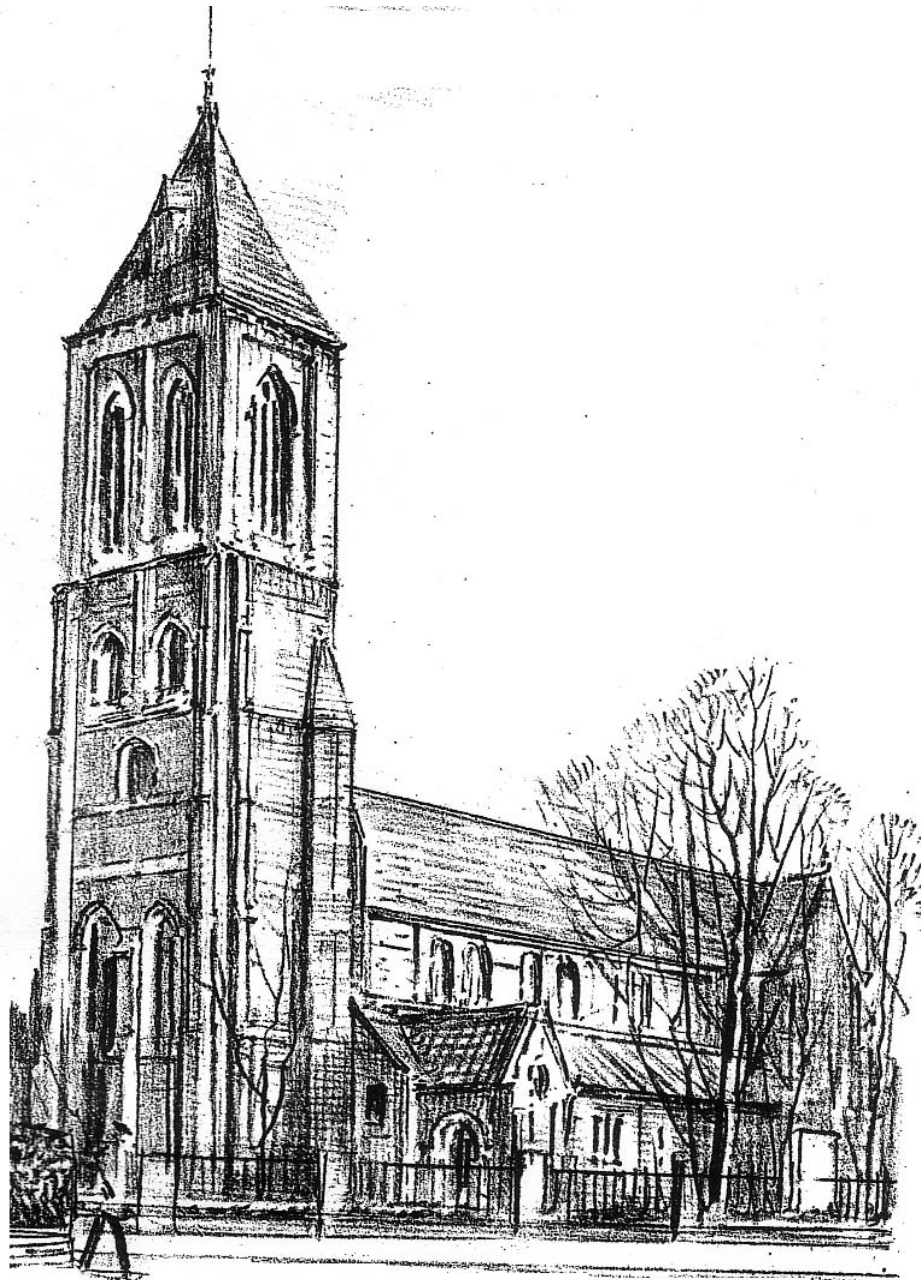


THE LION

MAGAZINE OF ST MARK'S, DUNDELA

FEBRUARY 2011



SAINT MARK'S CHURCH - PARISH OF DUNDELA
*Diocese of Down & Dromore * Church of Ireland * Anglican Communion*

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EDITORIAL

Great to see Bob Brooks putting pen to paper at this time of year as some of us survey the wilderness of our gardens. The recent “cold snap” has caused great damage to pots and plants; let us hope that is the end of it.

The magazine is full this month and the YAK page has been extended. We are building a bank of articles for the future and the Archive Page will re-appear next month. Thank you all for your contributions – keep them coming.

My thanks to the production team and staplers who make it happen. To the distributors who put it in the letter box, and to the Select Vestry who encourages.



