

## PINNACLES JULY/AUGUST 2023

## PARISH BBQ



#### Summer Opportunity? ....

**New Horizon** is annual Christian teaching week on the North Coast. With the theme of 'JOY FROM THE ASHES' this year New Horizon will meet at the University of Ulster, Coleraine from 5th - 11th August.



This is an event that is always well worth a visit, if even for just one evening. For more details of what is happening and when, please visit the New Horizon Website :- <u>www.newhorizon.org</u>

Name :	
Address :	
Гelephone Number :	
Email Address :	
⇒ I would like to be added to the Parish Membership List :	
⇒ I would like to receive a visit from a member of the Parish Clergy /Pastoral Visiting Team :	
I would to receive Parish Information via occasional email communications :	
⇒ I would like to receive Parish Giving Envelopes :	
⇒ I would like to receive a Gift Aid Declaration Form :	

Consent is required for our Parish to store your telephone number and email address. If you would be willing for us to hold this information, please complete, where relevant, and return via the Church Collection Plate or to the Church Office at your convenience.

#### Rector's Letter .....

Dear Friends,

I wonder if you have spoken to any inspirational people lately?

I have, and they have been young people from our Parish.

Just recently I was delighted to read an ArmaghI article recording

a mother's gratitude and praise for Alex Graham, and his friend David, who very compassionately came to the aid of her young son following an accident on The Mall.

It was also a joy to read of Laura Hampton being selected to be a First Mate for a crew who will circumnavigate the globe on the up and coming Clipper Round the World Yacht Race.

Just a few weeks ago I was speaking to Ruth Davidson, who as part of her medical degree in Dundee will soon serve on a YWAM Medical Ship in and around the islands of Papua New Guinea.

During late June and early July, Ellie Dickson and Matthew Kingston, along with a team of young people associated with Portadown's Edenderry CE will serve in an action packed 3 weeks of Kids' Club in Philadelphia.

Closer to home Isaac Kingston will travel to Ballina, Co. Mayo to serve on a week long pioneering Holiday Bible Club.

And of course, many young people from our Parish will also offer their gifts and energy to serve on our 'Epic Explorers' Holiday Bible Club during August.

The Scriptures regularly feature inspirational young people such as the faithful servant Joseph in the house of Potiphor, the faith associated courage of David with Goliath, the unnamed girl in 2 Kings 5 who introduced Naaman to Elisha, the prayerful Daniel despite the threat of lions and the young boy with his lunch which Jesus used to feed more than 5,000 people. Young people can inspire us in many ways, including in faith.

For the apostle Paul, a young person who gave him immense encouragement, and even inspiration was Timothy. Timothy was a spiritual son to Paul and Paul was Timothy's mentor. Timothy's mother Eunice and grandmother Lois were noted members of the early Church. Their influence clearly encouraged Timothy's early faith in Jesus. Timothy went on to be someone whom Paul could rely upon for help in the mission that he had been given and Timothy grew into a leader himself, even taking responsibility at a young age. In 1 Timothy 4v12 we read of an example of how Paul stressed Timothy's contribution to the mission of the early Church; "Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity."

Let us be thankful for the inspiration that our young people offer as they achieve and serve in so many ways, whether in the every day norms, or in unique opportunities of great adventure. As older people, let us even learn from them! Wherever possible, as a Church, let us encourage our young people and encourage them to grow in faith and grasp opportunities to make a difference for the Kingdom of God.

Yours in Christ, *Malcolm* 





### Sunday 9th July

7pm | The Venue

Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. John 4:13-14

www.stmarksarmagh.org

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Many congratulations to Dr Bob Brown on his commissioning as a Diocesan Reader! As a Diocesan Reader, Bob will be available to assist by leading services and to preaching in churches across the Diocese, including St Mark's.

We wish Bob every happiness and blessing in this new form of ministry, as well as in his continued service as a Parish Nurse in St Mark's.



Thank you to everyone who serves in our Parish's youth and children's organisations! For all that you do for the benefit of children and young people we are extremely grateful.

To help us keep up to date with our safeguarding requirements, our Parish Panel has decided that it would be appropriate to ask all of



our leaders and helpers for children and youth organisations to undergo a refreshed AccessNI Check before our Holiday Bible Club and the new term of activities this autumn.

Therefore if you are currently involved in organisations that involve children and young people, we would be very grateful if you might pop in during one of the following sessions at the Parish Office so that we can process your application this summer :-

Monday 26th June (6.30pm - 8pm) Wednesday 5th July (6.30pm - 8pm) Monday 10th July (6.30pm - 8pm)

If none of these sessions are suitable, please contact Malcolm or Caroline as soon as possible and an arrangement can be made.

