

CONTACT

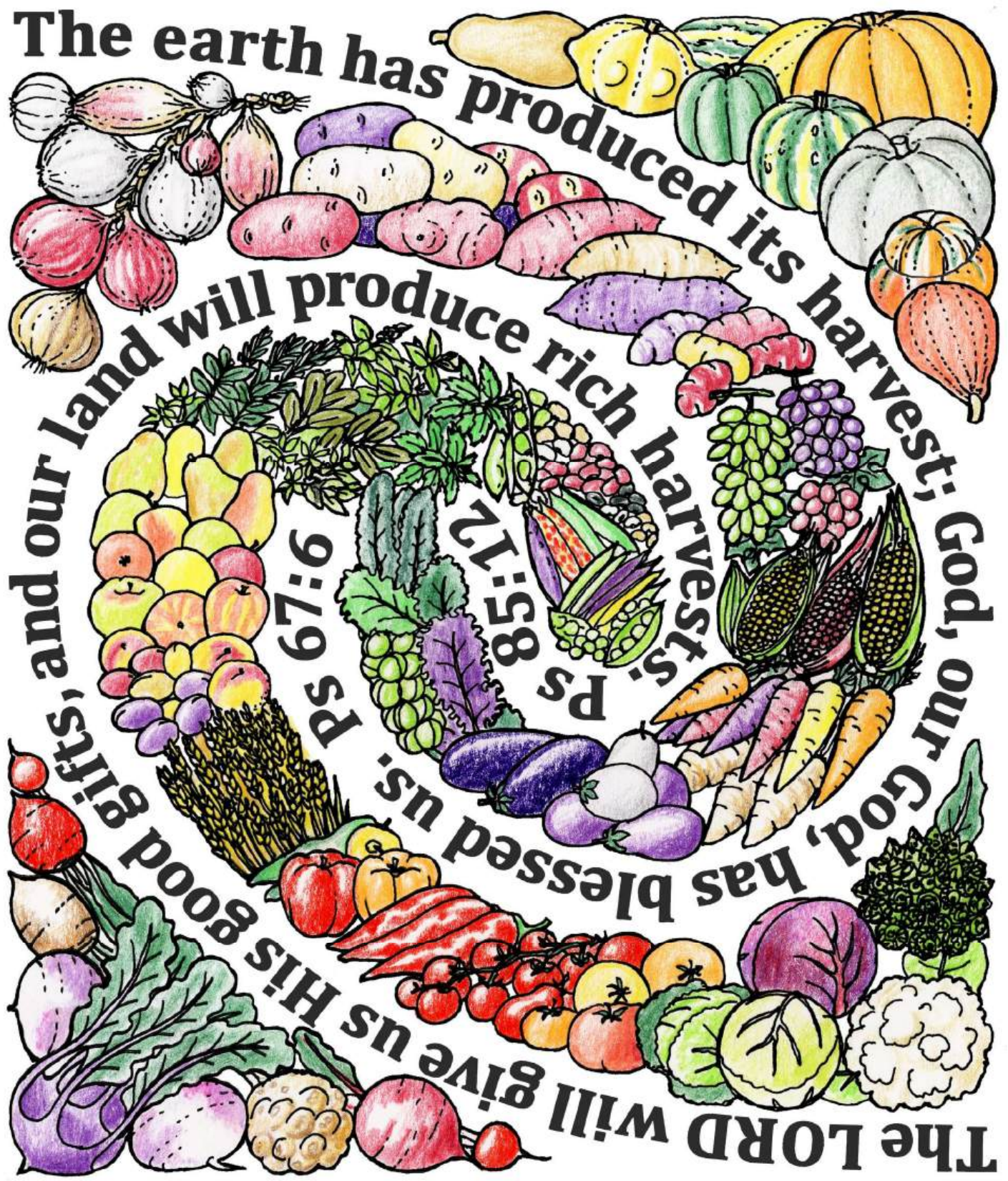


ST MOLUA'S

PARISH OF STORMONT

AUTUMN 2026

stmoluasonline.com



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)

@12noon

Stormont Community Church

@4.00pm

Messy Church (2nd Sunday)

Wednesday

@10.30am

Holy Communion (Side Chapel)

Keep up to date with our website,
Facebook and Instagram pages

stmoluasonline.com

facebook.com/StMoluasChurch/

instagram.com/stormontparish/

Sunday 10.30am services are
streamed on Facebook and
uploaded later in the day to our
website.

