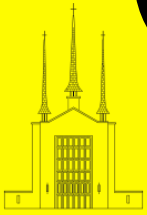


CONTACT

stmoluasonline.com



ST MOLUA'S
PARISH OF STORMONT

SPRING 2025



Church Services

Sundays

@ 10.30am Morning Worship

Children leave church for our Sunday Kids Club, **J.A.M.** (Jesus and Me)

For all service details, see weekly
Pew News sheet

@ 6.30pm Cafe Church (except 2nd Sundays - Messy Church)

Wednesdays

@ 10.30am Holy Communion
(BCP Order One)

Keep up to date with our website:

stmoluasonline.com

Sunday morning services are also broadcast live on Facebook, and will be uploaded later in the day to our website.



During the vacancy
**details of Clergy
providing pastoral
cover will be on the
Parish Office
answerphone.**

CONTACT DETAILS

Church Office:

028 9041 9171

Parish office open
Wednesdays from
**10am-12noon (during
term time)**

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

stormont@down.anglican.org

Select Vestry 2024/25

Sharon Beck (Rector's Churchwarden,
Gift Aid Secretary and Data Manager)

David Blemings (Rector's Glebewarden)

Grace Blemings (Hon. Treasurer)

Sylvia Clarke

Frances Hastie (People's Glebewarden
and Hon. Secretary)

Denis Hill

Jean Hill (People's Churchwarden)

Winnie Hill

Margaret Jackson

Heather Loughridge

Caroline McCartney

Helen Poots

Malcolm Stanley (Asst. Treasurer)

Edwina Tester

David Watkins

Valerie Watkins

What's on

Sunday

During term-time



ST MOLUA'S

PARISH OF STORMONT

10.30am Morning Worship

(including J.A.M. kids club)

4-6pm Messy Church (2nd week each month)

6.30pm Cafe Church (weekly, except 2nd week)

Monday

10am Little Angels Toddler Group

2.30-3.30pm St. Molua's Book Club (1st each Month)

6pm Zumba with Gill

Tuesday

10am Men@10 (1st & 3rd week)

7.30pm Badminton

7.30pm Parish Prayer Time (3rd week)

8pm Healing Service (1st week)

Wednesday

10.30am Holy Communion

2.30pm Craft & Chat (1st & 3rd week)

7.30pm Stormont Community Choir

7.30pm Dundonald Arts Club (1st & 3rd week)

Thursday

2.30pm Ladies Guild (2nd & 4th week)

7pm Zumba with Gill

Saturday

10am Sole Mates Walking Group (3rd week)

For more information see: stmoluasonline.com

Come &
Join us!



4pm-6pm at

St Molua's, Stormont & Stormont Presbyterian 2025 DATES

09.03.25 @ St Molua's

13.04.25 @ Stormont Presbyterian

11.05.25 @ St Molua's

08.06.25 @ Stormont Presbyterian

fun - food - games - stories - craft - celebration
for all the family - an opportunity for people of
all ages to worship together

Everyone Welcome! (all children must be
accompanied by an adult) Check out the
UK website at messychurch.org.uk

Update From Tullycarnet Church



Tullycarnet Church has continued to grow, making new disciples, and attracting new members through our outreach activities such as Alpha, children's outreach, door- to-door, and giveaways.

We have also had a fruitful season of discipleship within the Church through running the Romans course. What has been particularly encouraging has been the make-up of those attending our Church. We have been especially successful in attracting and discipling those in their 20s-30s.

An issue for some time in the life of our Church has been access to reliable premises within the community. We recently saw two of our prayers answered, firstly through acquiring a suite of offices, and secondly by becoming keyholders at our worship venue. The new office has enabled me to have a space to work in, along with our "Pais" ministry apprentices, moreover, the space is suited for pastoral meetings. It is our hope that we will be able to use the offices to host small groups, CAP courses and Alpha. Approaching 2025, we plan to launch more small groups and to release the leadership responsibility of these to more of our members. Furthermore, we are exploring how to become more attractive to families with children and young people.

In addition, Tullycarnet Church really appreciated being able to use the Church halls at St. Molua's for the carol service at Christmas and our Church prayer meeting has been praying for St. Molua's during the vacancy.

