



ISSUE 7 • MARCH 2022

# OUTREACH

Christ Church Primacy



## A Word From Denise Dear Friends

Once again, we find ourselves glued to the television as unthinkable global events unfold before our eyes. Ukrainians fleeing their country, families separated, as dads and husbands, along with young men and women, take up arms to defend their country. Sadly too many lives cut short, on both sides, and needless suffering caused to millions. As we journey toward the Cross, in this season of Lent, we remember that we serve a God who knows what it is to see a loved one suffer and experience the death of a child. Jesus suffered cruelly at the hands of men who were also deceived and believed their actions stemmed from righteous motives. As Ukrainian citizens prepare to make the ultimate sacrifice for the families and nation they love, so Christ died not just for one nation but for the whole world, 'For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.' John 3:16 May we not treat Christ's sacrifice lightly, but accept His gift gratefully and seek to live a life that honours His sacrifice, willingly and lovingly given. We take comfort in these days with the words of Psalm 46, 'God is our refuge and strength, an ever present help in time of trouble...' Take some time to reflect on the comforting words of this Psalm, which remind us of God's power and authority over global events, even as we pray for Ukraine. The unified outpouring of practical support and prayer from around the world has been a balm on our eyes and hearts, easing slightly the pain of what we see and hear. The Apostle Paul encouraged the church in Galatia to 'Carry each other's burdens...' ( Gal 6:2) At CCP we also want to show our love for the Ukrainian nation. The men of CCP are planning to hold a table quiz on Saturday 9 April at 7.15pm, to raise funds for emergency relief in Ukraine. Tables can have up to 8 people and the cost is £5 per person. Bring Your Own (BYO) drinks and snacks! This is purely a social night so come along, have fun and support this good cause. If you can't make it, we will happily take a donation!

Blessings,  
Denise

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# Easter Vestry Breakfast

by Moira McVeigh

It's hard to believe that a year has passed since our last General Meeting. For those who haven't attended before, we get a round-up of the year and the Select Vestry and Wardens are appointed/elected for the next year.

This meeting is generally held in the evening but we're going to shake it up a little this year and hold it on 24 April at 8.30 am and to help encourage you to come along we are going to provide breakfast for everyone who attends. Enclosed with this edition of Outreach is an invitation and a menu card and we would ask you to respond by returning the card having chosen your preferred "Hot from the Kitchen"; this helps to ensure we minimise waste (and more importantly feed everyone) and we hope that there is something on the menu to suit everyone's tastes, including our younger members. (If not, please let me know!).

We'd really love to see as many people as possible coming out, and fear not - you will be safe – you will not be press-ganged into any positions you do not want to take up.



## Food Hygiene Course

by Moira McVeigh

On Friday 28 January we held a Food Safety for Church Caterers course which was delivered by Joy, Vivienne and Thomas from the Environmental Health Department of the Council.

We had a good turnout with representation from both the Church of Ireland and Methodist congregations. We take very seriously keeping you safe when we are providing hospitality.

Joy tested our knowledge with some Food Hygiene questions at the start of the course (some interesting results) and as we built on our knowledge throughout the morning we corrected our misconceptions.

Vivienne then talked to us about food allergens and shared some thought-provoking statistics with us: Did you know that around 2 million people in the UK are thought to live with a food allergy?

So, as a result of the course you can be assured that the manner in which the food is prepared is aligned to good practice by the ladies who give so generously of their time to provide hospitality through our various food ministries.

# Evangelism Training

by Liz Shannon

On two Sunday evenings, we had challenging and motivating meetings led by George Newell, who is the Leadership and Mission Development Co-ordinator for New Wine, and a member of the Outreach Team at Willowfield Parish.

Let me share some of the gems gleaned. George first of all grounded us in Scripture on “who we are in Christ”. We alone have the incredible knowledge of the everlasting God who came to earth, and Jesus died to satisfy a holy God and rose again and conquered sin and death and hell.

Why would we want to share this good news? If we do it out of duty it will be a lifeless message, but if we are convinced that Christ has rescued us then we will be excited to share this message. Each of our stories of salvation are important and can be used to point others to Christ. As we encounter God in the private space, people will encounter God in the public place – through us!! So where we go we bring the Presence of Jesus into that space.