Select Vestry 2026/27

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

David Blemings

Grace Blemings (*Hon. Treasurer*)

Frances Hastie (*Asst. Hon Secretary*)

Audrey Healey

Denis Hill (*People's Glebewarden*)

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.

Contact details

St Molua's Church
645 Upper Newtownards Road
Belfast BT4 3LR
Tel: 028 9041 9171

stormont@down.anglican.org

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

Gerry Hull

Margaret Jackson

Heather Loughridge

Alice Mills

Andrew Poots

Helen Poots

Malcolm Stanley (*Rector's Glebewarden*)

Edwina Tester

David Watkins (*Hon Secretary*)

What's on



ST MOLUA'S
PARISH OF STORMONT

Sunday

10.30am Morning Worship
including **JAM Kids Club**

12noon Stormont Community Church

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

Monday

10.00am Little Angels Toddler Group

2.30pm Book Club (1st or 2nd week)

6.00pm Zumba with Gill

Tuesday

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

7.30pm Badminton

8.00pm Healing Service (1st week)

8.00pm Prayer Time (except 1st week)

Wednesday

10.30am Holy Communion

3.00pm Pilates with Marina

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

Friday

6.30pm Kids Club

Saturday

10.00am Sole Mates Walking Group (3rd week Mar-Oct)

For more information see stmoluasonline.com and





Hello and welcome

to the autumn edition of Contact. My name is Laurence and I have the privilege of serving as the Minister here in Stormont Parish.

Summer is often seen as a season when we are meant to rest, but it's probably more accurate to say it's when we change rhythm. Church programmes slow down, but often for parents and grandparents alike life gets busier while

kids are off school. For some it can be viewed as freedom, and for others it can be absolute chaos. As a family, we love to travel and this summer we got to visit two countries famous for their mountains.

First, we spent a weekend in Switzerland. Then, we did our first ever cruise to visit the Norwegian Fjords. In both places God's handiwork was breathtaking. The mountains and the scenery had us all in awe, and there was also so much beauty in what man had made too. I loved how the combination of both, the man-made and the natural, complement each other. For example, Zurich is built around the northern tip of Lake Zurich and you can see the peaks of the Swiss Alps in the distance, but alongside this natural beauty there are tourist attractions like the Lindt Chocolate Factory, which is a testament to human culinary craftsmanship set against the backdrop of Europe's grandest natural wonders.

In Norway, we saw this same beautiful intersection. Towering, ancient cliffs were punctuated by the colourful, wooden architecture of coastal villages and engineering marvels like the Loen Skylift. Man's ingenuity provided a unique vantage point to appreciate the natural beauty, and both worked in harmony with the landscape.

As we enter this autumn season and our church programmes step back into full rhythm, I find myself reflecting on this partnership between the divine and the human. It is, at its heart, a picture of the Church.

The Bible calls the Church the Body of Christ. It is the place where God's ultimate handiwork (His grace, His Spirit, and His redemptive plan) meets human hands, feet, and hearts. God does not choose to work in isolation. Just as a beautiful bridge frames a mountain valley, God uses our flawed, human efforts to make His glory visible to the world around us.

When we volunteer in children's ministry, make a cup of tea for a grieving neighbour, sing in the choir, or maintain our church buildings, we are offering our handiwork to complement His. We do what we can to provide the structure, the community, and the open doors through which people can catch a glimpse of the breathtaking majesty of God's love.

As we look ahead to the busyness of the coming months at Stormont Parish, let's remember that we are co-workers with God. May our collective handiwork this autumn be a beautiful reflection of His presence in our community.

Blessings,

Laurence



By God's grace and through the faithful commitment of many, the **Tullycarnet Church Plant** has entered a significant new chapter in its journey. After five years of ministry and worship at the Tullycarnet Bowling Club Pavilion, the congregation has relocated to St. Molua's Church on the Upper Newtownards Road and has adopted the new name **Stormont Community Church**.

