

CONTACT



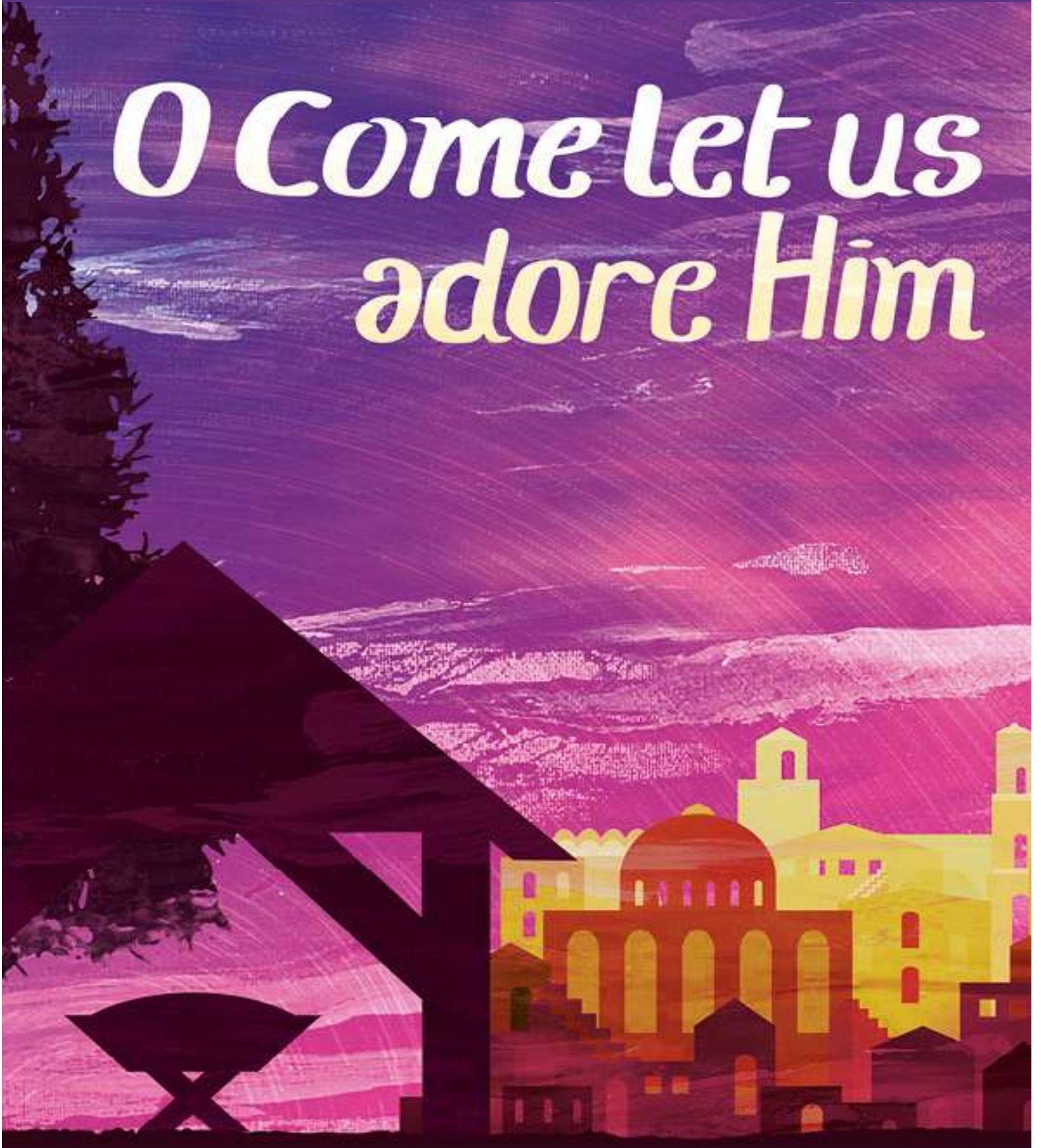
ST MOLUA'S

PARISH OF STORMONT

WINTER 2025

stmoluasonline.com

*O Come let us
adore Him*



Church Services

Sunday

@10.30am

Holy Communion* (1st Sunday)
Morning Worship* (2nd, 4th & 5th)
Family Service (3rd Sunday)

* Children leave for our Sunday Kids' Club **JAM** (Jesus and Me)

@4.00pm

Messy Church (2nd Sunday)

Wednesday

@10.30am

Holy Communion (Side Chapel)

Keep up to date with our website and Facebook pages

stmoluasonline.com

facebook.com/StMoluasChurch/

Sunday morning services are streamed on Facebook and uploaded later in the day to our website.

