



ISSUE 6 • JANUARY 2022

OUTREACH

Christ Church Primacy



A Word From Denise

Dear Friends

Despite the restrictions that Covid has placed upon us, there has been plenty to celebrate as a Church in 2021 – some new members already playing vital roles, Lena’s baptism and confirmation, Ashleen competently stepping into her new role as CAP Debt Centre manager and the installation of our live streaming equipment. Praise God for all that He has done! This I hope will spur us on to greater Kingdom expectations for 2022.

In November I asked a few folk to help me prayerfully consider a specific statement of vision, mission and a set of values that fit the shape of CCP. After prayerful discussion we were able to agree – see p2.

Proverbs 28:19 says that the people perish where there is no vision; in other words, when there is no revelatory word from God, people go their own way, instead of following God’s way.

As a church we desire to follow God’s Word and His way for us in our particular setting. We desire to grow in spirit and number. I believe that a common vision, mission and set of values will help to keep us moving in unity, guide our ministry priorities and provide a standard with which we can measure how we do these. It is important to emphasise that CCP’s vision, mission and values are set in the context of the beliefs and subscription to the Creeds. (The links below are a useful resource if you need a reminder!)

My prayer is that these core values will underpin and permeate all of our ministries at CCP, as we seek to reach out and serve our community, while making sure that as His followers, we continue to grow in the knowledge and wisdom of God.

May God bless you and your family richly in 2022!

<https://www.ireland.anglican.org/our-faith/what-we-believe>

<https://www.ireland.anglican.org/our-faith/39-articles-of-religion>

Blessings,
Denise

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Christ Church Primacy

Vision

To be relevant and responsive to the holistic needs of our Community

Mission

'Growing Disciples Making Disciples'

Values

Worship	committed to developing a culture of worship that flows into everyday living.
Equipped and Empowered	to think biblically, work prayerfully and live lives of freedom and victory.
Led and filled by the Holy Spirit	demonstrating God's transforming presence.
Christ-centred living	bringing the Father's compassion and love for the lost to every corner of our community and beyond.
Obedience	to God's Word, accountable to each other.
Mission	praying, giving, sending, going - near and far.
Environmentally Responsible	wise stewards of our property, land and resources.
Devoted	to generously loving and building our community - singles, families, young and old, rich and poor.

Ladies' Breakfast

by Beverley Simpson



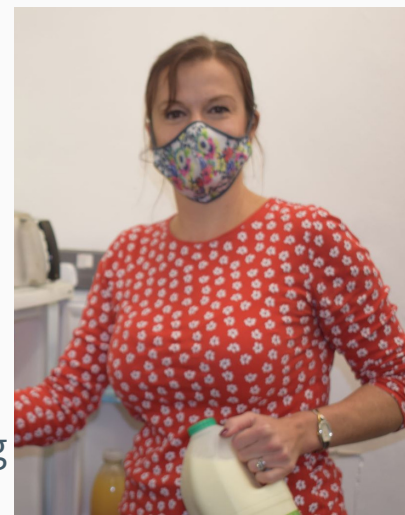
The Ladies' breakfast took place on 6th November 2021. We had a good turnout from both the Methodist and our own congregation. Several other churches were represented from Bangor, Newtownards and Dundonald.

The catering team provided a lovely breakfast which we all thoroughly enjoyed and were thankful for.

We then had a blessed worship time led by Richard, before Denise had a 'Getting to Know You' time with guest speaker, Hilary McClay.

Hilary then brought a message around the theme 'On the Move'. This was based on Proverbs 24:3-4 and around her own personal experience of moving house—firstly to temporary accommodation and then to the permanent home they now live in. Hilary then related her various experiences of moving house to our spiritual lives. One example, which we all related to, was the shock of discovering that her house was not as clean as she thought it was! When she removed pictures from the walls, she was horrified by the dirt and dust behind them. Hilary reminded us of the need to look closer at our own spiritual condition. We may think we are clean, but perhaps God wants to highlight areas that need a little more care and attention.

It was a very inspiring and challenging message. We were blessed to have Hilary minister to us and enjoy fellowship together.



The catering team



Beverley presents a gift to Hilary



Live Streaming

by Jim Simpson

Hi everyone, I'm Jim Simpson and along with my wife Beverley, we have been attending Christ Church for a few months now.



