CHURCH MATTERS

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

Here everyone matters

July /August 2025



Summer 2025 Services & Readings
JULY

In July the main morning service will be a united service held in St Patrick's at 11:00 a.m.
There will be no evening service or Wednesday morning service in July.

Sunday 6th July - Trinity 3
8:30 a.m. Holy Communion One
11:00 a.m. Holy Communion Two Sunday
Epistle - Galatians 6:7-16; Gospel - Luke 10:1-11, 16-20
Reader for first Lesson - Valerie Kincaid
Weekday Readings: Job 27-32; Psalms 34-40; Romans 11:1 - 14:12

Sunday 13th July - Trinity 4
NO HOLY COMMUNION AT 8:30 A.M. THIS MORNING
11:00 a.m. Morning Prayer Two
Sunday Readings - Amos 7:7-17; Psalm 82; Luke 10:25-37
Reader for first Lesson - Scotty Heyes
Weekday Readings: Job 33 - 42; Psalms 41 - 47; Romans 14:13 - 16:27

Sunday 20st July - Trinity 5
8:30 a.m. Holy Communion One
11:00 a.m. Morning Prayer Two
Sunday Readings - Amos 8:1-12; Psalm 52; Loke 10:: 38-42
Reader for first Lesson - Judith de Fleury
Weekday Readings: Ezekiel 1 - 9; Psalms 48 - 54; 2 Corinthians 1 - 5

Sunday 27th July - Trinity 6
NO HOLY COMMUNION AT 8:30 A.M. THIS MORNING
11:00 a.m. Morning Prayer Two
Sunday Readings - Hosea 1:2-10; Psalm 85; Luke 11:1-13
Reader for first Lesson - Heather Couples
Weekday Readings: Ezekiel 10 - 15; Psalms 55-61; 2 Corinthians 6 - 10

Summer 2025 Services & Readings
AUGUST

In August the main morning service will be a united service held in St John's at 11:00 a.m.

There will be an 8:30 a.m. Holy Communion Service in St Patrick's

There will be no evening service or Wednesday morning service in August.

Sunday 3rd August- Trinity 7

8:30 a.m. Holy Communion One
11:00 a.m. Holy Communion Two Sunday
Epistle - Colossians 3:1-11; Gospel - Luke 12:13-21
Readers for first Lesson - Sara Henderson
Weekday Readings: Ezekiel 16 - 24; Psalms 62 - 68; 2 Corinthians 11-13, James 1 - 2

Sunday 10th August - Trinity 8

8:30 a.m. Holy Communion One
11:00 a.m. Morning Prayer Two
Sunday Readings: Isaiah 1:1, 10-20; Psalm 50:1-8,23-24; Luke 12:32-40
Readers for first Lesson - Joy Kerr
Weekday Readings:Ezekiel 28, 33, 34, 36; Psalms 69 - 75; James 2 - 5

Sunday 17th August - Trinity 9

8:30 a.m. Holy Communion One
11:00 a.m. Morning Prayer Two
Sunday Readings - Isaiah 5:1-7; Psalm 80:1-2, 9-20; Luke 12:49-56
Readers for first Lesson - Maureen Reid
Weekday Readings: Ezekiel 37, 39, 43, 44, 47; Psalms 76 - 82; Mark 1 - 2

Sunday 24th August - Trinity 10

8:30 a.m. Holy Communion One
11:00 a.m. Morning Prayer Two
Sunday Readings - Jeremiah 1:4-10; Psalm 71:1-6; Luke 13:10-17
Readers for first Lesson - Jim Reid
Weekday Readings: Proverbs 1, 2, 3, 6; Psalms 83 - 89; Mark 3 - 4

Sunday 31st August - Trinity 11
8:30 a.m. Holy Communion One
11:00 a.m. Morning Prayer Two
Sunday Readings - Jeremiah 2:4-14; Psalm 81:1, 10-16; Luke 14:1,7-14
Readers for first Lesson - Alan Hayward
Weekday Readings - Proverbs 8 - 12; Psalms 90 - 96; Mark 4 - 6

SEPTEMBER

Sunday and Wednesday services return to normal

Sunday 7th September - Trinity 12
8:30 a.m. Holy Communion One
10:30 a.m. Holy Communion Two
12 noon Holy Communion Two
Epistle - Philemon 1-25; Gospel - Luke 14:25-33
Readers for first Lesson - Jane Robinson / Ann Thompson
7:00 p.m. Compline
Weekday Readings - Proverbs 13, 15, 18, 20, 22, 24; Psalms 97 - 103; Mark 7 - 8

Messy Church

Next Messy Church will be on 14th September,
starting at 10:30 a.m. in St Patrick's Parochial Hall,
Edward Road., Whitehead.
Come and join us for fun, games, crafts, singing and food as we discover what the Bible says to us.

Please pray for our new season of Messy Church, for those who lead, those who prepare and set up for the activities, crafts and games and all who come to take part.
Pray that we may continue to reach out to children and their families and welcome them in to share with us.

Prayer for our renewing.

One of the most important things that we can do as a Parish is pray.

No matter who we are, no matter our level of faith, no matter what else we may do in the life of the Parish, we can all pray.

Prayer is vitally important. Vitally important to the current life of the parish. Vitally important to the future life of the parish.

