, but luck would have it that Sooty doesn't like travelling much and is staying at home!

See you all again in September and Stay well

Church Mouse x

Work going on behind the scenes!

Although these last few months have been relatively quiet around both our churches, that doesn't mean to say that nothing has been happening.

Our Rector Mark has been as busy as ever looking after the Sunday services as usual and visiting sick folk, as well as all the other varied tasks that go unseen but are essential to the smooth running of our two churches.

The Church Treasurer Sandra has also been kept busy managing the weekly finances and making sure bills are paid and monies lodged in the bank.

The observant amongst you may well have noticed the new signage that has been put up around the outside of St Patrick's Church and beside the Parochial Hall, replacing old signs that badly needed updated. Our Glebe Warden at St Patrick's, Trevor Peoples kindly put up the



new signage once it arrived and I am sure you will agree he has done a good job. (We plan to put up new notice board signage at St John's Church shortly.)



Most of you will also have read in an earlier edition of this magazine about the work Austin Jenkins has done in the graveyard at St John's Church. As part of this work going forward Austin is planning a new stone wall to be built beside a seating area that will be created at the top end of the churchyard. However, moving so many stones needed to build the wall required help and so we were very

grateful when church members from both St John's Church and St Patrick's came over one weekend during May to give a hand. As you can see from the photos a



...just humour him - he's hoping it'll help him reach the young people in his diocese...



"Due to our failure to secure a holiday-relief organist, the next hymn will also be sung to the tune, *Chopsticks*."

Church Mice



Copyright 2020 Karl Zorowski. All rights reserved. www.churchmice.net

Church outing to Jubilee Farm- Sat 12th June

An open invitation was extended to members of our church plus friends to visit Jubilee Farm in Glynn to see first-hand the great work that is being done there to produce livestock and garden produce in a way that is environmentally friendly and puts animal welfare first, whilst involving the local community, refugees and asylum seekers.

Twenty-two of our wider church community attended and were given a comprehensive tour of the farm by Farm Director Jonny Hanson, after which some stayed on to enjoy a picnic with panoramic views of the local countryside. Many thanks to all who came along and for your generous contribution of £150 towards the continuing work of the farm. Here are a few images from the day kindly provided by Jeni McAughey.



good time was had by all despite the hard work. Many thanks to everyone who took part.

What Next? A garden planting session at St John's Churchyard on Sunday 15th August from 3-5pm.

Here's your opportunity to give a hand with something not too heavy or hard work. We are looking to plant as many flowering plants & shrubs as you can donate for the churchyard. And yes, please do come and join us in planting them out too. We are especially looking for flowering plants & SHRUBS that will return year after year and are reasonably low maintenance and not too delicate.

Bring plants/ seeds whatever you can spare, plus a trowel, gloves and any other tools you think will help you complete the task of planting on the 15th Aug. Hopefully it will be a sunny day so do remember to bring a flask or cold drink as it can be thirsty work.

Austin will be present along with David and Jane Robinson from our congregation who bring a wealth of gardening knowledge to help guide those who are unsure where to start. Their daughter Cherry is also hoping to join us too and will be able to advise about planting. (See Our Facebook page with suggestions on what to plant.)

If you would like to contribute funds for the purchase of some extra plants, which we are sourcing from Cherry, please contact **Austin on 028 9337 2710 or Jo Pawson 077 9024 1263.**

Please note: If it is raining on Sunday afternoon 15th August, assume the planting will be cancelled and we will defer to the following Sunday 22nd August between 3-5pm. Many thanks everyone. We will update details on Facebook.



5 Verses to Help You Rest this Summer

**Hammock? Check. Lemonade? Check.
A Good Book? Check.
An afternoon all to yourself? Check.**

Mix those four ingredients together and you have a recipe for a perfect summer afternoon. So why can't you relax? Why is your mind racing a mile a minute, as usual? What seems to be missing? There is one more secret ingredient needed for this dish and it is often overlooked - a spirit at peace.

For many of us, pushing the pause button is easier said than done, even during the summer months when life should slow down a little, giving us a chance to catch our breath and relax. But just as physical rest is necessary for a healthy body, spiritual rest is important for our spiritual well-being.

And the best way to rest your spirit is to rest in the One who created you. The notion of resting is a theme woven throughout Scripture beginning ... well, at the very beginning.

“On the seventh day God had finished His work of creation, so He rested from all His work.”

Genesis 2:2. Even God took a day to rest after creating the world and it's a lesson He intends for us to follow. Here are six verses you can focus on this summer – verses to remind you to rest in God and lean into Him so you can relax and fully enjoy the season.

