

**St Andrew's Church Parish of Killyman Magazine** July & August 2020 Digital Edition

The LORD bless you and KEEP YOU; The LORD MAKE HIS FACE shine up∞n y∞u, AND DE GRACIQUS TO you, The LORD lift UP HIS COUNTENANCE UPON YOU, AND GIVE YØU PEACE.



#### The Rector writes....

Life often throws us curve balls. Many times we can hear ourselves say, "well I didn't see that coming". I think I can safely say that the events of the last four months definitely fall into that category. We are now over half way through 2020 and no one could have predicted on the 1<sup>st</sup> January that we would be in the position that we find ourselves in. We are all getting used to hearing new protocols and guidelines being announced regularly, and in some cases, daily. However, we have to make the best of every situation and do what we do best and "just get on with it".

There is one protocol that has been in place for hundreds of years that I want to share with you. Since it was announced to the Hebrews almost two millennia ago, this protocol has not changed, is not changing and will never change. Let me tell you what it is – "Jesus Christ is the same yesterday and today and for ever" (Hebrews 13:8). As the old Gospel Hymn, written by Albert B. Simpson puts it, "Yesterday, today, for ever, Jesus is the same. All may change but Jesus never, Glory to His name!"

As Christians, this is one truth that we can be sure will remain. Jesus loves and cares for each of us so much that He was willing to lay down His life for us. Out of this comes the promise to forgive our sins. "If we confess our sins, He is faithful and just, and will forgive our sins, and cleanse us from all unrighteousness" (1<sup>st</sup> John 1:9). This promise is still relevant today and is as necessary as ever. Life without Jesus leads to eternal separation from Jesus. However, life with Jesus brings all the promises of Heaven.

As we continue to ponder these things, let me encourage you to daily trust in Jesus as your Saviour, Lord and Friend. He is more faithful than anyone else you will encounter. Let me leave you with some words from a modern worship song, which has been written, by Keith and Kristyn Getty.

When I fear my faith will fail, Christ will hold me fast;When the tempter would prevail, He will hold me fast.I could never keep my hold through life's fearful path;For my love is often cold; He must hold me fast.

He will hold me fast, He will hold me fast; For my Saviour loves me so, He will hold me fast.

Those He saves are His delight, Christ will hold me fast;Precious in his holy sight, He will hold me fast.He'll not let my soul be lost; His promises shall last;Bought by Him at such a cost, He will hold me fast.

For my life He bled and died, Christ will hold me fast; Justice has been satisfied; He will hold me fast. Raised with Him to endless life, He will hold me fast 'Till our faith is turned to sight, When He comes at last!



 $(\gg)$ 



Another chat in the Rector's Study

Remember to send in your questions or suggested topics for Rev. Henry and Rev. Mark.

They could be theological, Biblical or about life in general.

Email your ideas to standrewskillyman@gmail.com



The **Church of Ireland** Code of Good Practice for Ministry with Children

### Safeguarding Trust

Should you have any concerns regarding the welfare of young people in parish organisations please contact any of the Parish Panel members

Rev Mark Lennox

Telephone 028 87725099

Mr Gareth Lucas

028 87724261

Mrs Helen Courtenay

028 87724220

Or any of the following statutory agencies:

PSNI, NSPCC, Local Health Trust Child Protection/Gateway Team



#### **DVD MINISTRY**

DVD's of weekly services are available from Killyman Post Office each week. If you know someone who does not see the services online and would benefit from the DVD, please collect one for them.



### A Prayer for the Parish

Heavenly Father, pour out your Spirit upon the people of our parish and upon those who are in positions of leadership and ministry. Forgive us our many sins and draw us nearer to you. Grant us a new awareness of your Presence, a new experience of your Power, a new understanding of your Word, and a new commitment to your Service. Open our eyes to the opportunities you give us, open our ears to hear your call, open our hearts to your love that we may serve you. Grant us faith to believe, and strength to do your will now and always. We ask this through Jesus Christ our Lord. Amen.



Thanks to those who use the bins at the gate and top of the graveyard. Parking continues to be restricted in line with Insurance advice from the Church and Hall insurers. On Sundays when Drive In Church takes place, the Graveyard is closed from 9:30am-1:30pm. Thank you for obeying the rules.

### Around the world You in your small corner and I in mine



As we are beginning to see a slight lifting of our restrictions during this Covid-19 Pandemic, we catch up with our friends around the world to see how they are coping at this stage of the crisis.