Select Vestry 2025/26

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

David Blemings (Rector's Glebewarden)

Grace Blemings (Hon. Treasurer)

Frances Hastie (Asst. Secretary)

Malcolm Stanley (People's Glebewarden)

Denis Hill

Jean Hill (People's Churchwarden)



Please do not hesitate to let the Minister-in-Charge know if you or a family member are in need of pastoral support and require a call or visit.

Please telephone Laurence Bellew on 07307 133 355

General Contact details

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stormont@down.anglican.org

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Minister-in-Charge
The Rectory
3 Rosepark
Belfast BT5 7RG
Tel: 07307 133 355

Margaret Jackson

Heather Loughridge

Caroline McCartney

Helen Poots

Andrew Poots

Edwina Tester

David Watkins (Hon Secretary)

Valerie Watkins

What's on

during term-time



ST MOLUA'S

PARISH OF STORMONT

Sunday

10.30am Morning Worship
including **JAM Kid's Club**

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

Monday

10.00am Little Angels Toddler Group

2.30pm Book Club (1st week)

6.00pm Zumba with Gill

Tuesday

10.00am Men@10 (1st & 3rd week)

7.30pm Badminton

8.00pm Healing Service (1st week)

Wednesday

10.30am Holy Communion

2.30pm Knit & Natter (1st & 3rd week)

7.30pm Stormont Community Choir

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

Thursday

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

7.00pm Zumba with Gill

Saturday

Sole Mates Walking Group (3rd week)

For more information see stmoluasonline.com and





Hello!

My name is Laurence and I have the joy and honour of leading the team here at St Molua's. Thank you for picking up our winter Contact magazine.

As it's my first one I thought it would be a good opportunity to introduce myself. I am married to Millie who works as Youth Assembly Co-ordinator in the Northern Ireland Assembly and we have a son called Daniel who has just turned 2. I grew up in East Belfast, attending Belmont Infants, Strand Primary and Grosvenor Grammar.

After becoming a Christian while studying Geography at Queen's, I started to sense God's call to full time ministry. This was initially in kids and youth ministry. I was on the staff at Willowfield Parish for 10 years as Kids and Youth Co-ordinator. While there I trained as a Lay Reader in the Church of Ireland and I developed a passion for serving the spiritual, emotional, and physical needs of the community. One of the ways I did this is through developing a healthy heart programme for children called 'Life Guards' which I have since delivered to over 10,000 kids in 60 schools across Northern Ireland.

I recently completed my training with Church Army, having spent a number of years working for Church of Ireland parishes in both Newry and Craigavon. Millie and I are excited to be back in East Belfast and more specifically to have been called to serve in Stormont Parish. I really hope that we as a Parish can help serve the physical, emotional and spiritual needs of the area. We have been so blessed by the welcome from the congregation and I'd love to connect with as many of you as I can to see if there's anything we can do to support you and your loved ones. You'd be very welcome to join us at any of our services or programmes but I'd also love to hear feedback on anything you think we could do to serve the Stormont area better. My email is Laurence.Bellew@stmoluasonline.com and my mobile is 07307133355.

Thanks for reading, and I pray you experience God's love, joy and peace this Christmas.

God bless!