“The Lord is my shepherd; I have all that I need. He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength.”

Psalms 23:2-3. In God, we have all that we need. No matter what. He knows the “green meadows” and “peaceful streams” that will restore and renew each of us. And He promises to deliver. When we walk with Him, we can count on Him for complete rest and restoration.

“It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat: for God gives rest to His loved ones.”

Matthew 6: 25-34. In this passage, Jesus makes it clear that worrying about the future is a waste of time. Instead, He reminds us that our heavenly Father values us above all else and He will care for us just as He does the flowers of

More Down Memory Lane, October 1944

contributed by George McNeill

The October 1944 edition of the Templecorran and Islandmagee Parish magazine included a paragraph about the Annual Gift Day. It was held at harvest time. Parishioners were given an envelope in which to place their monetary gift for the church. In 1943 they raised nearly £95. This was when the country was at war so a very generous sum of money raised.

In 1944 the magazine stated, We are now appealing once again to the generosity of the parishioners so that this one special offertory in the year may indeed be a worthy one.

I don't know how much they raised in 1944 but it gave me the idea that a gift day could be revived in 2021 especially as so many of our usual fund raising events have been cancelled or postponed until a new normal begins. What do you think?

Now for more tips from the 1944 magazine:

Tuesday's Sewing.

Mend a tear - Carefully smooth the frayed portion round the tear, and place a small piece of material (intended for patch) moistened with thin gum under the hole. Place a heavy weight on top, and when dry it is only possible to find the hole by careful search. This method is very effective when tried on thick material as well as cottony stuff. – Miss V. Evans.

Jumpers - I find casting on and off with double wall good for jumpers, pullovers, etc, especially boys' knitwear. The edges wear much longer, and the neck band bears the strain of pulling on and off over the head. – G.T



7. Meanwhile, drain the anchovies (saving the oil) and halve lengthways, then arrange on a plate in a criss-cross fashion. Finely chop the parsley stalks (reserving the leaves), finely slice or chop the chillies, and scatter both over the anchovies.
8. Drizzle over ½ a tablespoon each of the reserved anchovy oil and extra virgin olive oil, then finely grate over half the lemon zest and squeeze over half the juice. Leave to marinate.
9. For the Caesar dressing, finely grate the Parmesan into a bowl, add the mustard, Worcestershire sauce and yoghurt, and whisk to combine. Squeeze in the lemon juice, add 8 tablespoons of extra virgin olive oil and mix again. Taste and season to perfection, loosening with a splash of water, if needed.
10. Trim the lettuces and radishes and scrape a fork down the sides of the cucumber. Finely slice the radishes, cucumber, parsley leaves and chives, roughly chop the lettuces, and place everything in a large bowl.
11. Add half the croutons to the salad, pour over half the dressing and toss together, then use a speed-peeler to shave over a little Parmesan. Arrange the chicken and remaining croutons on a board, then serve it all up with the anchovies and extra dressing. Let everyone dig in.

the fields and the birds of the air.

“Come to Me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls.”

Matthew 11: 28-29. Responsibilities can be overwhelming but Jesus promises to help carry the load. And His shoulders are much bigger than ours! While He doesn't promise a life without hard work and trials, He does promise to be our partner, participating with us and walking with us every step of the way.

“Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.”

Philippians 4: 6-7. In this passage, Paul provides some great advice – he suggests we turn our worries into prayers. When we stop worrying and start praying we will be filled with the complete peace and rest that only God can provide.

“I have told you these things so that, in Me, you may have peace. In this world, you will have trouble. But take heart! I have overcome the world.”

John 16: 33. The next time a restless spirit threatens to ruin a perfect summer day, stop and remind yourself that, in Jesus, the victory has already been won! God is in control, our destiny as believers is set, and things won't fall apart when we pause to enjoy the beauty of the world around us.

Looking for tools to help you rest in His arms this season? Maybe set some time aside to journal every morning to relax, meditate and focus on God and His Word and to praise God for his beautiful creation during these sure-to-be glorious summer months.

By Susan from Dayspring

Summer
is here!

This is the day the
LORD has made;
let us rejoice
and be glad in it.

PSALM 118:24



Church Mice

Karl Zorowski



Copyright 2021 Karl A. Zorowski. All rights reserved. Used with permission. Visit us online at www.churchmice.net.

The Rectory
St James the Least of All

My dear Nephew Darren

Thank you for the kind offer of your old computer, but I do not want it. I know you find it a fundamental basic of daily life, but I do not, and I intend to keep things that way.