N. I. BLOOD TRANSFUSION SERVICE

Wednesday 23 February in Heyn Hall
Session hours: 2pm – 4.30pm and 5.45pm – 8pm

***Articles for the March edition of 'The Lion' should be with
the Parish Office by Tuesday, 15 February 2011***

FROM THE RECTOR



I suppose it may seem rather negative to look back over the Christmas season rather than forward into the year ahead, however I would like to make a few observations.

The first is that despite the extreme weather conditions we had creditable numbers at our services, even those, such as the Midnight Communion on Christmas Eve, which were at very inconvenient hours.

Needless to say the Family Service on Christmas Day was the least affected by the weather but it is worth saying that, despite very challenging conditions, Christmas was far from a “white-out” in terms of worshipping numbers.

Similarly, it was with a great deal of heart searching that we decided to postpone the service of Nine Lessons and Carols, but in the event, when it did take place on Sunday 2 January it proved to be a great success and give a degree of lift to what can often be a rather *low* Sunday, in every sense of that word. Food for thought for future years?

In any case I wish to thank everyone who made the services possible and fruitful; Peter and Rosemary and the choir, all who produced and took part in the Nativity play on Christmas morning, Harry, Brian and Angela for battling through storm and tempest to man the West end, Richard our sexton for being on-call and available to stop leaks and look at boilers etc. along with John and David our Glebe Wardens and anyone “whom I have forgotten do thou O Lord remember...”

“The Light came into the world, and the darkness could not overcome it”

Burst Pipes and Building Work etc

Unfortunately we did not escape unscathed from the effects of the weather with, despite our best efforts, burst pipes in the Heyn Hall and the Old Rectory. Thankfully due to the quick work of Church Wardens, and Richard we caught these pretty early and were able to do most of the repairs in-house.

The same cannot be said of the rather more malicious damage inflicted over the last part of the year by those who stole lead and a third floodlight, and these losses will be the subject of insurance claims.

Some further work is necessary also to the ceiling of the Church at the West end and by the time you are reading this there may well be two scaffolding towers erected at either side of the entrance to the baptistery. Unfortunately because St. Mark's has such a very high ceiling any work at that level will be expensive (well over £1000 for the hire of the scaffolding alone).

Further work to replace obsolescent lighting is also planned for the Chancel and Sanctuary in the hope that we can dispel the Stygian gloom which currently inhabits the area, but without making it blaze like the Folies Bergere. A neat balancing trick with modern halogen-type lighting.

Advice from PSNI

You will be pleased to hear that the PSNI have had some success in apprehending some of those who have been stealing lead and other items from Churches, houses, public buildings and commercial property in the area.

The Police are asking people to continue to be vigilant and to report any kind of suspicious activity. It would seem that the thieves sometimes pose as workmen carrying out repairs on empty houses so if you see vans around where you think they ought not to be contact the police on 02890 650222.

Certainly on this occasion the PSNI seem to have committed quite substantial resources to the task as I was challenged myself one night over Christmas by two of Belfast's Finest who appeared from a hedge.

Register of Vestry People

Although registering as a vestry person may strike you as one of those tiresome bureaucratic chores which you would do well to avoid, I would urge you to consider doing so if you have not already.

It brings with it no particular obligation but it does give you the right to vote at the Easter General Vestry for those who sit on the Select Vestry etc. However I would be being a little dishonest if I did not also concede that it would be good to have a wider range of people on the Register who might consider becoming a little more involved in the life of the parish.

To qualify for registration you must be 18 or over and have subscribed in some identifiable way to parish funds. That is to say that you do not have to have Free Will Offering envelopes but perhaps subscribe from time to time in other ways.

Men's Group

Just another plug for this group which we have been trying to build up over the past eighteen months. So far our average attendance is about 28 but they are not necessarily the same 28 each time! So if everybody turned up at each meeting our numbers could improve to 40+

Our next meeting is on 8 February at 8.00pm in the Heyn Hall and anyone who is interested in sport, particularly golf, will find both the subject and the speaker interesting.

Given the incredible success of local golfers on the international scene we are extremely fortunate to have someone intimately involved with international golf (and golfers) as our first speaker of 2011.

Ian Webb has been a member of the Royal and Ancient Golf Club since 1986 and a member of both the Masters Tournament Committee and the Augusta National Golf Club. A longstanding member and office holder of Royal County Down, Ian will talk about his experience at the highest level in golf, covering the British Open, the Masters at Augusta and his involvement with some of the current stars.

Ian is a very experienced presenter who will of course bring his light touch to these enthralling topics.

Please do feel free to bring any interested friends as guests to this get together.