#### ADULT CONFIRMATION

On Sunday 28th May, Mrs Karen Foster, a Parishioner of St Mark's was confirmed by the Archbishop in the Cathedral. We trust that Karen will know God's richest blessings as she continues to love and serve him.

Karen is pictured with her husband Eric and children Zara, Pippa and James.



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# Alive and Active 2023

## Thursday 13th July

### Gosford Walk 7pm

meeting at Gosford main car park Followed by tea, coffee & treats

## **Thursday 24th August**

### Palace Demesne walk 7pm

Meeting at Palace main car park followed by ice cream

## Everyone Welcome!









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#### **Parish Picnic**

After a lovely Children's Day Service, a Parish Picnic was enjoyed by Parishioners in the Palace Demesne. The sun shone, games were played and a great time was had by all!









Curate's Corner ....

#### Are you thriving or surviving?

As we approach summer there may be many things circling in our minds such as; counting down the days till our long awaited holiday,

this week's what seems like a never ending to- do list,

'I must tidy out the garage this summer',

what are we going to eat this week,

'I need to do this... or that...'

But for a few moments I would like for you to take a big step back from all those questions, worries and concerns, and instead ask you a bigger question - are you thriving or surviving?

Firstly, what's the difference between thriving and surviving? Sociologist Anna Akbari notes: 'Surviving is a grim struggle—you're white-knuckling life, just barely getting by. Thriving is living and thinking abundantly... Surviving is a drag, a daily slog to stay alive. Thriving is joyful and infectious'. Surviving is essentially living a life of maintenance. On the other hand, thriving means living a life of abundance.

Throughout scripture and specifically in the Psalms we see people crying out to God to save them from the despair that they are in:

I cried out to God for help; I cried out to God to hear me-Psalm 77:1

Lord, I cry out to you out of the depths of my despair! Hear my voice, O God! Answer this prayer and hear my plea for mercy- Psalm 130:1

How often does that resemble us?

Life is challenging and for many of us we've been playing a great big game of survival. But we weren't created by an ever-present, all loving, all-consuming God just to survive - we are born to thrive!

Let's be honest, we've all been through some very tough times and during the Covid-19 Pandemic this idea of survival was built into us (and rightly so). We are over 3 years on and to be frank I don't think we've come out the other end. I believe we are still in survival mode. (Now don't get me wrong Covid was awful, there's a lot of lasting effects, and there is no doubt that it is still about today, but in light of that we must learn to live in a world where Covid will exist). The truth is we haven't come out the other end stronger because of what we've been through, we haven't come out shouting a loud praise to God for providing for us, for never leaving our side, for giving people the knowledge to make vaccines. God has created you and me to thrive not just survive

Dr Loretta Breuning says that our brains are made in such a way to promote survival, they don't promote feeling good or a thriving life. This means that we have to intentionally seek a thriving life, we have to reprogram our brains and clean up the debris left behind all the survival mode wreckage such as bad relationships, unhealthy habits, a life devoid of intention and purpose.

Philippians is a book about finding joy amidst any of life's difficult circumstances. Take a moment to read Philippians 3:1-11.

The first way we can cultivate a life that thrives is by learning one simple Biblical principle – 'Rejoice'. Paul said this time and time again. He said it nearly 20 times in this letter. Why would he so often tell us to rejoice?

Especially when life doesn't go the way we want it to, it's easy to go into survival mode. It's a lot harder to thrive. The way we move from survival to thriving is the gift of God we call joy. That's why Paul could write, "It's no trouble for me to remind you again and again to rejoice." He saw it as a command for us, no matter what circumstances we find ourselves in. Paul knew there would be times in our lives when we would not feel joyful.



continued overleaf...

For some of us, that's now. Paul would remind us that obeying this command to be joyful doesn't rely on circumstances, but on God.

There is a lot more I could say about Surviving vs. Thriving, but for now I leave you to decide whether you want to survive and just get through life, or whether you want to thrive. Here's to a summer of reprogramming our brains, our priorities and our relationships, here's to a summer of choosing to the thriving life!

Blessings,

Sarah

#### Livestream Update

Whilst we hope that most services during the summer will be available online, it may be that streaming of some services will not be possible due to team members being on holidays. We promise that we shall do our best to maintain coverage, but apologise for any Sundays when a service will not be available via YouTube.

#### **Holy Communion**

It is intended that from now on, the bread which is served to all recipients during Holy Communion services will be gluten free. We shall experiment over the next few weeks to seek out the preferred brand of bread and we hope that everyone will know a very warm invitation to participate in any of our services.