Services at St Molua's December 2025

Sunday 30th November

1st Sunday of Advent
10.30am Morning
Worship



Wednesday 24th December Christmas Eve

11.15pm Midnight Holy Communion
The first communion of Christmas

Wednesday 3rd December

10.30am Holy Communion

Wednesday 25th December Christmas Day

Sunday 7th December

2nd Sunday of Advent
10.30am Holy Communion



Wednesday 10th December

10.30am Holy Communion

10.30am Christmas Day Service

Sunday 14th December

3rd Sunday of Advent
10.30am Morning Worship
4-6pm Messy Church
(at St Molua's)
7.00pm Tullycarnet Church
Carol Service (*Hamilton Hall*)

Sunday 28th December

1st Sunday of Christmas
10.30am Morning Worship

Wednesday 17th December

10.30am Holy Communion
7.30pm A Community Service
of Nine Lessons & Carols by
Candlelight
Followed by light refreshments

Wednesday 31st December

** No mid-week Holy Communion **

Sunday 4th January 2026

2nd Sunday of Christmas
10.30am Holy Communion

Sunday 21st December

4th Sunday of Advent
10.30am Family Carols



Update from Tullycarnet Church

It has been a thoroughly fruitful season in the life of our Church Plant. We were delighted to appoint Arthurance Abureni as Pastoral Assistant in the Church Plant in August. Originally from Zimbabwe, Arthurance is a compassionate pastor and an excellent Bible teacher. He brings a wealth of experience, and we are blessed to have him.

We remain a busy Church relative to our size with a regular kids' club, 3 small group Bible studies, alongside one-off evangelistic events like curry nights. We are encouraged to have around 40 members currently, with an average Sunday attendance of 30 people. We hope and pray that we can continue to push and grow towards being a sustainable and life-giving church to the local community.

We are extremely grateful to be able to host our carol service on 14th December, making use of the facilities at St. Molua's. We hope in the New Year to be able to launch some youth work and an Alpha course.

Please continue to pray for the work at Tullycarnet Church. Want to find out more, feel free to contact info@tullycarnetchurch.com.



Church Plant Leader

Matthew Gault



Pastoral Assistant

Arthurance Abureni

Book Club

Book clubs have a reputation for being fond of tea and cake and enjoying a good chat, even about books! Ours is no different! We're a small group, who love to read and have valued getting to know each other better as we talk about books. We regrouped at the beginning of October for our second year and shared our summer 'good reads', as well as discussing **Conclave** by Robert Harris. Whether or not you'd seen the film, the book was unanimously agreed a page turner!



During October we read **Phoebe** by Paula Gooder, an author we discovered last year, and currently are beginning an Advent reader, **The Whole Christmas Story** by Jo Swinney. Whether you read fiction, or non-fiction, whether you like a 'real' book, read on Kindle, or listen to audiobooks, we'd love you to join us and hear your opinions and recommendations. We might enjoy them too!

We usually meet on the first Monday afternoon of the month in the church hall. The latest information will be on the church website and Facebook page. And finally, don't forget... book clubs are not just for ladies, all welcome!



2025-26 Dates

14th Dec @ St Molua's

11th Jan @ Stormont Presbyterian

8th Feb @ St Molua's

8th Mar @ Stormont Presbyterian

12th Apr @ St Molua's

10th May @ Stormont Presbyterian

14th Jun @ St Molua's

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)



ST MOLUA'S

PARISH OF STORMONT

CHRISTMAS SERVICES

❁ **WEDNESDAY 17TH DECEMBER** ❁

COMMUNITY CAROL SERVICE @ 7.30PM

FEATURING

Stormont Community Choir



❁ **WEDNESDAY 24TH DECEMBER** ❁

MIDNIGHT COMMUNION @ 11.15PM

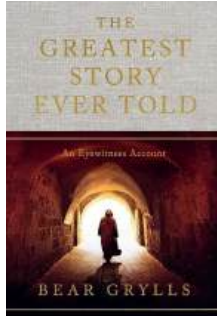


❁ **THURSDAY 25TH DECEMBER** ❁

CHRISTMAS DAY SERVICE @ 10.30AM



A Bookworm's Christmas



The Greatest Story Ever Told

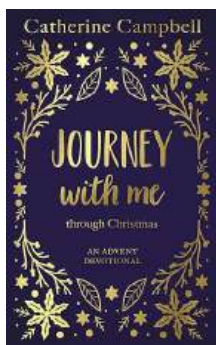
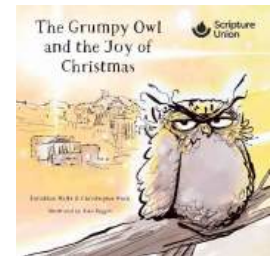
by Bear Grylls, H&S, 2025

From an ex-SAS soldier, extreme adventurer and a familiar TV presenter, an immensely readable account of the life of Jesus, told from the imagined first hand stories of family and friends who knew Him best. Gripping, beautifully written and absorbing.