Peru

Following Rev. Mark's recent "Chat in the Rector's Study" with Rev. Anderson Sanchez our mission partner in PERU, we are

delighted to say that the churches in Lima have been able to use our donation to help fund their work with the church food banks. We continue to pray for Rev. Anderson and the people of both churches during this very difficult time.





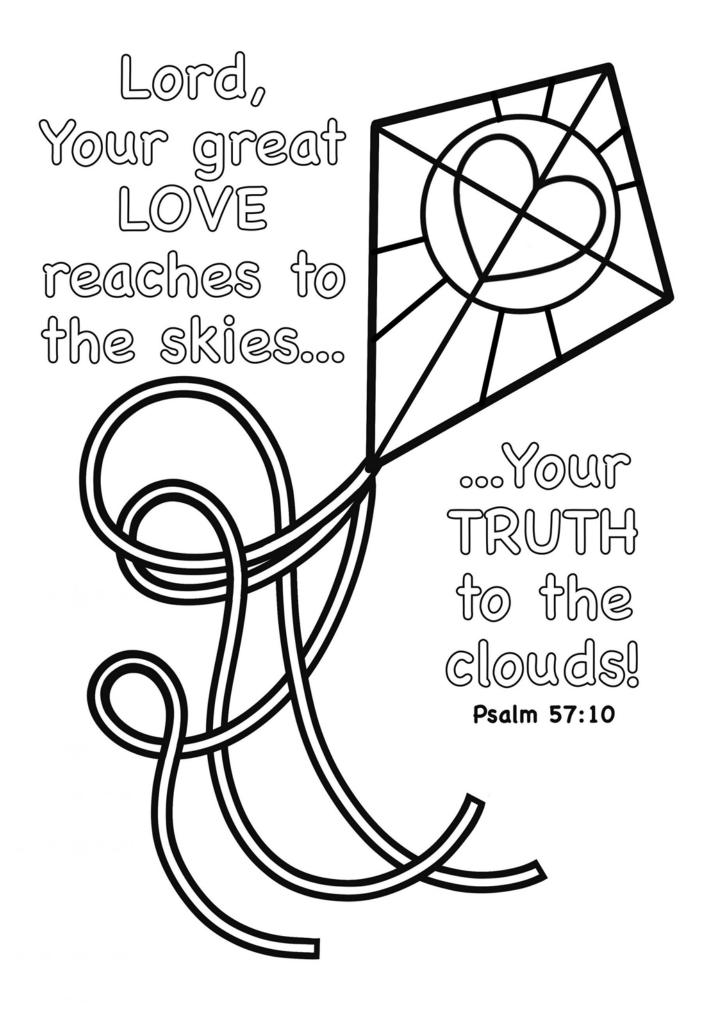




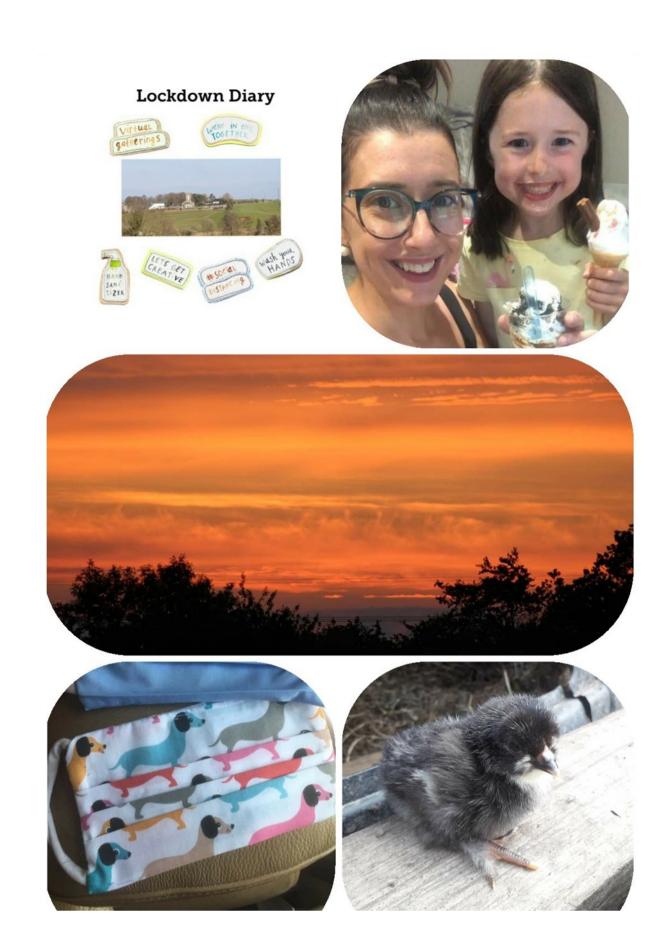
#### Lockdown Diary

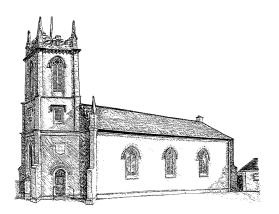






Bible Readings for June & July 2020							
	July	Au	gust	Se	eptember		
1	1 Thessalonians 3:1-5	1	Proverbs 12:6-10	1	Proverbs 15:19-21		
2	1 Thessalonians 3:6-10	2	Proverbs 12:11-15	2	Proverbs 15:22-24		
3	1 Thessalonians 3:11-13	3	Proverbs 12:16-20	3	Proverbs 15:25-27		
4	1 Thessalonians 4:1-8	4	Proverbs 12:21-25	4	Proverbs 15:28-30		
5	1 Thessalonians 4:9-12	5	Proverbs 12:26-28	5	Proverbs 15:31-33		
6	1 Thessalonians 4:13-18	6	Proverbs 13:1-3	6	Proverbs 16:1-3		
7	1 Thessalonians 5:1-5	7	Proverbs 13:4-6	7	Proverbs 16:4-6		
8	1 Thessalonians 5:6-11	8	Proverbs 13:7-9				
9	1 Thessalonians 5:12-22	9	Proverbs 13:10-12				
10	1 Thessalonians 5:23-28	10	Proverbs 13:13-15		The Bible is		
11	Proverbs 9:1-6	11	Proverbs 13:16-18		meant to be		
12	Proverbs 9:7-9	12	Proverbs 13:19-21		bread for daily use.		
13	Proverbs 9:10-12	13	Proverbs 13:22-25		NOT CAKE		
14	Proverbs 9:13-18	14	Proverbs 14:1-3		for special occasions.		
15	Proverbs 10:1-4	15	Proverbs 14:4-6				
16	Proverbs 10:5-8	16	Proverbs 14:7-9				
17	Proverbs 10:9-12	17	Proverbs 14:10-12				
18	Proverbs 10:13-16	18	Proverbs 14:13-15				
19	Proverbs 10:17-20	19	Proverbs 14:16-18				
20	Proverbs 10: 21-24	20	Proverbs 14:19-22				
21	Proverbs 10:25-28	21	Proverbs 14:23-25				
22	Proverbs 10:29-32	22	Proverbs 14:26-27				
23	Proverbs 11:1-4	23	Proverbs 14:28-31				
