



Puzzle Corner

Here's an easy Sudoku to start off with and then have a go at the harder one below

		2	1	8		6		
5	4				3	2		
6					9	8		7
		6	3	4		9		5
	8			1		7	3	
3	5			9				4
		3			4			9
	7		9			6	1	
	6	5	7	8				2

			2				6	3
3					5	4		1
		1			3	9	8	
							9	
			5	3	8			
	3							
	2	6	3			5		
5		3	7					8
4	7				1			

PASSWORDS



THE MAGAZINE FOR ST MARY MAGDALENE PARISH
DONEGALL PASS

Rector: Rev Bob Cotter tel: 07702495786 email: bobcotter56@icloud.com

Family Worker: Mrs Alison Shaw tel: 07547030451 (Mon, Wed, Fri)

www.st-marymagdalene.org.uk



February



2015



Ash Wednesday

Feb 2015



CHURCH SERVICES



SERVICES	READER
1st Feb—4th Sunday after Epiphany 11.00 am Holy Communion	Molly Scales <i>1 Corinthians 8 –v- 1-13</i>
8th Feb—2nd Sunday before Lent 11.00 am Morning Prayer	Ann Sheppard <i>Hosea 2 –v- 14-20</i>
15th Feb—Sunday before Lent 11.00 am Healing Service	Bill Jeffrey <i>Psalm 13</i>
18th Feb—Ash Wednesday 7.30 pm Holy Communion	—
22nd Feb—1st Sunday in Lent 11.00 am Family Service	—
25th Feb—Lenten mid-week service 7.30 pm Taize Service	—

Thursday Lunchtime Services

These continue to take place each Thursday at 12.30 pm.
Please join us for this short service followed by a delicious lunch
in the hall.

Everyone welcome

The Church of Ireland “Safeguarding Trust” Policy operates in this church. Panel Members are the Rev Bob Cotter, Mr Cecil Dunwoody and Mr Peter Ainley. Notices to this effect have been placed in the church and halls.



Flower Rota—January & February



Jan 4th	Mrs M Porter & Mr D Boden
Jan 11th	Miss E Lennon
Jan 18th	Mr & Mrs B McDowell
Jan 25th	Mr T Reilly
Feb 1st	Mrs G Stewart—in loving memory of George & Elizabeth
	The Winters Family—in memory of parents Kathleen & Bertie and brother Bertie
Feb 8th	Mrs S Davey—in memory of mother and son John
Feb 15th	Mrs A Crawford—in memory of mother Peggy and brother Tom
	Mr & Mrs P Copley
Feb 22nd	Mrs L Smyth—in memory of Jim, loving husband, Dad, Grandad, Great Grandad and all loved ones
	The Ingram Family—memory of loved ones

God’s Word to God’s World

We would like to thank all those who gave to the above Missionary Society during the past year.



Not only do we support missionaries abroad, but last summer we held Senior and Junior camps for children at Castlewellan and over 100 attended.

A team from Crosslinks returned to Galway and did OUTREACH work in the city centre and had support from the local churches.

The sum of £876.43 was raised this year.

Lena and Cecil



Christian Burial



Sadie Parker

Belmont Care Home

15th December 2014 (died 10th December 2014)

Sadie Parker, lived in recent years with her sister Annie in Belmont Care Home off the Holywood Road, was born and bred in Donegall Pass. She was confirmed in St Mary Magdalene Church and loved attending all kinds of events in the church. She was born in 1924 and died on 10 December 2014, aged 90. Service at Roselawn Crematorium on Monday, 15th December.

Whilst she never married she lived for many years with her two brothers and did the housework for them, when she wasn't out wielding an iron in a local factory or working in local hospitals. In her time, like many of the women of this area, she was very fond of dancing and liked nothing better than to glide across a dance floor at every opportunity.

She never strayed far from the Pass, even on holiday. Apart from heading to a caravan in Newcastle, County Down, she only ever went to Blackpool on holiday. In an age when the budget airlines have brought Spain and the warmer countries of the Mediterranean within the reach of so many people, Sadie never set foot on a plane in her life.

When not doing housework or dancing or holidaying, Sadie was a keen reader, like her sister Annie, and was very active walking about to the local shops with Annie. Unfortunately, that all came to an end about five years ago when Sadie was knocked down by a jogger on Botanic Avenue. That was a major jolt to her entire outlook. Thereafter, she seemed to lose all confidence in going about in the area and gradually stopped even speaking.