Our message is simple:

- For God so loved the world,
- All have sinned and fallen short of the glory of God,
- For Christ died for sins, once for all, the righteous for the unrighteous, to bring you to God,
- For God so loved the world that He gave His only Son, that whoever believes in Him should not perish but have eternal life.

However, it's not enough to know this knowledge; we need to make a personal decision to follow Jesus for ourselves.

George told us some amazing stories which totally showed that it is God who is at work and we are only His messengers.

George is returning for one further session, accompanied by Glynis Matchett who is responsible for Evangelism and Prayer Ministry Training at Willowfield Parish. During this final session we will focus more closely on door-to-door ministry – what to say, how to say it and more! Then the team will have an opportunity to receive prayer. Even if you have missed the previous sessions, feel free to join us on **Sunday 3 April 7pm** in the Church.



# Bishop's Bike Ride - Lent Appeal

by Denise Wilson

Bishop David and a small, ever-changing group of cyclists will make 83 stops over 6 Days covering approximately 350 Miles, all in support of two projects in partnership with Bishops' Appeal, Christian Aid and Tearfund.

The Christian Aid project is in Honduras, working with their local partner organisation in eight communities that are particularly vulnerable to climate change. The Tearfund project is in Jordan, helping mobilise the Anglican church there to work amongst Jordan's poorest communities.

Monday 7 March, saw the Bishop and his band of merry cyclists drop into CCP for a well earned cuppa, before heading on to Bangor Abbey! They were joined by Glenn Mitchell (photo bottom left), representing TearFund.

How To Give:

Bishops' Appeal envelopes are available in Church, and can be dropped into the collection plate over the next few weeks.

Visit the Bishops' Appeal Giving page where you can also download a Gift Aid form:  
<http://www.bishopsappeal.ireland.anglican.org/give/>

Send a sterling cheque, payable to  
Church of Ireland Bishops' Appeal to:

Church of Ireland Bishops' Appeal  
Church of Ireland House  
Church Avenue  
Rathmine  
Dublin 6





# Freezer Food Ministry: Taste and see that the Lord is good

by Carol Graham

In the August 2021 edition of Outreach, we announced the establishment of the Freezer Food Ministry. Over the past eight months this Ministry has demonstrated our love for each other, by providing nutritious meals. These range from 'heart-warming' vegetable broth, stew and cottage pie to a 'wee Sunday dinner' to a spicy option of chicken curry, to name a few.

This Ministry is currently supported by four volunteer cooks, who, good-heartedly, quickly respond to the changing needs in our church family. Folk have experienced ill-health, loss of a loved one, or are struggling to make ends meet. This service is provided on a short-term basis to allow time for other arrangements to be made.

The impact of spiralling inflation and the inevitable rise in in our household expenditure means that the need for this Ministry is very likely to increase.

Our Church has agreed to cover the costs of the food and meal containers.

We would love to hear from you if you feel that God is calling you to support this Ministry. Alternatively, if you or someone you know could benefit from this Ministry, please contact Carol on 07544568846.



## First Aid Training

by Audrey Derby

On Saturday, 19 February, 12 people, representing 10 church-based organisations, took part in a 7-hour training day provided by Goody Training Solutions.

The definition of first aid is \*'the help given to a sick or injured person until full medical treatment is available'. We were expertly trained in effective emergency treatment before professional help arrives. In some instances this could potentially be life-saving treatment, as in the case of CPR (cardiopulmonary resuscitation). Each person on the training programme had his/her own adult and baby-sized training manikins on which to practise CPR, and it was invaluable to have this practical training.

In pairs we experienced how to use a defibrillator, and it's worth noting here that, whilst the first external defibrillator was invented in 1930, the first portable one was invented by Northern Ireland's very own Professor Frank Pantridge in 1965.

As we go to print we are exploring the desire to purchase a defibrillator for our church and to lobby the local business premises to have one which can be accessed 24/7. If an individual or church organisation would like to contribute to the purchase of a defibrillator for our church premises, donations will be very gratefully received.