24	Proverbs 11:5-8	24	Proverbs 14:32-33				
25	Proverbs 11:9-12	25	Proverbs 14:34-35				
26	Proverbs 11:13-16	26	Proverbs 15:1-3				
27	Proverbs 11:17-20	27	Proverbs 15:4-6				
28	Proverbs 11:21-24	28	Proverbs 15:7-9				
29	Proverbs 11:25-28	29	Proverbs 15:10-12				
30	Proverbs 11:29-31	30	Proverbs 15:13-15				
31	Proverbs 12:1-5	31	Proverbs 15:16-18				





### **Parish News**

A few snippets of what's been going on over the past month whilst we've been on lockdown. As you can see life has been pretty busy in Killyman and beyond.

On Sunday 14<sup>th</sup> June at 11:30am, Rev. Chris West preached his farewell sermon to the Parish before he moves to Dublin to the Parish of Taney to begin his Curacy. Rev. Chris was presented with a Private Holy Communion set as a gift from the Parish. We wish Rev. Chris God's richest blessing as he prepares for his Curacy in Dublin.



On Sunday 28<sup>th</sup> June, Killyman hosted the Armagh Diocesan Service. This was a service of Holy Communion and was broadcast on the Armagh Diocesan website and social media channels. It was a very significant date on the calendar for our Rector as it was 15 years to the day since he became a Parish Reader in his home Parish and 11 years since his Ordination.



On Wednesday 1<sup>st</sup> July, Rev. Mark led a short Act of Remembrance online with Parishioners to Commemorate the Battle of the Somme.



Congratulations to our former Rector!

On 24<sup>th</sup> June, Rev. Robert Boyd celebrated 30 years of ordained ministry and he was announced as a new Canon of St Columb's Cathedral in Londonderry by Bishop Andrew Forster.



Congratulations to Rev. Matthew Hagan, The Southern Area Hospice Chaplain. Matthew challenged himself to jog 5km a day to raise funds for the Hospice. Well done and for a great cause.

