



**St Andrew's Church  
Parish of Killyman  
Magazine  
Feb /March 2021**



THE  
*anchor*

HOLDS  
IN SPIKE  
OF THE

*storm*

[HEBREWS 6:19]



## The Rector writes....

*On behalf of my brother Peter, his family and myself, I would like to express our heartfelt thanks to all who sympathised with us on the recent passing of our dearly loved Mummy and Grandma, Heather. To our extended family, many friends and parishioners who telephoned, sent cards, letters, texts and social media messages, and to all who supported us through their presence on the day of the funeral, in accordance with government guidance, we are deeply grateful. Your prayerful support and expressions of sympathy are very much appreciated. As we are unable to thank everyone in person, we trust this acknowledgement will be accepted by all as a token of our sincere thanks and appreciation during this difficult time.*

*Rev. Mark*

***Please note: whilst Rev. Mark is off, Rev. Henry Blair is in charge of Pastoral Emergencies. Tel: 028 8774 0919***



It was just over a year ago that the WHO discussed the coronavirus that was starting to spread around the world. None of us could have foreseen the devastating effect on our world, with over 80 million people infected and nearly two million deaths. How has the pandemic challenged our faith, as we look back over the last year?

Firstly, it has forced us to face up to the ***reality of our situation***. We cannot underestimate the health, social and economic effects of the virus on our lives, churches and communities. We have learned how to do church online, but the future shape of church life is uncertain!

As the apostle Paul writes: *'We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. We always carry around in our body the death of Jesus'* (2 Cor 4:8-10).

The pandemic has challenged so much of what we take for granted, but also demonstrated that God is alongside to help us in these circumstances.

Secondly, alongside the fear and uncertainty of this year, we have also learned to find ***new faith and hope in Jesus***. The experience of Jesus' death and His resurrection provides a pattern for us in facing the future: *'so that His life may also be revealed in our mortal body. So then, death is at work in us, but life is at work in you.'* (2 Cor 4:10-12).

During the season of Lent, as we anticipate the events at Easter, it's good to focus on the promise of sharing in the death and resurrection of Jesus. As we consider our present struggles, are we ready to surrender them to Jesus?

May the hope of Easter Day take us forward into the coming year.



*As a Parish we are deeply saddened by the passing of Rev. Mark's Mother, Mrs Heather Lennox.*

*Heather was very much a treasured member of Killyman Parish and will be sincerely missed by everyone, she was an incredible friend to all who knew her.*

*We continue to keep Rev. Mark, Peter & Heather, Sam & Joel and the whole family circle in our prayers and wish them God's peace.*

## **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.



## 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 Alison McMullan

028 87752128

Or any of the following statutory agencies:

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


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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.

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# SNOW MUCH FUN



## BEST BROWNIE

Although last year wasn't a normal Brownie year, we still totalled up inspection points and attendance to determine the award for Best Brownie. We had 20 meetings instead of the normal 32 as they ended very abruptly on 12 March. This year again the Best Brownie Award was won jointly by two Brownies, Jodie Bell and Ellie Turkington who both obtained full marks. Very well done to Jodie and Ellie who were very worthy winners of this award. Following very closely were Grace Weir, Claire Patterson, Tilly Montgomery, Isabella Patton, Isabella Kinkead and Connie Douglas who also deserve congratulations for their very high marks and effort.



After much discussion, training and practising, we held our Prize night virtually, using zoom!! There were 21 Brownies in attendance and it was great to see everyone again and share in all the fun and games. On 1<sup>st</sup> October we then had a Brownie Parents' drive through at Tamnamore to distribute the prizes. How great it was to see everyone in person again... at a distance of course!



THE JOAN HARRISON PERPETUAL SHIELD for diligence, effort and endeavour over all three years in Brownies was awarded this year to Katie Weir. Congratulations Katie! Well deserved.

## BADGES

The prize for having completed the most badges in third year went to Tilly Montgomery who had achieved thirteen badges followed closely by Connie Douglas and Sophie Curry. In year two, Jodie Bell won the prize for most badges with a total of ten; the runners up were Amy Shaw and Isabella Patton. In first year, Nikita Diniz won the top prize with 5 badges completed, followed closely by Aimee Sinnamon, Claire Patterson, Ellie Turkington and Sophie Smith. Well done to all these Brownies and to all the others who have also done their best!

## NEW YEAR

We said goodbye to three Brownies and wish them well as they hopefully make their way to Guides in the future. We also welcomed four new girls from Rainbows, Ellouise, Lucy, Maeve and Mollie. Although we have not met them in person yet, they have already completed their Promise Ceremony virtually and are working on badges. We continue our meetings on alternate weeks and meet on the interim weeks to complete badge work, all via zoom which Girlguiding has provided for us. On Friday 04 December, twelve of our Brownies attended a County Zoom evening hosted by our County Commissioner and enjoyed a great evening of games, craft and fun activities.