The Grumpy Owl and the Joy of Christmas

by Jonathan Maltz & Christopher Poch, SU, 2025

A quirky children's nativity story told by a grumpy owl who lived in a little old empty barn in Bethlehem and had a lot of unexpected noisy visitors! For reading aloud or for young readers.



Journey With Me: An Advent Devotional

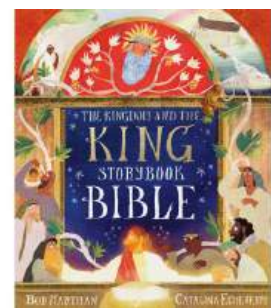
by Catherine Campbell, IVP, 2025

Many of this local author's books focus on issues surrounding life's tough problems and what the Bible has to say in response. Her latest seasonal book has been described as an Advent calendar in words, an invitation to journey though the season in reflections that inspire worship and hope.

The Kingdom and the King Storybook Bible

by Bob Hartman, illustrated by Catalina Echeverri, TGBC, 2025

70 beautifully illustrated and engagingly retold Bible stories of God's Kingship throughout time, from creation to Revelation. A lovely gift book for families, perfect for reading aloud to young children and for independent reading by older children.



For your Christian books, Bibles, stationery and gifts for all ages visit The Book Well, 27 Belmont Road, Belfast in person or online at www.thebookwell.co.uk



ST MOLUA'S
PARISH OF STORMONT

Family Christmas Events

Saturday 6th December

BREAKFAST WITH SANTA

10AM TO NOON

(CALL OR MESSAGE 07803 521047 TO BOOK)

Sunday 14th December

MESSY CHURCH

4PM TO 6PM

Sunday 21st December

FAMILY CAROLS

10.30AM



At St Molua's our Kids' Sunday School is called JAM

Update

It is hard to believe that this is our second year of **JAM**. The development of **JAM** has been a learning experience for all involved. There has been a small increase in numbers attending with more regular attendance, since we started back in September. This is very encouraging to the leaders.

The subjects covered this term were some of the miracles and parables of Jesus. The general format is a bible story, e.g. Jesus healing a paralysed man, followed by a related drama or craft activity. Also linked to the story will be colouring activities, crossword puzzles, word search, or a maze puzzle for the children to partake in or, if time does not permit, they take home. We also try to have a relevant song with actions and a prayer.

We would welcome any new children of nursery or primary school age to join us on Sundays. It is an opportunity to learn about God and make new friends.



Our 'Sole Mates' Walking Group have been out on their last scheduled trip for the 2025 season when, on Saturday 18th October, we visited Hillsborough Forest Park & Lake set in the picturesque Georgian village of Royal Hillsborough.

We were very lucky with the weather which, despite a foreboding forecast, remained mostly dry although cool and breezy at times. Our walk led us around the lake and through the forest of glorious autumn colours where we encountered a range of weird and wonderful large sculptures including Unit of Life, Power Up and Big Foot !



WALKS WILL RESUME IN SPRING 2026

Ladies Guild Notes



Although we are small in numbers the Ladies Guild aims to be a very faithful and friendly group. We meet twice a month in the minor hall at 2.30pm, and to date have had some very interesting speakers – including our own David Watkins!

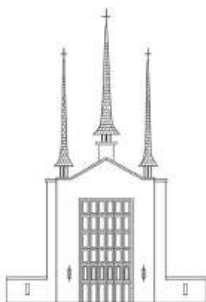
On 11th December we head to Clondeboye Golf Club for our Christmas lunch, to which everyone is welcome, and then we resume our new season on 8th January with a talk by Chris Scott entitled, “Last man to let you down”. Chris is an undertaker and relates some very funny stories of his experiences.