If you would like to support Matthew and his great challenge, you can do so by donating on <u>https://www.justgiving.com/fundraising/MATTHEW-HAGAN</u>



### **Ambassador Magazine**

Anyone wishing to purchase this Diocesan Magazine, which is printed 6 times per year at a cost of £1.25 per copy, please speak to Mabel Winslow. Killyman Parish do have notes in this colour magazine.

MOT, PSV &

& VANS

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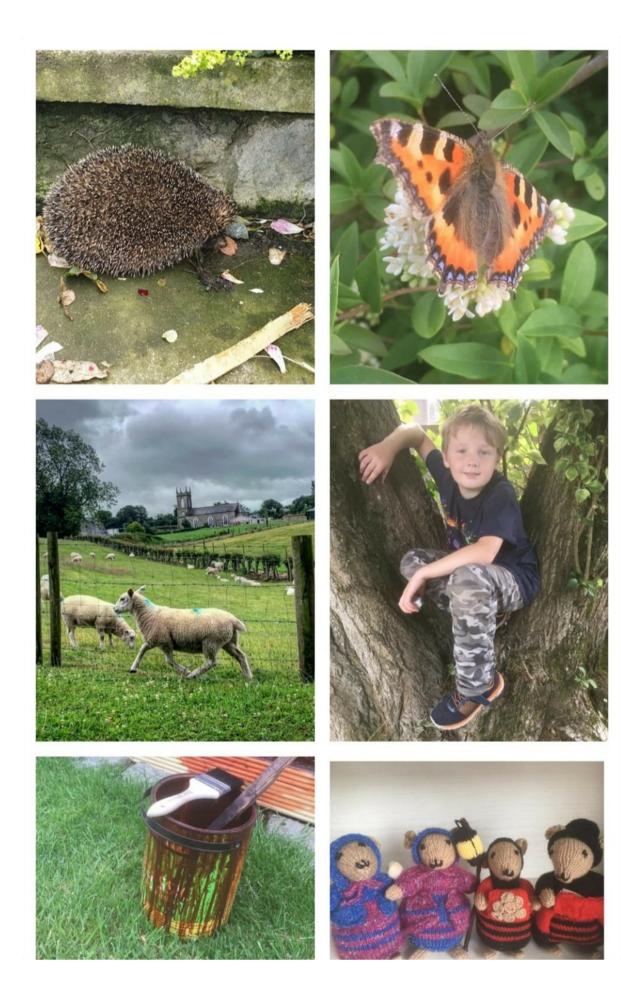
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### When is St. Andrew's re-opening for <u>"In-Worship" Services?</u>

As I write this, it is 100 days since the Prime Minister announced lockdown measures in the fight against Covid-19. It was an announcement, which changed the way of life for many of us. Now, as restrictions are being lifted, in what seems to be on an almost daily basis, we are easing out of lockdown with mixed emotions. There is a sense of relief, but also nervousness and trepidation. Has Covid-19 gone? Will it come back? Will we have to go back into lockdown?

The emotions that each of us are feeling are the same for the Church Leadership. At times it is hard to know what to do and when to do it. Our main priority is to do our best to keep everyone safe. I know the endless stream of guidelines, protocols and risk assessments can seem daunting and mundane, but they are necessary – they are there to try and keep us safe. I am grateful for the support of the Select Vestry and also to what has become known as the "Killyman Cobra Team" who have listened, assisted and advised during the past 100+ days.

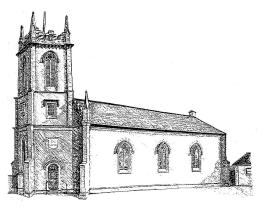
As you are aware "in-church" worship has been permitted from Monday 29<sup>th</sup> June 2020, and there are some things that I want to make you aware of regarding this. The Select Vestry have studied the guidelines and came to the decision that when we do again return to the Church Building for worship, we want to return properly. This means not rushing into anything. While this decision has been welcomed by the vast majority of our Parishioners, I know that there are some who are wondering "Why can't we just open and get on with it?".

Whenever we do return to "In-Church" Worship, everything will be very different to how it was 4 months ago. So let me try and explain to you all the reasoning behind our <u>current</u> decision.

