



# PINNACLES

## JUNE 2023

### CHILDREN'S DAY SERVICE

Sunday 4th June 2023

10.30am



We would love for you and your family to  
join us for this special service!



# SUMMER MADNESS

30TH JUNE - 4TH JULY  
@ PORTGLENONE



for more info :

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

## KEEPING IN TOUCH

Name : \_\_\_\_\_

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Telephone 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 like 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 :

*At present we only hold the Names and Addresses of Parishioners.*

*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,  
Doesn't it always seem that good weather arrives when young people are undertaking exams?! As I write this letter it is a beautiful day in May and the Exam Prayer Flip Chart is filled with names of young people to be remembered in prayer as they seek to remain focused and achieve the best that they can in their examinations.

I will never forget finishing my last exam in Queen's University Belfast rejoicing in the knowledge that I would never have to revise and sit exams again. It was a wonderful feeling and what I thought was the beginning of a career soon followed. However, four years later I found myself sitting in the exam hall of Trinity College Dublin at the end of the first year of my Theology Degree in preparation for ordained ministry. A lesson was truly learned - 'never say never'!!

Exams can be a very stressful time as young people seek to achieve the best that they can in order to progress to the next stage of their education, or towards the beginning of a career. May each person whom we know undertaking exams be enabled to prepare well, recall their learning effectively, apply it correctly, and at all stages of the process be at ease.

We believe in a Lord in whom we can trust to guide us and help us at every moment of our lives, exams or otherwise. The message of Pentecost is that, as Jesus promised, the Holy Spirit ministers to and through all who trust in Jesus as Lord. Jesus promised his disciples on a number of occasions that they would not be alone. A famous example of this is found in the last words of Matthew's Gospel; "*And surely I am with you always, to the very end of the age.*" We might not think of him very much, but as followers of Jesus, we can be assured that the Holy Spirit is with us always.

As people of faith in Jesus, let us ask for a greater awareness of the Holy Spirit's presence in our lives. May he shape us, guide us, reassure us, help us to be aware of the love of Jesus and respond to his love by loving him and becoming more like him.

Yours in Christ,

*Malcolm*

## **CHILDREN'S DAY**

We are very much looking forward to our Children's Day service on 4th June at 10.30am. During the service the children will be taking part as well as receiving their prizes. Everyone is welcome to join us at this special service. We politely ask that all children are in church for 9.50 am to allow for a practice before the service commences.



Also, a reminder for parents/guardians that the children will be at the front of the church and will therefore be visible in the service livestream on YouTube.

Finally, it would be greatly appreciated if the CMS Ireland collection boxes could be returned to Sunday School leaders or the Church Office by the end of June 2023. Many thanks for your continued support for missionaries around the globe. Sunday School will resume in September 2023. We would like to wish all the children and leaders a lovely summer break.

*Christine*

## **FIRST THURSDAY CLUB**

Our meeting this month will take place on Thursday 1st June and will begin with a short AGM followed by a light lunch of soup & sandwiches at a cost of £5 for each member.

It will take place at 1pm in the Windsor Room and new members are always welcome. Please remember the different time and room.

*Ann*

## **PARISH BBQ**

On Friday 9th June (7pm) a Parish BBQ is planned to take place at The Crozier Hall. As always, we would love for you and your friends to come along to what is always a very enjoyable evening! Tickets are available from Select Vestry Members and the Parish Office. For those who would like to stay, the meal will be followed by a Table Quiz. Proceeds raised will be for Parish Funds. Tickets must be purchased by Monday 5th June.



## **CRICKET MATCH**

The annual Cricket Match with our friends from The Mall Presbyterian Church will hopefully take place on The Mall this month. This is always a very enjoyable evening and players and spectators will be very much appreciated.

When the date and time for the fixture has been agreed, it will be publicised in Pew News and through Social Media.

Those who would like to play will be able to add their names to the Sign Up Sheet which will be found in the church porch. Spectators will be very much welcomed!! We offer our continued thanks to Armagh Cricket Club for hosting what is always a very enjoyable event.

## **SUMMER MADNESS UPDATE**

On Monday 22nd May a short Parents Meeting for campers attending Summer Madness took place in the Crozier Hall. At present our group consists of 22 young people, as well as leaders, for which we are delighted. There is still opportunity for young people from our parish, as well as their friends, to join in. All of the necessary details are found on our Parish Website and please note that the price of tickets increases on June 5th.

Summer Madness (30th June - 4th July) is a wonderful opportunity for faith encouragement and a lot of fun with friends current and new. If you would like to know more, please do have a look at the Website and if you have any questions feel free to get in touch.

Please also pray for our group attending Summer Madness. May it be a time when young people from all over Ireland and beyond are richly encouraged in their faith in Jesus, keep safe and have a lot of fun together.

