



THE PARISH OF ST PETER AND ST JAMES
BELFAST

PARISH NOTES

OCTOBER 2018

Rector: The Rev'd Brian Lacey
St Peter's Rectory, 17 Waterloo Park South, Belfast, BT15 5HX

GOD . LOVING . PEOPLE

RECTOR'S NOTES

SERVICES IN OCTOBER

There are two Saints' Days in October, both of which will be celebrated on a Thursday evening at 7.30pm. ***St Philip's Day*** is 11th October, and ***St Luke's Day*** is 18th October.

The last Sunday of the month, 28th October, is ***Bible Sunday***, and as usual we will dedicate our team of Lectors and Epistollers for the year ahead. If you would like your name to be added to the rota for 11am Sunday services, then speak to Sandra Hutchman, who is our Ministry Coordinator for Lectors.

SUNDAY SCHOOL AND CRECHE

Adele Watt and Laura Lacey have kindly agreed to lead the Sunday School this year, and they have arranged to do so on alternate Sundays. They are using a resource called ROOTS, which has been produced by the Church of England, which aims to explain the lectionary readings (the same Bible readings we use in church) in a fun and straightforward way, using games and age-appropriate teaching. This is generally aimed at Primary School children, but certainly younger teenagers (preconfirmation) could also benefit from it. Each week Adele and Laura will be preparing this material, so please make every effort to bring your children to St Peter's so that they can grow together as young Christian disciples.

For younger children, the Minor Hall has now been set up as a creche, and there is a DVD player, a selection of toys, and colouring books. This is aimed primarily at toddlers. We need

parishioners to volunteer on a rota basis to supervise the children. Naturally, all volunteers will need to be vetted through Access NI. If you would like to go on the rota, particularly if you are a parent yourself, then please speak to me as soon as possible.

SUNDAY FELLOWSHIP

For those of you who learn more by discussing than by simply listening, then our new Sunday Fellowship might be a great way for you to deepen your understanding of the Christian faith. After 9am Holy Communion on Sunday mornings, we have refreshments and a chat in the South Aisle (to the right hand side of the St Peter's). After about 20 minutes of chit chat, which is in itself always a good thing, we will have about 30 minutes of informal discussion on an aspect of Christian theology. I recently met with a couple of parishioners to see if a book that I have might be the basis of such discussions, and with a bit of tweaking and planning I think it should be. That book is Joseph Packer's "Concise Theology" (1993), most of which I agree with, but even the bits that I disagree with will allow for an interesting conversation. Each week I'll share a few ideas from Packer's book, and then we'll have a chat about them. You don't need to come to worship at 9am, or to remain for the 11am service, in order to be part of this. But please do try to be in church for 9.45am so as to get a cup of tea/coffee before we begin. We'll conclude around 10.30am. The subjects of discussion for the forthcoming weeks are:

30 th September	"Doesn't everyone believe in God?"
7 th October	"Sin and Guilt"
14 th October	"The Holy Spirit and Holy Scripture"
21 st October	"The Authority of the Bible"
28 th October	"How do we truly know God?"

SAINTS' DAYS

Where once the annual calendar of Holy Days gave structure to a person's year, sadly these days are becoming increasingly unknown and irrelevant in the eyes of many. Many parish churches no longer celebrate these days, not least because parishioners simply stopped turning up. In St Peter's I have avoided succumbing to the temptation to do the same, but to ensure even a small congregation, we now celebrate the Holy Day on its official day only if it falls on a Sunday or Wednesday, and for the rest we tend to transfer them to another day, usually the nearest Thursday. So for example, St Andrew's Day is officially Friday 30th November, but we will celebrate it on the evening of Thursday 29th November. If you look at our monthly lists of service, you will see that this has been indicated by the word "transferred" in brackets after the saint's name. These services only last around 20 minutes, so I urge you please to make a point of coming down to them as often as you are able. This is a tradition that stretches back nearly two thousand years, and it would be so sad for us to let it go just because the soaps are on TV!