Without prayer we are just a group of people, Christian people, who meet on a Sunday in a building to sing and listen to the Bible being read and explained and worshipping God.. With prayer we are a congregation of believers worshipping and serving God as we seek to do God's will here on earth. We can try to do God's will by ourselves, but it is much easier, and more productive, with prayer.

Any prayer is good, for it puts us in touch with God; but a focused prayer is better. Jesus said *"Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven. For where two or three gather in my name, there am I with them." (Matthew 18:19-20)*

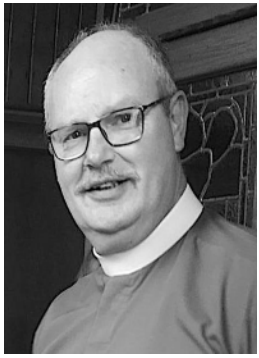
If we can focus on all praying the same prayer, not just once but faithfully and frequently, then God will hear our prayer and grant our request. This is not a one off prayer, it is a prayer that we need to pray every day, and keep on praying until we see that our prayer has been answered. We cannot leave this to others to do for us, it is something that we need to be actively involved in; all of us!

We need to pray for the renewal and growth of our Parish, and the best time to start that prayer is NOW.

Cut out this prayer, carry it with you and say it every day.

Lord God almighty, we pray for our Parish, that you will renew and strengthen us in our faith. That we will work together for the advancement of your kingdom. That we will welcome and invite others into our fellowship of believers. That we will pray for each other every day. Grant that we may be your faithful soldiers and servants where we are, bringing Christ to those around us. Lord hear this, our prayer, in the name of Jesus Christ. Amen

A message from our Rector



Summer is upon us. In the life of the Church it is a bit like being in school, many thing slow down or stop for the summer holidays. We have a rest in July and August and restart in September.

Well that is how things used to be!

In August we are taking part in the 'Food and Folk Fest' event that is part of the annual Whitehead Community Summer Festival. For the last number of years we have been involved in this and have had a very successful cake stall. We are doing the same again this year.

Some think that it all begins on Saturday the 9th of August when we will arrive early in the morning at the football field (well, not too early). We will then set up the big white tent, attach the banner to the roof (so that people know who we are and where we are), put out the tables and some chairs, and get ourselves ready for the people that will come to buy the cakes, scones, tray bakes, biscuits and whatever other items we have for sale.

This is not the beginning, it all began when the Select Vestry started the planing. So, there will be a list in St Patrick's Church during July to add your name to if you can help (there is already a list in St John's as there will be no services there in July). If you can help, and we do need help, please put your name on the list or contact any member of the Select Vestry and let them know that you can help. We need people to bake things to sell. We need people to help put up the tent (usually men but anyone can come and help). We need people to be available during the day to sell the things that have been made - the more people who help with this the less each has to do!). So please help out in any way that you can - because with a little bit of effort - we can raise funds to pay for heating oil, to pay for electricity, to keep our parish going. The best news is that the funds we raise are coming out of the pockets of other people, not ours, so that has to be good.

IT is not just for the 'Food and Folk Fest' that we need you help. In September we are planning a concert in St John's. In October we are expecting he Merry Opera Company to come back to Whitehead (they did the Messiah last year) for a concert in St Patrick's. We hope to have other musical events over the autumn and winter months. These events are dual purpose. There is a fund raising element in them and there is a

social element in them. The getting together to listen to music, with friends and neighbours, is very important for us socially. It gives us a chance to be with each other in a relaxed and informal situation as we enjoy ourselves and appreciate the skills and abilities of others and enjoy music.

We can sometimes forget just how powerful, and important, music is in out lives. When we come together to worship, as a congregation, we have music. Music before and after the service. Music during the service as part of our worship. Music that inspires us, that focuses us, that calms us, that encourages and strengthens us. Music has had this function in worship since before King David was writing the Psalms for people to sing in their synagogues and in the Temple in Jerusalem. Music has been a part of the life of the Church since its earliest days, and continues to be so to this very day and will remain so for the future. But music is also important to help us relax and share together. So, when you hear more about our concerts and performances, please make the effort to come with your friends and families. To come to share together, to relax together, to enjoy together.

The summer is not just about rest and relaxation. It is about so much more. Although the rest and relaxation is an important part of summer for most people. For many summer is a time to explore and see or do new things. I hope that you get the opportunities to see and do new things this summer, as well as time to relax and refresh yourself. Some of these new things can include God. I love to see different churches. Not just to admire the architecture or the decoration. Nor yet just to met the people who worship there. I am always mindful of the generations past who have worshipped there, those who built the church buildings there to meet their needs for a place to worship Almighty God. I am mindful of the great cloud of witnesses for whom those church buildings have held great importance. Mindful of the thousands of prayers that have been offered there, of the hymns sung, of the worship given to God. I love to read the names on plaques and memorials that tell of faith and life and hope. All these things tell me that I am not alone, that I am just one small link in the great chain of faith that binds all to each other and to God.

If you get the chance to visit a different church over the summer please do take it. Take the time to give thanks for those who built it and who have worshipped in it, and add your own prayers to theirs when you are there.

Have a great summer, every blessing to you all. *Mark*

Continuing with aids to Prayer

The HEART Prayer method

H - **Honour God**: Start your prayer by honouring God for. Contemplate the attributes of God. Focus on who God is, not just what God has done.

E - **Examine your life**: Next, take a moment to examine your life and to ask God to help you see any areas where you need growth. Ask God to forgive your sins and to help you do better in the future. Rest assured that your sins are forgiven!

