

CHURCH MATTERS

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

Here everyone matters

June 2023



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

UNITED PARISH OF
WHITEHEAD & ISLANDMAGEE



Happy
Father's Day
to all dads.
It's easy to be
a father, but it
takes much to
become a
dad.

**Sunday
18th June**

HAPPY
FATHER
DAY

June Services & Readings

Worship and services - As well as our Sunday morning services there is a service on Sunday evening at 7:00 p.m. And a service on Wednesday mornings at 11:30 a.m. Both of these services are about 30 minutes long. If you are not able to join us on Sunday morning please come on Sunday evening or Wednesday morning to share in our worship.

Readers - please read the first reading from the "Sunday Readings" lists

Wednesday in St Patrick's

11:30 a.m. The Litany/Matins/Prayers

Sunday 4th June - Trinity Sunday

8:30 a.m. Holy Communion One

10:30 a.m. Holy Communion Two

12 noon Holy Communion Two

Sunday Readings - 2 Corinthians 13:11-13; Matthew 28:16-20

Reader for first Lesson - Jane Robinson / Bill Rafferty

7:00 p.m. Compline

Weekday Readings: Deuteronomy 11:1 - 21, 12:1-12, 13:1-11, 16:18-20, 17:14-20, 29:1-15; Psalms 84 - 89; Luke 16:1 - 18:30

Sunday 11th June - Trinity 1

8:30 a.m. Holy Communion One

10:30 a.m. Morning Prayer

10:30 a.m. **Messy Church** in the Parochial Hall

The last Messy Church of this session. The next Messy Church will be on the second Sunday in September - put the date in your diary now!

12 noon Morning Prayer

Sunday Readings - Genesis 12:1-9; Psalm 33:1-12; Matthew 9:9-13, 18-26

Readers for first Lesson - Judith de Fleury / Joy Kerr

7:00 p.m. Compline

Weekday Readings: Deuteronomy 29:1, 16-29, 30:1-20, 31:30-32:14, Song of Solomon 2:8-17, 5:2-8, 6:1-3, 7:10-8:7; Psalms 9-26; Luke 18:31-20:8

Sunday 18^h June - Trinity 2

8:30 a.m. Holy Communion One
10:30 a.m. Morning Prayer Two
12 noon Morning Prayer Two
Sunday Readings - Genesis 18:1-15; Psalm 116:1, 10-17; Matthew 9:35 - 10:8
Readers for first Lesson - Colin de Fleury / Jim Reid
7:00 p.m. Evening Prayer/Compline
Weekday Readings: 1 Samuel 1:1 - 4:22; Psalms 27 - 39; Luke 20:9 - 21:28

Sunday 25th June - Trinity 3

8:30 a.m. Holy Communion One
10:30 a.m. Story Teller Service
10:50 a.m. Morning Prayer Two (no Sermon)
12 noon Morning Prayer
Sunday Readings - Genesis 21:8-21; Psalm 86:1-10, 16-17; Matthew 10:24-39
Readers for first Lesson - Bobby Herron / Maureen Reid
7:00 p.m. Evening Prayer/Compline
Weekday Readings: 1 Samuel 5:1 - 10:1; Psalms 40-55; Luke 21:29-22:51

During July the main morning service will be in St Patrick's at 11:00 a.m. There will be no service in St John's during July. There will be no evening service during July.

Sunday 2nd July - Trinity 4

8:30 a.m. Holy Communion One
11:00 a.m. Holy Communion Two
Sunday Readings - Romans 6:12-23; Matthew 10:40-42
Readers for first Lesson - Trevor Peoples
Weekday Readings: 1 Samuel 10:2 - 14:30; Psalms 56 - 75; Luke 22:52 - 23:43

During August the main morning service will be in St John's at 11:00 a.m. There will be an 8:30 a.m. Holy Communion service in St Patrick's and there will be a 7:00 p.m. Service of Compline in St Patrick's.

A message from our Rector

Over the last few months, in this message to you I have written about the importance of prayer, Bible reading and sharing together in worship.

These three things are the foundation of our life as Christians, and they are also a part of the very foundation of the life of the Church. When we read the Bible we learn of Jesus New Commandment to those who follow him. At the end of the Last Supper he said this to his disciples, (*John 13:34*) "*A new command I give you: Love one another. As I have loved you, so you must love one another. 35 By this everyone will know that you are my disciples, if you love one another.*" When we look at the Bible we find that, in the New International Version of the Bible (the one in the pews in our Churches) the word 'love' appears 551 times (319 times in the 39 books of the Old Testament, and 232 times in the 27 books of the New Testament - 57 times in John's Gospel alone).



Our primary interest is in the New Testament, in the words of Jesus and in the instructions to the Church of the early disciples. Jesus mentions 'love' 13 times, firstly reminding us (in *John 3:16*) that "*For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.*" and thereafter reminding us that we need to love God and others. So, how many times does Jesus tell us to love one another? This commandment appears thirteen times in twelve verses in the New Testament. Theologically, this commandment is interpreted as being the same as the love of Christ for his followers. The commandment can also be seen as the last wish that Jesus expressed in the farewell discourse to the disciples.

Not only did Jesus give the commandment to his followers, his disciples and us, to love others he gave an example of that love in his ministry; an example that we can follow.

He healed the sick as an example of love. We can follow this example by praying for those who are sick and asking for God's healing grace for them. It is not quite the same as what Jesus did, but there again he is God and we are not. Yet it is the best that we can do for some one, to take the time and effort to pray for them, not just the one time but repeatedly until we know that they are well again. This includes praying at home for the people that are prayed for in Church, and also making a

point in adding a name to the prayer list of some one that you know needs prayed for. There are forms at the door on the way in to Church, and the "Prayer Request" box to put them in. PLEASE be sure that the person being prayed for knows that we (the congregation) will be praying for them - being mindful that asking them if they mind that we pray for them in Church may give them a lift and ALSO that not every one wants their health issues prayed for publicly and they may ask that you do not add their name on the prayer list.