This is despite the fact that our diocesan office now takes it for granted that all of us clergy have a computer. Indeed, the diocesan secretary and I have had several awkward phone calls upon this very subject. He can't believe that I really don't have one, and suspects that I am simply hiding my email address from him so that he cannot send me the daily diocesan briefings, weekly questionnaires, and constant notification of all sorts of meetings and training days. But I remain firm: I have survived in ministry for nearly 50 years without a computer, and I don't intend to change now. When he gets tetchy with me, I take the high moral ground and remind him that St Paul did not have a computer.

Besides, it would not end with just a computer. Next, I would be obliged to get a printer and then ink cartridges and then maybe some sort of virus would attack me. As I have no idea about any of this, I might have to allow someone into the vicarage to sort it out, and even worse, I might even have to *pay* them. My money can be far more usefully spent on good claret.

Being without a computer also saves me much aggravation. From what I can gather, most computer owners spend significant parts of their lives either trying to get their machine to do something that it refuses to do, or else getting help from someone in a remote part of the world who speaks a jargon only distantly related to English, who assures you that whatever you did, it would have been better if you hadn't.

So I have decided that should I ever REALLY need to use a computer for something, I will visit our local primary school and get a six year-old to do the job for me, which they do with effortless efficiency, speed and accuracy and all for the cost of a packet of smarties!

Your loving Uncle,

Eustace

CAESAR DRESSING

50 g Parmesan cheese, plus extra to serve

1 teaspoon English mustard

250 g Greek yoghurt

2 teaspoons Worcestershire sauce

1 lemon

Method

1. For the brine, toast the peppercorns and fennel seeds in a large pot over a high heat for 1 minute, then add the apple juice, sea salt, thyme and bay leaves. Crumble in the dried chillies and bring to the boil, then turn the heat off, top up with 1 litre of cold water and leave to cool.
2. Use a sharp knife to carefully cut down the back of the chicken so you can open it out flat, then add to the cooled brine (transfer to a bigger container, if needed). Cover and refrigerate for at least 12 hours, then drain and pat dry with kitchen paper.
3. Preheat the oven to 200°C/400°F/gas 6.
4. Roughly tear the sourdough into big chunks, break up the garlic bulb, and put aside. Rub 1 tablespoon of olive oil all over the chicken and place it directly on the bars of the oven, skin side up, with a large tray underneath to catch the juices.
5. Roast for 30 minutes, then reduce the temperature to 160°C/325°F/gas 3.
6. Add the sourdough and unpeeled garlic cloves to the tray and carefully toss to coat in the juices. Roast for 1 hour, or until the chicken is golden and cooked through, tossing the croutons occasionally. Leave the chicken to rest for 30 minutes before carving.

ULTIMATE ROAST CHICKEN CAESAR SALAD

BY JAMIE OLIVER



SERVES 10 TO 12
COOKS IN 2 HOURS 15 MINUTES
PLUS BRINING OVER PREVIOUS NIGHT
 PEPPERCORN, FENNEL, APPLE & CHILLI
 BRINE

“Take your chicken Caesar salad to the absolute next level by brining the chicken overnight in fresh apple juice, herbs and spices, adding loads of flavour, juiciness and caramelization. Roasting the croutons in the chicken juices creates the ultimate texture plus out-of-this-world tastiness. You’ve got to try this!”

Ingredients

1 x 2.5 kg whole free-range chicken	olive oil
400 g sourdough bread	1 bulb of garlic
1x 50 g tin of anchovies in oil, from sustainable sources	
2 bunch of fresh flat-leaf parsley, (30g)	1 cucumber
2 fresh red chillies	extra virgin olive oil
150 g mixed-colour radishes	1 lemon
½ a bunch of fresh chives, (15g)	4 romaine lettuces
BRINE	
4 tablespoons black peppercorns	
4 tablespoons fennel seeds	2 litres fresh apple juice
½ a bunch of fresh thyme, (15g)	100 g sea salt
6 dried red chillies	12 fresh bay leaves

Olympic Gold: A story of encouragement

by Canon Paul Hardingham

TOKYO 2020



This month should see the start of the Tokyo Olympics, having been postponed from last year due to the Corona virus pandemic. A number of New Testament letters refer to Olympic sport including Hebrews: ‘Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith’ (Hebrews 12:1-2).

