



**Welcome to**  
**St Mark's Parish, Dundela**  
Church of Ireland



**A time for everything**  
**Autumn 2023**

# Connect with St Mark's

The staff team in St Mark's



Helene



Kathy



Elaine



Yvonne

Karen



Brian

Arthur

The welcoming wardens

Senior and junior verger

## Parish Contacts

Please contact the Rector if you wish to talk, have a visit or go for a walk, as well as for baptisms, weddings or funerals.

**Rector:** Revd Canon Helene T Steed  
**T:** 028 9065 9047 **M:** 07342 720350  
**Email:** [dundela@down.anglican.org](mailto:dundela@down.anglican.org)

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**Office hours:** Monday, Wednesday, Thursday 9 am - 12 noon

**To find out more about St Mark's ....check out our recently updated website**

**Visit our homepage:** <https://dundela.down.anglican.org/>





## A Message from Helene, Rector in St Mark's

There is an amazing clock in Cambridge at Corpus Christi College. It was invented and designed by Dr John C. Taylor who invented the cordless kettle. It took seven years to build this spectacular clock, which is 1.2 metres wide, made of gold, and cost more than £1 million. It has no hands but shows the time with blue lights. On top of the clock, there is a creature, an ugly, angry monster, a cross of a grasshopper and a locust. With his front legs he pulls the time, eating it away. On the hour, every hour, he gets irate and furious, and with his sting, he kills the time.



Time that is past is gone. It is dead and can never be returned. Taylor calls the clock a Chronophage - time eater - wishing to illustrate that time is a destroyer, once a minute is gone, you can't get it back. There is an inscription on the clock: **'The world and its desires are passing away, but those who do the will of God live for ever.'** (1 John 2:17)



*Time for something new  
– Helene and Grace on a  
camping pilgrimage.*

This clock, with its inscription and depiction of how time passes, challenges us to pause and reflect about how we use our time. The beginning of a new term invites us to ponder how we wish to fill the weeks and months ahead of us. It is also a reminder that there are different times and seasons in our lives. Times for thought and contemplation; time for joy as well as sadness; time for learning something new or perfecting something we have already begun. May I take this opportunity to encourage you to spend some time in the presence of God this autumn. Jesus withdrew at times from the busyness of life to spend in his Father's presence. May we do likewise. Welcome to our services, where we meet Christ in word, prayer, and at the Holy table.

On the following pages, you will find information about various groups and activities in St Mark's. Some are old time favourites. Others are new initiatives, for instance the Lego building club and cooking for young teens. Welcome to try something new and spend time with us.

Blessings,  
Helene

### Services in St Mark's

Wednesday 3.45 pm

Sunday 10 am and 6.30 pm

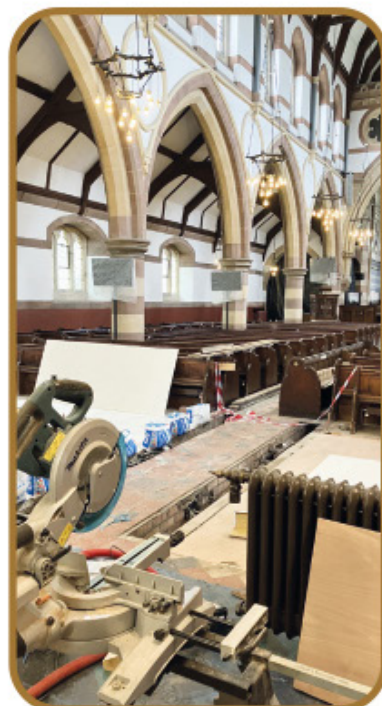
Looking forward to seeing you!



## Time to welcome you back

This summer the Church building has been closed as we carried out refurbishment work. We have removed a few pews to create a welcome and hospitality space where everyone can gather together after services and enjoy time meeting old friends and welcoming newcomers. We have finished the musicians' area and improved our children's space as well as access throughout.

The new coffee servery will provide refreshments on Sundays and Wednesday afternoons, and will be a delightful addition for concerts and recitals. Join us back in the church from 10 September for a warm St Mark's welcome.