A - **Ask for help**: Now is the time for you to ask God for help with the things that are important to you. Ask God to guide and protect you, to help you in your relationships, and to give you the strength to overcome your struggles.

R - **Request for others:** As you pray, don't forget to intercede for others. Ask God to bless them, to protect them, and to meet their needs.

T - **Thank God**: Finally, thank God for love and care. Thank God for being faithful and for always hearing our prayers.





A simple Prayer for our Rector and his team



Dear Father

At this time Rector Mark and Frances are on their well earned holiday for the month of July.

We pray for their safety as they travel; for rest and restoration; for precious time with family; and lots of fun.

Help us to be mindful of each other and do what we need to do to support each other in his absence.

Guide and protect those who will lead our services in July, especially Stephen.



Alcoholics Anonymous Ireland

Do you want another chance at life?

Alcoholics Anonymous meeting

Every Saturday 6:30 p.m. - 7:30 p.m.
Now meeting upstairs at
Whitehead Community Centre:
Call 02890 351222
www.alcoholicsanonymous .ie
All enquiries are treated in strictest confidence

Let us thank God each day for those who struggle to improve their lives, especially those who fight against addiction to alcohol or drugs.
Let us pray for those of their family and friends who have been affected by their addiction.
Let us give thanks for all who support them in this battle.

Cocaine Anonymous

Do you have a problem with drugs and Alcohol?

So did we.

Cocaine Anonymous meeting

Every Monday 8 pm - 9:15 pm
Oakfield Community Centre:
Oakfield Drive, Carrickfergus, BT38 7SP

Call 0330 043 2789 (8 am - 10 pm)
www.caireland.live

Holy Days 3rd July - St Thomas the Apostle – confused and doubting

Thomas, one of Jesus' 12 apostles, was an impulsive, confused, honest sceptic. Jesus could understand and work with such a man. Thomas' impulsiveness was evident when Jesus prepared to visit Lazarus in Bethany. It was a dangerous trip to make, because of the Jews, but Thomas urged his fellow disciples: "Let us also go, that we may die with Him." (John 11:16) Instead, Jesus brought Lazarus back to life.

Thomas' confusion is shown in later talks with Jesus. He was not really sure where Jesus was going long-term (John 14:5). But Jesus accepted this confused commitment, and began to untangle it, patiently explaining: "I am going to my Father", and "No one comes unto the Father but by me."

Finally, Thomas' honest scepticism is revealed after the Resurrection, which he flatly refused to believe - unless he could touch the wounds of the risen Jesus. Sure enough, Jesus appears - but instead of scolding him, shows him the wounds. Thomas responds: "My Lord and my God"(John 20.26ff).

Thus Doubting Thomas' honest doubts, turned to honest faith, have become a reassurance for thousands of men and women across the centuries, who also want to follow Jesus, but who require some proof of this amazing event - the Resurrection. In Doubting Thomas' complete affirmation of faith, after meeting the risen, crucified Christ, they can find support for their own faith.

Ancient legends tell how Thomas went on to India as a missionary. There are rumours that Thomas even built a palace for a king's daughter in India, and thus he is the patron saint of architects. It is believed that he was martyred by a spear on 3rd July, 72 AD in Mylapore, near Madras. 46 ancient churches in England were dedicated to him.

The Rectory

St James the Least



My dear Nephew Darren

On why people complain to the vicar – and how to ignore them

My dear Nephew Darren

So, you have received your first letter of complaint. I am not wholly unsympathetic with your complainant, as attempting to marry the bride to the best man would have created havoc with the seating arrangements at the reception. However, you must learn that receiving letters of complaint is an integral part of the ordained ministry. After 50 years of parish life, the number of such letters I have received are now held in bound volumes.

The anonymous ones you will receive, invariably written in green ink on lined notepaper, can be safely consigned to your wastepaper basket, along with all mail, from whatever source, labelled 'Urgent'. You will receive letters complaining that you did not pray for someone who was in hospital, regardless of the fact that you knew nothing of it. Probably by the next post, you will receive a letter complaining that you did pray for someone in hospital – when they had wanted to keep their cosmetic surgery secret.

Those who regard themselves as guardians of doctrinal purity will write complaining of the heresies contained in the previous Sunday's sermon. These can be filed with those letters that complain that your sermons are too short, along with those who complain that they are too long. The hourly striking of the church clock is a perennial favourite for complaints. I usually reply by

saying that we are currently exploring the possibility of getting it to strike the quarters too.

Letters of complaint will arrive in November, complaining that the church is too cold, so making prayer impossible. Others will drop on the doormat in April saying that it is too hot, so making prayer impossible. In Spring, some will write that the churchyard should be mown more often, while others will complain that it is mown too often and ruins it as a habitat for wildlife. The annual Summer 'Procession of Witness' generates complaints that the brass band ruined the slumbers of parishioners having a Sunday lie-in. Then come Harvest, there will be the letters complaining that they did not receive a Harvest gift, which was particularly unforgivable, as their grandmother had once sung in the choir. Thus, the annual round is accompanied by reams of notepaper.

The only letter of complaint I have really treasured came from the bishop, rebuking me for never having attended any meeting when he was present. I have had it framed and hung on the study wall.

Your loving uncle,

Eustace

Parish Pump Editor: The Rev Dr Gary Bowness continues his tongue-in-cheek letter from 'Uncle Eustace to his Nephew'

Life choice

A small boy returned from Sunday School in tears. When questioned by his mother for the reason of his distress, he gulped: "Jesus wants me for a sunbeam, but I want to be an engine driver."