## **EXAM PRAYER FLIP CHART**

Exam time can be a very stressful time for young people, as well as their families. To offer support at this time, the Exam Prayer Flip Chart is available in the church. Please feel free to add the Christian name of young people on the Flip Chart for each day of their exams and they will be remembered in prayer on the relevant mornings.



## **5 ASIDE FOOTBALL**

On Monday evenings (8.15pm) a group of men from our Parish (and friends) meet at the Orchard Leisure Centre for 5 aside football. New players (over 18 years) are always welcome!

To find out more please speak to Mark Speers (contactable through the Parish Office) who will gladly add you to the WhatsApp group to keep you informed of when we play.

It is a delight to be able to share with you that on Sunday 18th June at 3.15pm, Dr Bob Brown will be commissioned as a Diocesan Reader in St Patrick's Cathedral, Armagh. As a Diocesan Reader, Bob will be involved in leading worship and preaching in churches across our Diocese.

Diocesan Readers are of enormous benefit to parishes especially where there is no Rector at present, or when Rectors are on leave.

Bob continues to develop a strong and practical faith and is a very able communicator. I have no doubt that he will be a very effective Diocesan Reader as well as being our Parish Nurse. We very much hope that he will have time to occasionally be involved in services in St Mark's too!

Please pray for Bob as he approaches this new opportunity of service and if you are able, please do join us in the Cathedral for his commissioning.



*Malcolm*

## *Curate's Corner....*

Dear Friends,

What really bugs you? What does it take for steam to come out of your ears? Perhaps it's the sound of chalk scraping along a blackboard, someone cutting the cheese diagonally instead of straight or someone not replacing the toilet roll once it is done. We all have frustrations whether they are big or small and they can really get to us.



Frustration can be defined as “the feeling of being upset / annoyed as a result of being unable to change or achieve something”. We have all lived through some ‘testing times’ and it may have left us feeling more frustration than we’d like to admit. Frustration is a natural response to what is happening in our lives and in the world around us, indeed the Bible is full of people who were frustrated. Jonah was very frustrated when God asked him to go to Nineveh to preach His word. He didn’t think the people of Nineveh deserved God’s gracious compassion, so he ran away. Have you ever felt frustrated with God and turned in the opposite direction of his leading? Sarah becomes frustrated by what she perceives as an unkept promise from God and encouraged Abraham to sleep with her servant to produce an heir. When we are waiting for something important, it’s frustrating and discouraging to be told to wait some more. When we take the situation into our own hands and rely on our own strength, things can go strangely wrong. More disappointment and frustration can follow.

There are a few times where even Jesus seemed to feel frustrated. His disciples lacked faith in Him. They had seen him perform many miracles, and He taught them daily. But they still lacked faith and understanding.

*“You of little faith!... Do you not understand?... How is it you don’t understand?”  
-Matthew 16:8-12*

It must have been frustrating for Jesus to realise that people were not learning from his teaching, yet he never lost a spirit of love for his disciples. I wonder do we express the same spirit of love to others even in the midst of deep frustration?

Along with everyday and situational frustrations, have you ever felt frustrated with God? Have you ever asked God “why”?

What about when you feel your prayers have been unanswered or answered but not in the way you planned? I’m sure there have been times we’ve all felt frustrated with God. It’s an emotional response that we sometimes direct towards Him.

We read that David cried out many times in the Psalms- *“How long, O Lord, how long?”* or *“when?”*, or *“why?”*

*Continued overleaf...*

Even in the middle of David's deep frustration there is a rich lesson. David took his frustration straight to God and wrestled with Him over his situations. God knows our hearts and minds; He knows when we feel frustrated. He understands all our emotions. When we approach Him with a spirit of seeking understanding, clarity, and comfort, He will bring it to us. But it is wrong for us to question God because we think He made a mistake, or He isn't keeping His promises. Come to Him with a heart that earnestly seeks to understand. There may be times when He says "Just trust Me."

Frustration is a reaction and it is a natural response. We live in a fallen and frustrating world, however we *are to live and wait in hope, not frustration*. Eventually, our frustration (and the world's) will end. We look forward to an eternal life with Christ.

In the meantime, take one day at a time, immerse yourself in scripture trusting God's plan and will for you as his beloved. Persevere in trials. Look forward to all that God has planned for us. When trials come, remember God is in complete control. Hang on to the lifeline of prayer.