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On Tuesday 27th June, Mr Ian Millar is planning to undertake four rounds of golf in one day! This 72 hole effort in such a short time is a demanding undertaking. We hope that he won't be in much pain afterwards!

Ian is the Hon. Secretary of our Parish Select Vestry and regular worshipper at our 8.30am Service. If you would like to sponsor Ian, please feel free to do so online through JustGiving (accessible through our Parish Website), or place your donation on a church collection plate in an enveloped marked 'Golf Sponsorship'. Thank you to Ian and all who will support him!

#### St Mark's Armagh

'Serving together for Christ's Kingdom'

*Parish Office :* The Gate Lodge 44 Victoria Street Armagh BT61 9DT

Parish Administrator : Mrs Caroline Nesbitt Tel: 02837 523197 Email : sec.stmarks@gmail.com Website: www.stmarksarmagh.org Registered Charity : NIC103959

*Sexton :* Mr David Mansbridge (Tel : 07873167120)



#### Contact Details

Rector : Rev'd Canon Malcolm Kingston St Mark's Rectory, 14 Portadown Road Tel : 02837 522970

Curate : Rev'd Sarah Parkinson

The Curatage, 6 Ashley Avenue Tel : 07974252013

Hon. Senior Associate Priest :

Very Revd Robert Townley

Parish Nurse : Dr Bob Brown 07514129195

Pastoral Assistants : Mrs Adele Geddis,

Ms Barbara Wilson

Parish Readers : Mrs Adele Geddis,

Ms Barbara Wilson

**Rector's Churchwarden :** 

Mr Gareth Liggett

People's Churchwarden :

Mrs Valerie McCann

CHURCH RECORDS

#### SERVICE OF THANKSGIVING FOR THE LIFE OF

Maureen Bottom (31st May)



Church Office Opening Hours For July & August



#### Wednesday Only 9-1pm

Outside of these times, a message can be left on the answerphone (37 523197) or alternatively an email may be sent to : sec.stmarks@gmail.com

Pinnacles notes for September are due in the Church Office no later than Monday 21st August Thank you in advance.

#### READERS

We very much appreciate those who read God's word to us from the Bible during our services. If you would be interested, we would be delighted to add new readers to our list to read from time to time. From young people to the not just as young, we would be delighted to have you! Please speak to Caroline or

Please speak to Caroline or Mervyn Adamson for further information.

#### July & August Service Rota...

#### JULY :

#### 2nd : The 4th Sunday after Trinity

8.30am : Holy Communion 2
10.30am : Holy Communion 2
Reader : Christine Somerville
7.00pm : Evening Prayer 2

#### 16th : The 6th Sunday after Trinity

8.30am : Holy Communion 110.30am : Family Service7.00pm : Holy Communion 2

#### 30th : The 8th Sunday after Trinity

8.30am : Holy Communion 210.30am : Morning Prayer 2Reader : Maureen Watt

7.00pm : Evening Prayer 2

#### AUGUST :

#### 6th : The 9th Sunday after Trinity

- 8.30am : Holy Communion 2
- 10.30am : Holy Communion 2
- Reader : Michael Dickson
- 7.00pm : Evening Prayer 2

#### 20th : The 11th Sunday after Trinity

- 8.30am : Holy Communion 1
- 10.30am : Morning Prayer 2
- Reader : Linda Pierson
- 7.00pm : Holy Communion 1

#### 9th : The 5th Sunday after Trinity

- 8.30am : Holy Communion 2
- 10.30am : Morning Prayer 2Reader : Wendy Davison7.00pm : Evening Prayer 27.00pm : The Well

#### 23rd : The 7th Sunday after Trinity

- 8.30am : Holy Communion 2
- 10.30am : Morning Prayer
  - Reader : Mervyn Adamson
- 7.00pm : Evening Prayer 2



#### 13th : The 10th Sunday after Trinity

- 8.30am : Holy Communion 2
- 10.30am : Family Service
- 7.00pm : Evening Prayer 2

#### 27th: The 12th Sunday after Trinity

- 8.30am : Holy Communion 2
- 10.30am : Morning Prayer
- Reader : Christine Somerville
- 7.00pm : Evening Prayer 2



## Seniors' Lunch



Wednesday 28th June (12noon - 1.30pm) includes health & wellbeing talk To reserve a place & / or arrange transport, please contact Bob Brown (Parish Nurse) : 07514129195. Please advise of any dietary requirements.