Recently I was asked to help get the Church services streamed live online.

You can now watch the service from home in real time and it is also available to watch at a later time. So no reason to miss the services! The link is

<https://www.youtube.com/channel/UCLjUT2Un6i8dcN0gMIJelFQ> and it will be on the Church Facebook site, Web site or the church WhatsApp. If you need help to log into this don't hesitate to contact me on 07711 080672 and we will organise help!

We hope to build a small team to help with live streaming on Sunday mornings and those who could assist folk to tune into the services. The team would work on a rota basis and therefore it won't be burdensome in terms of time commitment.

We will have training sessions and a step-by-step guide will be available. I will always be on hand too! So volunteers please step forward.

Remembrance Sunday

by Audrey Derby

As has been the tradition at our united Remembrance Sunday service each year, the plate collection has been sent to the Earl Haig Poppy Fund, specifically directed to the local branch of the Royal British Legion. This year's amount was £186, and thanks are extended to all those who gave so generously.

The Earl Haig Fund, more commonly known as the Poppy Appeal, is the Royal British Legion's largest fundraising campaign held each year in November, and provides support for Service and ex-Service personnel and their families. 2021 marked the centenary of the Royal British Legion.



Thank you to Moira McVeigh for decorating the church so beautifully.

Doorstep Delivery

by Carol Graham

On the run up to Advent a seasonal Doorstep Delivery was made to some members and friends of Christ Church Primacy.

The delivery included reflections and little gifts for each of the four Sundays in Advent, a bag of homemade shortbread and a Christmas card from Pastor Denise.

On the First Sunday: the gift was a hand knit star representing the Christmas star.

The Second Sunday: a small holly wreath decoration, a reminder of continuity and survival through difficult times.

The Third Sunday: a candy cane was included to represent Jesus' love for us. The red, white and green stripes of the candy cane, acting as a visible sign of: Jesus blood shed for us; his sinlessness and purity and his re-birth, and the shape of the cane being 'J' for Jesus, and when turned round the staff of Jesus our Shepherd.

On the Fourth Sunday: a chocolate heart was included as a tangible representation of the sweetness, strength and endurance of God's love.

Many thanks to all the volunteers who gladly contributed to this ministry. We were all greatly blessed and we pray everyone who received the Advent delivery were equally blessed.



Nativity Sunday

On Sunday 19th December we had Cafe Church as an Instant Nativity where everyone dressed up as a Nativity character.



G.R.A.C.E.

In November, we enjoyed a cookery demonstration, with lots of samples, by Moira McVeigh, and her partner-in-crime/cooking, Karen Saulters.

The next meeting will be held on Tuesday 1st February with a guest speaker, Janet Atkinson.



Book Review

Hinds Feet on High Places by Hannah Gurnard (read by David Symington)

Whilst having lunch at John and Liz's house a few months ago, I happened to mention to Liz my great passion for the biblical book, The Song of Solomon. Upon hearing this, Liz promptly produced from her shelf the book Hinds Feet On High Places and declared that I must then read this. "It's great", she promised. "You'll love it!"

I read a lot of books each year, almost all quite intense and to the point, so as I began to read the first chapter, I was instantly worried because this was a very different genre. The principal character, a crippled young woman called Much Afraid, lives in a mountain valley called the Valley of Fear. Her home is surrounded by various family members with the equally not so subtle names of Pride, Bitterness and Self Pity etc. These overbearing relatives are determined to pressurise poor Much Afraid into marrying her ugly, brutish cousin, Craven Fear. The one saving feature of her life though is the occasional visit of the Chief Shepherd who, when he is present down in the valley, makes her life bearable for a few short moments, before he leaves again to return to the far-off mountains, the high places.

By the end of chapter one my initial worry had now turned to annoyance. Ahead of me it seemed were days of dragging myself through a clumsy 21st century knock-off of an all-time classic, Pilgrim's Progress. However, I had promised Liz I would read it and read it I would. I didn't know then how wrong my first impressions were; this book would be timely and change my life.