She will be greatly missed by her surviving sisters Annie and Minnie, by her niece Stella Spackman, nephew Tommy Dickson and the wider family circle, as well as those who remember Sadie and her family amongst our current parishioners.

'I am the resurrection and the life' [John 11: 24]



The Rector writes . . .

Dear Parishioners

'There are forty fasting days to Easter' lacks the appeal to the popular imagination of 'forty shopping days to Christmas'. In both cases we are preparing for great feasts of the Church Year. The build-up in each case is to provide space for reflection and renewal of life, which may be facilitated by fasting.

I wonder how many of us fast any longer. We all know why we are supposed to do so. We have a vague sense that it is connected with the 40 days that Jesus spent in the wilderness to be tempted by Satan, which in its turn is connected to the 40 years that the children of Israel spent in the wilderness on the way back to the Promised Land after an ultimately oppressive sojourn in Egypt, which started, in Joseph's day, as a means to survive a harsh famine.

In our cosseted Western world we are shielded from the harsh realities of starvation, although increasing recourse to Food Banks points to something having gone terribly wrong in the allocation of resources within our society. The vast majority of us, thankfully, do not have to worry unduly about whether we will get enough to eat today and tomorrow. For us, it's more a case of 'What to choose' and whether or not we have made the healthy choice. Eating for us readily becomes a kind of guilty pleasure. We have to stop ourselves overeating and over-indulging on the foods [and treats] that we learn are not as good for us. Somewhere at the back of our minds we recall the mantra: 'you are what you eat' and we wonder if we are turning into a chocolate digestive or a block of ice cream. Obesity is as rife in our society as malnourishment is in the so-called 'developing world'.

As we look around at our neighbours who follow different religious paths, we are perhaps vaguely aware that practising Muslims rigorously follow the requirements of the month of Ramadan [which incidentally 'floats about' even more than our Easter, since it follows a lunar calendar also]. When I was still teaching I can recall boys saying that they maybe wouldn't perform to their best potential on an afternoon rugby match because they were in Ramadan. They are not allowed to eat during daylight hours for a whole month [hardest in June, easier in October] which means that for a September afternoon rugby match their last food was at 6 a.m.

Certainly many of us could benefit from shedding excess pounds, but that's not the point of fasting. Fasting is to enable us to have more time for God and to exercise the personal control over our appetites which proves that they are not in control of us. As Sally and I have just come back from holiday in the Gambia, we are acutely conscious of how our days are governed by the time of the next meal!

As Jesus replied to Satan: 'One does not live by bread alone.' [Luke 4: 4] might Lent this year be an opportunity to re-assess the balance between our appetite for physical food and our appetite for spiritual food. Nowadays most of us – me included – only fast when we absolutely have to. Usually that is before a medical procedure of some kind. I wonder if we could all benefit from an occasional fast with a purpose. That purpose should not be to lose weight – although that might be a pleasant corollary – but simply to fit in more time for the things of God and to remember that our very existence depends on him. Perhaps then we would remember that the Lord's Prayer's request to 'Give us this day our daily bread' is not a plea to be spared starvation, but to be fed by the Holy Spirit. Have a nourishing Lent!

Rev Bob Cotter



On Sunday 1st February we are launching the first of our Children's Sunday Club sessions. In the first instance these are geared to children who are under five-year-old and will involve Bible stories and activities as part of a structured programme. These will run on the First and Second Sundays of each month. Children will leave for the choir room with the two adult teachers half-way through the service, just after a short children's talk. To enable us to run these on a more extensive basis we need more adults to complete the AccessNI checks and to form part of a rota.

Contact Rev. Bob Cotter if interested on 07702495786.



THOUGHT FOR THE MONTH

Kind words are short
and easy to speak
but their echoes are
truly endless.

Mother Theresa



Some corny Valentine's Day jokes ...

What did the guy with the broken leg say to his nurse?
I've got a crutch on you.

Why should you never break up with a goalie?
Because he's a keeper.

Boy: 'Do you have a date for Valentine's Day?'
Girl: 'Yes, February 14th'

What did one boat say to another?
Are you up for a little row-mance?