## Time to be thankful - Harvest in St Mark's

**Sunday 15 October** : 10.00 am. We will welcome Archbishop John McDowell back to the parish for this year's **Harvest Thanksgiving**, when we will also dedicate our new church welcome and hospitality facilities, and give thanks to those who have made the improvements possible. We are grateful to our grant funders, National Churches Trust for a Cornerstone Grant, Church of Ireland Priorities Fund and Benefact Trust, as well as everyone who has contributed to our 'New Spring' and 'Sponsor the Tiles' appeals. Thank you.



Church of Ireland



**Remembering our Loved Ones service** **Sunday 22 October**, 6.30 pm.

Our special annual service to give thanks for the lives of our loved ones, with some uplifting music and scripture readings.

## First Sunday services

**A slightly more informal worship experience with time for fellowship**

**Sunday 3 September** : 10.00 am **Back to school and work with God.** We will meet in the hall for the last time this summer, and consider Joshua 1, crossing the river with nothing to fear. Children are welcome to bring their school bags for a blessing as they begin a new academic year.

**Sunday 1 October** : 10.00 am **Looking for Angels.** Our church building holds many angels, some are almost hidden. Can we learn to spot an angel?

**Sunday 5 November** : 10.00 am **Building with bricks,** an interactive service using Lego bricks

**Sunday 3 December** : 10.00 am **Advent Sunday**



# A time to speak

Join us for some interesting talks and demonstrations this Autumn.

On **Tuesday 12 September** at 7.30 pm, in the Parish Hall, BBC journalist Mervyn Jess will speak on **Faith and Journalism**, with stories from his extensive reporting career in Northern Ireland.

We gather in Church on Wednesdays for a short worship service at 3.45 followed by time to chat over tea. On **Wednesday 20 September** Johann Henderson will provide some additional interest after the service, sharing her world in flowers as a NAFAS demonstrator, on a theme of **These boots are made for walking**.

Then on **Wednesday 29 November**, Mrs Hilary McClay will give a short talk on **Time for Advent**, leading us into that special season of preparation.

## Time to be messy

### Messy Church is back!

We have two Messy Church afternoons planned this Autumn, for children, parents and grandparents, to learn through stories, crafts, games and activities about characters and events in the Bible. There will be lots of fun and party food too.

**Saturday 16 October 2.00 – 4.00 pm**

#### Messy Feed My Lambs

Imagine the mess a flock of sheep and lambs can make!



**Saturday 18 November**

**2.00 – 4.00 pm**

#### Messy Narnia

Let's find out about the world of Narnia and some of the characters who live there, including the wild but good King, Aslan. Why not come dressed as a lion, or in your favourite Narnia costume?





## A time to build – Lego Club

Lego has long been an absorbing pastime for children, but in recent years the age profile of Lego builders has been extended, and the 'Silver Builders' are enjoying the challenge now too. We are running a new club on Wednesdays from **13 September**, 4.00 – 5.30 pm in the Parish Hall, for children over 5 (with accompanying adults if desired) who will work together to help make some fantastic creations for our upcoming LEGO Exhibition. Ann Clark, star of a LEGO Facebook advert, who will run the club, says :-

*"I became interested in LEGO about 7 years ago having seen some amazing work from the Irish group of adult fans of LEGO, brick.ie. Building LEGO keeps you young in mind as well as body. You are never too old to start building. There is such a sense of achievement when you complete your build, from a set or your own creation. It is also great to share and discuss your builds with others at exhibitions. I will show some of my garden creations, and at the club we plan to build two large Harry Potter sets. I look forward to welcoming builders to the club, and seeing what we can make together."*

**Please sign up for Lego Club, through the office, or on the first afternoon.**



## Lego Exhibition

**Saturday 4 November**, 10.00 am to 5.00 pm  
and **Sunday 5 November** 11.30 am to 4.00 pm, in the Parish Hall.  
**Entrance by donation.**

A star attraction at the event will be the Brick Pit. This is a large contained area of 2x4 bricks that children can play with and create their own structures. The structures are only temporary as the bricks get used again and again.