Also, in January, Marietta is coming to do some armchair aerobics with us, and in February David Jackson is talking about his life as a merchant seaman.

We try to have a very varied programme, and in March we invited the gentlemen to join us in a talk by Janet Wilson about her trip to the Galapagos Islands.

At the end of March, we have our Spring Coffee Morning - so please look out for more details about that on our Church website.

Our Guild is open to everyone in the community and we would love to see more come along to join us. Look out for our notices on the website or contact me at: frances.hastie29@gmail.com for more information.



CHURCH'S MINISTRY OF HEALING - THE MOUNT



Our monthly **Healing Services** in partnership with The Church's Ministry of Healing continue in the Side Chapel at 8.00pm on the 1st Tuesday of each month. In November we were delighted to welcome Canon Ken McGrath, Rector of St Dorothea's Gilnahirk, as our guest preacher.

Please join us if you are seeking healing, prayer and God's peace; for yourself, for another, or to support those who are in difficulty.

Everyone welcome 🙏

Stormont Community Choir

After our very successful June concert in collaboration with The Lagan Seahorses, we were eager to return to rehearsals and new repertoire in September. To our delight, news of our existence had spread further, and many new members turned up to join the ranks. Our first outing came quickly

with a return visit to the Cregagh Presbyterian Evergreens Club - always a lovely afternoon.

As well as preparing for St Molua's annual service of Nine Lessons and Carols, we have been gearing up for another performance alongside the Seahorses in McCracken Memorial Church, and of course we also have our regular pattern of singing in a number of local nursing homes in the run up to Christmas.

So... a busy time for us all, but a hugely enjoyable one and just how we like it. We all love the "buzz" that singing together provides and really look forward to our Wednesday evenings together. We also appreciate how fortunate we are to have Audrey as our Director. Thanks to her talent and patience we have come a very long way since we began in 2022.



Needless to say, there is always room for more singers, so if you feel like giving it a go, you would be very welcome. There are no auditions and no requirement to read music. We meet on Wednesday evenings (alternately in the Hamilton Hall and Church) starting with tea and chat from 7pm, moving into an hour of singing 7.30-8.30.

Christmas Shoebox Appeal



Thank you so much to all at St Molua's who filled boxes for the annual Blythwood Christmas Shoebox Appeal. Thirty shoeboxes have now been delivered to the local collection centre to form part of Blythwood's distribution to people in need.

Men@10

Our Men@10 group concluded the first half of the year in late June with, what looks like becoming an annual tradition, a day trip to Dublin. Visits in the past have included tours of Trinity College and the State Apartments in Dublin Castle. This time, following a very enjoyable lunch in our favourite restaurant (yes, they did allow us back in 😊) we visited Christ Church Cathedral.

Almost 1,000 years old, the Cathedral was originally a Viking church and has a rich and varied history.

Our twice monthly social get-togethers resumed in September over tea/coffee, biscuits and chat. In early November we ventured further afield again to the Benedictine Abbey at Rostrevor where we were warmly welcomed by Abbott Mark and Brother Thierry. The second meeting of the month saw us battling our wits against each other in one of George's, now famous, Quizzes – needless to say the best team won, but only by a very narrow margin 😊.



Christ Church Cathedral

Our current session will conclude with another “annual tradition” for Men@10 when we gather for our Christmas Dinner, this time in Comber, at the beginning of December. Grateful thanks to David, Des and Henry for arranging various aspects of our programme to date and to all for great fellowship and banter.

Quite a few interesting suggestions have been put forward for more outings when Men@10 resumes in January. We would be delighted to welcome new members (and any inquisitive visitors) at 10.00am on the 1st and 3rd Tuesdays of each month.



All submissions for **CONTACT** magazine considered, please forward to the church office. Deadline for copy for next edition: Sunday 1 February 2026.