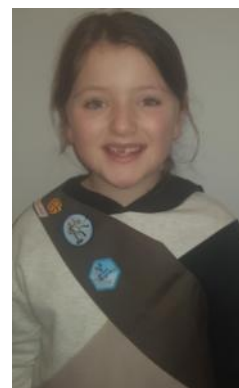
Maeve



Molly



Lucy



Ellouise

## CHRISTMAS ZOOM

On Thursday 17 December, we had our final Christmas zoom of this year. Although party games were somewhat curtailed we tried our best and hopefully all Brownies had a good time. Interest badges gained this term were awarded to 9 Brownies and the Network Stage 2 skill builder badge to 13 Brownies. In total, 20 Theme awards were given out and the highlight of the evening was the presentation of our first ever bronze award badges to Claire Patterson, Ellie Turkington, Jodie Bell, Sophie Smith and Sophie Stretton. Some other Brownies are very close to gaining their Bronze award so hopefully there will be more awarded next term, and maybe even some silver awards!!

We have had a successful and enjoyable term on zoom and plan to meet on zoom again next term but we so look forward to returning to normal meetings as soon as possible!!



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***Don't forget Mothers Day on 14th March***

***Sudoku: Keep your mind active***

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



# Bible Readings for February & March

## February

1	Psalm 60: 1-12
2	Psalm 61: 1-8
3	Psalm 62: 1-12
4	Psalm 63: 1-11
5	Psalm 64: 1-10
6	Psalm 65: 1-13
7	Psalm 66: 1-20
8	Psalm 67: 1-7
9	Psalm 68: 1-14
10	Psalm 68: 15-35
11	Psalm 69: 1-12
12	Psalm 69: 13-19
13	Psalm 69: 20-36
14	Psalm 70: 1-5
15	Psalm 71: 1-11
16	Psalm 71: 12-24
17	Psalm 72: 1-20
18	Psalm 73: 1-28
19	Psalm 74: 1-23
20	Psalm 75: 1-10
21	Psalm 76: 1-12
22	Psalm 77: 1-20
23	Psalm 78: 1-16
24	Psalm 78: 17- 35
25	Psalm 78: 36-55
26	Psalm 78: 56-72
27	Psalm 79: 1-13
28	Psalm 80: 1-19

## March

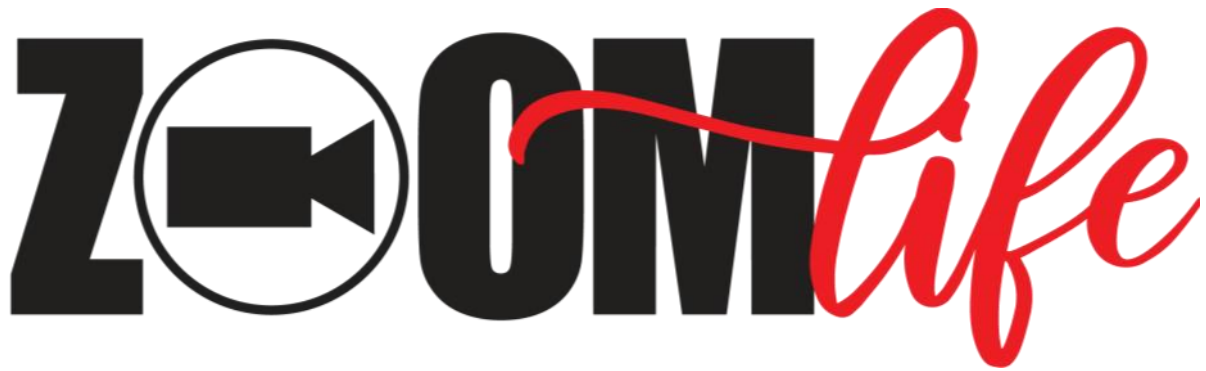
1	Psalm 81: 1-16
2	Psalm 82: 1-8
3	Psalm 83: 1-18
4	Psalm 84: 1-12
5	Psalm 85: 1-13
6	Psalm 86: 1-17
7	Psalm 87: 1-7
8	Psalm 88: 1-18
9	Psalm 89: 1-10
10	Psalm 89: 11-18
11	Psalm 89: 19-29
12	Psalm 89: 30-37
13	Psalm 89: 38-52
14	Psalm 90: 1-17
15	Psalm 91: 1-16
16	Psalm 92: 1-15
17	Psalm 93: 1-5
18	Psalm 94: 1-16
19	Psalm 94: 16-23
20	Psalm 95: 1-11
21	Psalm 96: 1-13
22	Psalm 97: 1-12
23	Psalm 98: 1-9
24	Psalm 99: 1-9
25	Psalm 100: 1-5
26	Psalm 101: 1-8
27	Psalm 102: 1-17
28	Psalm 102: 18-28
29	Psalm 103: 1-5
30	Psalm 103: 6-14
31	Psalm 103: 15-22



 **HEROES**  **HEROES** 

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**NHS**



*'You're still on mute!'* If you've used Zoom over the past year, you'll be familiar with this cry! After a day on Zoom, the last thing we often want to do is using it for a chat with friends or a church service on Sunday! Now this reveals a wider problem that we face. We know that staying connected in the pandemic is hard. When we're tired and busy, it's easy to stop connecting with others, which would encourage our faith or wellbeing. This might also include not sending a text, Facebook comment or phoning somebody up.