The Christian life is compared to a long-distance race, but despite the struggles and obstacles, there is a great crowd of witnesses cheering us on. We have a heavenly Father who loves us and a Saviour who has run the race before us. If we keep our eyes fixed on Jesus, He will enable us to finish the race.

During the 1992 Barcelona Olympics, the British athlete Derek Redmond was running in the semi-finals of the 400 metres. About 250 metres from the finish his hamstring tore. He fell to the ground in pain and stretcher bearers came over to him. However, Redmond was determined to finish the race and so he started hopping toward the finishing line. Suddenly Jim Redmond, Derek’s father, ran out of the stands towards him. “You don’t have to do this,” he told his son. “Yes, I do,” said Derek, to which his father said, “We’re going to finish this together.” They completed the lap with Derek leaning on his father’s shoulder. As they crossed the finish line, the spectators rose to give Derek a standing ovation. Although he didn’t win an Olympic medal, Derek Redmond finished the race with his father at his side. Let’s not forget the encouragement we have to finish the race!

"In the beginning, God created the Heavens and the Earth and populated the Earth with broccoli..." By Doug Beaver

In the beginning, God created the Heavens and the Earth and populated the Earth with broccoli, cauliflower and spinach, green and yellow and red vegetables of all kinds, so Man and Woman would live long and healthy lives.

Then using God's great gifts, Satan created Dairy Ice Cream and Magnums. And Satan said, "You want chocolate with that?" And Man said, "Yes!" and Woman said, "and as long as you're at it, add some sprinkles." And they gained 10 pounds. And Satan smiled.

And God created the healthy yogurt that Woman might keep the figure that Man found so fair. And Satan brought forth white flour from the wheat, and sugar from the cane and combined them. And Woman went from size 6 to size 14.

So God said, "Try my fresh green salad." And Satan presented Blue Cheese Dressing, buttery croutons and garlic toast on the side. And Man and Woman unfastened their belts following the repast.

God then said, "I have sent you heart healthy vegetables and olive oil in which to cook them."

And Satan brought forth deep fried fish and chicken-fried steak so big it needed its own platter. And Man gained more weight and his cholesterol went through the roof.

Then God brought forth the potato, naturally low in fat and brimming with nutrition. Then Satan peeled off the healthful skin and sliced the starchy centre into chips and deep-fried them adding copious quantities of salt. And Man gained pounds.



ISLAND MILL
TILES & FLOORING

We're a family business based in Islandmagee and our speciality and passion is tiling and flooring.

We stock a broad range of wall and floor tiles for home or commercial space. Whether you want porcelain tiles that look like wood or natural stone, laminate flooring that emulates tiles, luxury vinyl tiles (LVT) that mimic both; all in classical, traditional and modern designs, you will find them all at Island Mill.

Ordering is simple, with goods ready for collection usually within a few days. Local delivery can be arranged free of charge. Call us or visit our website today



13 Lough Road Islandmagee, BT40 3RA

0289 335 3335

info@islandmill.co.uk

Website: islandmill.co.uk

Whitehead Home and Hardware

Hugh & Irene are open for all your essential hardware

Whitehead Home and Hardware Store ~ Open Monday to Saturday 9am to 5.20pm
Check out our tool range, paints, pet supplies and so much more. We stock just about everything you'll need.



Balmoral Estates

ESTATE AGENTS * VALUERS * SURVEYORS

Sales, Rentals, Commercial Sales, Commercial Lettings

Based in Whitehead for over 25 years, Balmoral Estates is a family-owned Estate Agency offering a professional & friendly service in the sale of residential property in the Whitehead and East Antrim area.

FOR SALE

VIEWING BY APPOINTMENT



028 9337 3215

www.balmoralestates.co.uk

27 Balmoral Avenue, Whitehead. Co. Antrim BT38 9QD. Enquiries@balmoralestates.co.uk

Tweeds



We've been the first choice for Home Heating oil, Coal & Solid Fuels and Calor Gas in Co. Antrim for over 70 years.

Plus new home and garden range of furniture, outdoor cooking, heating equipment & accessories + more in our showroom. See our website

8A Portmuck Road, Islandmagee, Larne, BT40 3TW.

Tel: 028 9338 2502.

Website: Tweeds.co.uk.

Email orders@tweedfuels.co.uk

SALES & SERVICE

JACK REID



CARS

QUALITY & CHOICE

OPEN 7 DAYS A WEEK

If you want the best, you are in the right place! We are a family run business bringing you only the best cars.