For your diary

Select Vestry	Mon 9th Feb	7.30 pm
Ladies' Guild	Wed 11th Feb	7.30 pm
Ash Wednesday Holy Communion	Wed 18th Feb	7.30 pm
Lenten Service	Wed 25th Feb	7.30 pm
Snooker Club	Tuesdays	7.00 pm
Midweek Services	Thursdays	12.30 pm
Parents and Toddlers	Thursdays	10-12 noon
BB	Thursdays	6.30 onwards





for our younger readers
(and not so young!)

Here's a Valentine's Day worksheet. First of all, write the answers to the sums below and then colour the sections in according to the key below.



ASH WEDNESDAY AND LENT

This year, Ash Wednesday falls on 18th February. A celebration of Holy Communion will take place at 7.30 pm. Throughout Lent, services will be held each Wednesday evening at 7.30 pm. All services take place in the Chapel of the Holy Spirit.

Details of Holy Week will be given next month.

~ Parish Prayer List ~

You are asked to include the following in your daily prayers. Take 4 or 5 names per day and ask for God's blessing on each one. Some of our parishioners will remain on the list permanently, especially those who are in homes of one kind or another, housebound or suffering from chronic and ongoing conditions. If you know of someone whose name should be added, please inform the Rector or one of the church wardens. No name has been omitted intentionally.

[NH = Nursing Home; CH = Care Home;
RH = residential home]
Martha Armstrong, *Masserene Nursing Home*
David Baird, *Fairhaven RH, North Road*
Ena Belton, *Hollygate NH*
Barbara Drysdale, *Beechill House Care Home*
Mina Henry, *Arlington House, North Parade*
Mary Leslie, *Arlington House, North Parade*
Annie McCully, *Belmont CH*
Eileen Ross, *Beechill House Care Home*
David Sampson, *Park Manor NH, Dunmurry*

John Burns
George and Margaret Clarke
Warren Crawford
Martha Fitzsimmons
Jim Garstang
Victor Gourley
Gloria Graham
Annie Jenkins
Edna King (*Meadowlands*)
Frances McClean
Jean McCurrie
Elizabeth Mark
David and Emily Mason
Brian and Jean Matthews
Tom Reilly
Jim Shields
Doreen Smyth
Laura Smyth
Stella Spackman
David Stephenson
Roy and Ena Taylor
Greta Wilson

Family Worker update

Our Parent and Toddlers continues to meet on Thursday mornings from 10 am to 12 noon and we are always glad to welcome any parents or carers with pre-school children.

We have now started a women's group on Wednesday mornings. As part of our programme we are completing a course on "Handling Children's Behaviour" with SureStart - this course starts on 4th February and will run for six weeks. Anyone interested in joining this group can contact me at 07547030451.

The Foodbank at Mornington continues to operate on Monday evenings, Wednesday afternoons and Friday mornings. Anyone requiring support can contact me for a token or can call in to the Foodbank in person.

*Best wishes
Alison Shaw
07547030451*



FLOWER FUND



Thank you to all who have contributed to the Flower Fund for 2015. The list is now complete and can be seen on the notice board at the back of the church. There is still an opportunity to provide a pedestal of flowers for anyone who wishes.

As always, your generosity is very much appreciated.

Joan and Kate



Ladies' Guild

Sessions are now back in full swing after the Christmas break. We have a number of exciting events planned as part of the programme for the remaining season. These include bowling evenings and a possible trip to Alton Towers Theme Park later in the year. Further details will be provided at a later date.

New members are always welcome, so if you know of any boys between the ages of 5-18, please encourage them to come along and see what The Boys' Brigade is all about.

*William McMillan
Captain 1st Irish Company*



I would like to take the opportunity to wish everyone a Happy

New Year, even though Christmas and the beginning of January may seem a long time away.

We thoroughly enjoyed our excellent New Year Lunch at La Mon House Hotel. As usual, we were treated royally and I imagine not too many of us had a big dinner that evening!

This month we look forward to a great evening of fun and a trip down memory lane, when Carol Fulton (a former parishioner) will regale us with stories from her recently published book 'Coalbrick and prefabs' which provides glimpses of Belfast in the 1950s'. No doubt, many of us will relate to her stories very well!

I look forward to seeing you all then and remember, if anyone has difficulty in coming to the Guild, please contact me and I will do my best to arrange transport.

Joan Rodgers—President