I will give you a brief synopsis of the story. The Chief Shepherd bids Much Afraid to leave her family and the Valley of Fear and head towards the mysterious mountainous high places where he himself lives. Much Afraid does, but is shocked to find that instead of the Chief Shepherd being her mountain guide, he assigns her two aloof strangers instead. This unlikely female trio comprises of a crippled young woman who can barely walk, and two silent strangers, called Sorrow and Suffering. They go on a long journey, often not able to see the way ahead; at other times they even seem to be heading in the wrong direction. Through seemingly constant trial and hardship, with few moments of rest and peace along the way, Much Afraid reaches her destination. She learns to walk in the previously unimaginable high places and, her feet slowly having been healed along the arduous journey, Much Afraid also learns to overcome regular attacks from her Fearing family who seek to try to lure her back to the Valley of Fear.

The book is punctuated with unforgettable lessons seamlessly woven into the story, such as:

"When you wear the weed of impatience in your heart instead of the flower Acceptance-with-Joy, you will always find your enemies get an advantage over you."

"She had the feeling that somehow, in the very far-off places, perhaps even in far-off ages, there would be a meaning found to all sorrow and an answer too fair and wonderful to be as yet understood."

"I must warn you that I see your enemies lurking among the trees ahead, and if you ever let Craven Fear begin painting a picture on the screen of your imagination, you will walk with fear and trembling and agony, where no fear is."

Book Review (contd.)

The moment a person commits their life to Jesus is incredibly precious, but we forget that it is but the start of the journey into being transformed into the image of Christ. The emotional baggage we had before we made that commitment to Christ is still there the day after. Learnt behaviours, emotional trauma, disappointments. The Holy Spirit finds us in a 'messed up' state to begin with. Oh how we wish the journey from cripple to crown was one of only smiles, laughter and good times. Realistically the road ahead will be dotted with suffering and sorrow, yet through these hardships we are changed for the better and made increasingly ready for heaven. We are more useful in our service to God. Sadly there is no other way.

I had known this truth before, but somehow this book shed a new light on this truth. This helped me better digest its reality. Many parts of the book I pondered for a long time after. A couple of weeks after returning the book I found myself stricken in bed with COVID, fighting fears of what the future had in store for me. The words of this book came as a great comfort to me then, as I was unable to read or listen to anything at that time. I had to rely on what was already fresh in my mind and in my heart. I am very glad it was the words from this book.

I would highly recommend this book. Male or female, young or old, this is a book you will read again and again every few years. It blessed me beyond words and I know it would bless you too. Thank you Liz for bringing this book into my life.

Men's Breakfast Ministry

by David Symington

The men of Col Primacy met again for their regular monthly breakfast on Saturday 13 November. We returned to the Pit Stop Cafe and a catch up. We were delighted to welcome our very own Paddy McGlinchey as guest speaker.



He shared his testimony with us and his thoughts on what it means to be good fathers, husbands and followers of God. I have known Paddy for several years but I had never heard his story before. I was therefore very surprised to hear the difficult circumstances that Paddy went through as a child and young adult. I have known Paddy as a strong man of God whom I see weekly at church. I would never have guessed that Paddy had come from such trying beginnings. I was speechless and emotional, trying to process what I had heard. I reflected on what an amazing God we serve that He could take a child from such imperfect beginnings, watch over him and care for him. Paddy discovered God to be "a Father to the fatherless" and a God who had a good plan for his life, regardless of his past.

Thank you Paddy for having the courage and willingness to share your own story with us. It was a great encouragement to everyone who heard your message.

Our monthly Men's Breakfasts will continue to meet from 9am - 10am. The venue will be confirmed nearer the time. Men, please come along; it's a great opportunity to meet the other men from our church in an informal setting. This helps us to get to know and support each other as we do life and journey with God.

If you want to know more, please speak to either Rory, John or David.

CAP News

by Ashleen Johnston

I can hardly believe how quickly the time has gone since I was last writing some CAP News and now, we are beginning a New Year!

I was invited to visit Jubilee Mill (CAP Head Office) in Bradford, in November. It was a wonderful opportunity to meet the team and to see the original building where CAP is currently based, as they will be moving to new premises in early Spring.

The day was full of Workshops designed to give new trainee Debt Centre Managers a chance to ask questions, share ideas and best practice, which would further equip us to better serve our clients.