***

Hope from Gaza - Last updated 4 June 2025

Gaza's health system is on the brink of collapse

In Gaza, the health system has been pushed to the brink. Hospitals have been reduced to rubble, and medical supplies are scarce. Doctors and nurses work through unimaginable conditions, risking their lives, to help those in need, and supplies are dwindling. Despite the security risks and **limited supplies crossing the border**, the Palestine Red Crescent Society and the International Committee of the Red Cross have continued to operate in Gaza, day in and day out.



The Palestine Red Crescent Society (PRCS) runs emergency clinics across the region, offering vital medical care, rehabilitation services, psychological support, and helping to restore contact between separated family members.

As part of the Red Cross and Red Crescent movement, donations to our **Gaza Crisis Appeal** supports the lifesaving work of PRCS.

Here are some stories of people who have received care.

Mohamed receiving medical care at the PRCS clinic in Jabalia. PHOTO: Palestine Red Crescent Society Mohamed, a resident of Jabalia camp, was displaced from his home in Sheikh Radwan. Like thousands of others, he's lost **access to basic health services**.

Mohamed: "People are dying. We need more clinics."
At the PRCS clinic in Jabalia, Mohamed received the care he desperately needed.
"We came here to the Palestine Red Crescent Society, may God reward them, because the treatment was not available in sufficient quantities elsewhere," he says. "The treatment here is competent and excellent. The staff are excellent people."
Leyam: "He gave me medicine, and he made me smile."

Leyam, a young girl, visited a PRCS clinic when she fell ill with fever, cough, and stomach pain.

Leyam received medical treatment at the Palestine Red Crescent Society medical clinic in Jabalia.



"I was ill and I wanted to get treated," she says. "The doctor asked me what I felt, and I said fever, cough, and stomach ache."

After receiving a diagnosis, Leyam received the medicine she needed and a small measure of joy. "He was playing and joking with me," she says. "Then he gave me medicine."

For children like Leyam, medical help is not just about recovery: it's about compassion and comfort in the face of overwhelming fear.

The Palestine Red Crescent Society **continues to provide essential services** against extraordinary odds.
Saleem: "Our responsibility and humanity keep us going.

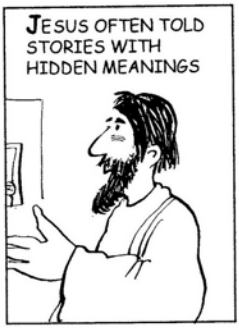
As I read this on https://www.redcross.org.uk/stories/disasters-and-emergencies/world/voices-from-gaza these words of Scripture came to mine.

"For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me." (Matthew 25:35-36 NIV). Jesus says "Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me" (Matthew 25:40 NIV).

The amazing health professionals working in Gaza put their lives at risk. All we can do is pray for them, for their patients and for an end to the war in Gaza.

The doctor and the ill person



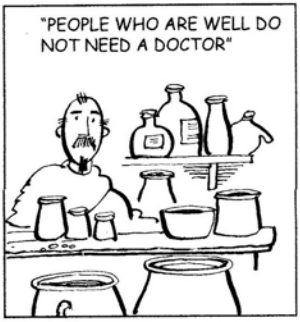


















Sudoko essentials - A mug of tea, pencil and rubber and your favourite tunes in the back ground. Sitting at the kitchen table - A great way to keep your brain cells ticking over and relax. Check you answers on page 24

					1	9		
		7	5	3			6	
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	3			1	9	8		
		1	6					

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Man's best friend



They say a dog is man's best friend,
that's an easy thing to say.
But it doesn't really mean a lot in the lives we live today
But the whole relation changes when we face adversity, as it has done for me
When a man comes up against it with real adversity.
For I know, aye none better, what a true dog's love can be
Because you would hardly notice now, but you know, I cannot see.
It slowly came upon me this weakening of my sight,
Till all the daylight left me to the gloom of endless night.
Then despair took possession, I was foolish, weak I know,
I cursed the day that I was born to suffer this grim blow.
Aye self-pity took possession like an evil swirling fog,
Till the day so well remembered when they said, we've brought your dog
They placed my hands upon him and I heard his friendly whine,
And I slowly stroked his silken ears and I knew that he was mine.
Then the trainer whom he had worshipped
With skilful mastery, transferred his dog's devotion unselfishly to me
He trained us both together, bound with a common tie
Till we moved as one together, my lovely dog and I.

Now I walk a crowded street with a firm and fearless stride
Saved from the traps of head and feet with a true friend by my side.
He's there to serve my every whim, to keep my footsteps right.
The loyal, proud and trusted friend who gave these blind eyes sight.

So if you want to know the love of a man and beast combined
Watch the happy man who walks beside his guide dog for the blind.

https://www.guidedogs.org.uk/donate-now/
Thanks Sheila for sharing this.

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Prayer for July 2025

Lord, in this month, we as your church, remember Thomas.

Thomas, who asked questions and doubted when he didn't see You with his own eyes. And Lord, You walked through those locked doors of his questions and doubts specifically to meet his needs.

Help us to come to you, honestly, with our questions and doubts, knowing that You understand and will meet our needs too.

Help us to recognize You with eyes of faith - the only One who can help us.