PRAYERS



Dear Father, Christmas is coming. It's all such a rush - planning, shopping, spending, wrapping, posting, stressing! What's it all about? Lord, help us, in all the rat-race busyness, to make time to focus on that baby at the centre of it all. That baby who is Your Son, who was with You in the beginning and who, with You, created all things; that baby who brings life and light and hope and salvation; that baby who was and is Jesus, God, made man.



Lord, we thank You for that baby-gift to us - the greatest gift there has ever been. Thank You that because He came, grew up, lived, died and rose again, there is light in the darkness of this world's mess - light that can never be put out, that evil can never overcome. Jesus is the Light of the World. Putting our trust in Him, we thank You Lord, for Christmas - for Your grace and love for us. In Jesus' name. Amen.

by Daphne Kitching



In this Advent of expectation

draw us together in unity, that our praise and worship might echo in these walls and also through our lives.

In this Advent of expectation

draw us together in mission, that the hope within might be the song we sing and the melody of our lives.

In this Advent of expectation

draw us together in service, that the path we follow might lead us from a stable to a glimpse of eternity. Amen

May this eternal truth be always on our hearts,
That the God who breathed this world into being,
Placed stars into the heavens,
And designed a butterfly's wing,
Is the God who entrusted his life to the care of ordinary people,
became vulnerable, that we might know how strong is the power of Love.

A mystery so deep it is impossible to grasp
A mystery so beautiful it is impossible to ignore.

faithandworship.com

LAUGHTER LINES

The nativity play was going as planned and Joseph and Mary were going from 'house 'to 'house 'knocking on the doors and asking if there was any room for them. As they continued to get 'no room 'answers, a little voice called from the back of the church: "You should have booked!"

A ten-year-old, under the tutelage of her grandmother, was becoming quite knowledgeable about the Bible. Then one day she floored her grandmother by asking, "Which virgin was the mother of Jesus? The Virgin Mary or the King James Virgin?"

While participating in a church Christmas pageant many years ago, I was delighted to be chosen as the narrator. Each rehearsal went off well and then on the night of the show, I announced, in a loud and penetrating voice, the gifts of



Sara preferred to let people work out the hymns for themselves

the Magi as being "gold, Frankenstein and myrrh."

At Sunday school, the younger children were drawing pictures to illustrate a biblical story. The teacher was startled to see one little boy was drawing an airplane. "This is the Flight into Egypt," the little boy explained. "See, here is Mary, Joseph and baby Jesus. And this," he said, pointing to the figure in the front of the plane, "is Pontius. He's the Pilot."

Father Christmas nervously went for his sleigh-driving test. He came rushing back in a thunder of reindeer and pulled up in front of the toy factory. "At last!" he shouted, "No-el plates!"

A little boy rushed home from school: "I got a part in the Christmas play!" His mother asked which part it was. "I'm going to be one of the three wise guys!"



We've got online carol-singers again!

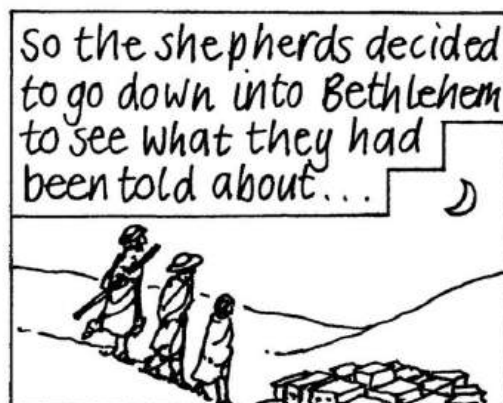
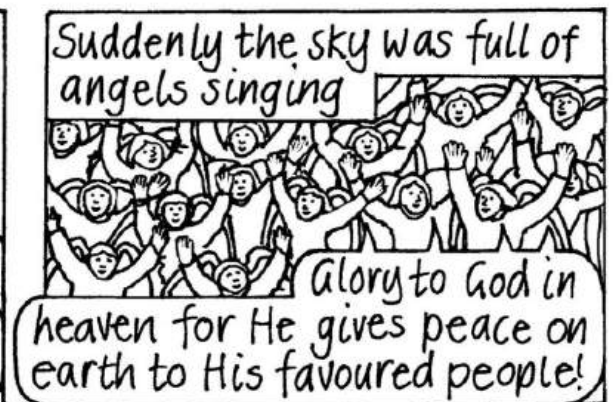
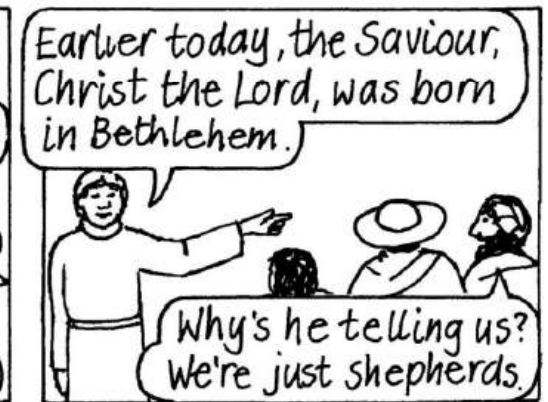
Four year old to her two year old sister: "Let's play Christmas. I'll be Father Christmas, and you can be a present and I'll give you away!"