Matthew.

A black contact card for Tullycarnet Church. On the left, there is a white square containing the church's logo: two overlapping circles, one black and one yellow, with the text "TULLYCARNET CHURCH" below them. To the right of the logo, the name "MATTHEW GAULT" is written in a large, white, serif font, followed by "Church Plant Leader - Church of Ireland" in a smaller, white, sans-serif font. Below this, the phone number "07828694812", the email address "Tullycarnetchurch@icloud.com", and the website "www.tullycarnetchurch.com" are listed in white. At the bottom right, there are icons for Facebook and Instagram.

PARISH PRAYER TIME

3RD TUESDAYS @ 7.30PM

SIDE CHAPEL

EVERYONE WELCOME



ST MOLUA'S

PARISH OF STORMONT



Cafe Church

Sundays @ 6.30pm
With Revd. Brian Cruise

St Molua's Church Hall
everyone welcome!





PRAYERS

*Lord, grant us simplicity of faith
and a generosity of service
that gives without counting cost.
A life overflowing with Grace
poured out from the
One who gave
everything, that we
might show
the power of love
to a broken world,
and share the truth
from a living Word.
Lord, grant us simplicity of faith,
and a yearning to share it.*

*Remind us often Lord,
when we are feeling
proud, arrogant,
beyond reproach, pleased with
ourselves, self sufficient in our
ways, that for such as us,
and better, and worse,
you walked a road that took you
to a cruel cross,
and rose again to show us
where we might look for rescue,
as from this lofty perch
we fall.*



*Forgive those things we have
done which have caused you
sadness,*

*and those things we should
have done that would have
brought you joy.*

In both we have failed

ourselves, and you.

*Bring us back to that
place where our journey
began, when we said
that we would follow the
way that you first trod.*

Lead us to the Cross

and meet us there.

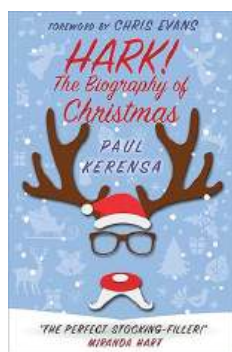
*Come, all who are thirsty
says Jesus, our Lord,
come, all who are weak,
taste the living water
that I shall give.*

*Dip your hands in the stream,
refresh body and soul,
drink from it,
depend on it,
for this water
will never run dry.*

*Come, all who are thirsty
says Jesus, our Lord.*

*May the guiding hand of God
lead you from the busyness
and stress of your daily life
to a quiet place, still waters
where you can rest awhile,
and in that space find peace.*

BOOK CLUB UPDATES!



NOVEMBER: 'Hark!' A whistle-stop sleigh ride across the world and through several millennia, gathering up all the facts (and some fictions!) about Christmas that you could possibly ask for.. and more. A positive mine of information with great tongue-in-cheek humour.

Hark! It was very interesting to find out where the customs we associate with Christmas come from. They have ancient origins from before the time of Christ.

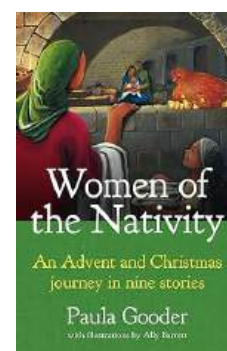
DECEMBER: 'Women of the Nativity' is a beautifully presented volume of nine short stories of women, six actual, three imagined, who found themselves woven into God's great plan of salvation. From Sarah who became the mother of a great nation, to Anna meeting the baby Jesus in the Temple, the stories are told, in the first person, with warmth, love and humour. Brief helpful notes and relevant Bible readings are a bonus and the original illustrations by Ally Barrett enrich the text beautifully. A very accessible and memorable book.

I liked reading about women in the nativity stories and the great roles they played. I also found the accompanying Bible passages a joy to read. Women of the Nativity was a very easy and interesting read. It gave great depth to the women, many of whom just have a cursory mention in the Bible.

I like the way Paula Gooder portrays the Biblical story in the context of ordinary human relationships and experience. It adds colour and feeling to what we read in the New Testament. Her characters really make the story come alive.