May we declare, with Thomas, in humility, devotion and thankfulness, 'My Lord and my God!'. We pray in your powerful name, Lord Jesus. Amen.

By Daphne Kitching



"If I send my prayer as a text message, will I get a faster reply?"

Dear Lord and Father of Mankind

The story behind the hymn

At the end of May I worshipped with St John's congregation. I had only attended for a joint services over the summer 2024. With a much smaller congregation present, I discovered the spiritual magic of the building. The sound of the singing was as if there was 200 of us there instead of 20 – a glorious sound. I was so moved when we sang this well known ancient hymn, I decided to find the story behind the hymn. What follows comes from Discipleship Ministries, The united Methodist Church https://www.umcdiscipleship.org/resources/ written by Dr. Hawn, professor of sacred music at Perkins School of Theology. I have edited it down to fit out Church magazine

Dear Lord and Father of mankind,
Forgive our foolish ways;
Reclothe us in our rightful mind,
In purer lives thy service find,
In deeper reverence, praise.

This hymn's origin is a paradox. John Greenleaf Whittier (1807-1892) worshipped in the tradition of the Society of Friends, also known as Quakers. Traditionally, Quakers have not sung in worship, but value silence, waiting for the "still, small voice" of God. Whittier had been reading in Max Müller's *The Sacred Books of the East* about the use of soma, a plant found in northwest India. Soma was used to prepare an intoxicating drug that was ingested in religious rituals, resulting in a state of frenzy.

This hymn began as a part of a long narrative poem, "The Brewing of Soma," published in *The Atlantic Monthly* in 1872. The poem describes Vedic priests going into the forest, brewing a drink from honey and milk, and drinking themselves into a frenzy. Whittier was critical of those who believed they might find God through unbridled ecstasy, such as the hysterical camp meetings and revivals common in his day.

Whittier's response was a 17-verse poem, verses 12-17 have been excised to form the hymn as found in many hymnals. This verse below refers to intoxication by drinking Stoma.
"*In sensual transports wild as vain, We brew in many a Christian fane*
The heathen Soma still!"

The poem begins, "Dear Lord, and Father of mankind, forgive our foolish ways…." - a complete antithesis to the "transports wild" in the preceding verse. Rather than frenzy, true praise is expressed in "deeper reverence."
Whittier then continues with biblical examples of simplicity and serenity. Verse two alludes to the "simple trust" of the disciples who heard the "gracious calling" of Christ. Like them, we should rise "without a word" and follow the Master.

Verse three has one of the most beautiful phrases in 19th-century Romantic poetry. The context is that of "Sabbath rest" by the sea with the "calm of hills above." It was in this serene setting that Christ came to pray in "the silence of eternity, interpreted by love!"

The fourth verse maintains the sense of tranquility:
"Drop thy still dews of quietness, till all our strivings cease." Using h an "s" sound - "dews," "quietness," "strivings," "cease" and so on the poet skilfully uses sound to evoke serenity. The final verse evokes images of breathing and calm, closing with a magnificent antithesis: "Speak through the earthquake, wind, and fire, O still, small voice of calm."

Whittier was one of the most important of the 19th-century American poets. The New Englander was a Quaker abolitionist against slavery, reared in a large farmhouse in the rural setting of Merrimac Valley at East Haverhill, Mass. The Whittier homestead remains a museum open to the public.

J.R. Watson summarises the contribution of this hymn: "It is the opposite end of the devotional spectrum from those hymns which encourage activity and energy; but everyone experiences the need for quiet meditation at some time, and this hymn encourages an almost

mystical contemplation of the peace of God 'which passes all understanding".

So in St Johns with the help of the great singers in the congregation, amazing acoustics of the building, I experienced that mystical contemplation and I am sure others in the church did too. I will be back soon.

The Hymn

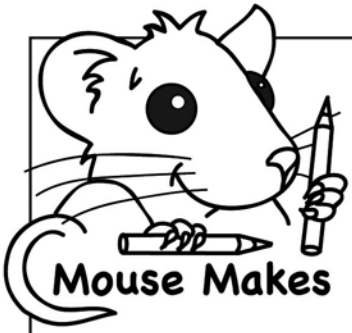
Dear Lord and Father of mankind,
forgive our foolish ways!
Re-clothe us in our rightful mind,
in purer lives thy service find,
in deeper reverence, praise;in deeper reverence, praise;

In simple trust like theirs who heard,
beside the Syrian sea,
the gracious calling of the Lord,
let us, like them, without a word,
rise up and follow thee;rise up and follow thee;

O Sabbath rest by Galilee!
O calm of hills above,
where Jesus knelt to share with thee
the silence of eternity
interpreted by love! interpreted by love!

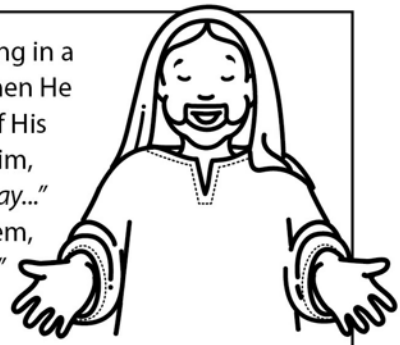
Drop thy still dews of quietness,
till all our strivings cease;
take from our souls the strain and stress,
and let our ordered lives confess
the beauty of thy peace;the beauty of thy peace;

Breathe through the heats of our desire
thy coolness and thy balm;
let sense be dumb, let flesh retire;
speak through the earthquake, wind, and fire,
O still, small voice of calm. O still small voice of calm.