## Can Cook, Ready to Cook

**Tuesdays, beginning 12 September,**  
4.00 - 5.30 pm Parish Hall.

Regular readers will know that in St Mark's we love to gather around food, and to share our love of cooking with others. This Autumn we launch our new cooking club, 'Can Cook, Ready to Cook' (see what we did there?) aimed at sharing basic cooking skills with young people aged Primary 6 to Year 10.

Experienced teacher Karen will show us how to prepare some simple but delicious meals to take home - and how to clean up afterwards! We have 8 places in the club initially, and the 6 week programme will cost just £15, with all ingredients provided. Please register with the office to book a place for your child.



# A time to learn from our friends in Kenya

by Lynn Wilson

The Tujisaidie community we support in Kayole, Nairobi, may face many challenges in life as they struggle with issues of extreme poverty, rising food prices, civil unrest and climate change. However as they work together, sharing any meagre resources, building a youth centre and library, and running a range of mentoring and support services, they have much to teach us.

During our visit in May, Linda and I saw at first-hand how everything is so carefully planned and prayed about, relying on God's provision and timing while at the same time building each other up and caring for the most vulnerable amongst them. The young people cooking meals on a Saturday ensured that the huge pot of rice stretched far enough to cater for over 350 children. The 60 children attending our knitting classes helped each other and patiently persevered, concentrating hard as they tried to master a new skill. The leaders are faith filled people who are determined not to be overwhelmed by the scale of the challenges they face, but to find ways to encourage, to mentor, to improve employment skills and to give hope for a better future.

We returned home determined to continue to support them in all they are doing, providing funds for the essential school meals programme and school resources, and communicating through Zoom and Whats App for training and updates. If you would like to join our support group on Whats App, please contact the office. And if you missed our information meeting in June, keep an eye on our Social Media for a further meeting in September, when we hope to show some video footage from our visit and share some more stories.



## A time to read

Our book club meets each month in the Rectory, 4 Sydenham Avenue, and it is always interesting to hear the different reactions to what we read.

Feel welcome to join for any or all of our selection this Autumn:-

**Tuesday 5 September**, 8.00 pm : *Mrs Palfrey at the Claremont* by Elizabeth Taylor. All but abandoned by her family, an elderly woman strikes up a curious friendship with a young writer.

**Tuesday 3 October**, 8.00 pm : *The Raptures* by Jan Carson. When several children from the same village start succumbing to a mysterious illness, the quest to discover the cause has devastating and extraordinary consequences.

**Tuesday 7 November**, 8.00 pm : *Four Letters of Love* by Niall Williams. Set in Dublin and the west of Ireland, this is a novel about destiny, acceptance and the tragedies and miracles of everyday life. Contact: Revd Helene Steed 07342 720350 or parish office.





# Royal Marines Band in Concert

## Friday 22 September

We treasure the warm connections we have with local schools, who regularly come to church for visits, carol services and concerts. In September we are delighted to host the world famous Band of His Majesty's Royal Marines, who will hold workshops for musicians from local secondary schools, providing professional standard teaching and mentoring. The workshops will culminate in an evening concert in St Mark's Church, where some of the children will have the opportunity to play alongside this famous band. Details of tickets and timings will be on our social media nearer the time, but take a note not to miss this event.

## Harvest Homemaking Hooley!

Flowers/craft ideas and a fun night out  
Friday 13 October, 7.30 pm, Parish Hall

Please join us and bring a friend for another fun evening of creativity and chat.

With the gorgeous subtle colours of autumn flowers we will make wreaths and other decorations to cheer your home or to give as a Harvest time gift.

The perfect way to end your week.

Tickets available from parish office, £15 each, to include refreshments and all materials.

Book early as places are limited.



## CS Lewis Anniversary Service

This year marks the 60th anniversary of Lewis' death and the 125th anniversary of his birth. We will commemorate this world-renowned author who was baptised in St Mark's with a special service on **Sunday 26 November**, 10.00 am when Bishop David McClay will be our preacher. You may also be interested in an **Anniversary Tour** which will take place on **Saturday 25 November** at 11 am, introducing you to the many connections between Lewis, his family and St Mark's. Please phone the office to register for your place.





## Time to reflect

November is a month for reflection. We will hold our usual **Service of Remembrance** on **Sunday 12 November** at 10.00 am, complete with Piper and Bugler.