Remember what Paul says: *'For what I want to do I do not do, but what I hate I do.'* (Romans 7:15). It's often easier to avoid connecting with God and others, when this would be good for our sense of value, purpose and identity. Certain patterns of behaviour can make us feel safer, but in reality they prevent us from living our lives fully as God intends.

Paul adds: *'What a wretched man I am! Who will rescue me from this body that is subject to death? Thanks be to God, who delivers me through Jesus Christ our Lord!'* (Romans 7:24,25). Through the death and resurrection of Jesus we have the freedom to act differently. Lent is an ideal time to develop new habits, especially when we are tired or anxious. It may involve spending less time on Facebook, turning the TV off to call a friend who we need to catch up with, or getting up a bit earlier to spend time in Bible reading and prayer.

Let's keep reminding ourselves that *'God is bigger than Zoom'* and make sure that we don't get disconnected! Let's be committed to doing the right thing, rather than simply the easier thing.

**Lent begins on Ash Wednesday 17th February**

# North Kivu Diocese, DR Congo

## Partnering in Mission with...

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Killyman Parish

St. Michael's Parish



Thank you from from Bishop Muhindo Ilesomo and his team.  
In spite of the challenges of **2020**, together we were able to support:

- ◆ Completion of third building at Compassion for Children in Distress (CCD)
- ◆ Quarterly support for food & medical care for the children served by CCD
- ◆ Mothers' Union outreach to female prisoners
- ◆ Mothers' Union Covid 19 mask making and distribution
- ◆ Emergency food relief for the most vulnerable during Covid 19 lockdown
- ◆ Covid 19 prevention resources for churches and communities

Thank you for blessing your partners. We pray that  
you too will be blessed by their partnership.

[www.cmsireland.org](http://www.cmsireland.org)



Thank you for continuing to pray for and support N. Kivu Diocese, the work of Bishop Ilesomo and his team has been exceptional in responding to the extreme challenges of floods and Covid 19.

Recently of course we have been shocked and distressed by the news of violent attacks not far from Butembo.

Bishop Ilesomo has a huge responsibility and is working with other church leaders in the area now, to coordinate relief efforts for those who have been displaced into Butembo, after fleeing the attacks in their homes.

Please do continue to pray for this situation which is also impacting Mama Mbambu and the children at Compassion for Children in Distress.

More infants have been brought from villages where attacks have taken place, either separated from family or orphaned by the violence.

We pray that their families can be traced, and thank God for emergency care that they will receive until the situation becomes more peaceful.





Ian Stewart  
07788 435 700  
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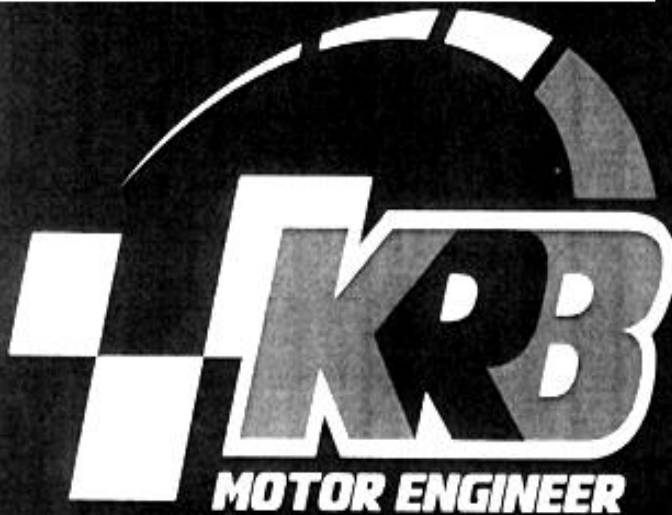
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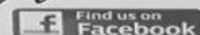
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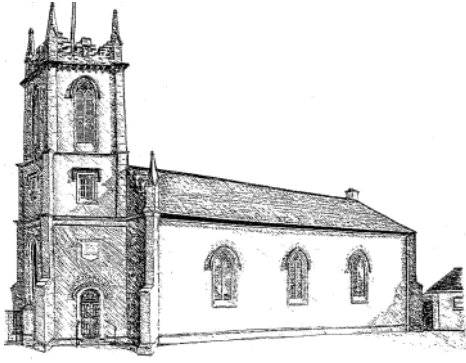
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## **Requirements for In-Building Worship Services when Lockdown ends again.**

*Watch Social Media for current updates  
and guidelines.*

**Social Distancing** – We are required to stay at a social distance of 2 meters from each other while at “In-Building” worship.