Mouse Makes

"Now Jesus was praying in a certain place, and when He had finished, one of His disciples said to Him, *"Lord, teach us to pray..."* And He said to them, *"When you pray, say...."*



Our __ __ __ __ __ __
in __ __ __ __ __ __,
hallowed be your
__ __ __ __, your
__ __ __ __ __ __ come,
your __ __ __ __ be done,
on __ __ __ __ __ as it is in
__ __ __ __ __ __.
Give us today our daily
__ __ __ __ __.
__ __ __ __ __ __ us our
S __ __ __ as we forgive
those who sin against us.
Lead us not into
__ __ __ __ __ __ __ __ __ __
but __ __ __ __ __ __ __
us from __ __ __ __.
For the kingdom,
the __ __ __ __ __ and
the __ __ __ __ __ are
yours now and forever.
Amen

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

Fill in the missing words of the Lord's Prayer then find them and these extra words in the word search:

LORD'S PRAYER
DISCIPLES
JESUS
GOD
WORLD
NEEDS
FORGIVENESS
TRESPASSES
PROTECTION
REPENTANCE



The versions of **The Lord's Prayer** we say today come from the Gospels of Matthew and Luke. *Which version do you use in your church?*



Read
Matthew 6:9-15
and
Luke 11:1-4



July25 © deborah noble • parishpump.co.uk

How did you get on?

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

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From the Vicar - Mary Magdalene

Six Marys are mentioned in the New Testament, including Mary Magdalene, who is remembered this month in the church's calendar. What can we learn from Mary's story?

We don't have to be defined by our past:
When Jesus encountered Mary, He cast seven demons out of her (Luke 8:2). As a result, her life was transformed, and she became a follower of Jesus. Her life as a disciple was no longer defined by the person she had been before. Like Mary, we don't have to let our past without Christ dictate how we see ourselves today.

Make Jesus the centre of our world:
Along with some of the women who had been cured of evil spirits and diseases (Luke 8:1-3), Mary followed Jesus and His disciples and supported them in ministry. She was there at the cross (Matthew 27:55-56) and one of the first to the tomb on the Sunday (Matthew 28:1; Mark 16:1 and John 20:1-18). Like Mary, we are called to serve Jesus as dedicated disciples.

Jesus uses the weakest people for His purposes:
Mary is a great example of Paul's words: *'But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong.'* (1 Corinthians 1:27). At a time when women were regarded as second-class citizens with no real autonomy, Jesus had a special compassion and care for women. Alongside Mary, the women's witness to the resurrection was taken seriously. We shouldn't be quick to dismiss the things that don't agree with our expectations, as Jesus doesn't always do what we expect! He delights in working out His plans through unlikely people and in surprising ways. He did this through Mary, and if we allow Him, He can do it through us!

From Parish Pump Editorials

Rhubarb and Strawberry tray bake



Dough base
410 gm gall-purpose flour and 1 tablespoon
30 g of Corn flour
200 gm white granulated sugar
1 teaspoon baking powder
1/4 teaspoon salt
250 g butter, cold
1 large egg
1/2 teaspoon vanilla extract

Fruit topping
250 gm gm diced 1/4-inch chunks rhubarb
310 gm diced (1/4-inch chunks) strawberries (3/4 pounds)
3 tablespoons white granulated sugar
1 tablespoon cornflour
1 tablespoon lemon juice

Preheat the oven to 375°F:
Spray or grease 9x13 inch baking tray - Line with parchment paper with the one inch of extra parchment paper hanging over the sides.

Make the dough:

- Sieve together the flour, cornflour, baking powder, and salt in a medium-sized bowl.
- Cut the butter into 1/2-inch chunks and sprinkle over the dry ingredients. Using your fingers, squish the butter, breaking it down into small bits and mixing the dry ingredients together. The crumble should be buttery chunky crumble, the size of small peas, but flat, **not a fine crumb.**
- Stir through the sugar
- Add the beaten egg and vanilla essence and toss together with a fork first, then massage into a crumble dough with your fingers.

- Press ¾ of the mixture into a tray lined and greased with greased parchment paper.
- Keep the remaining crumbly dough aside to sprinkle over the top.

Topping

- Stir together topping ingredient with the sieved cornflour.
- Spread evenly on top of the base
- Crumble the remaining dough mixture over the top
- Bake in the oven 40 to 45 minutes, or until the top of the fruit is bubbling and the crumb topping is golden brown. Cool completely in the pan until it reaches room temperature.
- Use the side of the parchment paper to lift up and move the entire block carefully to a cutting board. Cut into bars.

Serve at room temperature. Store in the refrigerator in an airtight container for 2 to 3 days.

Topping alternatives: * apple and sultanas; *pear and peach; *raspberry and white chocolate; *Chocolate and choice of crushed nuts. (Add 2 tablespoons of coconut to the crumble topping)

Serve as a tray bake or desert with ice cream or custard.



"Wireless communication is nothing new. I've been praying for 75 years!"

