

PARISH OF STORMONT - ST MOLUA'S CHURCH

CONTACT

WINTER 2021/22

stmoluasonline.com

*Come
and
worship*

The background of the lower half of the page features a close-up, shallow depth-of-field photograph of several lit candles. The flames are bright yellow and orange, contrasting with a blurred, cool-toned blue background. The overall mood is warm and spiritual.

Christmas, at St Molua's

JESUS
is the **REASON**
for the
SEASON

Keep **CHRIST**
in **CHRISTmas!**



ADVENT & CHRISTMAS SERVICES

05.12.21: **10.30am** Advent Morning Prayer

12.12.21: **10.30am** Holy Communion

3pm Muddy Church 'ADVENTure'

19.12.21: **10.30am** All age Advent Service

6.30pm A Service of Lessons & Carols

25.12.21: **10.30am** Christmas Day Celebration
for all ages with Holy Communion

26.12.21: **10.30am** Christmas Worship for
St Stephen's Day





There are still some restrictions in place with regard to hospital and nursing home visits. The Rector will keep in touch with parishioners by phone as much as possible, but please do not hesitate to let her know of any situation if you or a family member are in need of pastoral support. please telephone the Rectory -
(028) 9573 9347 *Thank you!*

Church Services

Sundays @ 10.30am

Morning Worship

Wednesdays @ 10.30am

Holy Communion

Keep up to date with our website:

stmoluasonline.com

PARISH OFFICE - Tel: 028 90419171

The Parish office is open on Wednesday mornings (during term time) from 10am-12noon.

A post box is outside the Hamilton Hall for correspondence outside opening hours.

CONTACT DETAILS

Revd. Emma Rutherford

tel. **028 9573 9347** *(Rectory)*

**St Molua's Church,
645 Upper Newtownards Road,
Belfast BT4 3LR**

stormont@down.anglican.org

*The Rectory,
3 Rosepark,
Belfast BT5 7RG*

*If the Rector is on holiday, details of
Clergy providing cover will be on
the Rectory answerphone.*

hands ~ face ~ space

For in-church services, social distancing and sanitising measures will be in place, masks to be worn.

Sunday Services will be recorded in church and uploaded later to our website & Facebook
stmoluasonline.com

When at church - please wear a mask / face covering

thank you!



THE RECTOR WRITES

Dear friends,

I hope this edition of Contact magazine finds you well.

I don't know about you - but I think that this past year has flown.
(Maybe it's as I'm getting older that time appears to go more quickly?!)

The changing seasons of the church are a constant reminder of the year moving on. As we change the altar frontal to violet, a new church year begins.

Advent is a season of expectation, **waiting** and looking for the coming of Jesus. Christmas IS coming. It is an exciting time of year. But at times we have to make ourselves stop and recognize what Christmas is all about.

In our busy lives, let's try to make some space this Advent and beyond for stillness, prayer and contemplation.

Without making that space and setting time aside to watch and to **wait**, we can fill our days with so much other 'stuff'. Advent is the season for us to watch, to **hope**, and to open our hearts to the God who comes to us. With just a little time spent seeking and praying, each of us can see little glimpses of glory.

Of course, the call for stillness, prayer and contemplation shouldn't just be during Advent - let's continue with that through 2022.

I am so excited that our Alpha course (that I mentioned in the last edition) starts on Sunday 23rd January at 7pm. Matthew tells us more in his article further in the magazine. The invitation to come along is for **everyone** - why not bring a friend?

We hope to celebrate Christmas in a more 'normal' manner this year, but just as I write, a new strain of COVID has appeared... We will (restrictions and regulations permitting) hold our Advent & Christmas services as planned - see details regarding all services on the inside cover page of this magazine.

At St Molua's we want you to feel as safe as possible when you are at church, with social distancing, masks and sanitizing at all services. Our regular services continue to be held at 10.30am on Sundays and Wednesdays.

Please do stay safe and be assured of my prayers this Advent, Christmas and New Year.