**Seat Allocation** – Pews/ Seats will be allocated on a first come, first served basis. The Church has to fill from the front and empty from the back, row by row. Once all available seats are used then no one else is permitted to enter. We are temporarily making our services a ticket only event – meaning that those who wish to come need to book online or phone the Parish Office and reserve a place each week.

**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.

**Hand Sanitizing and Covid-19 checks** – Before you enter the Church you will be requested to use Hand Sanitizer.

**Face Masks** – Face coverings are mandatory for all in attendance.

**No Books** – While you are welcome to bring your own books, no books will be available to borrow. Everything you need will be on the screen.

**Shorter Services** – In order to keep close contact with other people to a minimum, the Services will be noticeably shorter.

**Sacramental Worship** – The Administration of the Sacraments will be very different from what we are used to.

**Stay Safe and Keep Praying.**

**Killyman Radio 106.5FM**

Watch social media for updates.



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***As Mother's Day approaches, let's hear it for all the mothers who have been on the frontline of helping our country survive the Covid pandemic!***

Just as we've clapped on our doorsteps for the NHS and other heroes, let's applaud all that mothers have done – often balancing home and employment – during these long lockdown months.



Research shows that mums have carried out most of the home schooling and household tasks – with many also holding down important frontline roles in the NHS and other essential services.

Women spent more than twice as much time as men on their children's home schooling and development during the lockdown, according to a study by University College London. It measured how parents responded while schools and nurseries were closed to most families.

The survey, reported by the Guardian newspaper, found that women across several age groups took the major share of childcare and home schooling. Those with primary school-aged children “were considerably more likely” to have given up working than fathers with children of the same age.

The pressure on families was further increased as many grandparents and other carers were unable to help. Family and friendship networks were put under strain with contacts restricted to online Zoom or Facetime calls that are often difficult with younger children.

Launching a Children's Society report into children's welfare during the lockdown, chief executive Mark Russell said: “We are living in unprecedented times. Months of national lockdown, only small numbers of children in school, and many families experiencing real crisis. Coronavirus has impacted every area of our lives and The Children's Society has been deeply concerned about the impact of this crisis on children, especially the most disadvantaged.”

He added: “Our survey found a higher proportion of young people experiencing low well-being than we are used to seeing. Whilst we know that most children's well-being will ‘bounce-back’, there will be some who do not.”

Mothers are at the frontline of helping our children cope with – and then recover from – the effects of the Covid pandemic and the extended lockdowns.

Continued over...

...Continued

Mothers are at the frontline of helping our children cope with – and then recover from – the effects of the Covid pandemic and the extended lockdowns

Many working mothers lost their jobs because of the pandemic, and families will be hard-pressed to make up for the income lost. Food bank provider, the Trussell Trust has warned churches to prepare for a ‘tidal wave’ of poverty and to be ready to help their local communities.

This Mother’s Day, daffodils and chocolate may seem very thin reward for the major contribution of mums across our nation.

In normal times, they have a challenging and demanding job to do. Through the pandemic, they have risen to the challenges and sought to ensure children thrive despite the lockdowns.

As we celebrate Mother’s Day, let’s recognise the amazing efforts made by mothers in the home with their children.

**Let’s also celebrate the vital roles many also play – as do those without children – in the NHS, in education, in the government and civil service, in keeping vital supplies flowing – and in our pulpits and across our churches.**



Keep our workers safe, stay at home and listen to Government guidelines.



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**7th FEBRUARY — SECOND SUNDAY BEFORE LENT**

Archbishop John McDowell

Ballinderry, Tamlaght and Ardboe Rector: Barry Paine

The Diocesan Council, Diocesan Synod, Diocesan Boards and Committees

The Anglican Church of Burundi

**14th FEBRUARY – SUNDAY BEFORE LENT**

Archbishop John McDowell

Ballymore Rector: vacant Diocesan Reader: Tom Gorringe, Parish Readers: Walter Evans, Graham Patterson

Clare Rector: Vacant Parish Reader: Samuel Lockhart

PRAY for those who serve on Select Vestries and work for the good of the local parish.

The Anglican Church of Canada

**17th FEBRUARY — Prayer for Ash Wednesday**

*ACCEPT our repentance, Lord, for the wrongs we have done: for our blindness to human need and our indifference to injustice and cruelty.*

*Almighty and Everlasting God, you hate nothing that you have made, and forgive the sins of all those who are penitent; Create and make in us new and contrite hearts that we, worthily lamenting our sins and acknowledging our wretchedness, may receive from you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. Amen*

**21st FEBRUARY — THE FIRST SUNDAY IN LENT**

Archbishop John McDowell

Brackaville, Donaghendry and Ballyclog Rector: Andrew Rawding Diocesan Reader: Florence Gallagher

Young people, Sunday School Teachers, Young people's organisations, Youth Ministers, the Armagh Youth and Children's Board, Development Officer Youth and Children's Ministry: David Brown.