CALENDAR OF WORSHIP – FEBRUARY 2011

Wednesday 2

11.00am Holy Communion /Presentation of Christ in the Temple
7.30pm Intercessions for the Sick

Sunday 6 **Fifth Sunday before Lent**

8.30am Holy Communion
10.30am Family Service
6.30pm Holy Communion & Healing Ministry

Wednesday 9

11.00am Holy Communion
7.30pm Intercessions for the Sick

Sunday 13 **Fourth Sunday before Lent**

8.30am Holy Communion
10.30am Morning Prayer
6.30pm Compline

Wednesday 16

11.00am Holy Communion
7.30pm Service for Ash Wednesday incorporating
Intercessions for the Sick

Sunday 20 **Third Sunday before Lent**

8.30am Holy Communion
10.30am Parish Communion
6.30pm Evening Prayer

Wednesday 23

11.00am Holy Communion
7.30pm Lenten Service & Intercessions for the Sick

Sunday 27 **Second Sunday before Lent**

8.30am Holy Communion
10.30am Morning Prayer
6.30pm Compline

Wednesday 2 March

11.00am Holy Communion
7.30pm Lenten Service & Intercessions for the Sick

Sunday 6 **Sunday before Lent**

8.30am Holy Communion
10.30am Family Service
6.30pm Holy Communion & Ministry of Healing

FROM THE PARISH REGISTERS



HOLY BAPTISM

Jesus said, "Let the little children come to me" (Mark 10:14)

5 December 2010 Finn Jackson McMurray of 24 Churchhill Lane,
Holywood

CHRISTIAN BURIALS

"I am the resurrection and the life, says the Lord" (John 11:25)

20 December 2010 Phyllis Stevenson late of Lisburn

21 December 2010 Dorothy Kathleen (Peggy) Bissett late of Breffni
Lodge, Belfast

19 January 2011 Robert Harvey late of 83 Belmont Ch Rd, Belfast

COUNTING & STAPLERS

COLLECTION COUNT ROTA FEBRUARY 2011

Convenor Mervyn Brown

Counters Peter Wakelem
Norman Maxwell
Frances Lloyd



LION STAPLERS – FEBRUARY 2011

Friday 25 February @ 9.00amin the Committee Room

Christine Johnston
Rosemary Simpson

Mollie Coates
Audrey Hobson

Rosemary Cairns
Kate Dyer



FLOODLIGHTING



OUTDOOR FLOODLIGHTING FEBRUARY

Donation for church floodlighting gratefully received from:

6 February 2011 Mrs E Caven of 140 Hollywood Road

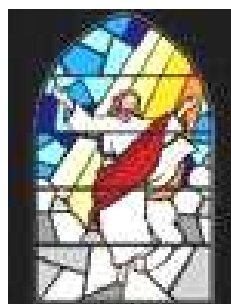
6 February 2011 Mrs D Montgomery of Strand Court

13 February 2011 Mr & Mrs Craig in memory of son Rowan

20 February 2011 Mr C Bennett & family in memory of Carole

20 February 2011 The Cherry Family in memory of parents Lindsay and Greta Cherry

LADIES' GUILD *from Geraldine Whiteside*



Thank goodness the ice and snow has gone, and we can walk safely on the pavements again.

The Ladies' Guild were very sorry to have to cancel the Christmas Party 18 December. We were looking forward to singing carols with the Youth Fellowship.

Billy Adair on 10 January gave us a very interesting night, he spoke about famous Hymn Writers, especially Mrs Cecil F. Alexander. We would like to thank Billy for coming to our meeting.

11 February – Linda Williamson (Citizens Advice)

MOTHERS' UNION *from Mary Harland*



Our February meeting will be held in the Parlour on the 16th and our speaker will be Reverend David Brown. We look forward to a good turn out on the evening.

CHURCH FINANCES – Peter S.F. Bayliss Hon Treasurer

I am at present preparing the Accounts for 2010. Subject to audit and final approval by the Select Vestry these will be presented to the members of the Parish at the Easter General Vestry.

We operate three accounts as follows:-

- A. The Special Account. Income arises from bequests and donations plus fund raising for charities. Expenditure arises from special purchases to enhance our church and hall plus the payout of the charitable funds.
- B. The Restoration Account. Income and expenditure of a special nature in connection with our properties.
- C. The General Account. Normal receipts and payments in connection with the running of the Parish.

Over the three accounts we had an overall surplus in 2009 of almost £58,400 but I indicated that I expected 2010 to be very different and so it has proved, as we have an overall debit of almost £13800 this year.

Brief details of the accounts are as follows:-

SPECIAL ACCOUNT

Income	£15050	
Expenditure		
(Pew mattresses £9250 + Charities £4535)	£13785	Surplus £1265

RESTORATION ACCOUNT

Income – Building Fund Envelopes	£ 12501	
Gift Aid	£ 2717	
Interest & Investments	£ 2030	
Donations	£ <u>185</u>	£17433
Expenditure – Curatage	£10497	
Tarmac Old Rectory/Hall	£ 3114	
Rectory Insulation	£ 1046	
Cupboards Choir Vestry	£ 1700	
Lights Church Sanctuary	£ <u>1060</u>	£17417 Surplus £16

GENERAL ACCOUNT

At time of writing details not yet available but

Total Income was	£156291	
Total Expenditure was	£171347	Deficit £15061

It is important that parishioners are fully aware of our financial situation in these very difficult economic times and next month I will provide more details of our general account.