Planted under the leadership of Matthew and Kirsty Gault, the church plant has grown into a worshipping community of around forty people. As the congregation has grown, the need for a more permanent and suitable space became increasingly apparent. The move to St. Molua's provides the space and resources needed to support the existing church family while creating greater opportunity for continued ministry, discipleship, and witness.



The first service of Stormont Community Church in its new home took place on Sunday 6th September, marking an important moment in the life of the congregation. This new chapter also represents a partnership within Stormont Parish, as the congregation now gathers each Sunday at 12.00 noon as the afternoon congregation of the parish.

This transition also brings a change in leadership. We give thanks for the faithful ministry of Matthew and Kirsty Gault, whose vision, dedication, and service have been instrumental in establishing the congregation and laying strong foundations for the future. Having faithfully led the church plant through its formative years, they have now handed over leadership responsibility as they move into a new season of life and ministry.

Laurence and Millie Bellew have now assumed leadership of Stormont Community Church, alongside Arthurance Abureni. Together, they will seek to build on the work already begun, continuing to encourage discipleship, strengthen community, and proclaim the good news of Jesus Christ.

Prayer Requests

- Give thanks for God's faithfulness throughout the journey of the church plant.
- Give thanks for Matthew and Kirsty's ministry and pray for God's blessing in their next season.
- Pray for Laurence, Millie and Arthurance as they lead and serve the congregation.
- Pray that Stormont Community Church will continue to be a faithful witness to Christ within Stormont Parish and the wider community



Arthurance and Laurence

Harvest Thanksgiving



St Molua's Harvest Thanksgiving service at 10.30am on Sunday 27th September will be followed by a delicious **Soup Lunch** in support of **Christian Aid** in the Church Hall. All are welcome – an excellent opportunity to invite family and friends.



Along with other churches in the area, St Molua's acts as a collection point for parishioners and friends to donate non-perishable foodstuff and basic household necessities which are then taken to the foodbank in Dundonald village.

There will be a special opportunity at our **Harvest Thanksgiving Service** on **Sunday 27th September** to donate to the Foodbank when **tinned produce (fruit, vegetables, spaghetti, rice, custard and tomatoes) as well as long life milk, cup-a-soup and toilet rolls** would be particularly appreciated. At all other times items may be left in the large plastic boxes at the back of the church. For more information see stmoluasonline.com/food-bank/

Thank you

Church Hall Roof

As many parishioners will be aware, we have been having problems with multiple leaks in the church hall roof for some time. The Select Vestry is pleased to report that matters are now in hand to replace the main roof covering.

Our architect advises that the contractor hopes to start work around the second week of October and that the project will take approximately 5 weeks to complete. The actual timing will be dependent on a number of factors, not least the weather!

Although scaffolding will need to be erected around the hall, full access to the building will be maintained during the contract period.

The Select Vestry is very grateful to the Department for Communities and Co-operation Ireland for their offer of **£40,000 grant** from the **Northern Ireland Community Infrastructure Fund** towards the overall project cost of approximately £50,000.



Coffee Morning Saturday 24th October 11.00am – 1.00pm in the Church Hall

Adults: £10 Children: free
(inc refreshments & ballot)

Proceeds in aid of Parish Funds
Registered with the Charity Commission for Northern Ireland NIC102374



Ladies Guild

Well summer is well and truly over, but wasn't it a good one? We hope we have an entertaining programme for you this year including a few extra visits out and about for coffee and chat!

Our opening is on Thursday 24th September at 2.30 pm when we will welcome Sharon McIntyre to talk about *"My B&B by the Sea"* – do you remember the series on television? The ladies in St Finnian's Cregagh enjoyed her talk so much that they have invited her back, so all bodes well for her visit to us.

Everyone is welcome to come to the Guild. Even if you can only make the occasional meeting, come along - and bring a friend - it would be lovely to have good audiences for our speakers.