The Church of the Province of Central Africa

**28th FEBRUARY – THE SECOND SUNDAY IN LENT**

Archbishop John McDowell

Camlough, Mullaglass and Ballymoyer Union Rector: Alan Synnott Diocesan

Readers: Jill Hunter, David Hawthorne Parish Readers: Anne Synnott, Mervyn Briggs

Diocese of Clogher and the Bishop elect – Canon Ian Ellis

Iglesia Anglicana de la Region Central de America

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**7th MARCH — THE THIRD SUNDAY IN LENT**

Archbishop John McDowell

Carnteel and Crilly Rector: Glenn West Parish Reader: Gary Lee

The Diocesan Council, Diocesan Synod, Diocesan Boards and Committees

Province de L'Eglise Anglicane Du Congo

**14th MARCH — THE FOURTH SUNDAY IN LENT (17th March – St Patrick) (19th March – St Joseph of Nazareth) Archbishop John McDowell**

Clogherny, Drumnakilly and Seskinore NSM: Amelia McWilliams

Diocesan Reader: Sarah Cathers ,Parish Reader: Hazel Giboney

Iglesia Anglicana de Chile

**21st MARCH — THE FIFTH SUNDAY IN LENT (25th March – The Annunciation of our Lord)**

Archbishop John McDowell

Clonfeacle, Derrygortreavy and Eglisk Rector: Suzanne Cousins

Parish Readers: Molly Batchelor, Alistair Mather, Emma Chambers

PRAY for those who serve on Select Vestries and work for the good of the local parish.

The Church of England

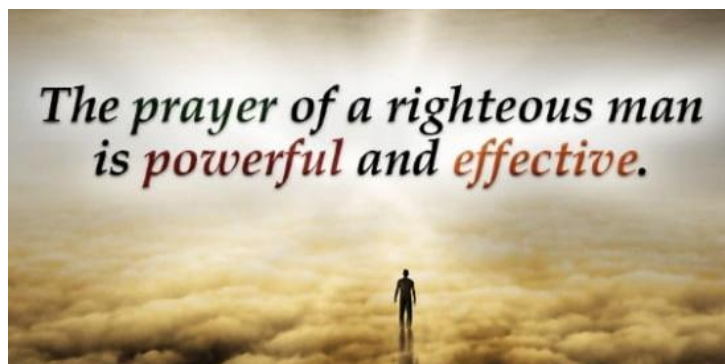
**28th MARCH — THE SIXTH SUNDAY IN LENT – PALM SUNDAY**

Archbishop John McDowell

Derryloran Rector: Norman Porteus Curate: Drew Dawson

Parish Readers: Canon Wilfred Young, Raymond Bradford, Ron Griffin

Hong Kong Sheng Kung Hui





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# Parish Giving

## The Gift Aid Scheme and Planned Giving.

The Gift Aid Scheme allows the Church (as a registered charity) to claim an extra 25% on donations made through it. For the Church to claim this, the donor must be a UK income tax payer and must have signed a declaration form.

We are very grateful to all the parishioners who have already signed a declaration. If there is anyone who may be eligible and has not signed a declaration form, please consider doing so. It could mean extra income for the Church without any further expense to you. Please contact the treasurer or Parish Office for details.

Over time people's circumstances change and they may no longer pay income tax. If you signed a declaration form in the past but no longer pay income tax, then the Church must not claim Gift Aid tax relief on your donations. If this applies to you please contact the Parish Office or treasurer, so that the tax relief is not claimed in error.

Over the past year, when Church services have been severely disrupted, a number of Parishioners have signed up to give their donations by standing order, through their bank and the Church is very grateful to them.

These regular donations allow the Select Vestry to, more easily, plan for future expenditure. If you wish to set up such a standing order, please contact the Parish Office or the treasurer.

### Gift Aid explained...

If you make a donation and you tell us that you pay tax in the UK we can claim back 25% from the Government. **That's 25p for every £1 you give.**



+

I pay Tax  
in the UK

=



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# **Mow 'n' Go**

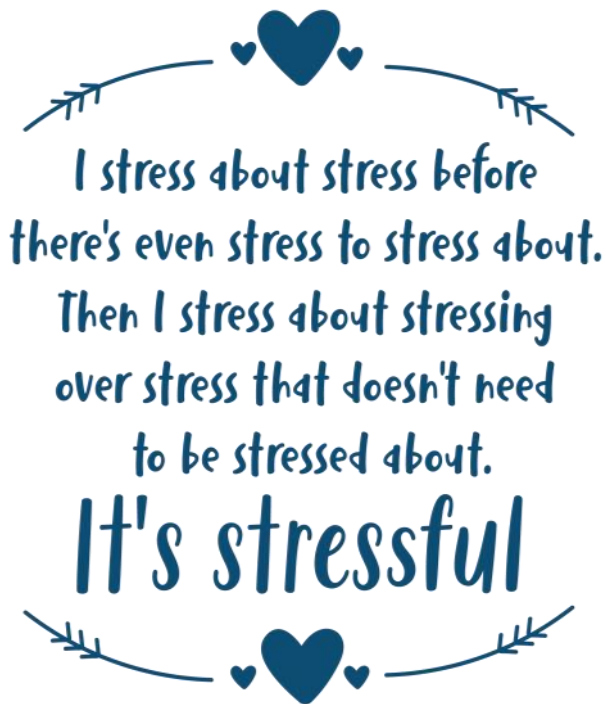
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07766693348

for a quotation



With the third lockdown, too many of us are facing a torrent of stress over job insecurity, home schooling, isolation, illness, or all of the above! Stress makes us want to eat badly, exercise less and drink more. It also has a profound effect on our immune system.