SALES & SERVICING AT
COMPETITIVE PRICES

111 Belfast Road
Whitehead
Carrickfergus BT38 9SU

Tel: [02893 373 600](tel:02893373600)

www.jackreidcars.co.uk



God then brought forth running shoes so that His children might lose those extra pounds. And Satan gave cable TV with a remote control so Man would not have to toil changing the channels. And Man and Woman laughed and cried before the flickering blue light and started wearing stretch jogging suits.

God then gave lean beef so that Man might consume fewer calories and still satisfy his appetite. And Satan created McDonald's and its 99p double cheeseburger. Then Satan said, "You want fries with that?" And Man replied, "Yes! And super size them!" And Satan said, "It is good." And Man & Woman went into cardiac arrest.

God sighed...then created quadruple bypass surgery.
Then Satan chuckled and created the National Health Service!

The final word on nutrition

After an exhaustive review of the research literature, here's the final word on nutrition and health:

1. Japanese eat very little fat and suffer fewer heart attacks than us
2. Mexicans eat a lot of fat and suffer fewer heart attacks than us
3. Chinese drink very little red wine and suffer fewer heart attacks than us
4. Germans drink beer and eat lots of sausages and fats and suffer fewer heart attacks than us
5. The French eat foie-gras, full fat cheese & drink red wine and suffer fewer heart attacks than us
6. Italian's drink excessive amounts of red wine and suffer fewer heart attacks than us

CONCLUSION: Eat and drink what you like.
Speaking English is apparently what kills you!

Kindly contributed by Margaret and Bobby Heron

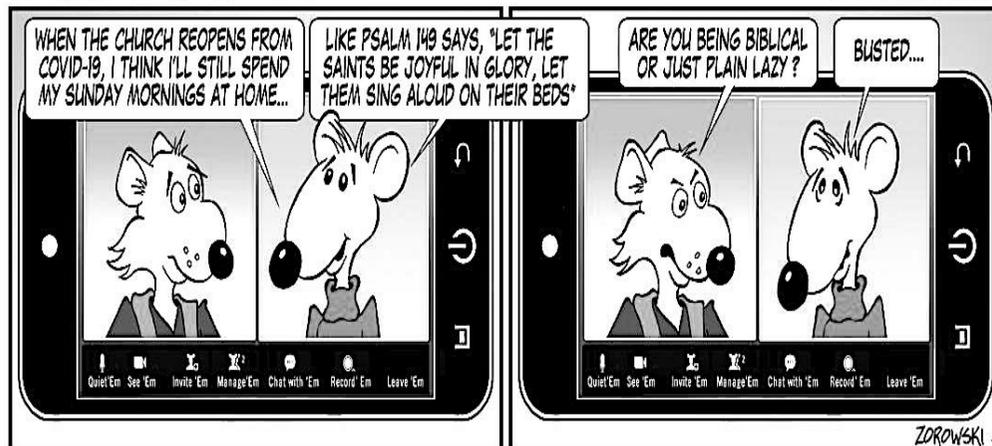
SUDOKU PUZZLE for Austin - solution see p37

6			2	5				
	5	1		4		9		3
2		9						
8	1			2	5	3		
3		5				6		9
		7	1	3			8	5
		4				8		7
5		8		6		4	9	
				8	3			6

© 2008 KrazyDad.com

Church Mice

Karl Zorowski



Copyright 2020 Karl Zorowski. All rights reserved. www.churchmice.net

Whitehead Christian Aid Week Collection 2021 Update

John Barnett from Whitehead, County Antrim has been telling us of his delight that the Christian Aid Week collection in Whitehead is up on previous years. John is pleased to share that the six churches in the town raised almost £5,000 this year, despite not carrying out a house-to-house collection. Instead, envelopes were distributed via the churches - either left on pews or enclosed with church magazines, and buckets were also left on the counter of the local Spar supermarket.



John - who is a retired electrical engineer - has been the Christian Aid organiser in Whitehead since 2009. He told us that this year's Christian Aid Week story resonated with people, especially the lack of water for hand washing in the midst of a pandemic.

Christian Aid are grateful to John and to the members of all six churches including St Patrick's & St John's who donated so generously.

Whatever you're facing we're here to listen

The Pastoral Care Team at St Patrick's Church is here for you if you need someone to talk to.

We offer a prayerful, confidential and caring listening ear for members of the local community and church members, who may benefit from a phone call or home, hospital or nursing home visit. Such a visit might be brought about due to a bereavement, illness, loneliness, loss of faith, being house bound, new to the area, or other life difficulty.

We offer support for people of any faith or no faith and we are open, inclusive, and non-judgemental.