- Social Distancing Currently we are required to stay at a social distance of 2 meters from each other while at "In-Church" worship. This would mean that we can use 20 pews in the whole church, and therefore could accommodate 20 households in St. Andrew's. This works out at about 20-25% of our usual Sunday Congregation. So this begs the question about who is permitted to come to Church and who has to stay at away. Both the Select Vestry and myself do not want to have to turn anyone away.
- Seat Allocation Pews/ Seats would be allocated on a first come, first serve basis. The Church would have to fill from the front and empty from the back, row by row. The Gallery would not be in use. Once all available seats are used then no one else is permitted to enter. Some churches are exploring the option of temporarily making their services a ticket only event – meaning that those who wish to come would have to book online and reserve a place. This automatically puts our Parishioners who don't have internet access at a disadvantage.

- **Track and Trace** As with Drive-In Church, a list of everyone in attendance needs to be kept for the purposes of Track and Trace. This means that in the event of someone contracting Covid-19 then we know who has been in close contact with that person, and this allows contact to be made with those who will then have to self-quarantine for 14 days.
- Hand Sanitizing and Covid-19 checks Before you enter the Church you will be requested to use Hand Sanitizer and be asked Covid-19 related questions. For example – Have you any symptoms? Been in contact with anyone who has symptoms etc.
- Face Masks While it is not mandatory, it is recommended that all in attendance wear face masks.
- **No Singing** Congregational singing is not permitted at present. A soloist may sing, but there needs to be a 4 meter parameter around them.
- **No Books** While you are welcome to bring your own books, all Prayer Books and Hymn Books will be removed the Church Building.
- Shorter Services In order to keep close contact with other people to a minimum, the Services would be noticeably shorter.
- Sacramental Worship The Administration of the Sacraments would be very different from what we are used to. For Holy Communion there would only be the distribution of bread (no sharing the cup). Holy Baptism would only be administered in an emergency, with the minister making no contact with the water or the candidate. In both cases the presiding Cleric can wear PPE.

The above are only some of the points which the Rector and the Select Vestry are having to consider. We will re-open St. Andrew's for In-Service Worship as soon as is safe to do so.



However, just because we cannot worship in the Church Building, it does not mean that we can't Worship God. For the next few weeks Drive-in Church will continue in our Carpark (weather permitting) and an Online Service will be available from 11:30am on Sundays with Online Sunday School continuing at 10:15am. Also, please consider joining us for the Bible Study and Prayer Meeting on Tuesday and Wednesday evenings at 8pm.

Stay Safe and Keep Praying.



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### prayer wall

5th JULY — FOURTH SUNDAY AFTER TRINITY

Archbishop John McDowell

Lisnadill and Kildarton Rector: Vacant Parish Reader: Jennifer Pillow

Young people, Sunday School Teachers, Young people's organisations, Youth Ministers, the Diocesan Youth Council.

The Anglican Communion Pray for the united Church of Pakistan

The Most Revd Humphrey Peters - Bishop of Peshawar & Moderator of the Church of Pakistan

12th JULY — FIFTH SUNDAY AFTER TRINITY

Archbishop John McDowell

Lissan Rector: Alan Cross

Diocese of Down and Dromore and the Rt Rev David McClay

Please pray for our partner-diocese, Madi West Nile, Church of Uganda; and for the staff of Kuluva Hospital, Arua, and of the West Nile Ecumenical Vocational Training Centre.

The Anglican Communion Pray for the Anglican Church of Papua New Guinea The Most Revd Allan Migi - Archbishop of Papua New Guinea

19th JULY — SIXTH SUNDAY AFTER TRINITY

Archbishop John McDowell

Loughgall and Grange Rector: Revd Pete Smith Parish Reader: Joyce Dobbin The Diocesan Council, Diocesan Synod, Diocesan Boards and Committees The Anglican Communion Pray for the Episcopal Church in the Philippines The Most Revd Joel Atiwag Pachao - Prime Bishop of the Philippines

26th JULY — SEVENTH SUNDAY AFTER TRINITY

Archbishop John McDowell

Magherafelt Rector: Terry Scott (Archdeacon of Armagh)

Parish Reader: Cath Mitchell

The Anglican Communion Please pray for the team responsible for preparing the Lambeth Conference, which was due to be taking place now – please pray for them as they consider the implications of its postponement in light of the Covid-19 pandemic.

Continued over



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### prayer wall

**2nd AUGUST** — EIGHTH after Trinity (6th August - The Transfiguration of our Lord) Archbishop John McDowell

Milltown Rector: VacantP arish Reader: Stewart Brennan

Clergy, Clergy spouses, Clergy families, Retired clergy and Clergy widows and widowers

The Anglican Communion Pray for the new Province of Alexandria- created from the former Diocese of Egypt with North Africa and the Horn of Africa in the Episcopal Church of Jerusalem and the Middle East.