Women of the Nativity is an easy read but full of interesting back stories. Each 'woman' has her own story and brings out the inner feelings and emotions with their story.

I enjoyed all of the stories of women of the nativity because they were highly relatable. The book itself has lovely illustrations to add to the experience.





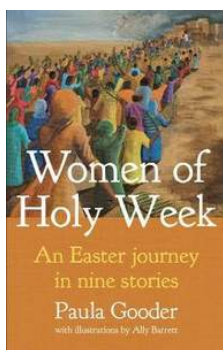
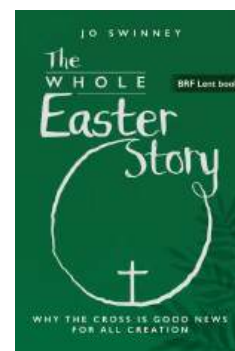
JANUARY: we read 'The Road to Grantchester' by James Runcie, a prequel to the Grantchester novels. A great success and for February's read we're introducing each other to a book we have recently read and enjoyed. If you have one you'd like to share with us why not come and join in! Details for each month on posters, bookmarks or from Sylvia or Valerie. The more the merrier, cuppa and cake an added bonus!

And finally.. BOOKWORM SUGGESTIONS FOR LENT



'Wild Bright Hope', SPCK. The Big Church Read's Lent book 2025. A collection of reflections by Christians from diverse cultures and traditions who are finding hope in surprising places and areas of modern life. Encouraging and eye opening!

'The Whole Easter Story' by Jo Swinney. The Bible Reading Fellowship's Lent book explores the impact of the Cross on God's creation in nature. Told in Bible readings, reflections and stories from A Rocha, the international environmental organisation founded by the author's parents.



'Women of Holy Week' by Paula Gooder. This will be the Book Club's April read. Nine stories in the voices of women who followed Jesus in the last week of His life. Some named in the Gospels, others not named but wonderfully imagined. Accompanying scholarly notes with beautiful illustrations by Ally Barrett.

All of the books here are, or will shortly be, available in the church library for loan, as well as from the Book Well or other good book outlets.

St Molua's Walking Group, 'Sole Mates' would like to extend an open invitation to everyone to join us for our first outing of 2025.



We have a unique opportunity to have

a personal guided tour

of the beautiful

and **historic church of St Nicholas in Carrickfergus** on

Saturday 15th March. Although we usually have a walking destination, this outing will be suitable for all abilities.

Leaving the Church we take the glider to Lanyon then the train to Carrickfergus. From the station it is a short walk to the Church and old graveyard. After our tour of the church there is the option of a stroll around the town or seafront.

There are lots of eateries and coffee shops. We will arrange a return time on the day. If anyone wishes to travel by car we would plan to meet at St. Nicholas at 11am.

Our walks are open to all - to church members, friends and relatives and anyone else who would like to join us. Under 18s must be accompanied by an adult. Please note that all walkers take part at their own risk. All walkers must ensure that they are fit and healthy enough to undertake the walk they are attending. All walkers are advised to exercise due caution and to wear suitable walking shoes/boots and outdoor clothing.

Find updates on 'Pew News' or online at <https://stmoluasonline.com/walking-group/>

Looking forward to seeing as many as possible, Audrey and Dennis.



Our **Men@10** group recently visited Down Cathedral and the St Patrick Centre in Downpatrick, Co. Down.

One of our own parishioners, Very Revd Henry Hull, formerly Dean at the Cathedral, provided an interesting and



informative overview of the history of the Cathedral site and the reordering of the building's interior in more recent years.

Grateful thanks to Henry, and to the welcoming teams at both the Cathedral and the Centre, for a very enjoyable outing.



Men@10 meet twice a month, 10am-12 noon on the first and third Tuesdays of the month in the parish hall.



ST MOLUA'S CHURCH

TABLE QUIZ!