We will continue to honour the Festival of Remembrance with a concert by our friends from Festival Brass, that evening at 7.30 pm with a retiring collection in support of the Earl Haig Fund Poppy Appeal.



## 'Shadowlands' Discussion Group



Released in 1993, Shadowlands is the moving portrait of author C S Lewis' marriage to Joy Gresham, and how faith can help in the toughest of times. We will show the movie, starring Anthony Hopkins and Debra Winger, in the Parlour of the Parish Hall on Friday 10 November at 7.30 pm.

Discussion Group leader, Robert MacBride writes : We might recognise the appropriateness of a time for everything when we speak of the peaceful death in old age of someone who has enjoyed a life well-lived. Life, however, is often cut tragically short or comes to a point where it must be endured in circumstances no one could possibly desire. Is there a time for a motor-bike accident, for cancer, or dementia? It is a question which often challenges the faith of Christians, or at least prompts us to examine where human suffering fits into life in a world made good by God. St Marks most famous son, C S Lewis, was not afraid to tackle this most intractable subject. He explores it in different ways in his writings for both children and adults. A group of us will consider some of the issues raised in the film on 3 Monday evenings, **20 and 27 November** and **4 December**, at 7. 30 pm. Everyone, parishioner or not, with faith or without, is welcome. We hope for free and open discussion where we all learn together. If you come along do not expect to hear "This is the truth of the matter", at least not from the group moderator! We will be asking rather where and how do we find meaning in life's journey and accept that for some the question will be if that is possible.

To find out more, please speak with the Rector, Helene Steed T. 07342 720350 or Elaine in the Parish Office T. 028 9065 4090.

A confirmation class is planned after mid-term for secondary school pupils. There are also opportunities for adults interested in deepening their faith and being confirmed. Please contact the parish office for more information.





## A time for everything by Michael Newman

Many of us are returning from holidays, relaxed and invigorated ready to go back to work or back to school looking forward to catching up with our friends. For some this is a new beginning. A new term in a new class or new school, moving from school to college, apprenticeship or university, entering the world of work for the first time or changing job with the excitement and trepidation that brings. Or it maybe it's time to return to our normal routine.

We tend to think of the year as a cycle closely tied to the four seasons and sometimes try to think of our own lives as aligned to the seasons although in a linear design, rather than cyclical. Our lives though are much more complex and have dozens of different seasons within each of these periods and each of them contains good and bad times.

Yet, "there is a time for everything." In all the seasons of our lives, we move through these times of transitions—just like the weather does. Perhaps the transitions of life are harder than the seasons because we can feel the changes. Sometimes those changes bring great joy or excitement, or at times there's fear in what's coming or the sheer unknown causes us to be more than a little scared.

Whatever God takes us through has purpose, perhaps to deepen our faith or to help us achieve breakthrough in an area of life. Whatever season of life we find ourselves in, it will have a beginning and it will have an end. We will enter new seasons, too, that may bring joy, sadness, relief, hope or a deeper sense of faith.

Jesus reminded us that no matter what we go through, we can still have peace in him. God will bring us through to days marked by comfort, love and new life. Through it all, we can rest in the peace Jesus has given us. Regardless of what we face, God remains in control and is the author of our days. There is a time for everything.



*Michael is one of our Parish Readers, who help to lead our worship.*



# Autumn activities – Time to get involved

**Sunday School** Every Sunday there is an opportunity for children to learn more about faith at Sunday School, which takes place during the second part of the 10.00 am service. Together they grow in faith, as our leaders share the good news about Jesus and what it means to be a follower of Christ. There are lots of games, some planting or harvesting in the vegetable patch, and the kids painted our new bee garden – come and see it growing! Ages 0 -11.

Contact: Yvonne McMaster 07934 537316 or email [sundayschool.dundela@gmail.com](mailto:sundayschool.dundela@gmail.com).



**YF** : Our full Autumn programme is in the final stage of planning, and will include games, food and outings. We meet most Sunday evenings from 6.30-7.30 pm in the Parish Hall. Anyone aged 10-18 is welcome to join us, even if you've never been before. Find out more from Sarah at [youth.dundela@gmail.com](mailto:youth.dundela@gmail.com).