Eternal God,
through long generations you prepared a way
for the coming of your Son,
and by your Spirit you still bring light to illumine our paths:
renew us in **faith and hope**
that we may welcome Christ to rule our thoughts
and claim our love;
to whom be glory for ever.
Amen.

(A Collect of the Word for the First Sunday in Advent)

May the **joy** of the angels, the **eagerness** of the shepherds, the **perseverance** of the wise men, the **obedience** of Joseph and Mary and the **peace** of the Christ-child be yours this Christmas; and the blessing of God Almighty, the Father, the Son and the Holy Spirit, be among you and remain with you always.

Amen.

(A Christmas Blessing)

Yours in Christ,
Emma.

LAUGHTER LINES

Camels

In Jane's Christmas drawing, two of the camels were approaching the inn, over which was pictured a large star. The third camel and its rider were going directly away from it. "Why is the third man going in a different direction?" her mother asked. Jane replied: "Oh, he's looking for a place to park."



*We don't sing carols no more...
you 'ave to listen to 'em off me iPod!*

Christmas Carols

One night Freda went carol singing. She knocked on the door of a house and began to sing. A man with a violin in his hand came to the door. Within half a minute, tears were streaming down his face. Touched, Freda sang every carol she knew - and

some she didn't. The man continued to weep gently throughout her performance. "I understand," she said softly at last. "You are remembering your happy childhood Christmas days." "No, not exactly," he replied in a choked sort of voice. "I'm a musician!"

New bank

Mother decided that ten-year old Cathy should get something 'practical' for Christmas. "Suppose we open a savings account for you?" she suggested. Cathy was delighted. "It's your account, darling," mother said as they arrived at the bank, "so you fill out the application." Cathy was doing fine until she came to the space for 'Name of your former bank.' After a slight hesitation, she put down 'Piggy'.

Easy come, easy go

Father Christmas enters through a hole in the chimney and leaves through a hole in your pocket.

Silence?

Christmas is the season when your neighbour's radio keeps you awake playing 'Silent Night'.

Angel tidings

The little boy was to be an angel in the Christmas play and his one line was: "Behold, I bring you good tidings." He asked what tidings were and his mother explained that the word meant news.

On the night of the play, the youngster had stage fright and, after a long silence, blurted out: "Hey, have I got news for you!"

Split

A professor was lecturing his physics class. "If molecules can be split into atoms and the atoms split into electrons, can the electrons be broken down any further?"

"I'm not certain," replied one of his pupils, "But a sure way to find out would be to post some of them in a Christmas package marked 'fragile.'"



Barry was secretly proud of his part in the Nativity play

Your cat's favourite Christmas songs

1. Up on the Mousetop
2. Have Yourself a Furry Little Christmas
3. Joy to the Curled
4. I Saw Mommy Hiss at Santa Claus
5. The First Meow
6. Oh, Come All Ye Fishful
7. Silent Mice
8. Fluffy, the Snowman
9. Jingle Balls
10. Wreck the Halls



PRAYERS



Holy Jesus,
by being born one of us,
and lying humbly in a manger,
you show how much God loves the world.
Let the light of your love always shine in our hearts,
until we reach our home in heaven,
and see you on your throne of glory.
Amen.

Lord Jesus Christ,
your birth at Bethlehem
draws us to kneel in wonder at heaven touching earth:
accept our heartfelt praise
as we worship you,
our Saviour and our eternal God.
Amen.

God of compassion,
whose Son Jesus Christ, the child of Mary, a
shared the life of a home in Nazareth,
and on the cross drew the whole human family to himself:
strengthen us in our daily living
that in joy and in sorrow
we may know the power of your presence
to bind together and to heal;
through Jesus Christ our Lord. Amen

O almighty God, who alone art thou without variableness or shadow of turning, and hast safely brought us, through the changes of time, to the beginning of another year; We beseech thee pardon the sins we have committed in the year which is past, and give us grace that we

may spend the remainder of our days to thy honour and glory; through Jesus Christ our Lord. Amen.