**9th AUGUST** — NINTH SUNDAY AFTER TRINITY

Archbishop John McDowell

Moy and Charlemont Rector: Aonghus Mayes Diocesan Reader: Shirley McKay Diocese of Dublin and Glendalough and the Most Rev Michael Jackson

The Anglican Communion Pray for the Province de L'Eglise Anglicane au Rwanda The Most Revd Laurent Mbanda - Archbishop of L'Eglise Episcopal au Rwanda & Bishop of Shyira

**16th AUGUST** — TENTH SUNDAY AFTER TRINITY

Archbishop John McDowell

Mullabrack, Markethill and Kilcluney Rector: Peter Munce Parish Readers: Sonya Barnes, Jonathan Hull

The Diocesan Council, Diocesan Synod, Diocesan Boards and Committees

The Anglican Communion Pray for the Scottish Episcopal Church The Most Revd Mark Strange - Primus of the Scottish Episcopal Church & Bishop of Moray, Ross & Caithness

**23rd AUGUST** — ELEVENTH SUNDAY AFTER TRINITY

Archbishop John McDowell

Mullavilly Rector: Elizabeth Cairns Parish Readers: Margaret Neill, Caroline Whitten

The Anglican Communion Pray for the Church of the Province of South East Asia The Most Revd Melter Tais - Archbishop of South East Asia & Bishop of Sabah

**30th AUGUST** — TWELFTH SUNDAY AFTER TRINITY

Archbishop John McDowell

Pomeroy (Crossdernott) Evangelist in Charge: Valerie Thom

Young people, Sunday School Teachers, Young people's organisations, Youth Ministers, the Armagh Youth & Children's Board, Youth and Children's Worker David Brown.

The Anglican Communion Pray for the united Church of South India The Most Revd Dharmaraj Rasalam - Moderator of CSI & Bishop of South Kerala.

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Lockdown Diary







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### ONLINE MEALTHY HEALTHY CHURCH CHURCH CHRIST'S BODY IN ACTION 26-31 JULY 2020

Like so many events this summer, New Horizon will not be holding the annual Bible Week on the Coleraine Campus of the University of Ulster because of the Covid-19 Pandemic. However, this year NH2020 will host a scaled-down evening celebration on the theme 'Healthy Church; Serving Church' each evening at 8pm from Sunday 26 July to Thursday 30 July.

Please tune in for some great Bible Teaching from some of the UK and Ireland's most gifted Bible Teachers.

P.S. Our own Rector is on the Board of New Horizon and may make an appearance or two in the Seminars!

### D.R. Congo Update

Our mission partners in D.R. Congo have sent us an update on the Compassion for Children in Distress Project in D.R. Congo.

In the midst of all the worrying news right now, we are delighted to be able to share the good news that the resilient folks in N. Kivu Diocese have pushed on and finished the third building!

The children are already using the building, even though it is not furnished yet.

The photos attached show the joy of the opening programme, and also the number of children still receiving the love and care of Mama Mbambu and the other helpers.

 $(\gg)$ 

The other encouragement from the photos is the corrugated iron fence around

the site, this was put up in response to the Ebola epidemic, but will also serve well during the present C19 situation.

In all of this, we hope most of all that you feel the sincerity of Bishop Isesomo's thanks to the Parishes, and that all the folks who have worked hard to raise these funds will know the impact that their generosity has had on the lives of many little ones in N.

Kivu. This is the last update we will receive as our mission partnership has now concluded.





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### **Parish Giving**

A number of people have been asking about their Free Will Offering Envelopes and the finances of the Church.

The majority of our financial support comes through what is put on the collection plate at Sunday Worship. As you know, we have only had the opportunity to collect this at Drive In Church services. Our Financial obligations still have to be met, so let us encourage you to consider one of the following options.

1) Standing Order Giving – you can set up a Standing Order by simply competing a Standing Order Form and sending it to your Bank. Or if you use online banking you can set it up yourself. This can be cancelled at anytime by contacting your bank.\*\*

2) One off Donation – Simply post a cheque to the Rectory and mark the envelope for the Treasurer.

3) Envelope giving – Continue to fill your Fill Will Offering envelopes at home and give them at the first available opportunity. (Drive In Church).

If you are interested in Option 1 or have any questions regarding Financial Giving please contact either the Rector, Treasurer or send an email to standrewskillyman@gmail.com

Finally let me thank you for your continued financial support for the Parish. We understand that these are uncertain times, and we appreciate you giving these suggestions your prayerful consideration.

\*\*One of the reasons for people not signing up to Standing Order is that they wouldn't want anyone to see them not putting anything on the Collection Plate on a Sunday Morning.