Your Select Vestry and Finance Sub-Committee will be giving serious consideration to our position and any suggestions from parishioners will be most welcome.

EVERGREENS *from Lorna Symmons and Joan Eakin*



As we had cancelled the December Christmas Party because of the severe weather, we had a special afternoon tea in January. We combined it with our Bring and Buy sale, which was very successful. Our next meeting is on 9th February, 2.30 pm to 4.00 pm, when we hope to show a local interest film. We would like to send our good wishes to those of our Members and Committee who have been suffering illness or accident over the Festive season and hope they are able to be with us in February.

YOUNG FAMILIES GROUP

CHOCOLATE FIESTA

We plan to hold a Chocolate fiesta in the Heyn Hall, on **Saturday 12 February, from 2-4pm**. There will be chocolate fountains, a fair-trade stall, a cake stall, and, given the date, we hope to have both chocolate and Valentine-themed crafts and gifts for sale. There will be lots of chocolate-themed activities for children and the chance for everyone to relax with tea, coffee – and chocolate! **All proceeds will go towards Tearfund.**



FLOWERS



6 Mrs Rae McConnell
21 Sydenham Avenue
In memory of Dermot, a loving husband and father.

13 Miss P Mackintosh
212 Holywood Road
In memory of Mother, Father and Grandfather

Side Chapel

Mr G Hilditch and Family
14 Cairnburn Road
In loving memory of Margaret

20 Mr D Shepherd and Claire
1 The Cairns
In loving memory of Betty

Side Chapel

Mr and Mrs M Livingstone and Alison,
24 Wanstead Road
In memory of Stephen

27 Mr and Mrs G Hall
10 Castlehill Road

Lesley Donaldson 9065 4866

PRAYER PAGE

Lord, make me an instrument of your peace.
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
Where there is sadness, joy.

O Divine Master, grant that I may not so much seek
to be consoled, as to console,
to be understood, as to understand;
to be loved, as to love;
For it is in giving that we receive;
It is in pardoning that we are pardoned;
and it is in dying that we are born to eternal life.

The modern hymn “Make Me A Channel Of Your Peace” (words by Sebastian Temple) is based on this prayer attributed to St. Francis of Assisi.

The gardener does not love to talk,
He makes me keep the gravel walk;
And when he puts his tools away,
He locks the door and takes the key.

Away behind the currant row
Where no one else but cook may go,
Far in the plots, I see him dig
Old and serious, brown and big.

He digs the flowers, green, red and blue,
Nor wishes to be spoken to.
He digs the flowers and cuts the hay,
And never seems to want to play.

Silly gardener! summer goes,
And winter comes with pinching toes,
When in the garden bare and brown
You must lay your barrow down.

Well now, and while the summer stays
To profit by these garden days
O how much wiser you would be
To play at Indian wars with me!

Some gardeners are old and male and reticent. We dedicate this poem to the others.



Our speaker in the second session of the Men's Group on 23 November 2010 was Clive Scoular, "renowned for his enthusiasm for his subjects, his clear delivery and colourful attire". He certainly lived up to this billing. Straightaway he threw this question at us, "Where were you on 24 March 1972?" and proceeded to give us an exciting account of the six Prime Ministers' of Northern Ireland.

James Craig (later Lord Craigavon), - his family owned a whiskey distillery - went to the Boer War in South Africa and was almost immediately captured by the Boers. He received a war wound from which he suffered all his life. Returning to Ulster at the war's end, he chose to become a Unionist politician and made his mark. He organised the signing of the Ulster Covenant and the formation of the Ulster Volunteer Force, and the gun-running to provide it with arms. Trained, armed and re-named the 36th (Ulster) Division of the British Army, they fought and died in the Battle of the Somme. He was the Unionist leader in 1921, when Ulster was partitioned from Southern Ireland and served as Prime Minister for 19 years, of which (we were told) he spent altogether just over three years on sea cruises with his wife. A member of Belmont Presbyterian church, he died on 29 November 1940, 70 years ago.

While Craigavon was at sea, John Miller Andrews, ran the Government and then became the second Prime Minister. His family owned the large linen mill in Comber. His notable political achievements were his fight with the British Treasury to raise welfare benefits from the Ulster rate of 17/- to £1.0.0 (the British rate) and he established our right to go to a doctor of our own choice. He was Prime Minister during the air-raids on Belfast and became unpopular: he was accused of being complacent about preparations against airraids, especially that there were not enough air-raid shelters. A Non-Subscribing Presbyterian, he died in 1943.