Loving someone is not just doing what we believe is best for them, it is also honouring their wishes.

Jesus also showed his love for those around him in the things he gave them, not just healing. In feeding the Five Thousand Jesus showed love for them. He would not let them walk away unfed, in case they fainted on the way. He gave them food to sustain them. This is one of the easier ways in which we can follow the example of Jesus. We do this in our support of the Whitehead Shorehouse and other Food Banks (often with collection points in supermarkets and shops) and in our support of charities and aid agencies that provide food for the homeless and those in situations of drought and famine all over the world, and in the help we provide to aid those affected by natural disasters and warfare. Mostly all we do is give money or food supplies, BUT we do so as followers of Jesus Christ and as a way of following his example. This is the way that we follow Jesus and show his love in the world.

Jesus showed love by his acceptance of others. He spoke to, and shared meals with, sinners. Zacchaeus and Matthew the tax collectors being two cases in point. He healed the servant of the Roman Centurion, a member of the military occupying forces. He healed the daughter of the SyroPhoenician woman, and her a gentile. He spoke to those suffering from leprosy and healed the woman with the issue of blood. The evidence that we have is that Jesus did not discriminate between people, no matter who they were. He treated them all as equal in his eyes and in God's eyes. This is something that we all need to practice, not just because some years ago we had an open meeting to look at the future of the Parish and came up with the ideal that "Here everyone matters" - the 'strap line' on the front of this magazine and the information published each month in the magazine (this month on page 38).

So let us follow the commandment of Jesus, "love one another, as I have loved you you must love one another. Every blessing to you all.

Mark



Bach **B Minor Mass**

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Ulster Orchestra

James Grossmith Conductor

Saturday 10th June, 2023, 7:45 p.m.

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CMS Ireland - Lent Collection

Thank you to all who filled the collection boxes or globes, or coffee jars, over Lent and returned them recently.

So far just over £355-00 has been raised to support the ongoing work of CMS Ireland and our Mission Partners in Nepal.

IF you still have a collection box or globe at home please bring it to church as soon as possible so that we can get the money banked and sent of to CMS Ireland so that it can help with the work that the Church is doing to help people.

Walking Club Teas recommence at St Patrick's Church.

We are delighted in the Parish to welcome back walking clubs who call in to our church from time to time especially during the summer months for their morning coffee or afternoon tea breaks.

Sometimes groups of up to 25 members or more, drop in by prior arrangement and we make sure they get to enjoy homemade tray bakes, scones or other treats before they head on.

Not only do the walkers have a welcome break to rest their feet, but they also make a valued contribution towards our church fundraising efforts for which we are most grateful.

If other groups would be interested in booking a stop off at St Patrick's Church in the centre of Whitehead, for a refreshment break, then contact Inez Moore. Tel: 028 9337 8927

Of course, none of this would be possible without the involvement of a number of ladies in the church who volunteer to organise the preparation of the refreshments and serve them on the day. So a big thank you to all the ladies including: Inez Moore, Maureen Reid, Mabel Allen, Valerie Kincaid.

St Patrick's Parochial Hall
Edward Road, Whitehead

Table Quiz

Tables of 4 or more£4 pp.

Friday 2nd June at 7.30pm

Prizes for the winners
Bring your own refreshments

Come and test your knowledge

Bible Bite

A short story from the Bible

It can be read in the Bible in
Genesis ch 25:19-33, 27:1-42

Jacob had cheated his father and brother, and had run away to stay with his uncle Laban. On the way there..

Jacob saw angels and heard God.



At Laban's house, Jacob met his cousin Rachel



Work for me for 7 years and you can marry her

7 years later



Can I marry Rachel now?

But Laban tricked him into marrying her sister Leah

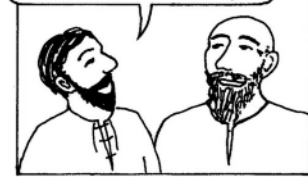


So Jacob worked 7 more years to marry Rachel



Then he said to Laban

As you aren't paying me wages, can I have the black sheep?



Laban agreed, but that day he moved all the black sheep far away



But God blessed Jacob and his black flock grew



Laban became very jealous of Isaac



Your father doesn't like me any more. We need to go back to my home.



They waited until Laban was away..



but he was told ...



a	w	a	y	r	u	n	d	n	e	p
m	h	t	r	a	j	e	s	c	e	o
b	r	o	t	h	e	r	l	e	a	h
l	m	l	m	r	a	c	h	e	l	w
a	a	n	g	e	l	s	o	h	r	a
c	r	a	y	g	o	d	n	e	s	g
k	r	w	r	y	u	i	h	i	e	e
j	y	o	s	i	s	t	e	r	v	s
a	s	r	r	u	a	m	o	v	e	d
c	b	k	o	f	l	o	c	k	n	l
j	a	c	o	b	l	a	b	a	n	e

sheep	God	angels	seven
Leah	work	jealous	brother
years	sister	away	home
run	Rachel	marry	Laban
flock	black	Jacob	cousin
agreed	father	wages	moved

Church Mice

Karl Zorowski



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The Bookcase by Nigel Beeton

I was in Amsterdam last year, a city which was the home of an extremely courageous young woman, Anne Frank. From 1942 until her arrest in 1944 she and her family (and some other refugees) lived in a small section of an Amsterdam House, the entrance hidden by a bookcase. We can barely imagine what life was like crammed into that tiny space, completely unable to get out and stretch your legs or take a breath of air. It all ended in probable betrayal and arrest, and the Frank family could have just been part of those terrifying statistics were it not for the fact that Anne's diary was discovered after they had gone:

The Bookcase

A simple wooden bookcase
So plain to prying eyes
Concealed a family, hiding
From Nazis and their spies.