Before lockdown the Select Vestry had agreed to "Giving Tokens", which each Standing Order Parishioner would place on the Collection Plate instead.

During Lockdown, please be aware that no-one from our church will call at your door to collect your envelopes.



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Now after reading about Saul and David, go to the back page where you will find a word search related to this story. It will be helpful to have your Bible handy and you can read the full story.





### CLERGY & CHURCH OFFICERS:

Rector: Rev. Mark Lennox 028 8772 5099 C/o Parish Office 43 Trewmount Road Killyman BT71 6RL

Rector's Churchwarden:	Mr. E. Patterson	(028) 8772 3874
People's Churchwarden:	Mr K. Armstrong	(028) 8772 5712
Hon. Treasurer:	Mr. P. Annesley	(028) 8772 4539
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Please inform the Rector if someone is ill, going into or in hospital as he doesn't always receive this information. It would also be helpful if you could let him know if someone has been discharged from hospital.



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### Lockdown Diary



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Greetings from Mothers' Union! These are very strange times and this is just a short update on all that has been going on in Mothers' Union at home here in Ireland and worldwide.

Some members are volunteering at food banks and others are collecting the basics required by women's refuges so that the women and children who escape from abusive households can be adequately fed and clothed. Someone said on the radio recently that domestic violence is currently as bad a pandemic as Covid-19....that is indeed a sobering thought. Internationally Mothers' Union has decided to give this area of work priority in the months ahead and we in Ireland have already acknowledged this acute need by responding to appeals by local refuges for urgent supplies.





Every day the staff of Mothers' Union, many of whom are currently furloughed, lead our midday prayers on Facebook and this has proved a wonderful way of connecting our members worldwide. We in Ireland have asked for that to continue when 'normal' life resumes.

The Ireland Mothers' Union website has recently been updated and relaunched - <u>www.mothersunion.ie</u>. It can now be accessed on tablet or phone and, besides news, there are links to relevantimportant resources, such as 'Looking after your Mental Health' and guidance on dealing with bereavement

Some of the Worldwide Projects have been put on hold due to the pandemic. However, we hope and pray that our many important projects will be able to recommence in the coming months. Some of these - Parenting Programmes, Savings and Credit Group training, Church and Community Mobilisation, and Literacy and Financial Education - are vital to the empowerment of our members in developing countries.

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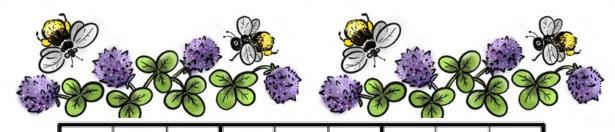
- Keep deadheading your summer bedding plants to make them bloom for longer. This deadheading encourages them to send up more flowers to produce seeds. However, you may want to save some seed heads to sow next year so leave one or two!
- Make sure you don't let your tubs and baskets dry out. They need watered even if it rains. If you're away for a day put ice cubes in the pot or basket to keep the soil moist. If you find the soil has dried out mix some washing up liquid in your watering can and saturate the pot, when that has soaked in do it again and then water as normal.
- Sit in your garden and enjoy the beauty of nature, watch the bees, hoverflies, butterflies and birds. You will notice the birds aren't singing just as much at the moment as this is their time of moulting. It takes all their energy to shed and regrow their feathers after breeding. The migratory birds will be quickest to regrow their flight feathers as they will be heading back down south for winter.



### **Crafts & Gifts**

Photos engraved on slate Personalised Products **Craft shop:** Bible Journaling, paper craft, mixed media supplies etc

Contact Robert Stewart for details on 07770375147 and find us on Facebook Look no further, for something different. (opposite Tamnamore Park & Ride) *Opening hours: Tuesday - Friday 10am - 6pm* 



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175 years ago, on 4<sup>th</sup> July 1845 Thomas Barnardo, Irish humanitarian and philanthropist was born. He founded Barnardo's, a charity which cares for vulnerable children and young people.

Also 175 years ago, on 17<sup>th</sup> July 1845 Charles Grey, 2<sup>nd</sup> Earl Grey, British Prime Minister (1830-34) died. Earl Grey tea was named after him after he was given a gift of tea flavoured with bergamot oil. It was known as the Earl Grey's blend.

80 years ago, on 10<sup>th</sup> July 1940 to 31<sup>st</sup> October 1940: The Battle of Britain took place. British victory.

40 years ago, on 5<sup>th</sup> July 1980 Swedish tennis player Bjorn Borg won the Wimbledon singles championship for a record fifth consecutive time.