While brief or 'acute' stress can spur us on to some specific achievement, the opposite is true of 'chronic' stress, which does only damage. It suppresses our immune system, making us more susceptible to bugs.

That is why a stressful event can leave you feeling run down, or trigger a bad cold, shingles, or asthma.

So how do we give our immune systems some help during this crisis?

Eat well. A balanced diet includes at least all six plant-based food groups: fruit, vegetables, wholegrains, legume, nuts and seeds.

Exercise every day: regular moderate exercise helps your immune system.

Get enough sleep. It has been called "the foundation of the immune system." Avoid caffeine in the afternoon and keep devices, laptops or screens away from you for an hour before bedtime. Instead, stretch and relax, and consider a hot shower or bath.

Finally, don't be mean to yourself. Practise some self-compassion. Give yourself some private time, forget perfectionism, and accept that 'sometimes half-good is good enough.' Be kind to yourself – because even that will help your immune system.

If you need help during a mental health crisis or emergency, NHS urgent mental health helplines provide:

- 24-hour advice and support - for you, your child, your parent or someone you care for
  - help to speak to a mental health professional
- an assessment to help decide on the best course of care

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>



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**[dungannon@parklandsvets.co.uk](mailto:dungannon@parklandsvets.co.uk)**

**[www.parklandsvets.co.uk](http://www.parklandsvets.co.uk)**



Artificial arrangements must be thrown in bins provided. Do not add these to the compost heap at the top of the graveyard., This is for organic materials only.

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 Church Services take place, the Graveyard is closed from 9:00am-1:30pm. Thank you for adhering to the rules.



Thank you to everyone who contributed to the Food bank Appeal over Christmas. Your donation was very well received.

Thanks also to those who decorated the hall and foyer so beautifully for the Christmas season.



Since March last year Sunday School has continued online each Sunday morning. It has been great to see the young people and their families engaging in the activities each week. If you would like to sign your child up for Sunday School please email [standrewskillyman@gmail.com](mailto:standrewskillyman@gmail.com) for more details.

## Are you a Registered Vestryperson?

If you are 18 years old or over; a communicant and a subscriber then you are entitled to sign. As a Registered Vestryperson you are eligible to vote in the upcoming Annual General Vestry.

Email Heather in the office for forms or more information:  
[killymancoi@outlook.com](mailto:killymancoi@outlook.com)

Forms must be completed and returned by 1st March 2021

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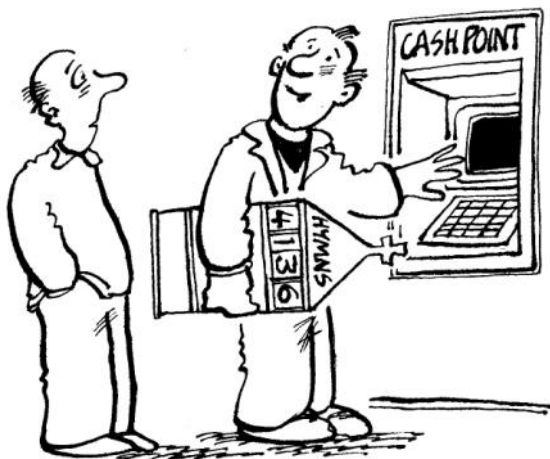
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E: accounts@dbsdungannon.com

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*...between you and me, it's the only way I can remember my PIN number!*



*"Don't worry, I'm not getting Covid - I didn't realise the sign meant a low door..."*

*A small boy went to church with his grandmother (obviously pre-covid-19) and joined her when she quietly slipped off the pew to kneel and pray. He even copied her example of burying her face in her hands. But after a few seconds his curiosity got the better of him. "Who are we hiding from, granny?"*



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150 years ago, on 27<sup>th</sup> March 1871, that the first international rugby union football match was held in Edinburgh. Scotland beat England 1 – 0.