\*Emergency First Aid Made Easy – Goody Training Solutions



# Belfast City Chaplaincy

## by John Shannon

It's 1993 and I'm in my friend's house in Central Avenue. We're part of a church community group; there's Paddy the punk, the mad woman from Galway who fancied poor Paddy, (I felt his neurosis) Phil and Dave were the law students who had to win every argument. A new person joined our group one evening; he looked a little dishevelled. I learned that he had spent the previous evening sleeping in a wheelie bin in the alleyway at the back of Central Avenue. On reflection, it was probably my first encounter with someone who was homeless.

Fast forward to March 2022, and I find myself part of a group called Belfast City Chaplaincy. We have been running now for about 4 years and we have about 20 fully trained Chaplains. We are from many different denominations and the unity we enjoy plays a significant part on the blessing we experience. As we have become more visible in the streets we regularly encounter people who ask us to pray with them.

When I first started out it was my intention to connect with the hard-pressed business community. God had different ideas and my first encounter when leaving Laynon Place train station was with a homeless man. I have never really moved beyond trying to help people in that situation as I spend time in Belfast City Centre. There are a number of different groups engaging with the homeless community and I am always impressed with the compassion they bring as they seek to help in what can look like a hopeless situation. Not all of these groups come from a Christian perspective and it reminds me that compassion is not the monopoly of the Church. It is God's gift as we are all made in the image of God. That said, what we bring is the Life of Jesus, Who is able to do far more than we can think or imagine.

Please chat with me if you would like to know more.

# Kiwoko Hospital Update

## by Rory Wilson

It was good to share more about the work of Kiwoko when Denise had COVID in February.

Thankfully, while Omicron hit Uganda hard, it also has passed quickly and the nursing and laboratory schools are busy with a full complement of students making up for 2 years without classes. The hospital has been busy managing with an often reduced number of staff due to illness and isolating. Thankfully, again this is settling down and work in the hospital and community is getting back to normal.

I plan to visit at the end of April and hope to bring back updates of how things are going after I get back. Thanks to everybody who bought Christmas cards. We managed to raise £155.

Thanks also to Ann Scott who has made some lovely Mothers' Day cards and also Easter Cards. You can buy them from Lena on your way in and out of church. Proceeds from the sale of these cards will go to Kiwoko.



# G.R.A.C.E.

## by Denise Wilson

Since Christmas, G.R.A.C.E. has met twice. Omicron cases affected the turnout in February, but March saw a more healthy attendance. We were privileged to have visiting speakers on both evenings.

In February Janet Atkinson and Liz Gilmour led us in a marvellous evening of song and testimony. We were reminded of the power of praise in each circumstance, especially when times are tough! Liz shared a very powerful and personal testimony relating to God's miraculous healing of her grown-up son. A mountain biking competition turned into tragedy, when her son had an accident, resulting in a severe head injury, which looked like it was going to take his life. Needless to say many people were praying and God answered those prayers. Liz's son was healed completely, and after a period of rehabilitation resumed work and everyday life. It's great to be reminded that the God we serve is the same yesterday, today and forever.

In March we were joined by Pat Davidson, recently Chair of CMJ (Church's Ministry Among the Jewish People) and accompanied by Ann Shaw. We learned about Shabbat (the Jewish Sabbath) and the Passover meal. It was wonderful to hear of the work that CMJ is doing in Jerusalem through Christ Church, Jerusalem, and to know that God is moving powerfully among His people at this time. You can find out more at <https://www.cmj.org.uk/>

G.R.A.C.E. will not be meeting in April. However, in May there will be a ladies' outing! More details to follow.







## Thy Kingdom Come

by Maura Mooney

The months seem to be flying by and with this in mind it's time for us to start thinking about Thy Kingdom Come 2022. Thy Kingdom Come is an initiative of the Archbishop of Canterbury to encourage Christians all over the world to pray 'Come Holy Spirit'. We are being encouraged to pray between Ascension Day and Pentecost Sunday which this year will overlap with the celebrations for the Queen's Platinum Jubilee May 26th-June 5th. We are praying for a move of the Spirit in our lives, the life of our church and most especially in the lives of 5 people we know who don't yet know Jesus. Last year Christians took part in 172 countries around the world from 80 different denominations and it is so exciting that Christ Church Primacy is joining in this global movement of prayer!