And Anne Frank kept a record
Of their long time inside
She told us of the tensions
And what it's like to hide.

How hard it is to live so close
As day comes after day;
When you must stay well hidden –
When there's no other way.

She told us of the arguments
With strangers and with kin
She told us of the hunger
And dread of life within.

She told us of the bravery
Of those who, though unpaid,
These brave souls daily risked their lives
To bring them food and aid.

She told us of her youthful hopes
When evil men had fled,
In forty-four, those hopes were dashed
The Nazis came instead.

But how would we, who live in peace
Whose lives run close to plan
Have known of life in fear and dread
If it wasn't for brave Anne?



***Fathers' Day,* a time to celebrate male role models**

In the UK, USA and Canada, the third Sunday in June is Father's Day. It's usually a good time for sons and daughters to take their father to his favourite restaurant, or to watch a favoured sport, or whatever else he enjoys doing.



How will you celebrate it this year? If your own father cannot be with you, how about a Zoom meeting?

How do these special days ever get started, anyway? Well, Father's Day began because way back in 1909 there was a woman in Spokane, Washington, named Sonora Louise Smart Dodd. That year she heard a church sermon about the merits of setting aside a day to honour one's mother. Mother's Day was just beginning to gather widespread attention in the United States at this time. But Sonora Louise Smart Dodd knew that it was her father who had selflessly raised herself and her five siblings by himself after their mother had died in childbirth. So the sermon on mothers gave Sonora Louise the idea to petition for a day to honour fathers, and in particular, her own father, William Jackson Smart.

Sonora Louise soon set about planning the first Father's Day celebration in Spokane in 1910. With support from the Spokane Ministerial Association and the YMCA, her efforts paid off, and a 'Father's Day' was appointed. Sonora Louise had wanted Father's Day to be on the first Sunday in June (since that was her father's birthday), but the city council didn't have time to approve it until later in the month. And so on June 19th, 1910, the first Father's Day was celebrated in Spokane.

Gradually, other people in other cities caught on and started celebrating their fathers, too. The rose was selected as the official Father's Day flower. Some people began to wear a white rose to honour a father who was dead, and a red one to honour a father who was living. Finally, in 1972, President Richard Nixon signed a presidential proclamation declaring the third Sunday of June as Father's Day - a permanent, national holiday.

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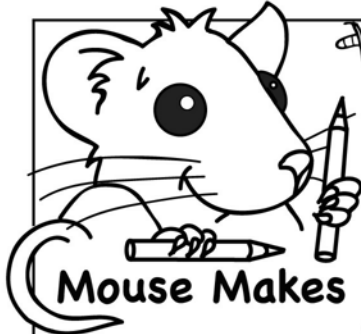
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The Lord said to Moses,
 "Your brother Aaron shall tell Pharaoh
 to let the people of Israel go out of his land...
 The Egyptians shall know that I AM the Lord
 when I stretch out my hand against Egypt..."

As Pharaoh's heart was hardened against the
 Israelites, God sent ten plagues upon him...

1
Water turns to Blood
 Which water turned
 to blood?
Read - Exodus 7:19

2
A Swarm of Frogs
 In which
 places were the
 frogs found?
Read - Exodus 8:3-4

3
A Plague of Gnats
 When Aaron struck his
 staff on the ground
 what became Gnats?
Read - Exodus 8:16-17

4
Swarms of Flies
 In which land were the
 flies not be found?
Read - Exodus 8:22

5
Death of Animals
 Which animals that belonged
 to the Egyptians died?
Read - Exodus 9:2

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

GOD • PLAGUES • MOSES • AARON
 WATER • BLOOD • STAFF • RIVER • NILE • FISH
 FROGS • SWARM • GNATS • DUST • FLIES
 GROUND • DEATH • ANIMALS • SOOT
 BOILS • PEOPLE • HAIL • THUNDER • FIRE
 MAN • BEAST • LOCUSTS • WIND • LAND
 DARKNESS • FIRSTBORN • MIDNIGHT

6
A Break out of Boils
 What did Moses throw into
 the air before boils appeared
 on people and animals?
Read - Exodus 9:10

7
A Rain of Hail
 What also rained
 down with the hail?
 Where did it not hail?
Read - Exodus 9:24-26

8
A Swarm of Locusts
 Where did the wind
 come from that brought
 the locusts to the land?
Read - Exodus 10:13

9
Darkness over the Land
 How many days did
 it remain dark?
Read - Exodus 10:21-22

10
Death of the Firstborn
 At what time would the
 firstborn in the land die?
Read - Exodus 11:4-6

Hi Everyone

What a grand time we had together celebrating the new King's Coronation at our Tea Party here at St Patrick's Church last month! Not least the Coronation party food with lots of crumbs for me.

But it's all gone quiet again. Well, maybe not a bad thing as we can't be partying every day.

I've found that standing still, even for just a moment, and giving thanks for the good that comes our way is something to be cherished. Maybe you would like to take a moment of mindfulness (in modern parlance) and try it. I've often heard the Bible verse from Psalm 46, verse 10 read out in church, Be still and know that I am God. What a good starting point for handing over our worries and letting God show us the way forward.

Why not try and be still and see what happens? You might get a surprise!

Vicky. x



Church Mice



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The tale of the RICH FOOL



JESUS OFTEN TOLD
STORIES WITH
HIDDEN MEANINGS



ONE STORY WAS ABOUT A MAN
WHO HAD LOTS OF LAND WHICH
GREW WONDERFUL WHEAT.