2026 Programme

Thurs 24th September	My B&B by the Sea - <i>Sharon McIntyre</i>
Thurs 8th October	Visit to The RUC Memorial Garden
Thurs 22nd October	Flower arranging for Autumn - <i>Elma McDowell</i>
Saturday 24th October	Coffee Morning
Thurs 12th November	Coffee Outing to Le Winters, Newtownards
Thurs 26th November	Finding Colmcille - <i>Frances Hastie</i>
Thurs 10th December	Christmas Lunch - Hollywood Golf Club

Christmas Shoe Box Appeal 2026



Throughout September and October, we at St Molua's are once again collecting shoe boxes for the annual Blythswood Care Christmas appeal. Your kindness and generosity make such a difference – receiving a filled shoe box brings so much joy. Things we take for granted are like luxuries to people living in poverty.

For more information, speak to Sharon, or visit our website and consider filling a shoe box (or even a few!) to bring joy to someone in need this Christmas.

- Shoe boxes **already covered in Christmas wrapping paper** will be available in church from **Sunday 13th September** with guidance inside each box as to the nature of items requested for the age group you choose to focus on.
- Please donate at least £4 (Cash or cheque payable to **Blythswood Care**) to cover the cost of transporting – place your donation into the envelope provided (one envelope is acceptable for more than one box).

Please return filled box(es) to church no later than Sunday 25th October.

Book Club

We're back after our summer break!

Do you love to read, like to share your good books?

Enjoy a cuppa and cake and getting to know others who share your reading passion?

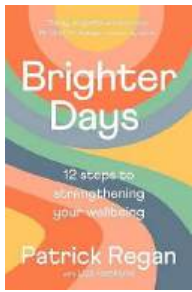
St Molua's Book Club meets each month, on the first or second Monday, at 2.30pm in the Church Hall. Just now we are reading Anne Tyler's '*Three Days in June*' for our next meeting on Monday 12th October.

We'd love you to join us!

For more information check our website, Facebook page, or email valerie.watkins@stmoluasonline.com



Bookworm: the Health Edit

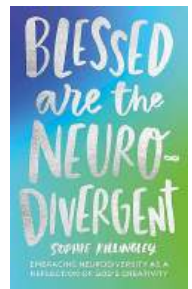
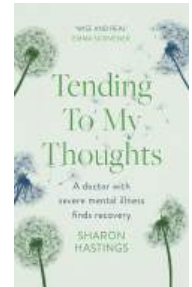


Brighter Days, Patrick Gale, SPCK, Oct 23

We've all had days when we are desperate to know there are brighter days ahead. A wealth of practical advice, and stories of struggle and strength, to help us invest in our mental, emotional, physical and spiritual health.

Tending to my Thoughts, Sharon Hastings, IVP, Jan 24

A book of hope. Northern Irish Christian doctor lives with severe mental illness. In this, her second book, she talks of her road to recovery and how individual Christians and the church can support sufferers in their recovery journey.

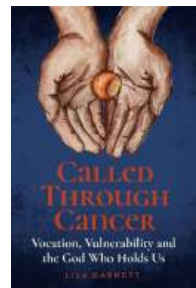


Blessed are the Neurodivergent, Sophie Killingley, IVP, Sept 26

A pastor's wife, and mother of two autistic children, offers a compassionate and honest exploration of what it means to be autistic, ADHD, or otherwise neurodivergent in a church culture largely built by and for neurotypical people.

Dementia, God and the Church, Wendy Gleadle & Francis Atwood, BRF, July 26

Two practitioners in this field explore how faith can be maintained and bring hope and meaning for dementia patients and, using firsthand stories, find ways in which the church might support them and their carers.



Called through Cancer, Lisa Barnett, Canterbury Press Norwich, July 26

An Anglican priest reflects on her own journey through cancer treatment and finds that serious illness and suffering can be part of our calling, a sacred space where God is to be found and faith deepened.

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



Stormont Men's Shed at St Molua's

Tuesday Evenings 7:00pm

St Molua's Church
Minor Hall

Starting

Tuesday 29th September

Happy & Healthy Men

Connection, conversation and creation – that's what joining a Men's Shed is all about.

Men's Sheds encourage people to come together to make, repair and repurpose, supporting projects in their local communities.