Paula Stringer CEO, who replaced John Kirkby, shared an inspirational message at the end of the day. Paula reminded us that our own testimony of brokenness positively impacts our ability to serve others. She encouraged us to continue to empower those who seek help from CAP and share God's love and message of hope with others. I came away encouraged, inspired, challenged and thoroughly glad I went!

On Saturday the 6th of December, Sam Thompson and I held our first CAP Information morning at Hamilton Road Presbyterian Church. It was a great morning with tea/coffee and scones to begin with! We had invited attendees from the CAP Life Skills course at Bangor Parish, Scott Carson who runs CAP Money and current Befrienders, These people contributed by sharing some of their journey and providing an insight into the courses and roles they represented. The event was well attended and supported by local churches, many of whom were interested in becoming involved.

We took the opportunity to say a huge thank-you to Leslie Patterson and presented him with a small token of appreciation for his faithful commitment to the work of CAP in Bangor. Leslie has now decided that it is the time to step back and take time to explore some other interests.

We were able to bless our clients with Christmas Hampers again this year through the generous support of Storehouse. The clients were absolutely delighted and I know from personal experience what a difference it can make.

We were also able to assist with emergency aid for clients who needed gas and electricity top-ups to help over the Christmas period. Some vouchers for Smyths Toys truly lifted the burden off families who have been struggling and anxious as to how they would provide for their children on Christmas Day.

It's only through your kindness and generosity that we can help those who are in most need at this time of year, so I'd like to say a massive THANK YOU for all your help and support.

COVID and substantial increases in food and household bills continues to put a strain on families and their finances. We continue to receive referrals from Head Office, meaning that I'm currently completely booked through January with new clients whilst supporting others through the process of becoming Debt Free. So please keep me in your prayers.

On behalf of Christians Against Poverty thank you again.

Blessings

Ashleen Johnston

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Ashleen met Pat Stringer, CAP CEO, and some of the headquarters staff at Jubilee Mill in Bradford in November 2021.



**Julie Currie,
Children's
Development
Officer, Down and
Dromore Diocese,
led our Cafe Church
Service in
November.**



At the end of October, we had a family light party.



● REDMI NOTE 8

Smile Lines

from Moira McVeigh

A little girl, dressed in her Sunday best, was running as fast as she could, trying not to be late for Sunday School. As she ran she prayed. "Dear Lord, please don't let me be late! Dear Lord, please don't let me be late!" Suddenly, she tripped on the pavement, and fell over, getting her clothes dirty and tearing her dress. She got up, brushed herself off, and started running again. As she ran she once again began to pray, "Dear Lord, please don't let me be late...But please don't shove me either!"

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."

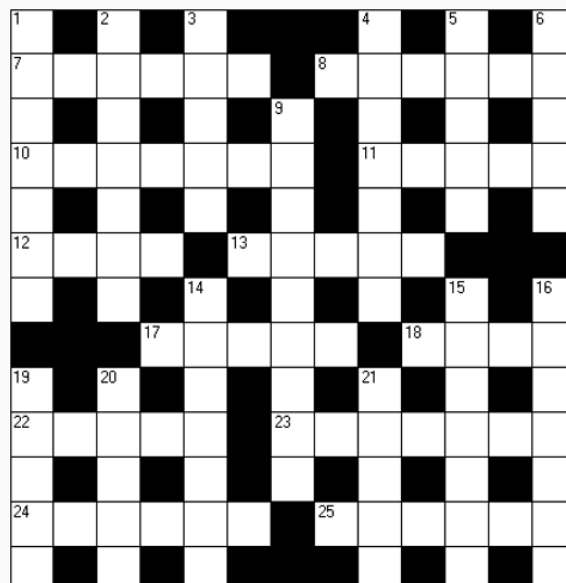
A man bought a donkey from a Rector to climb the Alps. The Rector told him the donkey responded to Amen for Stop and Hallelujah for Go. As the man travelled on his journey he came to a very steep, winding road and ahead of him was a bridge spanning two mountains, but the bridge was broken—struck with terror he couldn't remember the commands for the donkey, he tried whoah, stop and eventually, as he got to the edge of the precipice he remembered AMEN and the donkey stopped! Delirious that he had been saved he cried out Hallelujah!!!!