Psalm 100: For giving and grateful praise.

1 Shout for joy to the LORD, all the earth.

2 Worship the LORD with gladness;
come before him with joyful songs.

3 Know that the LORD is God.
It is he who made us, and we are his;
we are his people, the sheep of his pasture.

4 Enter his gates with thanksgiving
and his courts with praise;
give thanks to him and praise his name.

5 For the LORD is good and his love endures forever;
his faithfulness continues through all generations





ST MOLUA'S WALKING GROUP



Ballyskeagh Bridge, 16.10.21

We are taking a break during the winter months but please look for information and updates on 'Pew News' or check out <https://stmoluasonline.com/walking-group/>

Knit and Natter, Crochet and Chatter

The knitters and crocheters are glad to be back for some crafting and a 'cuppa'. It would be lovely if you could join us on the first and third Wednesday each month, 2-4pm. At our first meeting, the group shared their 'finished objects' and are continuing to create for personal and charity purposes. What would you create? We'd love to hear.



St Molua's Ladies' Guild

Last meeting of 2021 is at Hillmount, Friday 10th December, 2pm, for Christmas Lunch.

The dates for 2022 are as follows-
13th January, 27th January,
10th February, 24th February,
10th March, 24th March, 28th April,
13th May Summer Outing.

Badminton

Monday Evenings from 8-10pm.
Everyone Welcome!



MISSION POSSIBLE



One of my favourite lines in the Holy Communion Service (Version 2) from the Book of Common Prayer is at the end when the Minister says, “Go in peace to love and serve the Lord,” to which we reply, “In the name of Christ. Amen!”

I love gathering on Sunday in Church for worship with all of God’s people and I enjoy the service itself, but this helpful little line reminds us that we gather on Sunday morning to be equipped and encouraged for the week ahead as we love and serve the Lord wherever He has placed us or may leads us.

I am passionate about mission – to me it is an adventure partnering with God the Father in His mission. And He has taken me and my wife on many adventures. For me, this has included serving in a local foodbank and inner-city Church plant as a student, coordinating mission in two local Churches in Bangor and Finaghy, and serving on mission abroad in Latvia and Romania.

However, my most exciting and fulfilling experiences of mission have happened in the mundane and ordinary moments of life. Simple conversations in the shop, drinking a coffee in my local café, getting my haircut in the barbershop, with friends, family or in chance meetings with strangers. This is a simple reminder that God uses us all in everyday life and can take our unique personalities and use us beautifully to spread His love and Gospel in our social circles, friendships and families. Can I encourage you today, that God can and wants to use you.

Me and my wife Kirsty have really enjoyed doing outreach into Ardcarne and Tullycarnet. So far, we have been building relationships with local people door-to-door by means of a survey, we have joined a number of community groups, and have had meetings with key business leaders and representatives within the area. This has been incredibly fruitful resulting in opportunities to pray with people, share the Good News about Jesus and to plan future ministry. We have also been building teams of people who share a common passion and love for the area, and who have a desire to see God's Kingdom coming in Tullycarnet.

We hope to launch our first Sunday Service in January along with Bible studies, Alpha courses and compassion ministries that effectively reach out to the poor. It is also our hope that in time we will be able to pioneer ministry to families, young people and children.

We are also looking forward to partnering with St. Molua's Church and blessing what God is doing through the ministry of the Church there. I am delighted to be helping to run the Alpha Course in St. Molua's in the New Year. I highly recommend this course for anyone who has questions about life, meaning and the Christian faith. This course is ideal for anyone seeking to enrich their existing faith or to anyone exploring beginning a personal relationship with God. I would encourage you to sign-up and to invite family, friends, neighbours and colleagues along. The course will start on 23rd January at 7PM in the Halls at St. Molua's over tea, coffee and some nice things to eat. To sign-up, get in touch with me at tullycarnetchurch@icloud.com or call me at 07828694812. Or approach Emma for more information or to sign-up.