Improving wellbeing, reducing loneliness and combatting social isolation.

Email - MensShed@stmoluasonline.com

<https://menssheds.org.uk/>

For more information on Stormont Men's Shed please speak to Andrew Poots.



We are delighted to welcome *The Ulster Consort* back to St Molua's at 6pm on Saturday 17th October for their third concert in an annual series featuring new works for one of the most innovative and exciting commissioning projects of our time, *The Cranmer Anthem Book*.

The project will see new settings of each of the 88 Collects (or prayers) from the *Book of Common Prayer*, devised by Tudor Archbishop of Canterbury, Thomas Cranmer (1489–1556). The pieces, composed by some of the world's leading composers, will be introduced by Matthew Owens in recorded conversation with the composers, offering a fascinating insight into the world of contemporary music. For more information visit: <https://ulsterconsort.org/>

A reminder that, in addition to our worship on Sunday, we have a celebration of Holy Communion at 10.30am each Wednesday in the Side Chapel? This short, said service (no singing!) is proving increasingly popular with parishioners and visitors alike.



Everyone welcome

Laughter Lines



A young curate, fresh out of college, thought it would help him better understand the world if he served as a policeman for a while before taking on a congregation. He studied hard and passed the exams, passed the physical, and then came the final interview. One question was: "What would you do to disperse a frenzied crowd?" He promptly responded, "I would pass an offering plate." He got the job!

A little boy at Sunday School learned about the time Jesus went to a wedding and changed the water into wine. "And what did you learn from that story?" asked his father afterwards. The boy thought for a moment and answered, "If you're having a wedding, make sure Jesus is there."

A Sunday School teacher asked her class why Joseph and Mary took Jesus with them to Jerusalem.

A small child replied: "They couldn't get a babysitter?"

At Sunday School they were teaching how God created everything, including human beings. Little Charles seemed especially interested in hearing how Eve was created out of one of Adam's ribs. Later in the week his mother noticed him lying down as though he were ill, and she said, "Charles, what's the matter?" The little boy replied solemnly, "I've a pain in my side, I think I'm going to have a wife."

A Sunday school teacher was discussing the Ten Commandments with her five and six-year-olds. After explaining the commandment to 'honour thy father and thy mother', she asked "Is there a commandment that teaches us how to treat our brothers and sisters?" Without missing a beat one little boy answered, "Thou shall not kill."



For the last time! - Which member of the Junior Choir put bubble mixture in the organ-blower?!



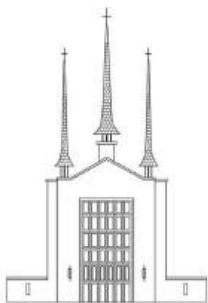
Do you enjoy walking?
Do you enjoy meeting people?
Would you like to combine the two?

Sole Mates is our parish walking group. We gather together once a month during the spring, summer and autumn for a variety of walks that suit most ages and abilities. We normally meet on the 3rd Saturday of the month in the church carpark at 10.00am unless otherwise arranged.

Our last walk of the current season will be on 17th October from Kinnegar Road Car Park, Holywood. For more information speak to Denis, or visit our webpage stmoluasonline.com/walking-group



*Some of our Sole Mates at the Coronation Gardens, Hazelbank
and at Antrim Castle Gardens with a few friends !*



CHURCH'S MINISTRY OF HEALING - THE MOUNT



Our monthly **Healing Services** in partnership with The Church's Ministry of Healing are held in the Side Chapel at 8.00pm on the 1st Tuesday of each month. In September we were delighted to welcome the Revd Dr Ryan Hawke, from St Finnian's Church Cregagh, as our guest preacher.

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

Prayers & Blessings

Dear Lord, September - the month of new starts!

New terms, new groups, new friends, new hopes, every year.

Lord, be with us!

Lord, thank you for the new start you offer us when we put our trust in Jesus. A new start that we make once - and then can renew every day.

Every time we falter, you pick us up.

Every time we come back to you, you forgive us and accept us.

Thank you, Lord, for never letting us down, for never leaving or forsaking us, that new starts with you are always possible, not just in September.