EUROPEAN HERITAGE OPEN DAYS

St Peter's was open on Saturday 8th and Sunday 9th September, for visitors from near and far who wanted to see inside our beautiful building. All of the comments were overwhelmingly positive! Many thanks for our volunteers who took the time to supervise the building on those days, and who made our guests feel welcome.

SERMON SUMMARY

On the Sixteenth Sunday after Trinity (16th September) I told you that a survey carried out regularly by the Office of National Statistics, showed that during 2017 (just last year) one in five people said that they were unsatisfied with their lives. Similarly, one in five people said that they did not think that what they did for a living was worthwhile. One in four people said that they were unhappy. And one in three people said that they were anxious. Now, bearing in mind that there are 66 million people living in the UK, one in four people saying that they are unhappy, works out at about 16.5 million people. 16.5 million people were willing to admit that they are unhappy. There are probably many more who won't admit it. And there are probably many more who are so accustomed to being unhappy, that they can no longer tell the difference. Why is that? What makes a person unhappy in life? Let me give you the top ten reasons, and see if you can identify with any of these:

1. You are afraid of what the future holds in store for you (maybe you have money worries, or relationship problems).
2. You are very critical of yourself (maybe you wished you looked differently).
3. You can't forgive yourself for the mistakes you've made in your life (maybe you carry emotional baggage that you just can't shift).
4. You blame yourself for things outside of your control.
5. You blame other people for things that you have done.
6. You form habits as short-term solutions to your problems (such as turning to alcohol) but these themselves become long-term problems.

7. You compare yourself negatively against other people (maybe you are envious of other people's lives).
8. You hide your real thoughts and feelings, and present a version of yourself that you think will be more popular.
9. You think that you can't change for the better, and that the way you are now is the way you will always be.
10. You won't ask for help when you need it, because that might be perceived as weakness.

Any of these ten traits have the potential to make us unhappy. But I think most of them can be boiled down to two things: Are we happy in ourselves with who we are? And are we happy with how the world sees us? In an ideal world, we should be able to answer "yes" to both of those questions. But too often in our modern culture, we are given reasons not to be happy. We see photoshopped images of the ideal physique on TV and in magazines, and naturally we will feel bad because we don't look like that. We look at other people in their relationships, and see how happy they are, and naturally we feel bad because it seems like we're the only couple who argue. Or maybe we live alone, and we feel bad because other people are in relationships. We see people driving the flashiest cars, and decorating their houses with the latest fashions, and we feel bad because the only way we could have what they have would be to run up huge credit card bills, which in itself brings its own troubles. I could say a lot more, but those are just some of the many things in our modern world which have the potential to make us feel bad about ourselves, and which can make us unhappy.

I think the problem is that our culture has created an image of what it means to be happy, that is simply unobtainable. Our society equates happiness with being good looking, wealthy, and

well-known. That's why we're bombarded with get-rich-quick schemes. And why we idolise celebrities, who have perhaps achieved nothing in their lives except that they've appeared on television. And it's why we all would love to win the lottery. Looks, money, and celebrity have become the desires of our society. We clamour for these three things as if by achieving them we will satisfy our hunger for happiness. But, you know, look at the people who have achieved those things, and see how—for the most part—they are desperately unhappy still.

What I think, is that we need a revolution in our society. We need to stop trying to fill the emptiness inside us by buying material possessions. Instead, let's learn that the most valuable thing we own, is a life that could be of service to other people. And we need to stop believing the lie that we often tell ourselves—how we look is indicative of our value as a human being. Instead, let's remember that there is nothing more beautiful than kindness. And we need to stop trying to win the validation of other people, by pretending to be what we think other people want us to be, rather than being ourselves. Instead, let's focus on doing what is right, rather than what is popular.

This sort of revolution against the prevailing destructive values of the world, is not a new idea. Jesus Christ advocated the exact same thing 2000 years ago. And although the context he was speaking into was different from today, people are people no matter where or when you live. That's why the rich young man was sad because Jesus told him to go and sell all his possessions, and give the money to the poor. That's why Jesus complained about the religious leaders who prayed and showed their generosity in public, but only in order to be seen by other people for doing so, and to be praised by them for it. That's why he told people that the body is more than clothing, and that we shouldn't focus on such worldly things.