There will be lots of resources available to help and encourage us in our prayers including a free prayer journal, daily devotions on Lectio 365 app, and Cheeky Panda videos and books for the kids. We will be having a special prayer room and want to pray for 24 hours with as many people as possible signing up for an hour slot. It may seem like a long time away but please be praying that God would guide you as to who your 5 people to pray for should be. During Thy Kingdom Come we would also love to share stories of how you have persevered in prayer or seen God answer your prayers. If you have a prayer story to share, please talk to Denise or Maura.

Thy Kingdom Come is going to be an exciting time for Christ Church Primacy to focus on prayer for our friends, family and community as we move forward in our mission Growing Disciples Making Disciples.



# Turn or Burn!

by Tim Parr

I have attended a number of fire safety lectures in the course of my professional career. However the fire safety training I attended with Colin Parker at Carnalea Methodist Church was the best. Thank you Denise for giving me the chance to play with fire extinguishers... a childhood fantasy realised!

I was shocked by two videos shown, demonstrating the difference in outcomes if doors were closed against being left open. Many of us sleep with our bedroom doors open... perhaps to listen out for children through the night. In both videos showing the results of fires, rooms with doors open were blackened and burnt whilst others with the door closed looked almost unmarked. One of the houses had lost its roof in the fire and all the rooms apart from one ground floor bedroom with an ordinary door closed (not a fire door). It had only the faintest of smoke traces around the frame. This clearly demonstrates the need to keep our fire doors closed in the church, if not in your own house!

We also looked at some of the causes of fires, such as overloaded electrical extension sockets and waste paper etc.

As fire warden for the church, I will be casting an eye round to see what we need to do to improve the level of fire safety in our building. We are fortunate to have so many fire doors and ways out of the building so I don't expect to find too many issues. However it is important that everyone plays their part. To this end, I would ask the following:

1. Please be vigilant and report any smells or sight of smoke or fire.
2. Ensure that fire doors or exits are not blocked with equipment, bins etc.
3. Be watchful that fire doors are free to close and not wedged open. (If you see one wedged open, please release it.)
4. Be careful that any electrical extension cables are not overloaded. (If you own one that is rolled up in a drum, you should completely unwind it before use. If you don't, you risk the cable overheating and the whole thing melting and going on fire – I have seen this happen.)
5. Don't play or let others play with fire-fighting equipment such as extinguishers. If you see anyone doing so or see equipment that has been interfered with, please let the church wardens or myself know.
6. In the event that there is a fire:
  - Sound the alarm unless someone else has already done so.
  - Get out by the nearest safe exit, calmly and following any directions given.
  - Do NOT go looking for the fire. Do NOT try to fight it unless you have been trained, the fire is small, there is someone else with you and it is safe to do so.
  - Once out of the building, do not go back in for any reason until you have been told that it is safe to do so by either the church wardens or the fire brigade.
  - Check to see if anyone else has called the fire brigade and if not, call them!!!
  - Please don't leave the grounds without ensuring that the church wardens etc know you are out safely.

In short, if there is a fire:

**GET OUT, STAY OUT, GET THE FIRE BRIGADE OUT!**



# CAP News

by Ashleen Johnston

Just a quick update on how the Debt Centre is doing. I'm sure you won't be surprised to hear that we've been booked out every month since I began in September!! The increase in the cost of living has meant that families and those who were managing to keep up with minimum payments on their debts are now finding themselves falling behind, struggling, and needing our help. We have been encouraged to see quite a few of our clients becoming debt free in recent months and many continuing in their determination to stick to a budget and pay off their debts.

It's been great to have West Church also recently becoming more involved with CAP and, along with Sam Thompson, we were able to host a CAP information evening on Sunday 13 February in their Welcome Centre. It was a great opportunity to be able to share more information about getting involved through befriending, prayer groups, etc, how CAP NI is organised and how the debt service works. Tim Warwick from Bangor West will shortly begin his training to become a Debt Coach and he also recently trained, with Harry Fulton (see photo), as a CAP Money Coach giving them the opportunity to run CAP Money in the future. Scott and I will also be doing the CAP Money training on Saturday 26 March. Scott and I are hoping to run a CAP Money course sometime this year.