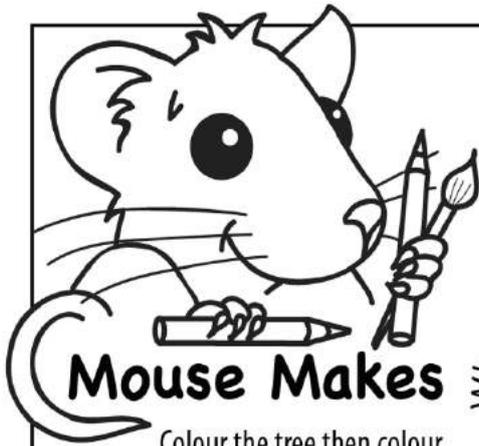
We also are hoping to provide the parishioners at St. Molua's with opportunities to partner with Tullycarnet Church in outreach into the estate. This could be through praying for us, giving or serving alongside us. We plan to run a number of litter picks in January, February and March. If this is something that would interest you, feel free to get in touch and to get involved. We would also appreciate prayer for the following points:

- Pray for favour with local people and for us to forge effective friendships and relationships. Pray that we would have opportunities to share the Good News about Jesus with local people and that we would be overjoyed in seeing local people committing to follow Jesus as lifelong disciples.
- Pray for our Sunday Service as it begins in January. Pray that this would start running smoothly, for unity in our team and for many local people to be in attendance.
- Pray for Alpha at St. Molua's – that the faith of many would be enriched and strengthened, that we would have guests from the fringes of Church or those outside the Church. Pray also that many from a non-faith background would come to faith at the course.

Blessings,

Matthew Gault

Tullycarnet Church Plant Leader



Mouse Makes
 Colour the tree then colour
 in one star each day until Christmas.
 Leave the large star at the top of the
 tree to colour in on Christmas day!

What's on the Christmas Tree?



Presents at Christmas
 under the tree,
 A red Christmas stocking
 waiting for me,
 But what really is Christmas,
 What is it about?
 Just look and the Bible
 and you will find out!
 It's about **JESUS**
 - the best present of all,
JESUS our **Saviour**,
 God's gift to us all!



A STAR
 shows the way
 to Jesus
 Read
 Matthew 2:1-12



ANGELS

bring messages from God

Read about
 Gabriel's message in
 Luke 1:26-38

Read the
 shepherd's story in
 Luke 1:26-38



**LIGHTS
 AND CANDLES**
 remind us that Jesus
 lights our way to God
 Read Luke 2:29-32



PRESENTS

remind us of God's
 special gift to us ... **JESUS!**



"For God loved the world so much that He
 gave his only Son, so that everyone who believes
 in him may not die but have eternal life." John 3:16



ECO GROUP REPORT

St Molua's has a history of being aware of the importance of looking after the environment. In the past the church was very active and led a number of 'green' initiatives. However, in the light of more rapidly rising global temperatures, increasing pollution and the destruction of many of the planet's ecosystems, it is important not only to continue our efforts, but to pick up the pace in raising awareness of these issues and being much more active within our parish.

The context.

As a result of what we are doing and how we are living, the planet is getting warmer as evidenced by the increase in the number of 'freak' weather conditions that we have all experienced in recent years e.g., increased floods, forest fires, temperature extremes etc. There is an urgent need to reduce the amount of carbon dioxide in the atmosphere- it is one of the main greenhouse gases causing the rise in global temperatures.

We have been advised to do 3 things:

- Reduce our carbon footprint
- Eat less meat.
- Live more sustainably.

Our Group.

The first meeting of the St Molua's Eco group began with a review of existing Eco measures. Some examples of current practice include the use of Eco-friendly products in the Church office and in the kitchen. Whilst this is really good practice, we know there is lot more that we can do.

During lively and lengthy discussion, we identified and explored potential opportunities which we felt were manageable and which the parish might like to consider.

The group, with the support of Select Vestry agreed a plan to move St Molua's forward.