*YF survived a night under canvas despite a deluge of rain.*

## Rainbows, Brownies and Guides

### A Warm Hello from Fiona - Our New Brown Owl!

I am delighted to take this opportunity to introduce myself as your new Brown Owl for our 20B Belfast Brownies. Alongside me, Emily will be joining as Tawny Owl, and together, with our dedicated leader, Louise, we are eagerly preparing to welcome the girls back on Monday 18 September with a fun and action-packed program for the girls, ensuring they have a memorable and fulfilling time at Brownies.

I must acknowledge the incredible work done by Heather and Carol, who stepped back in June. They have left a lasting impact on the Brownies, and we are grateful for their dedication and service. Guiding at St. Marks has been an integral part of my life. I was a Brownie and later a Guide, and my Mum proudly served as the Brown Owl for many years! I am honoured now to contribute as a leader.

I look forward to meeting and getting to know each one of you. Together, let's make this an unforgettable journey of growth and friendship for our girls!



*Fiona Louise and Emily*

Our guiding groups will meet on Monday evenings from 18 September, Rainbows at 5.15 pm and Brownies/Guides at 6.30 pm. Contact: Heather Ellison 028 9065 9278.



**Art and Chat group** Mondays 2.00 pm to 4.00 pm. Meet in the Parlour with fellow artists of all abilities to draw, sketch, paint and chat together over a cuppa. Bring your own supplies and enjoy the company.

**Creative Stitchers** Our Creative Stitchers craft group meet in the parish hall on the second and fourth Tuesday each month from 2.00 to 4.00 pm to knit, sew, embroider, crochet, and chat. Members are preparing for our Christmas Tree Festival in December, where they will have a variety of items for sale.  
Contact: Ann Clark 028 9029 2205.

**St Mark's Players** St Mark's Players and Knock Drama are joining forces again after their successful comedy last autumn. This time it will be *Love's a Luxury* by authors Guy Paxton and Edward V Hoile for performance in the Spring. If you are interested in drama then come along to the parish hall on Tuesday evenings at 7.30 pm from 15 August. Further details available from Eileen, M: 07919 597701.


**Mums and Chums** We meet on Wednesdays restarting on **13 September** from 10.15 am to 11.30 am, for play, singing, chat and coffee in the parish hall. All pre-school children and their carers welcome. Please contact the parish office for more details.


### **Musical singing and ringing**


St Mark's vibrant musical programme continues this Autumn with several groups who would love to welcome you, as a beginner or experienced singer or musician. Following our church refurbishment works, all groups



will return to practicing in the Church building on Wednesdays, enjoying Musicali-Tea in the new coffee servery at 7.15 pm. Contact : [stmarksdundelamusic@gmail.com](mailto:stmarksdundelamusic@gmail.com)

 **Handbells** Wednesdays 5.45 – 7.15 pm. All abilities are welcome to learn a wide range of music for enjoyment and to complement worship in church.

 **Tower Bells** Our bell team will return to Sunday ringing in September, before services and on special occasions. Beginners and experienced ringers practice on Wednesday evenings between 6.30 – 9.00 pm and new ringers are always welcome. Contact Don 07842 891388 for more information.

 **Open Choir** Wednesdays 7.45 – 9.00 pm. Our choir is 'open' to all abilities, and 'open' to attend as your diary allows, supporting services throughout the year, with a focus this season towards the joyous Christmas celebration.

 **Music Group** Grade 3 to professional instrumentalists accompany our First Sunday services, and provide a lovely variety to our worship. New players especially young musicians are always welcome, and we are now have a growing flute ensemble. Contact Sarah Bass 07731 422002.





**Flexibility Class** : Thursdays 10.45 to 11.30 am. Join our mixed group for some stretching, mobility and breathing exercises to music, seated or standing, under the gentle encouragement of tutor Lynne – you'll soon feel the benefit! Followed by tea and coffee in the Parlour Warm Hub.