*Sarah*

THE PARISH OF  
ST MARK'S, ARMAGH  
INVITES YOU TO A

**BBQ**



AT THE CROZIER HALL  
ON FRIDAY 9TH JUNE 2023 (7PM)

Tickets are available from Select Vestry members  
& The Parish Office

(open Mon, Tues, Thurs & Fri : 9am - 1pm / Tel 37523197)

A quiz will follow the meal for those who would like to participate  
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# PARISH PICNIC

Sunday 4th June from 12noon

please bring your own picnic,  
blankets and chairs

PALACE DEMESNE NEAR THE PLAY PARK

WEATHER PERMITTING!  
CHURCH SERVICE ANNOUNCEMENTS WILL CONFIRM  
PROCEEDING ON 4TH JUNE



# DRIVE THROUGH DROP OFF

(FOR ARMAGH FOODBANK)



**SATURDAY 17TH JUNE**  
**(10AM - 12NOON)**  
**CROZIER HALL**

## **PARISH NURSE UPDATE**

Approaching a year of parish nursing in St Mark's I have been thinking that it would be helpful to provide parishioners with a short progress overview of the service that is currently in place. Wednesday is the main day of the week for meeting people and it has been encouraging to have had an opportunity to meet with a good number of people during this first year, whether in their own home, in the Church Office, on the telephone, or at a venue of their choice. Parish nursing is a health and wellbeing ministry which aims to support our clergy in St Mark's with pastoral care, such as undertaking hospital and care home visiting, meeting directly with people who have health and illness concerns, signposting and supporting individuals to navigate and engage with health and care services.

We have also facilitated two lunchtime open meetings in the Crozier Hall, each consisting of something to eat and a talk from an invited speaker. The most recent lunch took place in February and included a healthy nutrition talk, focused on the needs of older people during winter. A further seniors lunch is being planned for Wednesday 28th June, with further information and a sign-up sheet to follow in the coming weeks. The theme this time will be around mobility and exercise, and a speaker from Age NI has agreed to take part. During the coming months it is hoped to develop topical talks on a range of subjects for people of all ages across our Parish.

Between January and March this year we ran the Bereavement Journey programme for the first time in St Mark's, this first occasion involving an inspiring group of fourteen people, each of whom have experienced personal loss as a result of bereavement and have been working through their grieving process. Evaluation from participants was very positive and the group has continued to meet in an informal yet supportive way and have been helping me explore ideas for future support initiatives. Two of these which we intend to progress in the coming months are to host a 'Cafe', for people who have experienced any type of loss, not just through bereavement, and with the aim of helping people deal with the emotional impact of loss. We also plan to commence in June, a 'Wednesday Wellbeing Walk' in Armagh, for parishioners of all ages and interests. We will also look forward to running the Bereavement Journey programme again next year.

I continue to be very grateful to the group of people from St Mark's who helped me develop the Parish Nursing service from its starting point last September. We will have a further meeting on 31st May, during which we plan to think about the future direction of the service and to develop a plan for the year ahead. This will include an objective to successfully apply for funding to, among other things, appoint a Parish Nurse, which would enable us to expand beyond the current one day per week voluntary service. It has been pleasing that during our first year, we have received three small grants, from the Church of Ireland Mind Matters seed funding grant scheme, also from Ark / Triangle Housing - both of these to help us establish the Bereavement Journey programme; and finally a King's Coronation Grant from ABC Council, which will enable us to launch the Loss Cafe with a BBQ later this summer.

*Continued overleaf...*

During the coming months, it is hoped that we will develop a team of volunteers to support the service and I also look forward to completing the training programme as formal preparation for becoming a Parish Nurse and then achieving the accreditation of our service. We will continue to engage with the local Trust and with GPs in the Armagh area, all of whom we met last autumn to explain the role and functions of a Parish Nurse, and how the role complements rather than duplicates health and care for local people. Our links with the only other Parish Nursing service in Northern Ireland are strong, meeting quarterly with colleagues from Portstewart to share ideas for service development, and also via the UK Parish Nursing Ministries online portal, there is access to a wide range of training and support nationally.

Thank you for your continued support and prayers for the service, and please be in touch via the contact details provided, should you wish to discuss support or indeed have any ideas for how we might further develop Parish Nursing in St Mark's.

Bob

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# 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.

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**Mrs Avril Irwin 07908698761**

**Rev'd Malcolm Kingston 37 522970**

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# Alive AND Active

2023

## Thursday 13th July

Gosford Walk 7pm meeting @ Gosford car park beside the playground. Followed by tea, coffee & treats

## Thursday 7th August

Palace Demesne walk 7pm Meeting @ Palace main car park followed by ice cream

A light activity to get us moving followed by tea, coffee & something sweet



# 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 Office Opening Hours



**Monday, Tuesday,  
Thursday & Friday  
9-1pm**

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

Pinnacles notes for July/August are due in the Church Office no later than Monday 19th June.  
Thank you in advance.