If you call our mobile number and it goes onto answerphone, please leave us a message including your first name and a telephone number and we will return your call as soon as possible.

If you feel lonely or anxious and need someone to talk to, call our St Patrick's church Pastoral Care Team on:

077 0776 8058

or email pctst.patricks@gmail.com

– once I was an Olympian, once I reached something, then I’d be happy. I got to a level where I had everything I ever dreamed of, but I was still dissatisfied – I realised I had put my identity into performance and achievement. Faith for me was realising that I am loved regardless of performance – high jumping is simply a way to connect me to God.”

Since coming to this realisation, McDermott has put her energy into supporting other athletes. “Every competition I go to provides an opportunity to showcase what it means to jump without expectation and encourage those around me that their identity isn’t in what they do,” she says. McDermott has even co-founded a ministry group, ‘Everlasting Crowns’, to help athletes connect with fellow Christians and local chaplains during international competition.

“I do a lot of athletics, but I also do a lot of ministry,” she says. “I keep the focus on making my identity outside of sport – I do sport, but it’s not who I am. That’s been the breakthrough for me – realising that my performance does not determine my identity. Once you do that, you realise that it doesn’t matter whether you win the Olympics or come last, you’re still the same person.”

Faith and a continuous commitment to self-improvement, note-taking and all, have evidently taken McDermott far in high-jump. But elite sporting success also relies on good fortune. Let’s see if Nicola McDermott will leap into the record books to earn gold at the Tokyo Olympics.

By Kieran Pender of The Guardian



A Prayer Giving Thanks For Summer

Father, Creator of all, thank You for summer!
Thank you for the warmth of the sun
and the increased daylight.

Thank You for the beauty I see all around me
and for the opportunity to be outside and enjoy Your creation.
Thank You for the increased time I have to be with my friends
and family,
and for the more casual pace of the summer season.
Draw me closer to You this summer.

Teach me how I can pray
no matter where I am or what I am doing.
Warm my soul with the awareness of Your presence
and light my path with Your Word and Counsel.
As I enjoy Your creation, create in me
a pure heart and a hunger and a thirst for You.

- Author Unknown

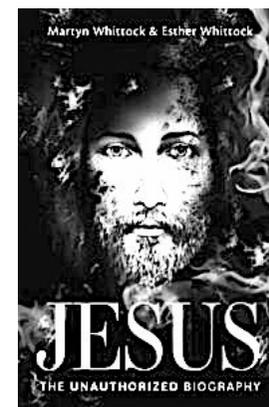
Book Review

Jesus: the unauthorized biography
By Martyn and Esther Whittock, Lion Books,
£10.99

Who was Jesus Christ, and how did He make such an astonishing impact that still resonates today?

This book explores the evidence from the New Testament gospels, early church writings, the apocryphal gospels, Roman literature, and archaeology, together providing a vivid portrait of Jesus’ first-century Jewish cultural context.

As well as reviewing Jesus’ life and claims, the book explains questions such as why He was at odds with religious authorities; the influence of Roman occupation; the interactions with contemporary resistance movements; and the prominent role of women in His disciple community.



Lilyscape at Whitehead

NI Tourism Certified

Lilyscape is a modern, fully equipped self catering apartment, perfect for couples, small families and commuters wanting to stay in the area.

The apartment is nestled in the heart of Whitehead. Close to Gobbins Path, Whitehead Railway Museum and Carrickfergus Castle. Being close to local amenities and transport links makes for the perfect stay and easily accessible on foot.

A great place for family & friends to stay on their visit

For more details find us on Airbnb @lilyscape or Tel 075 1146 1691
Facebook & Instagram @lilyscape Whitehead

Fosters Fruit & Flowers

15 Kings Road, Whitehead

For a wide range of personally selected Fruit & Vegetables
Fresh Cut Flowers and Fruit Baskets made to Order

Tel : 93372755 for orders

Free delivery in town



SPAR



Spar always there for all your daily essentials.

We're a friendly neighbourhood store, convenient and always open when you need us.

There for you

Shop at the 'Wright' Place!

15 Kings Road, Whitehead. BT38 9PU

Free delivery service Tel : 028 9337 2344

Even as an eight-year-old, McDermott was tall. When she spotted the high jump event at Little Athletics, it was an instant match. "I just fell in love," she says. "I remember that my first jump wasn't even that great, but they told me it was an advantage to be tall and at the time. I thought: 'This is fantastic!'"