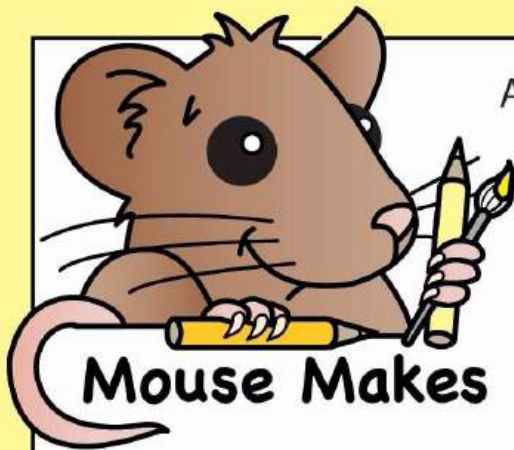
Bible Bite

A short story from the Bible

It can be read in the Bible in Luke chapter 2 verses 8 to 20

Shepherds were paid to look after the flocks out on the hillside. Uneducated and rough, they were usually avoided, or overlooked.





Mouse Makes

At Christmas we celebrate the birth of Jesus, God's Son and our Saviour coming into the world as a baby, and we look forward to the time when Jesus will come again, not as a baby but as the King of kings and Lord of lords!

read
John 14:3

A baby needs clothes to keep warm like a snuggly sleep suit or a vest and nappy.

What were you dressed in?
Jesus was wrapped in

.....
.....
read Luke 2:7

A baby needs somewhere to be born like at home or in a hospital.