FRIDAY 14TH MARCH

**AT 7.30pm · £5 PER PERSON
LIGHT REFRESHMENTS**

All Proceeds to Parish Funds

CHRISTIAN AID WEEK 11th - 17th MAY

Sunday 13th April, 2025

To raise funds this year, you are invited to a

**PALM SUNDAY
SOUP LUNCH**



EVERYONE Welcome!

after our Morning Service

in the Hamilton Hall, @12noon

Booking required - tickets available in church

All donations towards this year's Christian Aid Appeal

Dear Neighbours,

I hope this letter finds you well. My name is Andrew, and I am a member of St Molua's Church in our wonderful community at Stormont. As a member of our community, I am writing to seek your valuable feedback on an exciting project that could benefit us all.



I am considering the idea of establishing a local Men's Shed in our area. A men's shed is a community space where men can come together to work on projects, share skills, and build connections. It provides a supportive environment where individuals can engage in meaningful activities, fostering a sense of belonging and improving mental well-being.

The benefits of a men's shed are numerous. It offers an opportunity for men of all ages to socialize, learn new skills, and contribute to the community. It can also serve as a place for mentoring, volunteering, and supporting each other in times of need. Moreover, the activities in a men's shed can promote physical and mental health and combat social isolation, which are vital for our overall well-being.

Before proceeding with this initiative, I would love to hear your thoughts and opinions on whether you believe a men's shed would be beneficial for our community. Your feedback is crucial in shaping this project to best meet the needs and interests of our residents. If there is enough interest, I plan to seek grant(s) to establish the men's shed to provide the necessary funding to create a well-equipped and sustainable facility for our community. I would also intend to register our shed as a member of the UK Men's Sheds Association through which many additional benefits are available, which you can read more about at <https://menssheds.org.uk/>

To indicate whether or not you feel that this project would be beneficial, share any suggestions, concerns, or ideas you may have - You can:

- Complete the very short feedback form available online at: <https://stmoluasonline.com/stormont-mens-shed-project-feedback/>
- Reach me at MensShed@StMoluasOnline.Com

I am more than happy to discuss this further and answer any questions you may have. Thank you for taking the time to read this letter and for being an integral part of our community. Together, we can make our area an even better place to live. Warm regards, Andrew.

Stormont Community Choir

Our third season began in September and we have welcomed a number of new members, in fact we now have fifty members on our register and have almost outgrown the Minor Hall. We joke that we may have to go the “big house on the hill” to find a large enough rehearsal room!



We have had a fun filled, busy autumn term which culminated in performances of Christmas music (both secular and sacred) in Kirk House, Towell House, The Somme and Comber Care Home; in each nursing home we were given a warm reception by both residents and staff. It was wonderful to witness the transformation of some residents, who, we understand would often have very little to say, but they joined in heartily with well-known carols and Christmas songs when we visited proving the power of music. We feel very privileged to be able to share the gift of music.

On the evening of 11th December we set off on the glider to sing carols at the invitation of the Simon Community in Victoria Square. We sang for two hours at the beautifully decorated Christmas tree and during that time willing volunteers braved the chilly conditions and collected more than £800 for this very worthy cause. On this occasion we did not wear choir uniform and style was not top of our agenda; we resembled ‘Michelin men’ wearing many layers in an attempt to keep warm.

The annual service of Nine Lessons and Carols was on held 18th December, the community choir led the congregational carols and sang eight Christmas carols depicting different aspects of the Christmas story. Following the service the congregation and choir enjoyed seasonal refreshments.

The choir meet on Wednesday evenings and if you enjoy singing in the shower why not come along and “give it a try”? You will be assured of a warm welcome and who knows, you might just discover a hidden talent!

We are delighted that the **Shine Out Choir and Orchestra**, conducted by Judith Watson, have agreed to lead worship at **Café Church** on Sunday 23rd March, 6.30pm.



The Shine Out Music Project was set up eleven years ago; they are a wonderful group of people who love to share their faith through the gift of music. The choir and orchestra members are non - auditioned, they simply come along and make music together, perhaps you know someone who might be interested in getting involved? Over the years they have led worship at many services, held workshops and raised money for local charities. Please put this date in your diary and plan to come along with some friends to sing familiar hymns and enjoy the worship! *Audrey.*

St Molua's Choir News

We mourn the loss of two past members of the church, Mary Campbell and Rae (Rachel) McIntyre both of whom passed away on Monday 20th January.

Mary was an active member of the church and sang for many years before leaving to be closer to family in Malvern where she joined the Priory Church. We have missed her sorely both in the choir and as the calligrapher for the Book of Memory.