Sir Basil Brooke (later Lord Brookeborough) was next in line. A member of the Ulster aristocracy, he served in the 8th Hussars during the Great War and was appointed A.D.C. to General Julian Byng. He had a

large estate in County Fermanagh and "ruled" Ulster for twenty years during and after the Second World War, a time of growing prosperity and Unionist superiority. He was Church of Ireland - our speaker described him as "a flamboyant Anglican" - and he died in 1963.

Terence O'Neill was appointed by the Governor-General. Like Basil Brooke, he was an Old Etonian. He fought with the Irish Guards when the paratroopers landed at Arnhem in 1944 and was wounded at Nijmegen. An ambitious man, he went into politics and had to serve as Parliamentary Private Secretary to two Ministers before he rose to be Prime Minister. He is remembered for his efforts to reconcile Protestants and Roman Catholics, and Ulster with the Republic of Ireland; he invited Sean Lemass, the Taoiseach, to visit Belfast. Unfortunately he did this without consulting his Cabinet and Ian Paisley took the opportunity to throw snowballs. From 1966 on, increasing I.R.A. violence, prominently displayed on T.V., made reconciliation impossible, and after the "pro-and anti-O'Neill" election in 1969, he resigned.

There was a Unionist Party election to decide on the next Prime Minister. Brian Faulkner had served in O'Neill's Cabinet very successfully as Minister of Home Affairs and as Minister of Commerce. The two men disliked each other, though they had to work together in Government. [As David Bleakley expressed it, "These two complex and talented men had an extraordinary low level of tolerance for each other."] Faulkner was expected to win, but O'Neill opposed him and voted against him. The election was won by James Chichester-Clark, 17 votes to 16.

James Chichester-Clark (later Lord Moyola) was Prime Minister for 22 months, 1969-1971. He also had been at Eton and served in the Irish Guards at Anzio, where he was wounded during the Allies' long and brutal battle with the German defenders. His time of office brought him severe pressure: riots in the Bogside, the arrival of the British Army, the rise of I.R.A. activity, the disbandment of the B Specials. He gradually lost power to James Callaghan's Labour Government and he was thankful to resign.

Finally Brian Faulkner came to the top of Ulster politics, elected by 26 votes to 4. He had been educated at St Columba's in Dublin, where his best friend was Michael Yeats, the son of W.B. Yeats. He worked for 22 years in his father's shirt factory, which made 'Faulaf shirts. He went into politics after the war and was M.P. for East Down from 1949 to 1973, 34 years, and carried out his Ministerial duties as a radical Unionist and a practical man of business. But for Faulkner the office of Prime Minister, which he took up in 1971, was a poisoned chalice. Facing further loss of authority to Edward Heath's Conservative government and daily acts of terrorism from the I.R.A., his hope was to restore confidence to the shattered people of Northern Ireland. But this was not to be.

One of his first proposals was to offer the Nationalist S.D.L.P. a share in government, and they were at first favourable to the idea. But in the twelve months of his leadership at Stormont, the withdrawal of support by the S.D.L.P., the internment of suspects, the thirteen dead in Londonderry, the hostility of Jack Lynch, the Taoiseach, the bombing and murder of policemen and soldiers by the I.R.A. and finally Direct Rule, all these events contributed to the suspension of the Stormont Parliament in 1972 and the departure of the last Prime Minister of Northern Ireland.

He made a further contribution to Ulster when he became Chief Minister of the powersharing N.I. Executive, with the personal and political friendship of Gerry Fitt of the S.D.L.P. Ironically, the Executive was brought down by "Protestant" power.

A man of simple Presbyterian faith, and from his childhood a horseman, a hunting man and a Master of Hounds, he died in 1977 when he was thrown from his horse. Many people will think, and it is the present writer's opinion, that of the six he was the best politician, Prime Minister and statesman that Northern Ireland has been granted.

Our speaker, Clive Scoular, completed this most entertaining and informative evening for us by displaying, as a true historian should, the ten books on which he had based his research, and we showed our appreciation "in the usual manner".

“NOW THANK WE ALL OUR GOD” *from Billy Adair*

Hymn singing as we now know it began in Germany, and Martin Luther encouraged it. Dr John Julian comments, “The church hymn, in the strict sense of the term, as a popular lyric in praise of God to be sung by the congregation in public worship, was born with the German Reformation, and more extensively, cultivated ever since by the Evangelical Church in Germany.” Consequently more hymns have been written in German than possibly in any other language – the number of one hundred thousand has been mentioned! But this huge corpus of German hymns is largely unknown to us.