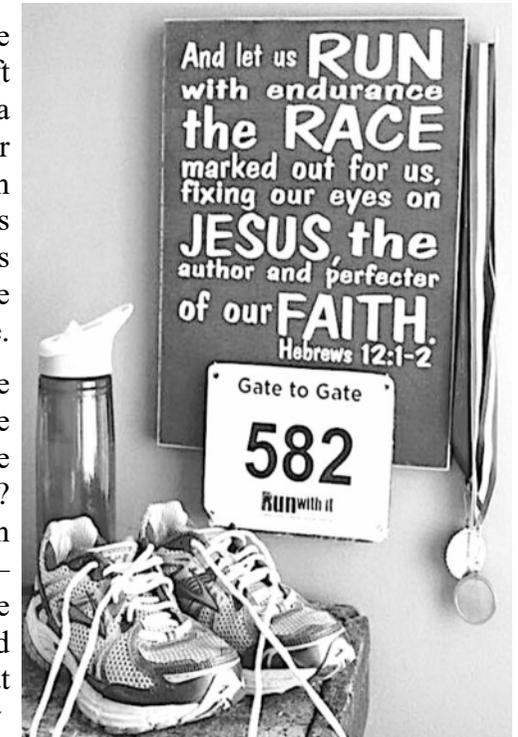
McDermott has been on a steady progression to that goal ever since, with the help of Horsnell, who has been coaching the Central Coast athlete since she was 11. "I remember he told me he had a 10-year plan – he said that by the end we could be jumping these big heights,"

Beyond Tokyo, the high jumper has her sights on the Paris and Los Angeles Olympics – and maybe even a domestic Games. "I put it on my plate to do 2024 and 2028, but then they just announced Brisbane as 2032," she says. "Can I push the envelope that far? I'll find out! It has been a long process to get here, but now that I am here, I am thankful for all the challenges during the journey. It has made me who I am."

'My faith is the reason I have stayed in the sport so long,' says the 24-year-old

McDermott has three distinctive characteristics: her height (6ft 2in), her ever-present smile and a gold cross she wears around her neck. She never removes it, even during jumps. Christian faith is important part of McDermott's life and has helped her manage the challenges of being an athlete.

"My faith is the reason I have stayed in the sport so long," she admits. "Faith is the confidence in things you haven't seen, right? Two metres – when I was an eight-year-old, jumping 1.15m – you need a bit of faith to believe in that. I pursued sport so hard until I was 20 that I thought that was what would make me happy



athletes out there at present, and she'll be up there in the mix."

While the Covid-19-induced postponement of the 2020 Olympics was a blow to many athletes, McDermott describes it as "a blessing in disguise", both physically and mentally. "I didn't realise how much the Olympics meant to me before it was taken away," she says. "Since then I've seen my world ranking soar, my consistency improve. I'm ready."

Although the International Olympic Committee is steadfast that the Games are going ahead, despite the pandemic, McDermott recognises that there are no guarantees. "I don't take it for granted – I know it could be cancelled – but if it goes ahead I will be enjoying it and taking it all in," she says. "It will be a miracle. But I am going there with a mission to get a medal – I will enjoy it, but I have a game plan."

Sport has always been a passion for McDermott, but it was not always apparent that sport would reciprocate. "She wasn't great at tennis, she wasn't great at swimming," recalls her father, Ian. "She did a bit of basketball – she had the height, but not the coordination." McDermott is even less complimentary. "I did dancing – terrible, no coordination," she says. "Swimming – terrible, no upper body strength. Tennis – terrible, no coordination. But my parents just let me keep trying. We went to a Little Athletics carnival in year 2 without any expectation and I pretty much won all the events."

Church Mice

Karl Zorowski

THE APOSTLE PAUL WRITES, "FORGETTING WHAT IS BEHIND AND STRAINING TOWARD WHAT IS AHEAD, I PRESS ON TOWARD THE GOAL TO WIN THE PRIZE FOR WHICH GOD HAS CALLED ME HEAVENWARD IN CHRIST JESUS..."

OR IN OTHER WORDS...

DON'T LET THE PAST HOLD YOU BACK... YOU'LL MISS ALL THE GOOD STUFF!