Ninety Years Young

Today dear Lord I am 90 there is so much I haven't done

I hope dear Lord you will let me live until I am 91

But then if I'm not finished with all I want to do would you be kind and let me live until I am 92

There are things I want to know about and oh so much to see. Do you think you could manage Lord until I'm 93

The world is changing fast and there is so much more in store so I'd surely like to be around until I'm 94

And if by then my heart is sound and I am still alive, I'd like to be around until I'm 95

There are still so many procedures and so much needs a fix. I'd like to be around until I'm 96

I know dear Lord it's much to ask and mighty nice in heaven but I would like to be around until I'm 97

Perhaps by then I'm getting slow and it's getting late but it would be nice not to be your guest until I'm 98

I will have seen so much by then and had so grand a time, that I will be willing to call it quits and settle for 99

(Thank you Maureen for sharing this)

Giving thanks for all those in their 90s who continue to live and give in our communities. We pray for their well being and protection daily. Amen

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Brasso Club

Keeping our brasses in tip top shape

This small, merry band meets on the third Thursday of each month at 10 am, usually for an hour or so. New folks are welcome to join the chat and the cleaning. We aim to keep the shiny things in Church bright and beautiful!

Enter at the front of the Church by the smaller door on the right-hand side.

Cleaning supplies are provided but if you can, bring rubber gloves, cloths, and an old toothbrush for little corners!

Next date:

No meeting July

Returning Thursday 21st August

Thank you for all you do.

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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.

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Email enquiries to lighthouseyarns@yahoo.com

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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

Church Activities

Together in Faith Group

On a break in July returning August 11th 7.30 pm)
in the Boucher Room, Parochial Hall at St Patrick's Church.

Book Club

Book Club continues over the Summer - meets on the last Wednesday of the month (30th July and 27th August)
(Contact Paddy Rodgers tel 07720 404071)

Wednesday Morning Fellowship Group

Next meeting will be August 13th at 10.45 am in the Boucher Room.
We start with refreshments and fellowship .
New members welcome.

Circus Skills Class

Weekly - Tuesdays @ 10.30am - Parochial Hall
Returns in August
Come along and try some light exercise and may be learn a few manual dexterity skills

Indoor Bowling Club

Returns in September
Tuesdays from 7pm - Parochial Hall



https://www.shapedbyseaandstone.com/whats-on/whitehead-food-and-folk-fest

Saturday 9th August Food & Folk Festival

A date for your dairy. For a number of years, St. Patrick's & St. John's churches have had a stall at this festival, at the football grounds in Whitehead. It's a chance to be part of a community festival run by the Community Centre. It's also an opportunity to meet people and let them purchase our wonderful home baking!

What's your go to recipe when visitors come? We would love you to bake something to share for this festival. It can be a cake that can be sold "by the slice" or your favourite tray bake. We have a stall where people can come to buy our bakes and these funds go to the church. Setting up the stall is from about 12.00 md. And we need people to help until about 3.30 pm. We would love to have enough helpers so that we can have a rota of people willing to lend a hand for an hour or so.

There will be sign- up sheets in both churches. Please sign up and help us to share our sweet treats! I will be co-ordinating the volunteers so thank you in anticipation!

Sandra - 07912478331



Contributions welcome

Thank you for the many contributions to the Magazine this month. Looking forward to reading more. Send to me by by email, text, Whatsapp.

Thank you Sheila for this cute and important advice.

Parish Announcements

The Select Vestry meeting

No meetings July or August
Next Meeting

11th September at 7.30 pm in the Boucher Room

Counters for July and August 2025

06/07 Valerie Kincaid
13/07 Sandra Thompson
20/07 Colin de Fleury
27/07 Scotty Heyes

03/08 Trevor People
10/08 Bert Thompson
17/08 Valerie Kincaid
24/08 Sandra Thompson
31/08 Colin de Fleury

Refreshments Rota

Many thanks to all who have taken a turn with refreshments since Sept. 24. A new rota will begin Sept 25. Meantime during July there will be refreshments in St Patricks Hall each Sunday with donations going to Brighter Whitehead.
In August St Johns will host refreshments each week with any donations going to the Graveyard Fund.
Priscilla

Game On Meeting

Meeting in the Library on the second and fourth Wednesday of the month 9th & 23rd July / 13th & 27th August at 1.30 pm

Some members play Mexican Train, others played Backgammon.
New participants always welcome. Come and join us for Tea and biscuits, even if you don't want to play.

Youth Fellowship Sunday Brunch

We are taking as break for the summer and we will have our next meeting on Sunday 28th September. Anyone of secondary school age or young adult under 25 is welcome to join us then. If you want to find out more please come along, or contact Stephen Martin (stepheneddu@gmail.com).



The Diary of Ordinary Girl.

On 1st August 1944 a 15 yr old girl wrote as usual in her diary, on that day describing the contradictions in her personality. She was as complicated as any modern day teenager. Her diary letters were addressed to 'Dear Kitty', a fictional friend she invented so she could correspond with someone. However this was to be her last entry - the girl was Anne Frank.

The Frank family were Jewish and had emigrated to Amsterdam in 1934 as Hitler and his Nazi party had come to power in Germany and it was clear that a hatred of Jews was embedded in their politics and the society they envisaged.

After being given a diary as a birthday present in 1942, Anne wrote about her life, her thoughts and feelings as a young woman - she even moaned about her mother! In July that year the family went into hiding as Jews were being ordered to leave Amsterdam following the Nazi occupation of the Netherlands in 1940.