A number of these German hymns has entered our hymnals thanks to the work of a handful of translators, one of whom was Catherine Winkworth (1829-1878) who earned the title “the Queen of translators.” Alone, she published translations of around four hundred German hymns, twelve of which are in our Church Hymnal 5.

Catherine Winkworth has been described as “a quiet middle-aged English lady, who to her family was a lovable maiden aunt with a genius for inventing stories for children.” But she was more than that. She was a highly cultured woman, a devout Christian, an expert linguist, intellectually brilliant. Born in London, she spent most of her life in Manchester, moving in later life to Bristol where she pioneered the promotion of higher education for women. In her day the Universities were not open to women, so she took a prominent part in the founding of University College, Bristol, now the University of Bristol. She died suddenly of heart disease at the early age of forty-eight, and a memorial to her was erected in Bristol Cathedral.

The original hymn “Nun danket alle Gott” was written by Martin Rinkart (1586-1649), a pastor in Saxony during the Thirty Years War. In those grim times he was the only clergyman in the town of Eilenburg, and he sometimes was called on to conduct forty to fifty funerals a day! Yet he never lost his faith and managed to write a hymn of high thanksgiving.

The hymn (361) is in three verses, the first two are a paraphrase of Ecclesiasticus 50 v 22-24, which were intended as a Grace to be sung

after meals in Rinkart's household, and the third verse is a Trinitarian Doxology which possibly was a later addition.

v1 "Now thank we all our God,
With heart and hands and voices,
Who wondrous things hath done,
In whom his world rejoices;
Who from our mother's arms
Hath blessed us on our way
With countless gifts of love,
And still is ours today."

This is a call to think and thank – to count our blessings and to realise all good things come from God – our God. And the call is to us all. We are told how to give thanks: with heart, that is from the depths of our being; with hands, in our every day work and activity; and with voice, praising God all the way. We thank him for the wondrous things He has done and the many blessings bestowed on us from our mother's arms – from the cradle to the grave – "and as He is ours, so we are His, now and for ever" (Romans 8 v 38-39).

v2 "O may this bounteous God
Through all our life be near us,
With ever joyful hearts
And blessed peace to cheer us;
And keep us in His Grace,
And guide us when perplexed,
And free us from all ills
In this world and the next."

In this second verse we turn from praise to prayer: for joy, peace and deliverance, and that is asking a lot, but from a bounteous God. And if we are to live a Christian life surely "we need His Presence every passing hour/what but His Grace can foil the tempter's power?"

The verse ends asking God to do three things for us:

- 1) To keep us in His Grace, for it is tragically possible to fall from Grace and lose touch with God.

- 2) To guide us when perplexed – and who is not perplexed at times? To pray for God’s guidance is as necessary as praying for God’s Grace.
- 3) To free us from all ills. Suffering comes to us all at some time or other, but it is comforting to know we shall be free from all ills in the world to come.

v3 “All praise and thanks to God
The Father now be given,
The Son, and Him who reigns
With them in highest heaven,
The one Eternal God,
Whom earth and heaven adore,
For thus it was, is now,
And shall be evermore.”

This is really a versified form of “Glory be to the Father and to the Son and to the Holy Ghost; as it was in the beginning is now and ever shall be, world without end”, and needs no comment.

This doxology in its final outburst of praise rounds off this majestic hymn of thanksgiving, written in German four hundred years ago, which would still be hidden in the dust of ages but for Miss Catherine Winkworth. We owe a tremendous debt to our English translators don’t you think?

BELMONT & DISTRICT COUNCIL OF CHURCHES

“C.S. Lewis – a Belfast man”

Tony Wilson

7.30pm in St Mark’s Heyn Hall

All welcome



It is time to prepare the garden for summer.

Light levels will begin to improve this month as the days lengthen and, provided outdoor temperatures rise a little, we will see new growth on trees and shrubs. The rising sap is a sure sign that spring is not far away.

Preparation for sowing seeds outdoors in early spring should begin now if the ground is frost free. Clear away weeds and have a general clean sweep of all garden debris. This is also a good time to prepare garden equipment for the new season. Check shears, edge trimmers and sharpen your spade if you intend to dig over ground. A blunt spade means hard work. Pay attention to the lawn mower and have it serviced in good time for spring.

Cloches should be positioned now so that the soil is warm and ready for sowing seeds where an early crop is desired. There is still time to sow seeds for summer bedding plants in a heated greenhouse or propagator.

Dahlia tubers can be started into growth this month. Any tubers found to be shrivelled can be steeped in warm water overnight to make them plump and ready for producing new flowering shoots. Maximum light is essential to encourage growth.