Where were you born?
Jesus was born in a stable in

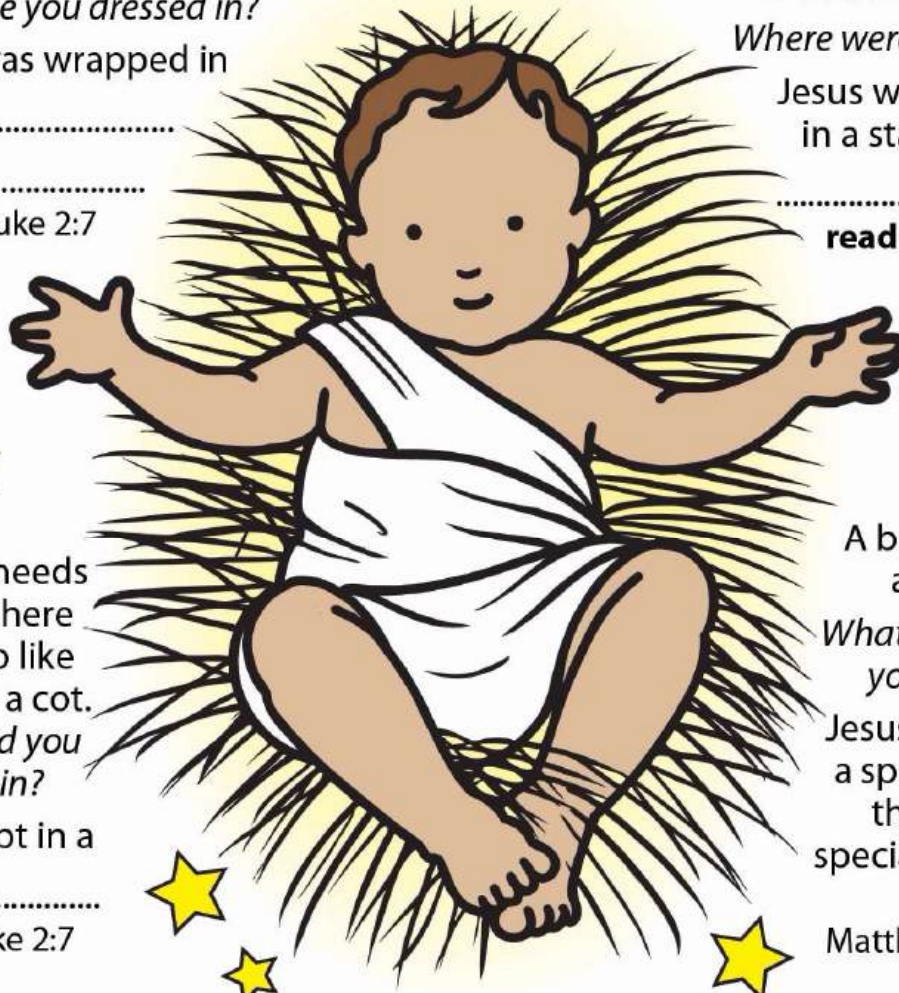
.....
read Luke 2:1-6

A baby needs somewhere to sleep like a crib or a cot.
What did you sleep in?

Jesus slept in a
.....
read Luke 2:7

A baby needs a name.
What name were you called?
Jesus was given a special name that had a special meaning.

read
Matthew 1:21-23



HAPPY CHRISTMAS!

NADOLIG LLAWEN ★ NOLLAIG CHRÌDHEIL ★ NOLLAG SHONA
JOYEUX NOËL • FELIZ NAVIDAD • BUON NATALE • GOD JUL • FROHE WEIHNACHTEN

ST MOLUA'S – THE VIDEO



An exciting new video highlighting the ministry, community outreach and creativity of St Molua's has recently been released by the Church of Ireland Press Office. Across six minutes, the video opens the church's doors to a new audience and shows how its impressive murals and other artworks share the story of our faith in Jesus. The video can be viewed at stmoluasonline.com or via this QR code:



FWO ENVELOPES 2026



The FWO (Free Will Offering) envelopes for 2026 are being distributed along with this winter edition of the Contact magazine. These new 2026 envelopes are PINK, and you should only start using them **from the 1st January 2026** please.

In order to consolidate FWO numbers, several parishioners have had their numbers updated. Please note that this renumbering has no impact on your historical giving.

If you have not received any FWO envelopes and you would like to subscribe to the Church, or donate, please get in touch with any member of the Select Vestry or myself so that you may be given the St Molua's Welcome Pack which includes all the relevant documents you may need. This documentation is also available in the Resources section of the Church website: stmoluasonline.com

Thank you, Sharon Beck (FWO Secretary)

NOTICES

Our Sorrows

Christian Funeral

5th June - Sheila May Greenlee

8th September - Audrey Emily Victoria Ryan

6th November - Kenneth (Ken) Douglas



Our Joys

Holy Baptism

16th November - Cora Elizabeth Leck

COME AND JOIN

DECORATE
CHRISTMAS
COOKIES

CHRISTMAS
CARD
WORKSHOP

SANTA FOR BREAKFAST

REINDEER
FOOD
FACTORY

SEND YOUR
LETTER
TO SANTA

NORTH POLE
WORKSHOP

AND MUCH,
MUCH MORE

SATURDAY 6TH DECEMBER

St Molua's Church Hall from 10am-12pm

Children £10 Includes Breakfast & Small Gift

Adults £10 Children Under 2 Free

To book call 07803 521047 or email: stormont@down.anglican.org

Registered with The Charity Commission for Northern Ireland NIC102374