I HAVEN'T ANYWHERE TO
KEEP ALL THIS FOOD



I KKNOW! I'LL PULL DOWN
MY BARNs AND BUILD
BIGGER ONES



THE MAN DEMOLISHED HIS
OLD BARNs...

...AND BEGAN TO BUILD
NEW ONES.



SOON I'LL BE THE RICHEST
MAN IN THE TOWN!



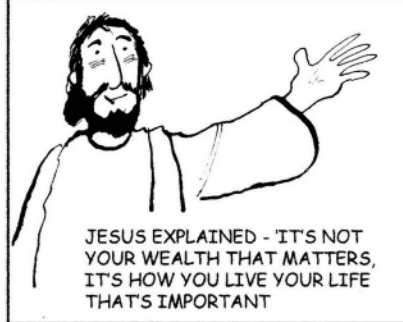
I'M SO LUCKY - I CAN
EAT, DRINK AND BE
MERRY!



BUT THAT VERY NIGHT,
THE MAN DIED!



WHAT GOOD WERE HIS
RICHES NOW?



JESUS EXPLAINED - IT'S NOT
YOUR WEALTH THAT MATTERS,
IT'S HOW YOU LIVE YOUR LIFE
THAT'S IMPORTANT

Another Call for Altar Kneeler Embroiderers

I'm pleased to say several members of the congregation have expressed an interest in embroidering the central part of the altar rail kneeler in St Patrick's. Before we have a get together to talk about the practical implications maybe there are more folk willing to learn about what is involved and have a go. Willingness and interest are more important than experience at this stage.

So don't be shy and get in touch! By the way that includes anyone you may know in the wider community. All are welcome.

For inspiration go to Parishkneelers.co.uk
George McNeill



Riddle

They breathe daily, yet have no life;
they kindle fire, yet cause no strife.

What are they?

Answer on page 39

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I'm an atheist who goes to church

Here's why you should too

by Andy Hill

You don't have to believe in God to visit a church. About a year ago, I started going to church on Sundays.

My friends and family were totally gobsmacked. I'd always been such a militant atheist, ever eager to argue the epistemological toss with any hapless god-botherer unlucky enough to sit near me after a few pints. If you'd told me, back then, that less than half of the UK population now consider themselves religious,, I'd have cheered.

For what it's worth, I still firmly believe there is no god, no afterlife.

You and me baby, ain't nothing but mammals – ignorant, imperfect, insignificant. However, something about having a son – an impetus to strive for deeper meaning, a longing for some continuity with the past – made me think harder about spirituality.

Most Sunday mornings before he came along, I was still up hellraising from the night before, guzzling spirits and talking rubbish with aforesaid mates .But since that sort of caper is frowned upon when you become a dad, my weekends changed radically, and fast. I spent much of early fatherhood soberly pushing a buggy around London, in my own world, looking at architecture.

Far lovelier and more arresting than the priapic skyscrapers and snooty Georgian squares, there are some bloody lovely churches in London. Churches of all types – gothic, modernist, neoclassical; from the fairytale buttresses of Southwark to the enlightenment hauteur of St Paul’s.

Chances are, you’ll pass a church on your way home. Stop for a few minutes, take a good long look. Wander around it. See if you can sneak in. It’s big, innit. And old. Proper old. Weddings, funerals, baptisms. World wars, collapsing dynasties, cultural revolutions. That church has seen it all.



One autumnal Sunday morning last year, I was out with my lad and on a whim ducked into St Philips Church, a fancy gothic-revival job by my old flat. Inside, it was even more stunning, a mighty, cavernous stone grotto dripping with art and flickering in candlelight.

About three dozen friendly pairs of eyes swivelled around to watch us enter.

There was a little carpeted area off to one side with toys, where I sat quietly with my lad and listened to the service.

A twinkly middle-aged lady in a pristine robe was telling a story about sharing, which is actually really lovely when you think about it. Then everyone started singing – a kindly stranger handed me a hymn book, open at the proper page – so I joined in. After the service, we all had tea and biscuits and a nice chat about what was going on in the neighbourhood. All the old ladies made a fuss of my boy.

Did I consider them ignorant for believing in God? No.

Was I smiling anyway? Absolutely.

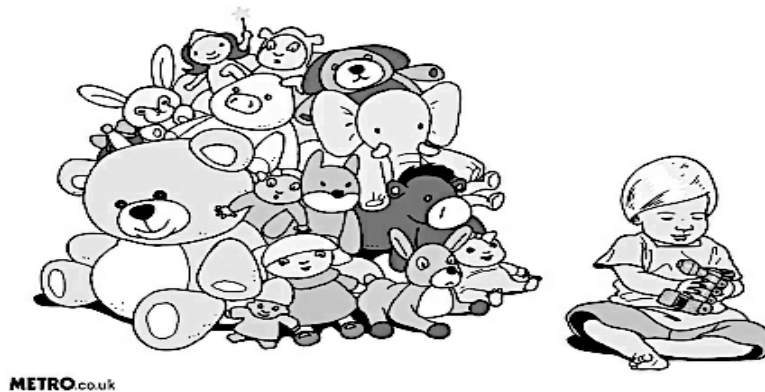
The following Sunday, I did it again, at St Johns. The week after I checked out a Methodist place by the station, before swinging by St Peters for a cheeky Eucharist in the presence of the loveliest choir I ever heard.

Every Sunday morning, in more than 30,000 gorgeous venues all over the country, an hour or so of ‘theatre’ is put on, for free, with the noble aim of uplifting spirits and providing gentle moral encouragement. A good preacher – yes there are plenty, to be sure, – will weave current affairs and the life of the parish into his or her sermon, leaving you with a practical, memorable take-home lesson.