## Victoria Courtenay

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To make an appointment

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

Solution to this month's puzzle

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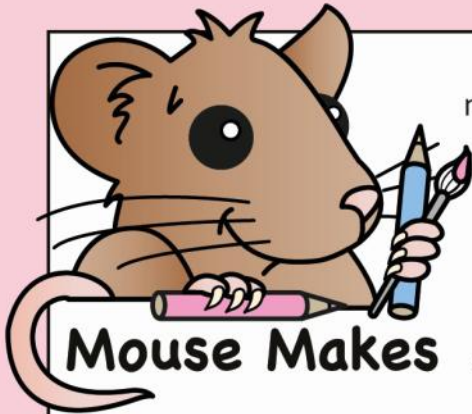
# Bible Bite

A short story from the Bible

It can be read in the Bible in  
Luke chapter 14 verses 15-24

Jesus was at a dinner when one guest said  
how good it would be to be at God's feast  
for His people at the end of time.





## Mouse Makes

**Who is my mother?**  
Look up the Bible verses then find the mother's names in the word search

**CAIN and ABEL**  
*Genesis 4:1-2*

**JOSEPH**  
*Genesis 30:22-24*

**ISHMAEL**  
*Genesis 16:15*

**TIMOTHY**  
*2 Timothy 1:5*

**RUBEN**  
*Genesis 29:32*

**GAD**  
*Genesis 35:26*

**SAMUEL**  
*1 Samuel 1:20*

**OBED**  
*Matthew 1:5*

**ISAAC**  
*Genesis 21:3*

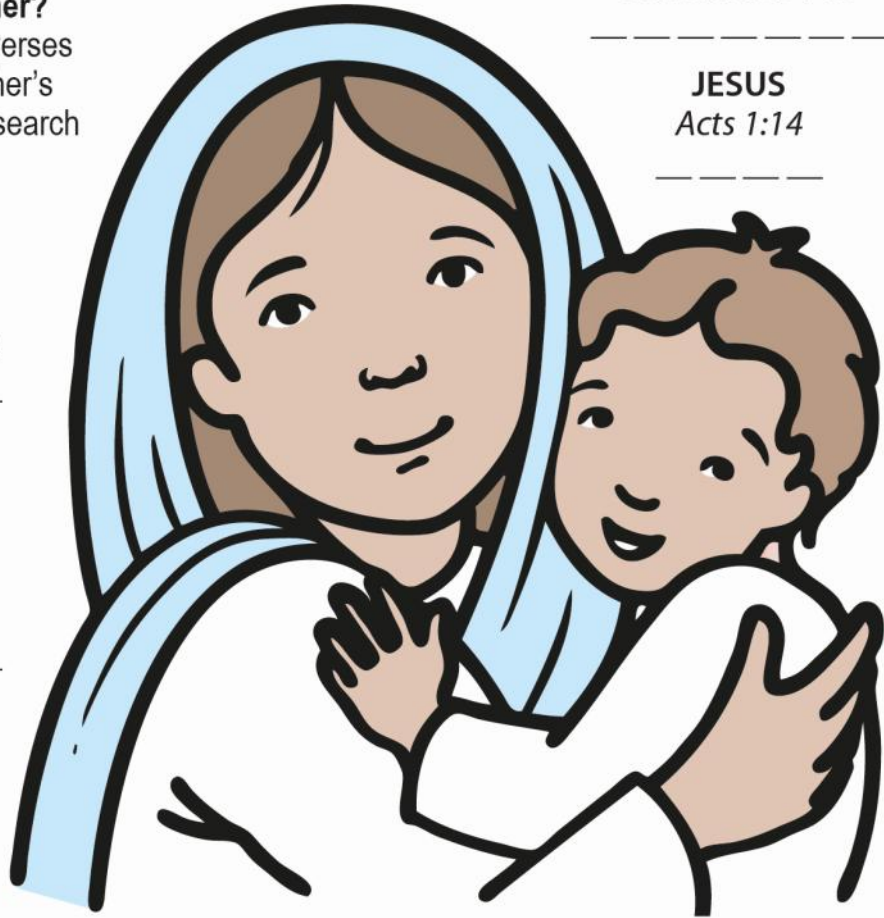
Jesus was **loved** by his mother Mary, she looked after him, worried about him and prayed for him. She **cuddled** Jesus when he was born, **cried** when he died and **rejoiced** when he rose from the dead.

**SOLOMON**  
*1 Chronicles 3:5*

**JOHN**  
*Luke 1:57-60*

**ESAU and JACOB**  
*Genesis 25:24-26*

**JESUS**  
*Acts 1:14*



R	A	C	H	E	L	M	A	R	Y	A	V	Z
E	L	I	Z	A	B	E	T	H	H	E	V	I
B	Z	D	R	E	B	V	S	U	A	U	O	L
E	T	M	U	M	L	E	A	H	N	N	L	P
K	M	O	T	H	E	R	R	T	N	I	E	A
A	I	S	H	H	A	G	A	R	A	C	G	H
H	S	T	A	B	A	T	H	S	H	E	B	A

There are two other words in the word search, can you find them?

Let us know if you make any of our recipes and send us some pictures.

If you have a recipe you'd like to share, please feel free to pass it along.



**PUDDINGS:—**

**LEMON SPONGE**

1 lemon jelly.

3 egg whites.