Of course Jesus said a lot more than this. In the Gospels, he shows people how to revolutionise the world through forgiveness, and kindness, and humility, and self-sacrifice, and inclusivity, and a whole raft of values and principles which were—and still are—at odds with how the world naturally works.

As a Church, we are individuals who have come together to learn these teachings, and more importantly to put them into practice and to share them with others. We have a lot of work ahead of us, in our everyday lives, and as a church community, if we are going to live up to our revolutionary purpose. But be in no doubt, that whatever quaint notions we may have about why we are involved in the Church, as far as Jesus is concerned, we are here because we want to help him change the world. That's what Christ came to do, and that's our purpose too if we truly wish to follow him.

Have you used your talent?

Inside the June issue of Parish Notes we all received a £1 coin to help kick start parishioners' efforts in using our talents to raise money for St Peter's to help reduce our debt. We hope that everyone has been taking

part and enjoying having some fun making our £1 coins multiply.

We initially said we would like to have this project completed by the end of October but if you can't organise something by then we are more than happy for events and ideas to continue on into the rest of the year.

If you would like anything advertised (an event you are hosting, a service you are providing, etc) in the next issue of Parish Notes (covering November) please let Anne Cromie know before Wednesday morning, 17th October. Here's another idea from a parishioner on the next page!



CDs for Sale Six Spiritual Songs—Henry Hinds



I'm sure most of us remember Bishop Michael Curry giving a rousing sermon at the royal wedding of Prince Harry and Meghan Markle. In it he referred to the African American Spiritual Song:

"There is a balm in Gilead".

It reminded me so much of my late husband, Henry Hinds, known to many of you simply as Harry, because he was famous for singing that song with his lovely, rich, deep bass voice. Among many other singing engagements Harry was recorded frequently by the BBC, and *"Balm in Gilead"* was a firm favourite of listeners and was regularly broadcast by request!

My brother, Harold Mitchell, has kindly put six of these spiritual songs, recorded by Harry in 1970, onto a CD which I would like to offer as part of the parish's "Use Your Talent Scheme" hopefully raising much needed funds for St Peter's—using Harry's talent rather than mine!!!! The other songs on the CD are: *Bye n Bye*, *Hear de Lams a-cryin*, *Weeping Mary*, *I want to be ready* and *The Lord's Prayer*.

Harry died 14½ years ago but was a very active parishioner, and among other things served on the Select Vestry and sang in the Choir for many years and I think he would be delighted to be still contributing to the life of the parish he loved so much.

If you would like one of these CDs (suggested donation £5), please add your name to the list at the back of the church or contact Anne Cromie in the Parish Office, tel 9077 6706. I hope you will enjoy listening to it.