Initially the focus of our efforts would be within our own Church and its community. Over time the focus would be extended: -

1. To link with other churches
2. To link with the local community.
3. To have a global outlook.

Eco Group Proposals Adopted by Select Vestry

1. To register online for an “Adopt a Spot” scheme. This scheme enables volunteers across N Ireland to adopt an area and look after it. There are a number of areas of focus, but we selected the “Rewilding” project in which habitats are created within small spaces. In St Molua’s this could be part of the field behind the Hamilton Hall or a small area of the bank to the eastern side of the church. This designated area could be used for sowing wildflowers, installing bird boxes for example.

We could also become involved in a “Litter pick” project possibly involving the ‘Sole Mates’ Walking Group.

The “Adopt a Spot” scheme provides free resources to support these initiatives which is an added bonus!

2. To increase the planting within the church grounds. In particular, the area along the wall at the front of the church could be planted with small, slow growing colourful shrubs, which as well as adding to the aesthetics of the front of the church, would also absorb and store CO₂ as they grow. It would be essential that this planted area be carefully planned so as not to make the job of mowing the grass any more difficult than it currently is. The planted area would be relatively low maintenance with the use of bark or slate chips to suppress the weeds around the shrubs. It would be hoped to begin the planning for this garden as soon as possible but no planting would take place until early spring. Elma, the Flower Festival Coordinator has offered to help provide guidance on shrub selection etc.

3 To register online with the recycling project – **Terracycle**. This is primarily a volunteer-based recycling platform to collect plastic waste, which is not currently recycled locally, so cannot go into our blue bins. It is sent off to be turned into raw materials which are used to make new products e.g., garden furniture.



For some weeks St Molua's parishioners have been collecting **bread bags and crisp bags** and hopefully we will become a registered hub for these specific items. The response has been amazing so far and we would like to encourage you all to continue with this collection but please do **not** bring in any other plastic items such as sweetie or biscuit wrappers etc.

We are however, extending the scheme and ask for your **old pens, pencils & highlighters**.

If possible, please bring in all these items and place in the storage boxes provided in the foyer of the church.

If you would like to find out more about this national / international scheme refer to the website, www.terracycle.co.uk and please look out for the Terracycle logo on items which are all recyclable in some of the other Terracycle hubs.

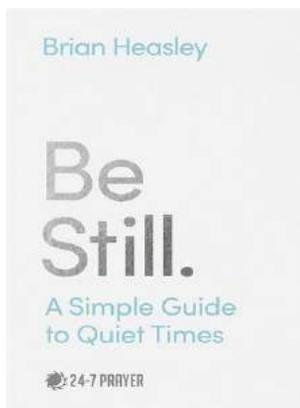
4. Additional Eco Group proposals are: -

- To create an Eco Group page on the Church website and our other social media platforms to keep you all informed of progress and developments.
- To have a designated Eco-noticeboard in the Church or the Hamilton Hall
- To have an Eco Group stall at any appropriate future St Molua events
- To be open to any new ideas that any of you may have.

Hopefully after reading this article, you can see that there is a great desire within the Group to progress St Molua's' efforts to help save our planet, not just for those alive now, but for future generations. Global warming is a major global problem but if each one of us did a little, no matter how small, **together we can make a difference.** Thank you for your continued support. If any of you would like to become involved in any aspect of our plans, please come forward. The more people involved, the better! You will be most welcome!

Eco Group Members: Camryn Hill, Aimee Anderson, Heather Loughridge, David Watkins and Sharon Beck

Be Still – a simple guide to Quiet Times **By Brian Heasley, SPCK, £9.99**



In this easy-to-read guide, Brian Heasley explores the multitude of rhythms of Christian prayer and devotion available to every believer. From memorising scripture and prayer, running to noticing beauty everywhere, he demonstrates how we don't need to be static for our hearts to be still, and how even in the midst of a full, busy life, we can spend quiet times with God.

Packed full of ideas for different ways to pray and tips and advice for how to build prayer practices into everyday life, Brian's book may change the way you think about prayer and devotion and help equip you with all the tools you need to deepen your relationship with God. This book can accompany the 24-7 Prayer's new *Be Still* prayer course. It also makes a great resource for youth leaders looking to help teenagers cultivate daily rhythms of prayer.