THE LETTER OF PAUL TO THE PHILIPPIANS

1 Paul and Timothy, servants^a of Christ Jesus,
To all the saints in Christ Jesus who are in Philippi, with the bish-
ops^b and deacons:^c
2 Grace to you and peace from God our Father and the Lord Jesus
Christ.
3 I thank my God every time I remember you, ⁴constantly praying
...of my prayers for all of you, ⁵because of your sharing
... now. ⁶I am confident of this, that
... to completion by
... 24



ZOROWSKI

Copyright 2004 Karl Zorowski. All rights reserved. www.churchmice.net



The Bank House Café & Gift Shop

For freshly roasted artisan coffee, homemade soups, stews, Avoca style salads, cakes & more
Also quality, beautiful, quirky & unique gifts

We pride ourselves on offering the most delicious locally baked cakes, scones and sweet treats alongside a wide range of fine loose leaf teas and artisan coffee. Presented in comfortable and stylish surroundings, you can relax and enjoy a quiet moment, or a catch up with friends over lunch. Our Cafe is also child friendly, and we warmly welcome Mums, Dads and tots

12 Edward Road, Whitehead. Tel: 028 9335 3021 Website: thebankhousewhitehead.co.uk

Lighthouse YARNS

Lighthouse Yarns is a luxury high-end wool shop, housed in the old part of The Bank House, in Whitehead. A treasure trove for anyone who loves Yarn, Knitted goods, Crafting, Sewing & Haberdashery. We offer a wide range of brands - from hip Hand-Dyed, locally spun skeins, to traditional brands... Cashmere, Marino, Recycled, Lambswool... you will find something special and unique for any project. Lighthouse Yarns also stocks a lovely selection of Gifts, Patterns, Accessories and Kids Crafts.



The social power of Crafting and Knitting, and it's ability to bring people together, is something that owner, and keen crafter Louise Williamson holds at the heart of her business. Lighthouse Yarns runs many classes and events. Call in, to find out what we're working on now!

Email enquiries to lighthouseyarns@yahoo.com

12 Edward Road, Whitehead BT38 9QB

Tel: 02893 372888



Beef, Poultry, Lamb, Pork Roasts and Barbecue Meats

Order now from your local family run butchers in Whitehead
McMaster's Homefarm Meats believes that great tasting meat begins with naturally fed, hormone free animals that are bred on our farm just minutes from our shop in a healthy, natural free-range environment.



34 King's Road. Whitehead BT38 9PT

Tel: 028 9335 3313

“I do sport, but it’s not who I am’: Nicola McDermott jumping for gold and God in Tokyo”



After a break-out bronze medal at the 2018 Commonwealth Games, Nicola McDermott has her sights set on even bigger things at the Tokyo Olympics.

The Australian high jumper shares her hope of breaking the magical two-metre barrier and her strong Christian faith

After each jump during competition, Australian high jumper Nicola McDermott does something unusual. Having returned to her kitbag and retrieved a notepad, McDermott proceeds to rate her performance in discrete categories – take off, run up, jump and so on – out of 10. She then discusses these assessments with her coach, Matt Horsnell, before choosing a single area of improvement for the next jump. “I do that faithfully following every jump,” she explains. “I’m there with my pen. I never get 10 out of 10 – there is always something to work on.”

Her coach, Horsnell, concedes it is a unique psychological tactic. “I haven’t seen many athletes do it,” he says. Indeed, sometimes competitors find it off-putting. “It really freaks some of them out,” says Horsnell. “I can see them thinking, ‘what is she writing?’” But for McDermott, it

works. “My rating system is objective rather than subjective,” she says. “That helps me detach the emotion from it all. It focuses me on action – what do I need to do next.”

Come the Tokyo Olympics in July, McDermott will be hoping for straight 10s. The 24-year-old is on the rise – every year she has recorded a new personal best. In 2018 at the Commonwealth Games, it was 1.91m, enough to earn a bronze medal. In 2019 it was 1.96m, the Olympic qualifying height, in the Czech Republic. Last year, while most Australia-based athletes were biding their time as the pandemic raged overseas, McDermott broke her personal best at an event in Germany, recording 1.98m. The Australian all-time record is a mere centimetre away at 1.99m and the gold medal jump at the 2016 Olympics was 1.97m. On present form, McDermott is a strong Olympic medal contender.

I’m going for a medal – I wouldn’t say I’m just going for a good time

“I know that I am going to have to get a personal best to medal,” she tells Guardian Australia during a training session at the Australian Institute of Sport in Canberra. “I think I have the potential to jump a PB at the Olympics, to break that 2m barrier. I can’t determine what I will jump



that day, but I can control how I approach it. I’m going for a medal – I wouldn’t say I’m just going for a good time.”

Her long-time coach, Horsnell, is equally optimistic. “I definitely think a medal is on the cards,” he says. “She is ready to do a 2m jump, and I think that’s enough to put her in the top three. There are some really good