What do the Gospels have to teach us about Donald Trump, or Leviticus about climate change, or Psalm 84 about the closing of the local pub?

At church there’s fellowship, enlightenment, even entertainment if you’re open-minded enough to suspend disbelief for an hour or so on a Sunday morning.

My son loves the giant church buildings, the smiling grandmas, the boxes of toys, and the free biscuits and juice. I love the feeling of community, a link with older generations, and an anchor in my schedule.



Some of the songs are really lovely too. It's OK if you think 'The Church' is weird. You're right, it is. But churches? They deserve nothing but praise.

Editor: Certainly, some thoughts shared here make you think how others view God. I hope Andy discovers the love and saving grace that God offers all who approach him with even a single grain of faith.

If you would like to talk about your difficulty believing in God, or your desire to believe in a loving caring God, then speak to our Rector, Mark Taylor. Mark's contact details are on the back page. (Any meeting or conversation with Mark is held in total confidentiality and privacy.)

Reflecting on the Church Lectern by *The Revd Dr Jo White*

Have you ever considered the furniture that we have in our church?

Close your eyes and think what your own sitting room looks like and the furniture you have chosen to go in there. Most of us will have chairs, a sofa, one or more tables of different sizes, a fireplace and a television. Which way are the chairs facing? What's the focal point?



Churches are no different in that they have most fixtures and fittings in common, and in set places.

In an Anglican church the focal item is the altar at the centre, with the lectern – from where the Bible is read out loud during services - on the right side as you look at it, and a pulpit on the left-hand side. Although in St Patricks Church we are laid out the opposite way around!

In a Methodist church the pulpit is often behind, but built higher than the altar, and probably with a mobile lectern to be placed as chosen.

This demonstrates a key difference between the two denominations. The former holds the bread and wine in greater importance whilst the latter gives that status to the preaching and the Word of God.

Such variations reveal the way in which we 'reflect our faith' through our buildings.

The word 'lectern' derives from 'to collect, gather', and again, 'to speak', so together it means 'to gather words, to pick out words.'

The words in church which we read from the lectern have been certainly carefully chosen and then written down. There have been centuries, indeed millennia, of time, thought, prayer and energy going into preparing the Bibles that we read today!

It is a privilege to be asked to read from the Bible during a service, as that will form the basis for the sermon, the hymns and indeed the whole theme for that day or even that week.

Why not have a good look at the lectern in your church, to see what it was made from and if it has a particular design.

There seem to be two distinct styles for lecterns, either a 'simple' plain book holder or one in the shape of a bird. Both styles are usually made from either wood or gilt metal (brass).

The bird is an eagle - often holding the world in its talons. The intention being that the eagle is known as the most powerful bird, which can fly the highest and longest without pausing and so can take the Word of God - the Bible that it holds - to all the places in the world.

There are 44 mentions of eagles in the Bible, but just two to include here:

In Exodus after the Israelites have left Egypt and crossed the Red Sea they camp in the wilderness, where they are not surprisingly worried about what will happen next. Shall we say 'there's a bit of grumbling and groaning' going on?

So God calls to Moses with words to encourage them, *'The Lord called to him from the mountain, saying, 'Thus you shall say to the house of Jacob, and tell the Israelites: You have seen what I did to the Egyptians, and how I bore you on eagles' wings and brought you to myself.'*' (Ex 19: 3- 5)

And the second is one to uplift us all when we are in need of support:

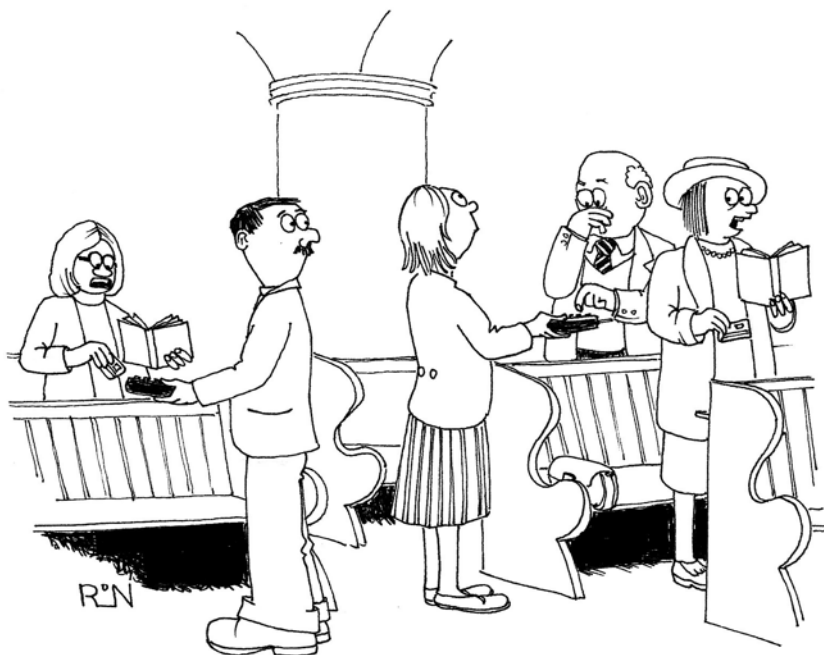
Isaiah in chapter 40 is trying to describe how awesome and powerful God is and concludes that even our youth will grow weary in comparison. However, *'those who hope in the Lord will renew their strength. They*

will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. (Is 40: 30 – 31)

So perhaps as we hear the words of the Bible passage read to us from that symbolic figure we are reminded to both trust in the Lord and to gain inner strength.

This month

Have a look at the lectern in St John's or St Patrick's Church or in your place of worship, or the place where the Bible readings are read from. What material is it made from? What shape is it? Does it have any distinctive features? Then as you hear the Bible passage(s) read from the lectern during this coming month, listen not just to the words themselves but reflect on their intention to encourage you.