Rosemary Hinds

CHURCH SERVICES IN OCTOBER

WEDNESDAY 10.30am	3rd OCTOBER Morning Prayer	MID-WEEK <i>modern, Resurrection, green</i>
SUNDAY 9am 11am 6.30pm	7th OCTOBER Holy Communion Choral Eucharist Choral Evensong	THE NINETEENTH SUNDAY AFTER TRINITY <i>traditional, Resurrection, green</i> <i>modern, Nave, green</i> <i>traditional, Nave, green</i>
WEDNESDAY 10.30am	10th OCTOBER Holy Communion	MID-WEEK <i>modern, Resurrection, green</i>
THURSDAY 7.30pm	11th OCTOBER Holy Communion	ST PHILIP <i>traditional, Chancel, red</i>
SUNDAY 9am 11am 6.30pm	14th OCTOBER Holy Communion Choral Matins Evening Prayer	THE TWENTIETH SUNDAY AFTER TRINITY <i>modern, Resurrection, green</i> <i>modern, Nave, green</i> <i>modern, St James, green</i>
WEDNESDAY 10.30am	17th OCTOBER Holy Communion	MID-WEEK <i>modern, Resurrection, green</i>
THURSDAY 7.30pm	18th OCTOBER Holy Communion	ST LUKE <i>modern, Chancel, red</i>
SUNDAY 9am 11am 6.30pm	21st OCTOBER Holy Communion Choral Eucharist Choral Eucharist	THE TWENTY-FIRST SUNDAY AFTER TRINITY <i>modern, Resurrection, green</i> <i>modern, Nave, green</i> <i>traditional, Nave, green</i>
WEDNESDAY 10.30am	24th OCTOBER Holy Communion	MID-WEEK <i>modern, Resurrection, green</i>
SUNDAY 9am 11am 6.30pm	28th OCTOBER Holy Communion Choral Matins Late Evening Office	BIBLE SUNDAY <i>modern, Resurrection, green</i> <i>modern, Nave, green</i> <i>modern, St James, green</i>
WEDNESDAY 10.30am	31st OCTOBER Holy Communion	MID-WEEK <i>modern, Resurrection, green</i>

CHURCH SERVICES IN NOVEMBER

SUNDAY	4th NOVEMBER	ALL SAINTS
9am	Holy Communion	<i>traditional, Resurrection, white</i>
11am	Choral Eucharist	<i>modern, Nave, white</i>
6.30pm	All Souls' Service	<i>modern, Nave, white</i>
WEDNESDAY	7th NOVEMBER	MID-WEEK
10.30am	Holy Communion	<i>modern, Resurrection, green</i>
SUNDAY	11th NOVEMBER	REMEMBRANCE SUNDAY
9am	Holy Communion	<i>modern, Resurrection, green</i>
11am	Choral Matins	<i>modern, Nave, green</i>
6.30pm	Evening Prayer	<i>modern, St James, green</i>
WEDNESDAY	14th NOVEMBER	MID-WEEK
10.30am	Holy Communion	<i>modern, Resurrection, green</i>
SUNDAY	18th NOVEMBER	THE TWENTY-FIFTH SUNDAY AFTER TRINITY
9am	Holy Communion	<i>modern, Resurrection, green</i>
11am	Choral Eucharist	<i>modern, Nave, green</i>
6.30pm	Choral Evensong	<i>traditional, Nave, green</i>
WEDNESDAY	21st NOVEMBER	MID-WEEK
10.30am	Holy Communion	<i>modern, Resurrection, green</i>
SUNDAY	25th NOVEMBER	THE KINGSHIP OF CHRIST
9am	Holy Communion	<i>modern, Resurrection, white</i>
11am	Choral Matins	<i>modern, Nave, white</i>
6.30pm	Compline	<i>traditional, Nave, white</i>
WEDNESDAY	28th NOVEMBER	MID-WEEK
10.30am	Holy Communion	<i>modern, Resurrection, green</i>
THURSDAY	29th NOVEMBER	ST ANDREW (transferred)
7.30pm	Holy Communion	<i>traditional, Chancel, red</i>

October Diary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 7pm Parish Meeting 8pm Badminton	2 10.30am Crafty Goodness 6pm Beavers 7pm Cubs 7.30pm Priory Singers' Rehearsal	3 10.30am Morning Prayer and refreshments 2pm Bridge 6.30pm PhysioPilates 7.30pm Choir	4 6pm Rainbows 7pm Brownies 7.30pm Thursday Fellowship 8pm Guides and Senior Guides	5 10.30am PhysioPilates 11.30am Friday Fellowship 4pm Speech and Drama	6
7 9am Holy Communion 9.45am Sunday Fellowship 11am Choral Eucharist and Sunday School and Toddlers' Creche 6.30pm Choral Evensong	8 8pm Badminton	9 10.30am Crafty Goodness 2.30pm Ladies' Guild 6pm Beavers 7pm Cubs 7.30pm Priory Singers' Rehearsal	10 10.30am Holy Communion and refreshments 2pm Bridge 6.30pm PhysioPilates 7.30pm Choir	11 <i>St Philip</i> 6pm Rainbows 7pm Brownies 7.30pm Holy Communion followed by Thursday Fellowship 8pm Guides and Senior Guides	12 10.30am PhysioPilates 4pm Speech and Drama	13