Across

- 7 ..a crop _____ to those for whom it is farmed (Heb 6.7) (6)
- 8 One of the crops put in a storage jar in Ezekiel ch. 4 (6)
- 10 Tribe living in the Lebanon mountains in Judges ch. 3 (7)
- 11 Where a cloak was left with Carpus in 2 Timothy ch. 4 (5)
- 12 Trigonometrical ratio (4)
- 13 Capital of Egypt (5)
- 17 Apart from feet and hands, all that was found of Jezebel in 2 Kings ch. 9 (5)
- 18 Third son of Jacob and Leah in genesis ch. 29 (4)
- 22 Such a man brings trouble on himself, says Proverbs ch. 11 (5)
- 23 Loud noise heard on the morning of the third day in Exodus ch. 19 (7)
- 24 ..the broad waters become _____ (Job 37.10) (6)
- 25 Valley in Numbers ch. 13 named because of a cluster of grapes (6)

Down

- 1 Wife of a duke (7)
- 2 A king delights in a wise one, according to Proverbs ch. 14 (7)
- 3 ..don't reduce the _____ (Ex 5.8) (5)
- 4 Illustration (7)
- 5 Fluid in which Aaron dipped his finger in Leviticus ch. 9 (5)
- 6 Store in hiding (5)
- 9 Paul describes himself as one in Romans ch. 11 (9)
- 14 ..a man _____ to work in gold (2 Chr 2.7) (7)
- 15 Declared by the holy ones in Daniel ch. 4 (7)
- 16 Biscuit filled with dried fruit (3, 4)
- 19 Jeer, like the wicked in Psalm 73 (5)
- 20 Former British royal house (5)
- 21 Holed money container in Haggai ch. 1 (5)



Diary Dates

While we are delighted to have plans in place for the next few months, the programmes will be subject to change depending on Covid cases and restrictions. We will endeavour to keep you updated via our web page and Facebook account! Thank you for your understanding.



January 2022

Sunday 2nd	All Age Service
Sunday 9th	Service of the Word
Sunday 16th	Service of the Word
Sunday 23rd	Service of Wholeness and Healing
Sunday 30th	Service of Holy Communion with Rev. Paddy McGlinchey

February 2022

Sunday 6th	All Age Service - Focus on Kiwoko Hospital
Sunday 13th	Service of the Word – visiting speaker
Sunday 20th	Service of the Word
Sunday 27th	Service of Holy Communion with Rev. Paddy McGlinchey

Holiday

Pr. Denise will be on leave from Sunday 13th Feb – 19th February. Canon Simon Doogan will be available for pastoral emergencies.

Additional Dates:

Monday 10th January 7.30pm Vestry

Sunday 16th January Jigsaw and Jigsaw+ commence.

Friday 28th January 10.30am – 12 noon. Environmental Health are training on Kitchen Hygiene. Anyone interested, please speak to Denise.

Tuesday 1st February 7.30pm G.R.A.C.E – Guest speaker – Janet Atkinson.

Tuesday 8th February 7.30pm J.M.C.

Saturday 19th February First Aid training. 4 spaces left – please contact Denise if you are available and would like to attend.

Sunday 27th February and March 6th Evangelism Training Evenings with George Newell. More information to follow.



Kiwoko Hospital

Kiwoko Hospital is a community based hospital in rural Uganda. Born in 1987, it has grown to become an extensive modern hospital serving the rural community.

The Hospital has a specifically Christian ethos and outlook, summed up in the motto of the hospital "We treat... Jesus heals". Hospital staff meet in the mornings to worship and pray together. They understand that people need to experience healing in all areas of life, physical, emotional, social, and spiritual and seek to be channels of God's grace to this end.

Prior to returning to Bangor nearly 5 years ago Rory was the Medical Director at Kiwoko Hospital. He still (Covid permitting) visits regularly. We are exploring developing a partnership between Christ Church Primacy and the hospital to see how we can learn from and bless each other.

If you want to find out more about the hospital you can go to www.fokh.org.uk

Rory also hopes to share with us on 6th February so be ready, for some African praise and prayer.

How to Get in Touch:

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Livestream: [youtube.com/channel/UCLjUT2Un6i8dcN0gMlJelFQ](https://www.youtube.com/channel/UCLjUT2Un6i8dcN0gMlJelFQ)