Mr Mackenzie kept forgetting his PIN

Foundations By Daphne Kitching

(Matthew 7:24-29)

What will happen to my house Lord,
Now that the rain is falling,
Now that the floods are rising
Now that the wind is blowing
And beating, beating upon it?

Sunday by Sunday
I hear your Word
With interest,
With conflict,
With questions.

I hear your Word
As I build my house.
But will it stand, Lord,
When the rain and the floods
And the winds challenge?

Are my foundations
Sunday sand of hearing only,
Or daily rock of hearing *and* doing your will,
Living your Word,
Strong in the storm?

Lord, Lord,
Help me to hear,
Move me to act.
Let my house stand.

Prayer requests this month

The people of Ukraine and Sudan as they have to live through a terrible war.

All who have experienced a recent bereavement

Those who are ill at this time especially members of our local community.

Pray for fathers everywhere that they will be caring, loving and good role models for their children.

IF YOU WOULD LIKE PRAYERS SAID FOR YOU OR A LOVED ONE ,
SIMPLY CONTACT THE RECTOR. DETAILS ON THE BACK PAGE

Church mice Karl Zorowski

Pray for your

RECTOR



**Your Rector
Prays for you**

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Coronation Quiche Recipe

By Buckingham Palace .Mark Flanagan & Lucy Wilson

Preparation 35 mins

cooking time 45 mins

Plus 1hr chilling

Serves 6

A deep quiche with a crisp pastry case, and delicate flavours of spinach, broad beans and fresh tarragon. The pastry includes lard, but you can swap this for butter to make it vegetarian. Eat hot or cold with a green salad and boiled new potatoes - perfect for a Coronation Big Lunch!

Ingredients

250g plain flour, plus a little for dusting

50g cold butter, diced

50g lard (or use butter if you prefer)

4 tbsp milk, plus a splash

Or 250g block of ready-made shortcrust pastry

For the filling

125ml milk

175ml double cream

2 medium eggs

1 tbsp chopped fresh tarragon

100g cheddar, grated

180g cooked spinach, liquid squeezed out and lightly chopped

60g cooked broad beans or soya beans (double pod the broad beans, if you like)

STEP 1

METHOD

Sieve the flour into a bowl with ½ tsp salt. Add the butter and lard, and rub the mixture together using your fingertips until you get a sandy, breadcrumb-like texture. Add the milk, a little at a time, and using a cutlery knife, start to bring the dough together, using your hands, making sure it has no dry patches and feels smooth. Cover and allow to rest in the fridge for 30-45 mins.

STEP 2

Put a 20cm loose-bottomed tart tin or a 20cm pastry ring on a baking sheet. Lightly flour the work surface and roll out the pastry to a circle a little larger than the top of the tin and approximately 5mm thick. Carefully lift the pastry into the tin and gently press into the corners, taking care not to have any holes or the mixture could leak. Cover and rest for a further 30 mins in the fridge. Heat oven to 190C/170C fan/gas 5

STEP 3

Line the pastry case with greaseproof paper – to do this cut a disc of greaseproof paper larger than the tin, scrunch it into a ball (this makes it more pliable), then unwrap and place it in the pastry case. It should come above the sides. Fill with baking beans or uncooked rice and bake blind for 20-25 until nicely golden and dry. Carefully remove the greaseproof paper and baking beans, and return to the oven for 5 mins to dry the base. Reduce the oven temperature to 160C/140C fan/gas 3.

STEP 4

Beat the milk, cream, eggs and herbs with some seasoning. Scatter half of the grated cheese in the blind-baked base, top with the chopped spinach and beans, then pour over the liquid mixture. If required, gently give the mixture a delicate stir to ensure the filling is evenly dispersed, but be careful not to damage the pastry case. Sprinkle over the remaining cheese. Place into the oven and bake for 20-30 mins until set and very lightly golden.



The Rectory

St James the Least of All

Beware the church microphone

My dear Nephew Darren

Despite my assurances that it was unnecessary, it was kind of you to loan us your sound equipment, so we could experience the advantages of using radio microphones in church. Your assurance that everyone would then be able to hear with absolute clarity seemed to miss the point that everyone does *not* necessarily want to do so.



I have no doubt that members of your congregation hang on to your every word, eager to make sure you remain theologically sound. But for us, those who had blissfully slumbered throughout my sermons for the last 30 years found themselves unable to filter out a single syllable.

Colonel Wainwright decided to change the start of his Bible readings from the customary "Here beginneth..." to "Testing, Testing" before giving the microphone a good biff, which made the verger dash outside to check if yet another medieval gargoyle had fallen from the roof. Also, forgetting that microphones pick up asides just as effectively, his own comment to his wife in the front pew "I thought I read that rather well" did nothing for the pride he has always cherished for his humility.

I was also not convinced that the 16th century workmen who had devoted the greater part of their lives reverently carving the Lady Chapel altar had intended it to support an electronic console that would have looked more at home in an aeroplane cockpit.

However, the event which finally decided us against microphones came about an hour after the service. Several of the choir boys had crept back into the church and decided to improvise a rock concert with their guitars and the mikes turned up full blast. The church exploded in a perfect cacophony of noise which panicked a horse and rider going by. The horse bolted down the road, which caused two cars to veer violently to avoid it. One car ended up in a pond, the other in a field, having ripped off a great deal of old fencing.

Whoever fixed the fencing failed, and later that night all 43 cows in the field escaped, and ended up in the Colonel's flower-filled front garden, where they spent a comfortable night slicing his velvet turf with their sharp cleats, and chomping everything in sight.