Rae and her late husband Desmond also sang in the choir before joining St. Fininian's Church.

We remember their respective children Colin, Andrew, Neill and Judith - all of whom, at one time, were members of the choir, and their families and send them sincere condolences.

We also send condolences to our past organist and friend Jim Drennan on the death of his beloved wife Betty.

Although she sang in St. Anne's Cathedral choir, Betty was often a guest member of our choir for choral evensongs and special services where she sang alongside their children Judith and Jonathan - a real family event! *Frances.*



Annual Easter Vestry Meeting

**You are invited to attend our Annual Easter Vestry meeting
in the Hamilton Hall Monday 28th April @ 7.30pm.
Everyone welcome - only registered vestry members are eligible to vote.**

A reminder that all our parishioners are encouraged to attend this, the Annual General Meeting of our parish here at Stormont, even if they do not wish to stand for appointment to the Select Vestry or other posts. You can read all about the Easter (General) Vestry, the Select Vestry and its functions, at stmoluasonline/select-vestry



SUNDAY COFFEE ROTA



MARCH	2nd	Sylvia Clarke	&	Stella Bell
	9th	David Watkins	&	Valerie Watkins
	16th	Audrey Healey	&	Margaret Turner
	23rd	Lynn Mc Cance	&	Dorothy Mclean
	30th	Winnie Hill	&	Denis Hill
APRIL	6th	Heather Loughridge	&	Jean Hill
PALM SUNDAY	13th	CHRISTIAN AID		SOUP LUNCH
	20th	Alice Mills	&	Grace Blemings
	27th	David Blemings	&	Des Loughridge
MAY	4th	Edwina Tester	&	Gerry Hull
	11th	Audrey Faulkner	&	Iris McKinley
	18th	Stella Bell	&	Sylvia Clarke
	25th	Valerie Watkins	&	David Watkins

I'm very grateful for your willingness to help with Sunday coffee.
If you are unable to do your allotted Sunday then please try to organise a swap – if not then contact me (Frances) on 07968740467.



Ladies Guild

At the beginning of January we had a wonderful presentation by a volunteer from NI Air Ambulance and it was lovely to have many visitors joining us to hear about this very worthwhile charity. We are very pleased

to report that £200 was raised in extra donations on the day so thank you everyone.

Later in the month Marietta held an armchair aerobics session and what a fun afternoon it turned out to be!

On 13th February we have planned a mystery fun afternoon, and then on 27th February we have a speaker from Fields of Life. This is a charity which operates mainly in South Sudan and seeks to transform the lives of vulnerable and marginalised people through the provision of education, clean water, health promotion and livelihood projects.

We would love to see a good audience for this presentation so again we invite you all to this meeting.

In March we welcome back two speakers we have previously enjoyed – Janet Wilson and Aiden Campbell. Janet will be talking about walking the shores of Strangford Lough, and Aiden will be showing us more images of East Belfast past and present.

At the end of March we have our Spring Coffee Morning – please see the poster in this Contact.

We are always delighted to welcome visitors to hear our speakers, but it would be even better if we could increase our membership base. If you are free on the second and fourth Thursday each month at 2.30pm. then please come along for an afternoon of friendship, interesting talks and activities with a cuppa thrown in!

Craft & Chat (1st & 3rd Wednesdays @2.30pm)



We continue to express our creativity, as shown here-

'Trauma Bears',
'Angel blankets' &
'Twiddle muffs',
all going to local
charities.

Please do feel
free to join us.
You are very
welcome to bring
along whatever

craft you enjoy, the main aim for our group is
to relax, and 'unwind' in great company.



LAUGHTER LINES 😊

A tiny lady was the guest preacher. A few minutes into her sermon she paused and said, "Can you all hear me at the back?" A kind voice replied, "We can hear you fine. But sadly, we can't quite see you."

An auntie took her very young niece to church. When they returned home, her parents asked how it had gone. The little girl replied, "Well, the minister prayed, and I prayed. The minister sang, and I sang. The minister spoke, and I sang. The minister spoke, and auntie brought me home."