Mid-February is the time to prune your late flowering Clematis, including the popular late flowering Jackmanii group. Cut them hard to 45cm (18ins) above ground level. These clematis flower only on the new growth i.e. the new stems produced in the current year. It is necessary to remove most of last year's growth as this will not flower again. The new stems produced after your pruning will flower August and well into October provided the plants have been regularly fed. Two litres of liquid feed per plant per week up to bud stage will give excellent results. Cease feeding when you see fat buds appearing.



The recipes for this month have been chosen with Vegetarians in mind! They may be used as stand alone dishes or as accompaniment to a main course.

Leek and Broccoli Bake

2 large chopped leeks
1 large head of broccoli
1 large chopped red pepper
2ozs butter/ 2ozs plain flour/ 3/4 pint milk to make white sauce (or use cornflour)

2 tablespoons chopped spring onions
3ozs grated cheddar cheese
seasoning

Blanch broccoli, leeks and peppers in boiling water for 2 minutes so that they retain their bright colours. Do peppers separately!

Melt butter, stir in flour and add milk gradually stirring continuously. Add 2ozs of grated cheese red pepper, spring onions and seasoning

Place broccoli and leeks in ovenproof dish. Pour sauce over top , sprinkle other ounce of cheese on and bake in oven 170 deg C for about 35/40.minutes (less in fan oven)

Aubergine Bake

1 large aubergine
2 large red onions
Grated cheddar cheese and a little grated parmesan

3 medium sized potatoes

Peel and parboil potatoes for 10 minutes, cool and then slice thinly.

Slice aubergines thinly

Slice onions thinly and fry in little oil

Place a layer of aubergine in greased dish, then layer of onions and then layer of grated cheese. Add thin layer of potato. Repeat this ending with aubergine on top. Sprinkle little parmesan over and seasoning,

Cover dish with foil and place in oven 170 deg C for about 40 minutes.

I would like to increase the number of contributors to this page so I would be grateful if you would speak to me on any Sunday or telephone 91463753.

A Happy New Year to all!

A SERIES OF ARTICLES (2) FROM – ALL SAINTS' CATHEDRAL URBAN DEVELOPMENT PROGRAMME

The past years have been very dry in Kenya. Many animals (both farmed and wild) died because of drought, people were hungry, and the government appealed for food aid.

Water pipes were dry, as the dams ran low, and everyone in Nairobi learnt to live with tiny quantities of water. Those hawking water by the jerrican around the housing estates, made some good money selling the most precious commodity on earth.



Those who could, installed water tanks. The community plot in Kayole already had two tanks, collecting both rainwater and mains water. Supplies were used very sparingly, serving the Nursery School only, until they too ran dry.



The Nursery School then bought a tanker load of water from Nairobi

City Council, which is able to bring in extra water from farther afield in this expensive way.

When we received a Christmas donation from our link church in Brussels, we decided to invest this in guttering and water tanks for a first group of households.

As they usually do, the communities selected the elderly and disabled members, as well as those with chronic illnesses, to be the first beneficiaries of this scheme. Those chosen had to have corrugated iron roofs on their houses, to facilitate water harvesting. The roofs were measured, the gutters ordered, the tanks selected, and various quotes were discussed by the Cathedral's UDP Committee so that the most cost-effective could be selected.

As a result, six families (out of 200) are now the happy owners of gutters, drainpipes and water tanks. The rainwater collected there will help them through at least the initial phase of the dry season, and will thus alleviate the next drought. We hope to be able to raise funds for the next phase of this excellent project.





BIBLE SUPERHEROS

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

asked
disciples
people
say

John
Elijah
Jeremiah
prophets

Peter
answered
Christ
living

God
blessed
revealed
Father

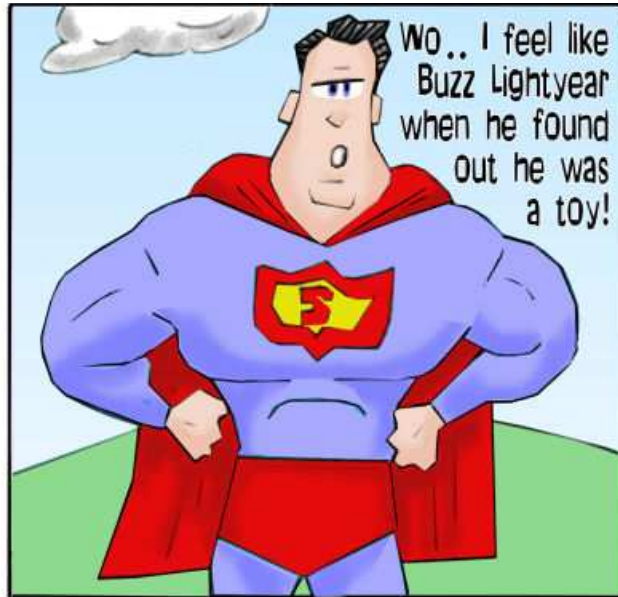
Simon Peter answered, "You are the Christ, the Son of the living God."
Matthew 16:16 (NIV)