Your loving uncle,

Eustace

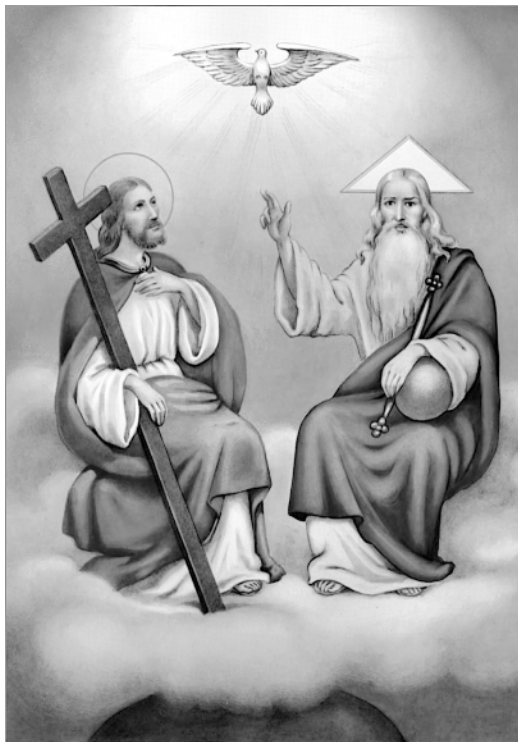
God - the Three in One- Trinity Sunday

This month we celebrate Trinity Sunday. The doctrine of the Trinity is one of the most important of the Christian faith, for it goes to the very heart of what God is like. The Bible is quite clear: there is one God, but He is revealed in three 'persons' – the Father, the Son, and the Holy Spirit.

Have you ever wondered at what point in the Bible God is revealed as being more than one person? Well, you don't have to read very far: only to Genesis 1:26, where God (Elohim – a plural noun) says: Let US make man in OUR image. (Gen. 1:26)

The Bible reveals a pattern: God the Father lives in heaven and has never been seen. God the Son became the incarnate Jesus Christ, who made known to us the Father, and God the Holy Spirit, who is unseen, has been sent to live within and to equip His people, the Church.

The Trinity is basic to our salvation – for these three persons in the one Godhead have combined to save us from our sins: it is the WILL of the Father, the saving WORK of the Son, and the indwelling WITNESS of the Holy Spirit. (John 14:16, 23-26).



Royal Coronation Celebration Tea Party

A great time was had by all who attended the Coronation Tea Party after church on Sunday 7th May. A big thank you to all the vestry members and others who helped prepare the food and serve it on the day. The hall looked very patriotic dressed in Union Jacks.



Archbishop of Canterbury speaks about depression – and Winnie the Pooh

The Archbishop of Canterbury Justin Welby, has said that he takes antidepressants so that he can maintain an "Eeyore status", instead of "something much worse."

He referred to his depression during a recent lecture he gave in Canterbury Cathedral, where he also spoke of having sought professional help for his mental health.

Archbishop Welby said: "As the psychiatrist I see tells me, the aim is not to make me so laid back that I'm horizontal, but just to settle things enough that I react like an average sort of human being. I'm sad when things are sad, and happy when they're happy, and so on and so forth."

The Archbishop went on to say that he likens human emotions to the characters in Winnie the Pooh, and compared himself to Eeyore, the often melancholy donkey, as opposed to a "bouncy" Tigger.

The Archbishop said that taking antidepressants "restore me to Eeyore status from something much worse." He went on: "Some of us are Tiggers, some of us are Eeyores. Probably, some of us are many of the other characters in Winnie the Pooh."

Archbishop Welby then recalled a conversation he'd had with a former Archbishop of Canterbury. "Rowan Williams once said to me: 'There is almost no human situation that cannot be explained with the hermeneutical tools of Winnie the Pooh.' Only Rowan could say that and be both humorous and profound at the same time."



St Columba of Iona, missionary to the UK

Saints Day 9th June

In 563 AD St Columba sailed from Ireland to Iona – a tiny island off Mull, in the Western Highlands. He brought Christianity with him.

Columba (c. 521 -97) was born in Donegal of the royal Ui Neill clan, and he trained as a monk. He founded the monasteries of Derry (546), Durrow (c.556) and probably Kells. But in 565 Columba left Ireland with twelve companions for Iona, an island off southwest Scotland. Iona had been given to him for a monastery by the ruler of the Irish Dalriada.

Why would a monk in his mid-40s go into such voluntary exile? Various explanations include: voluntary exile for Christ, an attempt to help overseas compatriots in their struggle for survival, or even as some sort of punishment for his part in a row over a psalter in Ireland. Whatever the reason, Columba went to Iona and spent the rest of his life in Scotland, returning to Ireland only for occasional visits.

Columba's biographer, Adomnan, portrays him as a tall, striking figure of powerful build and impressive presence, who combined the skills of scholar, poet and ruler with a fearless commitment to God's cause. Able, ardent, and sometimes harsh, Columba seems to have mellowed with age.