The new vicar was doing the rounds to meet his parishioners. At one house where he knocked, a woman inside called out, "Is that you, Angel?" The vicar hesitated, and then replied, "No, but I'm from the same department."



...are you late with your 'Vicar's Letter' again, dear?

A clergyman consulted his doctor about his wife's snoring. "It has to STOP," he insisted.

The doctor was intrigued: "Does it really bother you

that much?" "Well, it's not just me," confided the minister. "She's bothering the whole congregation."

When my sister got married she asked to wear my mother's wedding dress. The day she tried it on, Mother's eyes welled with tears. "You're not losing a daughter," I reminded her. "You're gaining a son." "Oh, forget about that!" she sobbed. "I used to fit into that dress!"

A woman wasn't feeling well and went to A&E. The nurse asked her, "Have you experienced a sudden loss of taste?" "No," admitted the woman sadly. "I've always dressed this way."



"Finally, we're still waiting for someone from last week's Parent & Toddler Group to come and claim this lost property..."

I'm giving up eating chocolate for a month. I'm giving up. Eating chocolate for a month!



WALK WITH THE LORD

"Teach me your way,
O Lord, that I would
walk in your _____."
Psalm 86:11



"For we **walk** by

not by sight."
2 Corinthians 5:7

"**Walk** in

as Christ loved
us and gave
himself up for us."
Ephesians 5:2

"**Walk** by the

"
Galatians 5:16

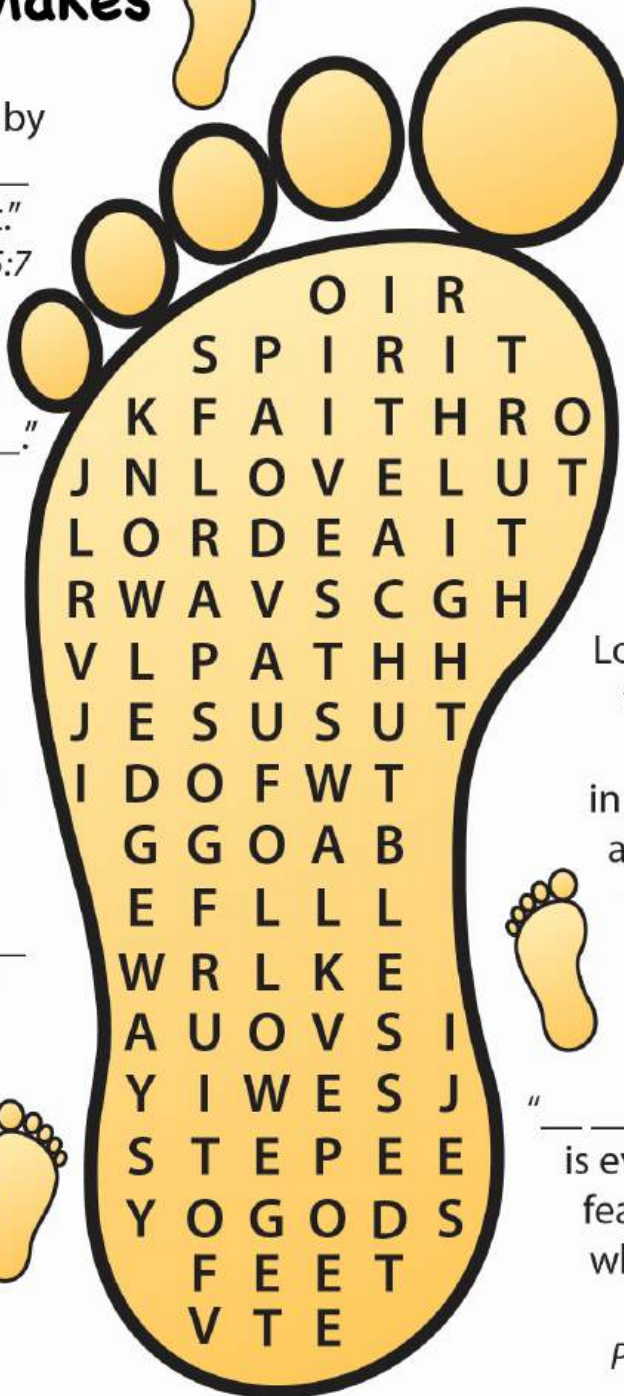
"**Walk** in
a manner
worthy of the
Lord, fully pleasing
to him, bearing