Extract from diary entry, 15th June 1942

'Now that the Germans rule the roost here, we are in real trouble(...), then during the two years they have been here, there have been all sorts of Jewish laws. Jews must wear a yellow star; Jews must hand in their bicycles; Jews are banned from trams(...) Jews were forbidden to use swimming pools, tennis courts, hockey fields or any other athletic fields(...) Jews must not sit in their own or friends' gardens after 8 o'clock in the evening; Jews may not visit Christians; Jews must go to Jewish schools, and many more restrictions of a similar kind, so we could not do this and were forbidden to do that. But life went on in spite of it all. ....'

Otto Frank, Anne's father had prepared a hiding place for his family - Anne, older daughter Margot and his wife Edith - above the ware-house where he ran his business, and had organised four Christian friends, 'the helpers' who would sustain them with food & clothing as they hid. Suddenly their normal lives came to an abrupt end & young Anne must have missed the fun and laughter of school friends. Four other people eventually joined them in that quiet attic, living every day with the fear of being discovered.

In March 1944 a radio broadcast by Dutch minister Gerrit Bolkestein appealed to citizens to preserve important documents so it would be clear after the war what ordinary people had experienced during the German occupation. He inspired Anne to revisit her early diary writing, amending and rewriting some parts with the idea that the story of their time in hiding could be published as a book. From May 1944 she worked hard on her new project 'The Secret Annex'.

On Friday 4th of August police officers arrived at the warehouse and during a search of the building discovered the revolving bookcase that hid the quiet, secret world of two families. The Germans had found the Dutch police uncooperative so they set up special divisions with particular officers to hunt for Jews. Some were plainly anti-Semitic but all gained from the money made with every Jewish person caught and the belongings they stole.

The has been much speculation over the years but most recent research in 2016 by The Anne Frank House asks not the familiar 'Who betrayed Anne Frank?', But 'Why did the raid on the Secret Annex take place?' They conclude that there is a real possibility that some illegal work and fraud with ration coupons drew police attention to 263 Prinsengracht and unfortunately they found the families by chance. They were arrested at gunpoint and two of 'the helpers' were also taken into custody.

Edith Frank died in Auschwitz-Birkenau and her daughters Margot & Anne perished in Bergen-Belsen in 1945. Otto Frank was the only survivor from the attic and he made sure that the diaries, saved by two of 'the helpers', were published as Anne had wished. The written words of an ordinary teenage girl that have echoed over the decades and thankfully are shared in our schools with young people today.

'Human greatness does not lie in wealth or power, but in character and goodness. People are just people, and all people have faults and shortcomings, but all of us are born with a basic goodness'.

Anne Frank 12th June 1929 to February 1945

FROM THE EDITOR'S DESK



Hi everyone happy summer time. Yes it is wet most of the time but I am hoping the sunny spells, increase. I have less watering to do of my outdoor planters and I can see the grass recovering, the flowers are more abundant.

I am sure there will be more of us wanting to head of to sunnier climes. So that got me thinking, how can we get into the sunshine if we, for whatever reason are not able to get away.

I guess maybe it is possible to do what we would do on a holiday, right here. I am going to try to get out and about on day trips, to catch whatever sun whenever it comes.

I have reflected on what brings me joy, gets me out of my head even though I cant get out in the sun. Took a while to get there but I love to make things, to sew, to crochet and I have got out of the habit. So I need to carve out a wee corner in my house where I can set up the sewing machine and see what I can produce. But I need to commit time to do this.

A good mental health day is one where at the end of the day you can reflect on one of the following - your **G A C**
G - What felt **good** in the day.
A - your **achievements** no matter how small and
C - when you felt **close** to someone, even the momentary smile form a stranger in the street. So don't forget to smile
Then in your evening prayer you have something to be thankful for. Brief spells of sunshine become the bonus.
Capture your **GAC** before you go to sleep
Love and Blessings



Just for today Lord



I will live through the next 12 hours
And not try to tackle all of life's problems at once
I will improve my mind, I will learn something useful
I will learn something that requires effort, thought and concentration

I will look my best, be courteous and considerate
I will not find fault with my friends, relatives or colleagues
I will not try to improve anyone but myself
I will have a programme, I might not follow it exactly but I will have it

I will save myself from two enemies - hurry and indecision
I will do a good turn and keep it a secret
If anyone finds out, it won't count
I will do two things I don't want to do just for the exercise
I will believe in myself

I will give my best to the world and feel confident that the world will give it's best to me

Thank you for you P for sharing this. I often try to find more and discovered that Just for Today is the underpinning message of the AA and other Addiction organisations. Getting through one day and then another and then another, is part of God's Grace. We don't need to worry about tomorrow as we have no control over that.

There are many versions of 'Just for today' all very helpful. I will share some of these later in the year.



A little bit of colouring in to help occupy the children (or you) in the summer holidays.

WHO'S WHO IN THE PARISH

Rector: Revd Canon Mark Taylor,

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

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Twitter: @Whitehead_CoI
Email: churchofirelandwhitehead@gmail.com
Website: **www.whitehead-islandmagee-parish.co.uk**

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People's:	Mabel Allen	John Hall

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Priscilla Carlisle; Pauline Riddle; Paul Heyes;
Janet Matthews; David Young; Terry Waugh;
Austin Jenkins - Graveyard Manager St John's

Messy Church

in the Parochial Hall on the 2nd Sunday of the month at 10:30 a.m.
Contact the Rector if you plan to come.

Youth Fellowship Leader

Stephen Martin - stepheneddu@gmail.com

Safeguarding Trust Evelyn Powers 9337 2535 Valerie Kincaid 07909 545651

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