## Warm Hub

Our 'Warm Hub' will reopen in the Parlour on Thursday mornings, from **Thursday 7 September** 11.30 am to 1.00 pm. Join us in a warm and welcoming space for tea, coffee and a bowl of soup, and the opportunity for friendship and chat. Our Hub is free to all, and as winter draws in, we will include the occasional talk, or some board games to keep you entertained. Welcome!



## Scottish Country Dancing

Time to try something new? A fun way to meet new people and have a little exercise, this fun class encourages teamwork and coordination and is an ideal way to switch off from some of the stresses of life. Beginning on **Thursday 14 September**, 7.30 to 9.00 pm, why not come along for a taster. Contact: John Campbell 07923 492357

## Walking Group

As the nights begin to draw in, we will still get together to stretch our legs around Belfast, with dog and family friendly walks and the essential coffee stop. We do our best to ensure our walks are suitable for all ages and fitness levels, meet at hall at 1.30 pm, unless stated otherwise.

**Saturday 2 September** Colin Glen Forest Park

**Saturday 7 October** Stricklands Glen, Bangor – Autumn Scavenger Hunt

**Saturday 11 November** Lagan Towpath and Ormeau Park

For more information and if you need a lift to any of our walks please contact : Hannah Nelson 028 9065 1916 or ask in the parish office to be added to our mailing list.

**For more information on all our activities visit Facebook or Instagram, or contact the parish office or Rector, see the inside front cover for details.**

**Pause** – take a moment of stillness, maybe at the start of your day

**Rejoice** – there is always something to be thankful for

**Ask** – God wants to hear from you and care for you

**Yield** – let go of trying to control, God will take care of it all

Adapted from *How to Pray : a Simple Guide for Normal People*, Pete Greig



## **‘Here and There’ returns**

**Friday 24 November 2023 at 7:30 pm, Parish Hall**

‘Here and There’ are Scottish/Irish folk duo, Pauline Vallance & Jacynth Hamill. Pauline who hails from Ayrshire in Scotland is a multi-talented musician - singer, harpist, flautist and songwriter. Her most recent CD “The World’s a Gift” features her songs about life and those important to us. Jacynth, originally from Coleraine, lives in Belfast and loves to tour around sharing her clear, calming voice with audiences small and large. She often adds a little dancing to proceedings!

Join them in the Parish Hall for an evening weaving together traditional Irish and Scottish songs, covers and their own compositions. With solo and harmony singing, both lively and soothing instrumentals, story and dance it will be great craic!

Admission by donation at the door, proceeds will go to support parish funds and the school meals programme for our partners in Tujisaidie School, Nairobi.



## **Welcome to our services and worship in St Mark's.**

- Sundays at 10.00 am :** Our morning service is also live-streamed on our Facebook page, and includes singing led by the choir and a children's thought for the day.
- Sundays at 6.30 pm :** a reflective, said service.
- Wednesdays at 3.45 pm :** a traditional service, either Holy Communion or Evening Prayer, with time for refreshment and conversation afterwards.

The side-chapel is open for private prayers before and after our services, where you can sit, pause and reflect. On the last Sunday of the month, some of our Readers are available for personal prayer.



## Dates for your Diary

St Mark's

### Christmas Tree Festival

Come and enjoy an array of beautifully decorated trees in the church on **Friday 8, Saturday 9 and Sunday 10 December**, concluding with our Nine Lessons and Carols Service. Refreshments and crafts available for sale.

For more details on how to sponsor a tree, contact the Parish Office.



### THE ULSTER CONSORT AND PLAYERS

*present*

#### O for the Wings of a Dove

Thursday 21 September,

6.00 pm to 7.00 pm

St Mark's Church

Tickets: available in advance via [eventbrite.co.uk](https://www.eventbrite.co.uk), and on the evening at the door

**Eventbrite**



### BBC Radio 3 Recital recordings

Pianist Elisabeth Brauss, Cellist Leonard Elschenbroich and the Chaos Quartet will perform in St Mark's Church on

**Monday 23, Tuesday 24 and Wednesday 25 October.**

### FOR FREE TICKETS

and for further information, please visit [www.bbc.co.uk/showsandtours](http://www.bbc.co.uk/showsandtours)

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If you would like to receive reminders of parish events, please send your email address to the parish office and we will add you to our notification list.