We hope to use this book when we resume 'Café Church' after Easter.

Flower Festival Update

The weekend of our big event has been and gone **twice** ... May 2020 and May 2021!!

Needless to say, we were all very disappointed but hoped that it might be possible to run it in May 2022.

However, in spite of the extensive roll out of the vaccination programme, there still remains, amongst many people, a great deal of uncertainty and concern about being in crowded situations. Of course, in recent days these concerns have been exacerbated by the emergence of the new 'Omicron' variant.

Ideally, all festival attendees should feel relaxed and comfortable coming into the Church so at a recent Select Vestry meeting it was reluctantly agreed to postpone the festival once again, hopefully for the last time! It has been rescheduled for **May 2023**, by which time, we hope there will be a return to normality, and we will be able to enjoy life once again!

As you know, most of the groundwork and fundraising have already been done but will be carried forward for the event in May 2023. All donors have been kept informed of decisions taken and we thank both them and you, for bearing with us.

We thank each of you for your continued support and hope that you all keep safe and well in the meantime.

Thank you all very much
S Beck
(On behalf of the Fundraising Team)

Fundraising Team Members: - J Black, M Carmichael, F Hastie, E Hamilton, J Hill, H Loughridge & S Beck



Did you know that **Dundonald Arts Club** meets regularly in our church hall? Its programme includes a balance of talks and demonstrations to suit a wide range of artistic interests. You don't have to be an artist to join, just have an interest in art. Members meet at **7.30pm** on Wednesdays, twice monthly and occasional Saturday mornings.

Forthcoming programme dates are:

22 January, Saturday, **Painting Morning** 10am-1pm

26 January, 9 February, 23 February, 9 March, 23 March, 6 April,

27-30 April **Annual Exhibition**

11 May, evening meeting **AGM** and close of DAC session.



URGENTLY NEEDED FOOD ITEMS

Long life milk (whole & semi skimmed) we have very low stocks * tins of tuna * tinned custard/rice * cordial * sweets

Small box of washing powder * washing up liquid * bleach * deodorant (men's & women's) * bars of soap

WE'VE GOT PLENTY OF

Tinned beans * tinned soup * all sized bags of pasta

“Over 90% of the food distributed by foodbanks in [The Trussell Trust](#) network is donated by the public – that's why your food donations are absolutely vital to our ability to give everyone referred to us a balanced and nutritious three day supply of food.” [Donate food | Dundonald Foodbank](#)

Thank you for your support.

FROM THE REGISTERS

Our sorrows;

Christian Funeral - 22.11.21 Douglas James Hall

Our joys;

Holy Baptism - 28.11.21 Harris James Leck



COFFEE ROTA

Many thanks for our regular coffee and tea volunteers, you are very much appreciated. A new Rota will be available shortly.

*If you can help, please contact Frances
07968740467*

SUBMISSIONS: Articles for submission to the Contact magazine are always welcome! You may want to contribute some ideas, an article or clipping, maybe something not already covered. We look forward to hearing from you, thank you!

Deadline for copy for next edition: 6thFebruary2022

A REQUEST FOR YOUR HELP:

Do you have any **recording/editing** skills to help to record our morning services?

Perhaps you could help with our **magazine** or in our **Church Office?**

Could you help us to resume **Children's Ministry?**

(Sunday school / Creche / Messy Church & Muddy Church)

Could you help with **mission & outreach?**

Please speak to the Rector!

BE A GOOD NEIGHBOUR- during the winter months, please look out for those who are elderly or housebound.

Got questions?

#AskAtAlpha

**St Molua's Church Hall
Sundays @ 7pm
Starting January 23rd**



Everyone welcome!
For more information see:
stmoluasonline.com

contact:

028 9573 9347

email:

rector.stmoluas@gmail.com



Alpha

explore

life

faith

meaning