14 9am Holy Communion 9.45am Sunday Fellowship 11am Choral Matins and Sunday School and Toddlers' Creche (tea/coffee) 12.15pm Traidcraft Stall 6.30pm Evening Prayer	15 7.30pm Select Vestry 8pm Badminton	16 10.30am Crafty Goodness 6pm Beavers 7pm Cubs 7.30pm Priory Singers' Rehearsal	17 10am Deadline for material to be with Anne Cromie for November Parish Notes 10.30am Holy Communion and refreshments 2pm Bridge 6.30pm PhysioPilates 7.30pm Choir	18 Saint Luke 6pm Rainbows 7pm Brownies 7.30pm Holy Communion 7.45pm Historical Society 8pm Guides and Senior Guides	19 10.30am PhysioPilates 11.30am Friday Fellowship 4pm Speech and Drama 8pm Priory Singers' Concert	20
21 9am Holy Communion 9.45am Sunday Fellowship 11am Choral Eucharist and Sunday School and Toddlers' Creche 6.30pm Choral Eucharist	22 8pm Badminton	23 10.30 Crafty Goodness 6pm Beavers 7pm Cubs 7.30pm Priory Singers' Rehearsal	24 10.30am Holy Communion and refreshments 2pm Bridge 6.30pm PhysioPilates 7.30pm Choir	25 6pm Rainbows 7pm Brownies 7.30pm Thursday Fellowship 8pm Guides and Senior Guides	26 10.30am PhysioPilates <i>Half-term holiday for Speech and Drama Classes</i> 7.30pm Fashion Show	27 Parish Choir weekend —singing services in Sherborne Abbey, Dorset
28 9am Holy Communion 9.45am Sunday Fellowship 11am Choral Matins and Sunday School and Toddlers' Creche (tea/coffee) 6.30pm Late Evening Office	29 8pm Badminton	30 10.30 Crafty Goodness <i>Half-term holiday for Beavers, Cubs and Priory Singers</i>	31 10.30am Holy Communion and refreshments 2pm Bridge 6.30pm PhysioPilates 7.30pm Choir			

Free Will Offering Envelopes

The one who sows sparingly will also reap sparingly, and the one who sows bountifully will also reap bountifully. Each of you must give as you have made up your mind, not reluctantly or under compulsion, for God loves a cheerful giver.

2 Corinthians 9: 6-7

We will soon be preparing the Free Will Offering (FWO) envelopes for next year. Those who wish to continue using this method to subscribe need not take any action as the 2019 envelopes will be automatically given to you in early December.

If, however, you wish to change to a different method (eg banker's standing order or other electronic means) please advise Noel Beattie (tel: 90 778 428 or email: noel_innisfayle@msn.com). Please do this as soon as you can and before the third week of November if at all possible.

If you are a new parishioner and would like to use FWO envelopes please contact Noel Beattie as above.

Thank you.

Ladies' Guild Tuesday 9th October at 2.30pm

We will begin our year with our opening service. This will be followed by our AGM and the obligatory cuppa. If you would like to know more about the Ladies' Guild but are too scared to ask, please come along to see for yourself. We are always delighted to see new faces. This first meeting of the season is a good opportunity for existing members to meet up again after our summer break and is also a chance to meet new members.

Our meetings are open to everyone. If you would like to attend but don't have transport please contact me or speak to one of our members after church and we will be happy to arrange a lift for you.

Looking forward to seeing you.

Anne Stewart (Hon Sec), tel 028 9096 6597

PARISH REGISTER

Christian Burial

"At rest in the Lord."