In Jesus' name, Amen.

www.parishpump.com

Almighty God, Creator:

The morning is yours, rising into fullness. The summer is yours, dipping into autumn. Eternity is yours, dipping into time. The vibrant grasses, the scent of flowers, the lichen on the rocks, the tang of seaweed,

All are yours. Gladly we live in this garden of your creating.

*George MacLeod (1895 - 1991;
founder of the Iona Community)*

God bless
the
house
from
ground
to stay,

from beam to wall and all the way.
From head to post, from ridge to
clay, from balk to roof-tree let it lay.
From found to top and every day,
God bless both fore and aft, I pray.
Nor from the house God's blessing
stray, from top to toe the blessing
go.

*From Poems of the Western
Highlanders*

So many shades of gold, Autumn.
Another miracle we take for
granted, another expression of the
artist's vision.

The blending of the autumn hues
with the setting sun.

Warm, Comforting, Perfect.
Thank you for autumn, Lord.



www.faithandworship.com



Men@10



Members of our Men@10 group recently '*let the train take the strain*' when they travelled to Londonderry. First port of call was the Guildhall, followed by lunch, before setting off around the city walls. Our perambulations included a visit to St Columb's cathedral, and a walk over the Peace Bridge, before catching our return train home. A programme for the new season is currently being planned with the booking of our annual Christmas Dinner being the first priority 😊



Did you know that we have a parish

 **WhatsApp group?**



Sign up for updates on services, programmes & events at St Molua's using the QR link above. To minimise notifications, only admins can message in the chat.

Do you enjoy singing?
Why not join us on Wednesdays?
There are no auditions, just come along and have some fun!
Young and young at heart warmly welcomed!

Stormont Community Choir

@ St Molua's Church
Wednesdays
7.30-8.30pm

It's hard to believe, but Stormont Community Choir will be entering its **fifth year** when we resume our weekly meetings after the summer break on **Wednesday 23rd September**.

Singing in a choir boosts your confidence, exercises your brain and body and it also relieves strain

and stress – it is great fun – so why don't you come along and give it a try?

No auditions - No requirement to read music - Just friendship and fun!



Exciting news of the next Diocesan Encounter event for women in Down and Dromore on Saturday 14th November in St Mary's, Ballybeen.

Hosted by: Hilary McClay

Worship leader: Jude Frame

Speakers: Jude Cairns and Becky Harcourt

For more information, and to book, see <https://www.downanddromore.org/news>

Progress in Maridi

Following Bishop David's Lent Appeal earlier this year, parishioners at St Molua's gave generously towards Fields of Life's work in responding to the plight of children in our link Diocese of Maridi, South Sudan.

We are delighted to note that the walls of the Maridi Family Centre in South Sudan are taking shape, thanks to the generosity of parishes and individuals across Down and Dromore.



Some advance dates for your December diary

Saturday 5th

Breakfast with Santa

Friday 11th

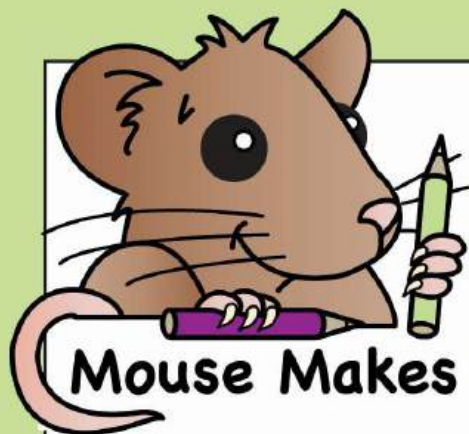
Christmas Concert with *Una Voce*

Wednesday 16th

Community Carol Service

featuring Stormont Community Choir

All submissions for **CONTACT** magazine considered, please forward to the church office. Deadline for copy for next edition: Sunday 22 November 2026.



Mouse Makes



READ
John 15:1-17

THE TRUE VINE

Who is the vine?

— — — — —
John 15:1

What does Jesus
ask us to do?

"Go and bear

— — — — —"
John 15:16

What happens
to the branches
that do not remain
in the vine?