Make jelly and set aside to cool. Whisk the whites until stiff. Gradually mix in the jelly and whisk until mixture starts to set. Pour into a glass dish and put in fridge. Decorate with whipped cream and mandarin oranges.

\*\*\*\*\*

**QUICK APPLE DUMPLING**

4-5 Cooking apples and sugar to sweeten.

6 ozs. self raising flour. 1 oz. sugar.

2 ozs. margarine. sweet milk.

Stew apples with a little water and sugar in a saucepan. Rub margarine into flour. Add sugar and mix to a soft dough with milk. Drop dough on top of apples in the saucepan. Cover with a lid and cook 20-25 minutes. Serve hot with custard sauce.

\*\*\*\*\*

**CHERRY OR STRAWBERRY CHEESECAKE**

Base:

½ lb. digestive biscuit  
crumbs.

4 ozs. margarine.

2 ozs. sugar.

Filling:

1 Pkt. Dream Topping.

2 ozs. sugar.

3 ozs. Philadelphia Cheese.

Vanilla essence.

Decoration: Tin cherry or strawberry pie  
Filling, fresh cream.

Base: Melt margarine in saucepan at low heat. Add 2 ozs. sugar and crushed biscuits. Press into Swiss Roll Tin and put in freezer for ½ hour. Whip Dream topping with 2 ozs. sugar and cheese, add vanilla. Put on top of base and return to the freezer for ½ hour. Spread pie filling on top and decorate with cream.

Another excerpt from the old Killyman Family Favourites recipe book from many years ago.

## CLERGY & CHURCH OFFICERS:

Rector: Rev. Mark Lennox 028 8772 5099

C/o Parish Office  
43 Trewmount Road  
Killyman  
BT71 6RL

Rector's Churchwarden:	Mr J. Fowler	(028) 87727651
People's Churchwarden:	Mrs R. Patterson	07921 063 829
Hon. Treasurer:	Mr. P. Annesley	(028) 8772 4539
Hon. Asst. Treasurer:	Mrs R. Patterson	07921 063 829
Hon. Secretary:	Miss. J. Winslow	(028) 8772 5009
FWO. Secretary:	Mrs. L. Stretton	(028) 8772 5290
Magazine Distribution:	Mrs. J. Douglas	(028) 8772 4398
Missions Sec:	Miss. E. Wigton	(028) 8772 4018
Organist:	Miss H. Fowler	07702 435 061
Graveyard Warden:	Mr. T. Douglas	07813 818 145
Flower Sec:	Mrs. R. Carroll	(028) 8775 2278
Parish Administrator:	Mrs. H. Stewart	
killymancoi@outlook.com		
Parish Office number		(028) 8772 6635

*Whilst the Rector is off Rev. Henry Blair from Tullanisken Parish is in charge of Pastoral Emergencies and can be contacted on 028 8774 0919.*



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13 MAIN STREET, CHARLEMONT, MOY, CO. ARMAGH BT71 7SF

# Newborn Knit Baby Hats

Pattern courtesy of TheMakeYourOwnZone.com



## Supplies:

Size 6 Needles – American (equals size 8 UK needles)

Medium Weight (4) Yarn (I like to use a soft yarn like Red Heart Soft)

Gauge: 4.5 stitches per inch (or 2 stitches per centimeter)

Cast on 48 stitches

Work in Knit 1, Purl 1 ribbing for 1" (about 6 rows)

Knit in Stockinette Stitch (knit 1 row, purl 1 row) for 3" inches. End with a purl row. Piece will now measure 4" from the beginning.

Begin Decrease for top of hat:

Next Row: Knit 2 together across row (24 stitches)

Next Row: Purl across

Next Row: Knit 2 together across row (12 stitches)

Next Row: Purl across

Next Row: Knit 2 together across row (6 stitches)

Cut yarn, leaving a long tail for sewing up seam. Thread the tail of yarn through a large eye needle and then pull through the stitches to remove them from the needle. Pull stitches tight to gather. Sew seam down side of hat with remaining yarn. Make pom pom and fasten to top of hat.

**Ideas for striped Hats:** { MC = Main Color CC = Contrasting Color }

### Wide Stripe Pattern:

Do Ribbing in MC

Then in stockinette stitch:

4 rows: MC

4 rows: CC

4 rows: MC

4 rows: CC (break off CC)

2 rows: MC

Continuing with MC, begin decrease rows and complete the hat.



### Skinny Stripe Pattern:

Do Ribbing in MC

Then in stockinette stitch:

2 rows: MC

2 rows: CC

2 rows: MC

2 rows: CC

2 rows: MC

2 rows: CC

2 rows: MC

2 rows: CC (break off CC)

2 rows: MC

Continuing with MC, begin decrease rows and complete the hat



### 2 Stripe Pattern

Do Ribbing in MC

Then in stockinette stitch:

4 rows: MC

2 rows: CC

4 rows: MC

2 rows: CC (break off CC)

6 rows MC

Continuing in MC, begin decrease rows and complete the hat.