Sheila Callaghan, Ben Madigan Park South

Burial at Carnmoney on 1st September 2018

Holy Matrimony

*Signifying unto us the mystical union that is
between Christ and his Church.*

Duncan Alexander Fraser Greer and Ming Ming Lim

Alderley Place, Newtownabbey on 15th September 2018

FASHION SHOW

in aid of the Northern Ireland Hospice

Friday 26th October at 7.30pm in the parish hall

Clothing donated by leading fashion houses

Complimentary glass of wine

Christmas table with

cards, calendars, wrapping paper and decorations

Tickets £10 from Daphne McClements—tel 07730 127350

**We are also holding a ballot at this event which will be in aid of
parish funds—if you have any items you could donate
please give them to Daphne McClements. Thank you.**

North Belfast Historical Society

Date: Thursday 18th October

Time: 7.30pm for 7.45pm

Where McCollum Minor Hall

Speaker: Dr Myrtle Hall

Subject: Radicals, Rioters and Revivalists 1789-1910



Dr Myrtle Hall is a visiting research fellow in the School of History at Queen's University, where she was formerly a Senior Lecturer and Director. Dr Myrtle has published widely on Irish social and religious history.

Dr Myrtle's intention is to demonstrate the vibrancy and diversity during a period which brought dramatic changes to the worlds of both politics and religion.

You, your family and friends are more than welcome at any of our meetings.
We would love to have you join us.

Margi Crawford

Each year our parishioners vote to support six charities. This year our third chosen charity is Friends of the Cancer Centre.



Friends of the Cancer Centre has a long and proud history of helping local cancer patients across Northern Ireland for over 30 years.

Based at the heart of the Cancer Centre at Belfast City Hospital, the charity funds life-saving and life-changing projects that make a real and lasting difference to the lives of thousands of local people affected by cancer. In the last year alone, Friends of the Cancer Centre has put £1.2 million back into local cancer services. Their work focuses on three key areas - patient care, patient comfort and research.

The **Board of Trustees** plays a vital role within the charity. Their role is not merely symbolic, as they decide how to spend your money and which projects the charity funds within the Cancer Centre. The Board is made up of a diverse range of people from all sectors, ensuring that they have the expertise and knowledge at hand to make such important decisions. This includes senior doctors from the Cancer Centre, leading business figures, former senior employees of the Belfast Trust and serving volunteers and fundraisers.

The **Team** at Friends of the Cancer Centre are passionate about the charity and the difference it makes to the lives of people locally. Each member of the team brings with them a wealth of experience from the voluntary, public and private sectors and each is committed to driving the charity forward for the benefit of patients and supporters.

The work carried out by Friends of the Cancer Centre simply wouldn't be possible without **Volunteers**. These incredible people give up their valuable time to make a real and lasting difference to the charity. The charity is always on the look-out for new volunteers who would like to give a little time—even a few hours—to help. If you would like to find out more about volunteering opportunities, please call 028 9069 9393 or email Claire at clairehogarth@friendsofthecancercentre.com.

Help from Friends of the Cancer Centre falls under three headings:

- (1) Clinical Comfort and Care**
- (2) Clinical Care**
- (3) Research**

(1) Clinical Comfort and Care

They do this by providing comforts to help make the hospital feel a little more like home. From a cup of tea and a daily newspaper to help pass the time while waiting on appointments, to giving patients a space away from their beds and busy wards with their comfy day rooms. Everything they do is aimed at making a really difficult time a little easier.

(2) Clinical Care

They are committed to ensuring that patients can avail of the best treatment and care available by funding vital medical staff and equipment. Their work in patient care ensures that anyone going through cancer has the best care available to them when they need it most. Friends of the Cancer Centre's doctors, clinical nurse specialists and nurses provide expert medical care and support to hundreds of patients each year. They also support the work of staff on the ground through the on-going funding of vital medical equipment, ensuring that doctors and nurses have the equipment they need to diagnose and treat patients.