## CHURCH RECORDS



### HOLY MATRIMONY

19th May : Joanne Doogan and Keith Emerson



### SERVICE OF THANKSGIVING FOR THE LIFE OF

Marjorie Towers (16th May)  
Mary (Maud) Davidson (21st May)



# June Service Rota

## 4TH : TRINITY SUNDAY

8.30am : Holy Communion

10.30am : Children's Day Service

7.00pm : Evening Prayer

## 18TH : THE 2ND SUNDAY OF EASTER

8.30am : Holy Communion

10.30am : Family Service

7.00pm : Holy Communion

## 11TH : THE 1ST SUNDAY AFTER TRINITY

8.30am : Holy Communion

10.30am : Morning Prayer

Reader : Heather Chambers

7.00pm : Evening Prayer

7.00pm : THE WELL

## 25TH : THE DAY OF PENTECOST

8.30am : Holy Communion

10.30am : Morning Prayer

Reader : Tom Galbraith

7.00pm : Holy Communion

*Joanne Doogan & Keith Emerson*

*pictured after their wedding on Friday 19th May.*



## June Flower Rota



4th & 11th June : Sarah Peilow

18th & 25th June: Anne Stevenson

FONT : Ian McMordie

## READERS

We very much appreciate those who read God's word to us from the Bible during our morning 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 Mervyn Adamson for further information.



# The Well

-Cafe Church-

Sunday 11th June

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](http://www.stmarksarmagh.org)



## WEDNESDAY WELLBEING WALK

Wednesday 21st June (7pm)  
a short walk followed  
by tea / coffee

for more info. please speak to  
Bob Brown (07514129195)

meet at The Crozier Hall



# Church is Fun

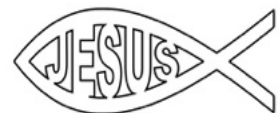
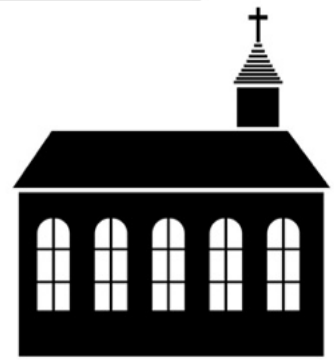
## Word Search



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

Word list:

- |              |            |           |
|--------------|------------|-----------|
| BELIEF       | FRIENDSHIP | JOY       |
| BLESSINGS    | GIVING     | LOVE      |
| CHRIST       | GOD        | MERCY     |
| CHURCH       | GRACE      | OBEDIENCE |
| COMPASSION   | GUIDANCE   | PATIENCE  |
| COURAGE      | HEALING    | PEACE     |
| ETERNAL      | HEAVEN     | SALVATION |
| FAITH        | HOLY       | SPIRIT    |
| FAITHFULNESS | HOPE       | TRUTH     |
| FORGIVENESS  | JESUS      | WISDOM    |



## FLOURISH

In a previous edition of Pinnacles it was shared that as a Parish we are participating in a Diocesan environmental improvement initiative entitled 'Flourish'. The intention behind Flourish is to encourage parishes to consider how they create opportunities to have a positive impact on the environment.

Our response has been to utilise an unused space between the Windsor Room end of the Crozier Hall and the Orange Hall. A small group has met and we have sown the space with wildflower seed and are planting sunflowers. It is intended that at appropriate times during the year a few apple trees and hazel trees will be planted, as well as some plants with particular benefit to insects. We very hope that this small space will add to the beauty of our church grounds as well as be of benefit to wildlife.

If you would like to help us develop this site, please do feel free to get in touch and join our group of volunteers.

*Malcolm*



Pictured above left : Graham

Above Right : Angela & Denise

Bottom Left : Suzanne, Angela, Sarah & Isaac

Bottom right : Yvonne & Timothy

# **EPIC EXPLORERS REGISTRATION FORM**

Please sign one consent form per child attending

Child's name:

Address:

Date of Birth:

Primary class Sept 23:

GP Name & Telephone:

Emergency contact name & number:

Please state any medical condition/allergies:

I consent to my child's photograph being taken for St Mark's  
publicity both in print & online  Yes  No

I confirm that I have parental responsibility and have given consent for my child to attend the Epic Explorers Holiday Bible Club from August 7th-11th 2023. In the event that my child is taken ill or injured during the period of the above named activity so 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.





# **ST MARK'S ARMAGH**

## **CROZIER HALL**

Monday 7th- Friday 11th August  
10am-12 Noon

FOR CONSENT FORMS PLEASE SEE  
[WWW.STMARKSARMAGH.ORG](http://WWW.STMARKSARMAGH.ORG)

For Primary  
School aged children  
Sept 2023