Thrown into the

— — — — —
and

What does
Jesus command?

*To — — — — —
one another.
John 15:12,17*

How many
times does Jesus
command us
to LOVE
one another?

— — — — —
John 15:6

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

JESUS • I AM • TRUE • VINE • FATHER
GARDENER • FRUIT • FRUITFUL
BRANCH • PRUNES • CUT • WITHERS
CLEAN • THROWN AWAY • FIRE • BURNS
REMAIN • ABIDE • DISCIPLES • JOY

Bible Bite

A short story from the Bible

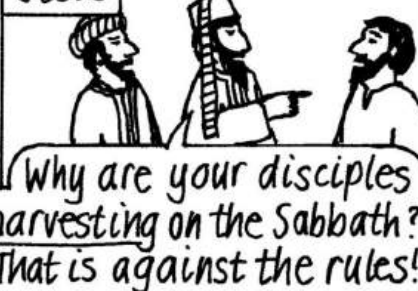
It can be read in the Bible in
Matthew 12:1-14, Luke 6:1-11

The Pharisees watched Jesus to see if he broke any of God's laws, or the rules they had made up to stop the Laws being broken.

Jesus' disciples were hungry so they picked some wheat from a field as they walked.



The Pharisees said to Jesus



But King David broke the rules when he ate the bread that was only for the priests*



And priests are allowed to work in the temple on the Sabbath*



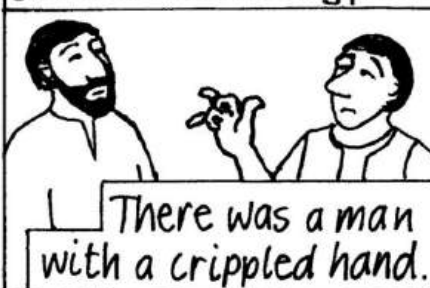
Don't you understand when God says 'Keeping rules doesn't make up for not having kindness'?*



If you understood, you would know my disciples did nothing wrong.



The Pharisees followed Jesus to the meeting place



The Pharisees wanted to accuse Jesus of breaking rules, so they asked him a trick question.



If your sheep fell into a ditch on the Sabbath you would lift it out.



People are worth far more than sheep, so it is right to do good on the Sabbath



Hold out your hand.



.. and it was healed!

The Pharisees left and made plans.



KIDS CLUB

LAUNCHING: FRIDAY 25TH SEPTEMBER

We are excited to launch a new club in our church hall on **Friday 25th September**. Children of primary school age are invited to join us every Friday evening during term time for **games, singing, crafts and lots more.**

When? Fridays from 6.30pm to 7.30pm (term time)

Who? Primary School age children

Where? St. Molua's Church Hall



At St Molua's our Sunday School is called **JAM** (Jesus and Me). Everybody meets in church for our regular morning worship and, at an announced part of the service, **JAM** leaders and the children leave for their activities in the Church Hall (except on the 3rd Sunday of each month when everybody remains in church for our Family Service).

Jesus said, "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these." Matthew 19:14 (NIV)

Little Angels

Toddler Group



FUN
CRAFTS
PLAY
SNACKS

£2 PER ADULT
CHILDREN FREE
EVERYONE
WELCOME

MONDAYS

DURING TERM-TIME

10 - 11.30am



ST MOLUA'S
PARISH OF STORMONT

645 UPPER NEWTOWNARDS ROAD
BELFAST
BT4 3LR

STMOLUASONLINE.COM

Come and
join us

Messy
Church

At St Molua's & Stormont Presbyterian Churches

2026 – 2027 DATES

13 Sep @ St Molua's	11 Oct @ Stormont Presbyterian
8 Nov @ St Molua's	13 Dec @ Stormont Presbyterian
10 Jan @ St Molua's	14 Feb @ Stormont Presbyterian
14 Mar @ St Molua's	11 Apr @ Stormont Presbyterian
9 May @ St Molua's	13 June @ Stormont Presbyterian

**fun – food – games – stories – craft – celebration
for all the family**

★ **an opportunity for people of all ages** ★
to worship together

Everyone welcome (children must be accompanied by an adult)