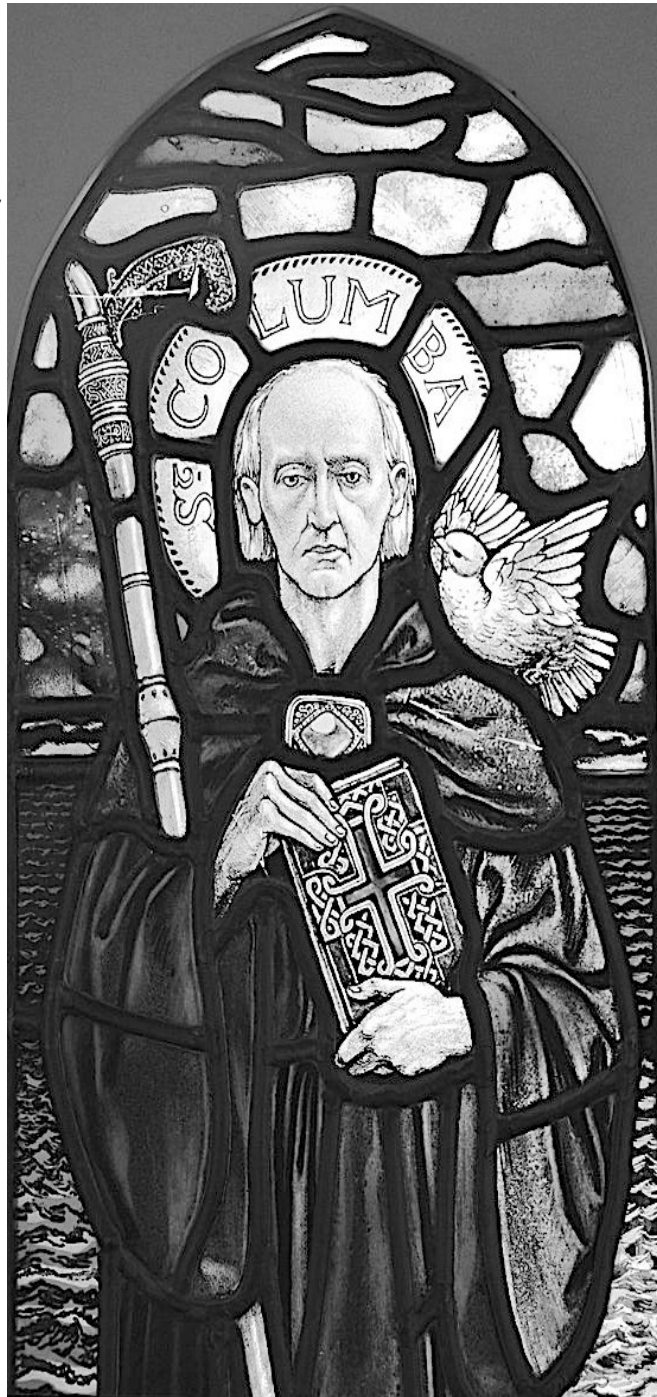
As well as building his monastery on Iona, Columba also converted Brude, king of the Picts. Columba had great skill as a scribe, and an example of this can be seen in the Cathach of Columba, a late 6th century psalter in the Irish Academy, which is the oldest surviving example of Irish majuscule writing. In his later years Columba spent much time transcribing books.

Columba's death was apparently foreseen by his community, and even, it seems, sensed by his favourite horse. He died in the church just before Matins, and it is a tribute to this man that his traditions were upheld by his followers for about a century, not least in the Synod of Whitby and in Irish monasteries on the continent of Europe.

*Here is a prayer of
St Columba:*

Christ With Us
My dearest Lord,
Be Thou a bright
flame before me,
Be Thou a guiding
star above me,
Be Thou a smooth
path beneath me,
Be Thou a kindly
shepherd behind
me,
Today and ever-
more.

Amen.



Parish Announcements

***The next Select Vestry meeting will be held
on Thursday 8th June at 7.30pm
in St John's Church***

Counters for June

5th June David Robinson

12th June Brian Joyce

19th June William Rafferty

26th June Colin de Fleury

Sunday Refreshments Rota

Sunday 4th June Priscilla Carlisle

11th June Messy Church

18th June Evelyn Powers

25th June Judith de Fleury

Many thanks to all who have helped with the refreshment rota this year.

A new rota will commence in September.

During the summer tea & coffee will be served in both churches as usual and proceeds from donations will go to Brighter Whitehead and the upkeep of St Johns Graveyard.

Refreshments coordinator Priscilla Carlisle -Tel 07787561517

June Fellowship Activities

Together in Faith Group

Monday 12th & 26th June at 7.30pm

We will be studying the Book of James

Meet in the Boucher Room, Parochial Hall at St Patrick's Church.

Book Club

Weds 28th June at 7.30pm, then meet again in September

Reading 'Trespases' by Louise Kennedy

(Contact Paddy Rodgers tel 028 93372439 for venue)

Wednesday Morning Fellowship Group (Monthly)

Next meeting will be on WEDNESDAY 7th June at 11am
in the Boucher Room.

New members welcome.

We start with refreshments and fellowship .

'We will be looking this month at our own personal faith part 2?'

'Power in Prayer' Group (Monthly)

Wednesday 28th June at 7.30pm in the Boucher Room

Join us and see how powerful prayer can be .

Game on meet again at 1.30pm

Weds 7th & 21st June in Whitehead Library

Other Weekly meetings:

Circus Skills Class Tuesdays @ 10.30am - Parochial Hall

Indoor Bowling Club will recommence in September

New people always welcome to join in



We would love to see you.
Why not join us at 10.30am on Sunday

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!



CHANGING ATTITUDE
IRELAND

FROM THE **EDITOR'S DESK**

Dear Reader

Our thoughts are with all the young people in school, college and university who are now taking exams and to all teachers tutors and parents who have given so much to help their students to achieve good results. This is a stressful and worrying time for many of them.

For the rest of us this is the time to enjoy good weather and to spend time in our gardens or at the seaside with family and friends. Some of you will no doubt be preparing to go away on holiday or have done so already. Either way please do keep an eye on our church Facebook page wherever you are, so that you know what's happening and being planned here through the summer months.

Sadly our Parish train trip to Portrush is not possible using the steam train, but we hope to plan something nice over the summer, perhaps a barbecue or picnic and we hope you will be around to join usMore details to follow.

Do stay in touch and we look forward to you joining us in church when you can.

In closing thank you to all who contributed to this edition of Church Matters. Please keep the articles coming in.

Stay well and God Bless

Riddle Answer from page 17: Bellows.

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

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