25 years ago, on 16<sup>th</sup> July 1995 Amazon.com opened its website to the public.

20 years ago, on 25<sup>th</sup> July 2000 an Air France Concorde crashed outside Paris shortly after taking off for New York. All 109 people on board were killed, as well as four people on the ground.



Solution to last issue's puzzle

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...his constant droning from the pulpit is really getting on my nerves!

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 Tel: 07756 048095 Email: sparkle121bloom@gmail.com 121 Ballynakilly Road, Dungannon BT71 6HE





### Children's Day.

On Sunday 21<sup>st</sup> June we shared a special service online to celebrate Children's Day. Sincere

thanks to all the parents who took time to send us the photos and videos of your children. We really appreciated your support. It was lovely to see the young people leading our worship and to see how much they have grown since Lockdown.

Until we can all meet together in Sunday School, please stay safe and remember that Sunday School continues Online each week at 10:15am. You can tune in wherever you happen to be!

If you have a child who would like to receive these activities, please email: standrewskillyman@gmail.com



#### **Music during Lockdown**

During Lockdown we have been blessed to have had our Parish Praise Band providing music for our worship. The Praise Band are recording the music in their own homes and then it is being pieced together. Sincere thanks to all members who are faithfully working on their section each week and sending it to our Rector who is expertly piecing it all together.

Drive in church

Weather permitting we hope to meet each week during summer but keep up to date on Facebook for service information.



Irish Fruit Soda Bread

by

**Heather Lennox** 



#### **Ingredients:**

3½ cups all purpose flour
1 rounded teaspoon baking soda
1 teaspoon salt
1½ cups buttermilk
2 tablespoons milk
¾ cup sultanas or raisins
1 tablespoon sugar

#### Method:

Preheat oven to 160°C (325°F)

Mix dry ingredients in a bowl and add buttermilk. Mix well then turn the mixture out unto a lightly floured surface. Knead the mixture lightly and form into a round shape. Cut a X on the top and use the milk to wash over the top of the dough Place in the oven on a greased baking tray for 45 - 55 mins. When cooked set on a wire tray to cool. Delicious eaten hot The Cubs had a challenge for VE Day - to make a cake similar to a one made around VE Day so we thought you might like to have a go. This is the recipe they used and the boys who made it said it was delicious.

Of course rationing was in place and fresh eggs might have been replaced with reconstituted eggs.

We hope you enjoy it.

### Rationing 'Bake Off'



Before the Second World War Britain got a lot of its food from overseas. During the war it was very difficult to get food to the UK, so to make it fair a lot of food was rationed. Rationing means that each person in Britain had the same amount of basic food every week. Some other special foods were available... but not always. People were encouraged to grow as much fruit and vegetables as they could. (many families dug up their gardens to turn them into vegetable plots!)

Food during the Second World War was basic, but there was enough for everyone, thanks to rationing. Occasionally special treats would be made. Below is a cake recipe that was used during the Second World War.

### Here's the challenge

Using the recipe below make a wartime carrot cake. Sugar was rationed, so to make the cake sweeter carrots were used. People could grow carrots and they are really very sweet. You may need some help with parts of this, but try and do as much as you can by yourself. Be careful with the oven. It gets very hot. The oven bit is where you will need an adult's help.

#### Ingredients

230g self-raising flour 85g margarine or cooking fat 85g sugar 115g finely grated carrot 55g sultanas A little milk or water 1 reconstituted dried egg or 1 fresh egg (eggs were sometimes difficult to get and dried eggs were easier to buy)

#### Method

- · Preheat oven to 220°C / 200°C (fan) / gas mark 7.
- Sift the flour into a mixing bowl using a sieve.
- Rub in the margarine or cooking fat. This means you use your hands to mix the flour and the
  margarine. The best way is to rub your fingers together like you are clicking your fingers in slow
  motion, but with the flour and fat between your fingers. Keep going until there are no fatty lumps
  and the mixture is the same throughout.
- Add sugar, carrot, sultanas and egg. Mix well and then, if needed, add a little milk or water to make sticky.
- Pour mixture into a lined baking tin and cook in the over for 40 45 minutes or until golden in colour. Careful! It will be very hot out of the oven- ask an adult to help!

When the cake has cooled down you now need to decorate it. You could decorate it with Union Flags, red/whit/blue ribbons.... in fact anything that would show a VE Day Celebration









Join us live on Zoom for our Bible Study and Prayer meeting during the week. Send a message or an email for the link and you're good to go. It's a great way to keep in

touch and have a time of fellowship together when we can't physically meet up.

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