Katie Brown and Michael Stirling

who were married on

Saturday 3rd June



#### July / August Flower Rota

2nd & 9th July : Roy & Ann Williamson

16th & 23rd July : Robert & Edna Starrett

30th July & 6th August : Ann Robinson

13th & 20th August : VACANT

27th August & 3rd September :

VACANT

FONT July : Mr R Johnston August : VACANT

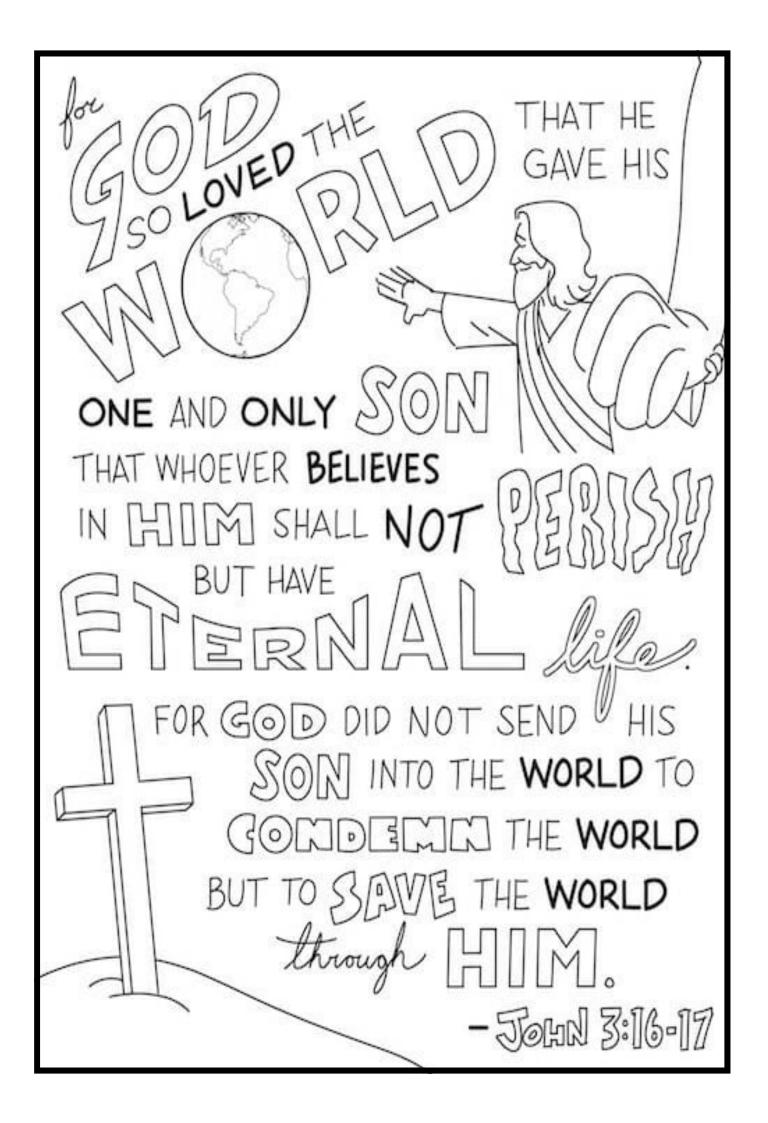
#### Lessons of faith': a sermon series featuring the life of Moses

On Sunday 25th June, we are embarking upon a 4 week sermon series reflecting on significant moments in the life of Moses and the people of Israel. Hebrews 11 records Moses as being a man of faith, which overall was

WONShip WITH US

true. But we can be encouraged as a people highs and lows with our faith, because Moses too had his moments!! During morning and evening services, let us be encouraged to have faith in the God, who with Moses, demonstrated faithfulness and promises fulfilled.





	<b>REGISTRATION FORM</b> Int form per child attending
Child's name:	
Address:	
Date of Birth:	Primary class Sept 23:
GP Name & Telephone:	
Emergency contact name & numb	er:
Please state any medical conditio	on/allergies:
I consent to my child's photograp publicity both in print & online	oh being taken for St Mark's Yes INO
Explorers Holiday Bible Club from August 7th-11	and have given consent for my child to attend the Epic th 2023. In the event that my child is taken ill or injured o that surgical operation or medical treatment becomes

necessary, I hereby authorise the leader in charge to sign on my behalf any written forms of consent required, provided that the delay necessitated to obtain my signature might endanger his / her health or safety.

Signed:

Date:

To assist us with our planning, we would be very grateful if you could return this Registration Form to the Church Office prior to the Holiday Bible Club. If this is not possible, please bring this form along to the Crozier Hall on the first day of your child's Holiday Bible Club attendance. Thank you.