I've included a few prayer points for some clients. Please pray for these clients as their situations are very difficult at this time:

Please pray for B who has been really struggling to find a permanent home. He has found a place which would suit his needs perfectly, but demand is high for the property, and he is worried that he will continue to be homeless.

Please pray for J who has been recommended a route out of debt which involves Insolvency and is struggling to come to terms with this and has some very complex family circumstances. J has been working very hard recently to make positive changes along with improving their current financial situation.

Thank you for all your prayers and support with the work of Christians Against Poverty and if there's anything you'd like to see or hear about in the next update, please just let me know.

God Bless

Ashleen Johnston  
07553858867  
ashleenjohnston@capuk.org



# Diary Dates

## March

Lenten Course – You’ve Got Mail - Studies in Revelation 2-3 continue on **Wednesday evenings 7.30-8.30pm**. Remaining dates – 16, 23 and 30 March, finishing on the 6 April.

**Sunday March 27** – Mother’s Day and CLOCKS CHANGE!!

## April

**Sunday 3 April 7pm** – Evangelism Training ‘What do you say?’

**Saturday 9 April 7.15pm** (for a 7.30pm start) in Parish Centre

Tables – Maximum of 8 people. Book with David, John or Rory.  
£5 per person

Tea/coffee and shortbread provided, otherwise **BYO** drinks, nibbles etc for brain food.

**Proceeds to Ukraine emergency relief**

**Sunday 10 April** Select Vestry – short meeting after Church service.

## HOLY WEEK SERVICES

Last year we resumed in-person services on Good Friday evening, therefore it has been some time since we have had the usual Holy Week Services. This year we are pleased to welcome you to the following services!

**Wednesday 13 April 7.00pm** Youth Night with guest speaker Josh Thornbury (Recently appointed Diocesan Youth Officer). Music by Richard Carson

**Thursday 14 April 7.30pm** Maundy Thursday Service led by Rev Canon Simon Doogan

**Good Friday Service 15 April 7.30pm** led by Mr Trevor Jones

**Easter Sunday 17 April:**

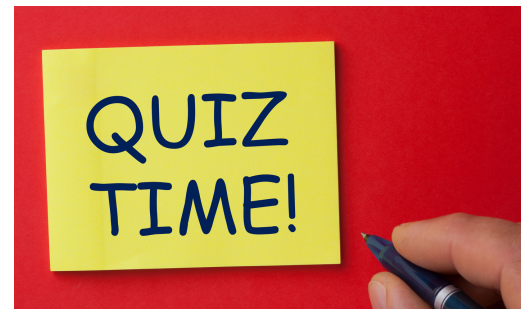
Dawn Service – 6.30am Ballyholme Beach, Banks Car Park led by Rev Mandy Durrell.

Service of Holy Communion 10.00am

Easter Vestry with Breakfast **24 April at 8.30am**, followed by a Service of the Word at 10am.

## May/June

Thy Kingdom Come Prayer Focus – **26 May - 5 June**. Details to follow.



# Jigsaw and Jigsaw+ Dates for Parents

There will be no Jigsaw or Jigsaw+ on the 10 and 17 April. We will have a little gift for each child for Easter on the 10 April at the 10am service.

Sunday 5 June Cafe Church - Prize Giving plus Queen's Platinum Jubilee Picnic - more details to follow

Sunday 19 June - Final Jigsaw and Jigsaw+, then break for summer months.

During July and August there will be united services with the Methodist Congregation; Creche and Children's Church will be available.

Sunday 4 September Back to Church - Cafe Church

Sunday 11 September Jigsaw and Jigsaw+ recommence



## How to Get in Touch:

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Livestream:              [youtube.com/channel/UCLjUT2Un6i8dcN0gMIJelFQ](https://www.youtube.com/channel/UCLjUT2Un6i8dcN0gMIJelFQ).