(3) Research

Friends of the Cancer Centre is playing a major part in the fight against cancer through the various projects funded by the charity. The charity is a proud partner with the Centre for Cancer Research and Cell Biology (CCRCB) at Queen's University (where one of our parishioners—Dr Ryan Delaney—works), investing over £1 million in the centre's work in clinical trials in recent years. We also fund doctors who are heavily involved in research, lab technicians, research nurses as well as vital equipment which allows some of the leading local scientists to carry out their work.

Walking through the doors of a cancer centre can be daunting, but Friends of the Cancer Centre are there to make sure that cancer sufferers and their families get the best care possible.

Donations

If you would like to support the parish's charitable giving to Friends of the Cancer Centre then we encourage you to give cash, or write a cheque payable to "The Parish of St Peter and St James, Belfast", and bring it to church or to the parish office in an envelope marked "Friends of the Cancer Centre".

Peter Gray

ORGANISATIONS/HALL TIMETABLE

Sunday

9.45am—10.30am	Sunday Fellowship
11am—12noon:	Sunday School

Monday

7pm	Parish Meeting (1 st Monday in month)
7.30pm	Select Vestry (3 rd Monday in month)
8pm—11pm:	Badminton Club

Tuesday

10.30am—12.30pm:	Crafty Goodness
2.30pm—4.30pm:	Ladies' Guild (2 nd Tuesday in month)
6pm—7pm:	Beaver Scouts
7pm—8pm:	Cub Scouts

Wednesday

2pm—4pm:	Bridge Club
6.30pm—7.45pm:	PhysioPilates
7.30pm—9pm:	Choir

Thursday

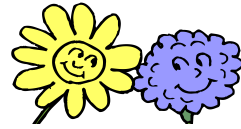
6pm—7pm:	Rainbows
7pm—8pm:	Brownies
7.30pm—9pm:	Thursday Fellowship (every week except 3 rd in month)
7.45pm—9.30pm:	Historical Society (3 rd Thursday in month)
8pm—9.30pm:	Guides and Senior Guides

Friday

10.30am—11.45am:	PhysioPilates
11.30am—12.30pm:	Friday Fellowship (1 st and 3 rd Friday in month)
4pm—8pm:	Speech and Drama

*For more information on the parish organisations (including term dates)
please contact the appropriate personnel listed on the back page
or the Parish Secretary.*

OCTOBER FLOWER LIST



7TH DAPHNE MCCLEMENTS IN MEMORY OF HER PARENTS
14TH ROSEMARY HINDS IN MEMORY OF HER FATHER
21ST QUINTIN MULLIGAN IN MEMORY OF HIS WIFE

Thank you to all who give of their time and effort in beautifying the church with flowers. If possible, flowers should be in keeping with the liturgical colour of the season, particularly during Advent and Lent.

PASTORAL CARE

If you would like to arrange for the Rector to visit you at home, whether to share your anxieties in confidence, for spiritual advice, for prayer, or for Holy Communion, then please contact him on 90 777 053. This is an essential part of his ministry and he will be pleased to visit you and help in whatever way he can.

If the Rector is unavailable, there will be contact details for other clergy on the answer machine.

If you or a loved one is seriously ill, particularly if you are admitted to hospital, please inform the Rector. He often visits the hospitals but has no way of knowing who has been admitted unless he is informed. If you are visited by a hospital chaplain and they ask if you would like your Rector to visit, please say "yes" and he will gladly come to see you.

PARISHIONER CONTACT DETAILS

For speed of communication and to keep our records up to date please send your email address to Anne Cromie at stpeterandstjames@outlook.com. Also please don't forget to let us know if you move house, change your telephone number or change your email address.

Holy Dusters Cleaning Rota

1st Oct—6th Oct ----- Group 7
8th Oct—13th Oct ----- Group 8
15th Oct—20th Oct ----- Group 1
22nd Oct—27th Oct ----- Group 2
29th Oct—3rd Nov ----- Group 3

*Please send material for the November issue of Parish Notes to:
Anne Cromie, Parish Office, St Peter's Church,
Fortwilliam Drive, Belfast BT15 4EB
or email: stpeterandstjames@outlook.com
by 10am on Wednesday 17th October. Thank you.*