Jesus said:
"I am the light
of the world.
If you

in every good work
and increasing in
the knowledge
of God"
John 8:12

me you won't
have to **walk**
in darkness
because
you have
the light
that leads
to life."
John 8:12



is everyone who
fears the Lord,
who **walks** in
his ways."
Psalm 128:1



GOD • JESUS • LORD • WALK
WAYS • STEP • FEET • PATH • GO • TEACH • KNOWLEDGE • LIGHT

Find the words from the questions too!

NOTICES

All submissions for CONTACT magazine considered, please forward to the church office or Sylvia. Deadline for copy for next edition:
Sunday 4th May 2025

At St Molua's our Sunday school is called **JAM - Jesus and Me.** Everyone meets in church for our regular morning service, and at an announced part of the service, the **JAM** leaders and children will leave for their activities in the Parish Hall.

JAM has a dedicated team of volunteers and each week the children will sing songs, play games, have age-appropriate teaching from the Bible, enjoy a colouring / craft activity and prayer time.

Children will stay in **JAM** until parents/guardians collect them after the church service. Coffee is served each week in the Parish hall after the service - everyone welcome!

ST MOLUA'S BADMINTON CLUB

Tuesday evenings @ 7.30pm
in the Hamilton Hall

new members are always welcome



Dundonald Arts Club meets regularly in St Molua's parish 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 from September to May at 7.30pm on the 1st and 3rd Wednesdays of the month and occasional Saturday.
<https://www.facebook.com/people/Dundonald-Arts-Club/100004345909032>





ST. MOLUA'S PARISH CHURCH

**SPRING
COFFEE MORNING**

Saturday 29th March

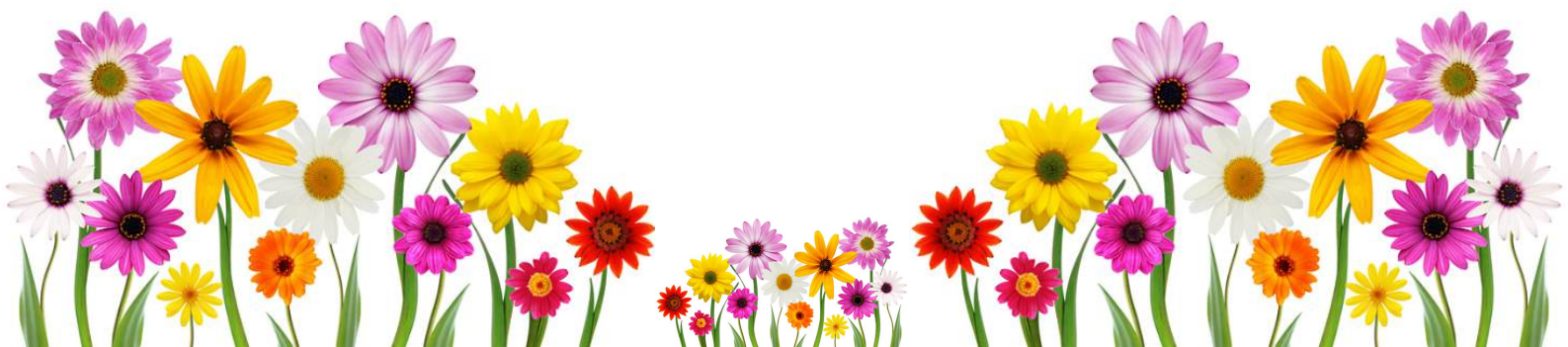
10am – 12noon

Everyone Welcome!

Admission:

Adults £6

Children £1



S T . M O L U A ' S C H U R C H

CÉILIDH



FRIDAY 21st MARCH 2025
FROM 7.30pm

TICKETS: ADULTS £10 / CHILDREN FREE
INCLUDES LIGHT SUPPER

REGISTERED WITH THE CHARITY COMMISSION FOR NORTHERN IRELAND NIC102374
ALL PROCEEDS TO PARISH FUNDS