Colouring Page



Answers

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



PARISH ORGANISATIONS REPRESENTATIVES
(in alphabetical order)

&

We are not made of steel. We are made of dust.
 -Max Lucado (When Christ Comes) and **Ge 2:7**

Alpha Bible Group
Bell Ringers

1st Tuesday, 8.00pm
 Monday 7.30 - 900pm

Mrs Hannah Nelson, T: 9065 1916
 Mr John Emerson, T: 9076 1221

Bible Fellowship	Wednesday (except 3rd), 8.15pm	The Revd John McDowell, T: 9065 9047
Boys' Brigade	Friday 6.30 - 8.00pm	Mr Harry Whiteside, T: 9029 5908
<i>Junior Section (age 8 - 11)</i>		
<i>Anchor Boys (age 5 - 7)</i>		
Brownies (ages 7 - 10)	Monday 6.30 - 8.00pm	Mrs Louise Orchin, T: 9067 1717
Choir	Thursday 7.30 - 9.00pm	Miss Heather McKaig, T: 9047 2319
Christian Aid		Mr Peter Hunter, T: 9042 2048
Church Missionary Society		Mrs Yvonne McMaster, T: 90422836
Church of Ireland Gazette		Miss June Moore T: 9065 7051
Cradle Roll		Mr Peter Moore, 10 Hopedene Mews T: 9067 3216
Evergreens Club	2nd Wednesday, 2.30 - 4.00pm	Mrs Pat Thompson, T: 9087 6634
		Mrs Joan Eakin, T: 9076 8109 and
		Mrs Lorna Symmons, T: 9065 2777
Flower Guild		Mrs Lesley Donaldson, 4 The Cairns, T: 9065 4866
Guides	Monday, 6.30 - 8.00pm	Miss Lois Kennedy, Parish Office T: 90654090
Healer Prayer Group	Wednesday, 7.30 - 8.00pm	Secretary: Mrs Margaret Parrock, T: 9076 8524
Ladies Guild	2nd Monday 7.45pm	Secretary: Mrs Geraldine Whiteside, T: 9029 5908
Men's Fellowship – Bowls	Thursday 7.30 - 10.45pm	Mr Corry Lyttle, T: 9076 8043
Men's Group	Monthly 8.00pm as arranged	Revd John McDowell, T: 9065 9047
Mothers' Union	3rd Wednesday 8.00pm	Enrolling Member: Mrs Mary Harland T: 9087 3649
Mums and Chums	Wednesday 10.15 - 11.45am	Mrs Mary McDowell, T: 9065 9047
<i>(Parents and toddlers group)</i>		
Rainbows (ages 4 ½ - 7)	Monday 5.15 - 6.15pm	Mrs Heather Ellison, T: 9065 9278
Sanctuary Guild		Mrs Mary Harland, T: 9087 3649
St Mark's Players (Drama)		Mrs Jackie Parrock, T: 9076 8210
SUNDAY SCHOOL		
<i>Meets each Sunday except 1st Sunday from 10.30 until 11.30am.</i>		
<i>Children are collected from Heyn Hall after the Morning Service.</i>		
Kindergarten (ages 3 ½ - 7)		Mrs Hannah Nelson, T: 9065 1916
Seniors (ages 8 and over)		Mrs Ada Long, T: 9065 6117
THE WARDROBE YOUTH ROOM		
Youth Fellowship	Sunday 8.00 - 9.30pm	Mr Harry Whiteside, T: 9029 5908
(age 11-18)		

CHURCH SERVICES IN ST MARK'S

SUNDAYS

8.30am	Holy Communion (every Sunday)
10.30am	Family Service (1st Sunday)
	Parish Communion (3rd Sunday)
	Morning Prayer (2nd, 4th & 5th Sundays)
6.30pm	Holy Communion & Ministry of Healing (1st Sunday)
	Compline (2nd Sunday)
	Evensong (3rd Sunday)
	Compline (4th Sunday)
	Choral Eucharist (5th Sunday)
	Praise Service (as announced)

WEEKDAYS

8.30am	Morning Prayer (Mon-Fri)
5.30pm	Evening Prayer (Mon-Fri)
11.00am	Holy Communion (Wednesday)
7.30pm	Healer Prayer Service (Wednesday)

BY ARRANGEMENT WITH THE CLERGY

Holy Baptism * Holy Matrimony *
 Visitation of the Sick at Home/in Hospital *
 Communion for the sick * Spiritual Direction *
 Christian Burial