



# PULSE

Volume 55 Number 2

Autumn 2015

# McQuiston

*Jesus Centred - People Focused*

## EDITORIAL

Dear friends

I'm not sure that it was star gazing but I had a fascination about the moon over the summer. Let me explain.



During the holidays I tend to read books that I don't have time to read the rest of the year. This summer it was James Lovell's book *"Lost Moon"* which is his account of the Apollo 13 moon shot that went so disastrously wrong. The film *Apollo 13* starring Tom Hanks is based on the book.



I had nearly finished reading the book when it came time to set off for Spain on our holidays. While there, every night around dusk, we sat on the terrace beside the pool watching as darkness fell and the moon and stars appeared.

Being from Northern Ireland and living most of our lives under cloudy overcast skies, to see the moon night after night with such clarity was a novelty.



A week or so after coming home I was fishing in Castlewellan lake and around dusk I decided it was time to make my way home, and having climbed the bank I looked up just in time to catch a clear view of the moon. It was like seeing an old friend and it reminded me of those balmy nights a few weeks before.



Then suddenly the thought occurred to me that someone else would probably be sitting on the terrace at that holiday villa looking at the same moon.



It was at the same time that the words of Psalm 8 came to mind,

*"When I think of your heavens, the work of your fingers, the moon and stars that you have set in place what is man that you are mindful of him, the son of man that you care for him".*

Not only was it the same moon in Castlewellan and Spain, but it was the same moon that David had gazed at all those thousands of years ago; the same moon that had prompted the words of the Psalmist.



The moon hasn't changed since David's time, more importantly, God hasn't changed in any sense in those intervening years.



God still cares deeply for the people He created. We are still close to His heart even though the majority of the time He is furthest from our minds.

The creation does not reveal the way to be saved. However, it does silently point us to God, who through His word directs us to Jesus, His Son. It is only through Him that we can be saved.



Just as the moon and stars inspired me to read God's Word, may I encourage you to also take a fresh look at God's word. It may surprise you what you will learn, and may save your life – in a spiritual sense of course.



**Robert Beggs**

## HARVEST GIFT ENVELOPES

It is hard to believe that summer is quickly drawing to a close and autumn is almost upon us. With autumn comes the Harvest and at this time of year we remember God's promise to us, *"While the Earth remains, seedtime and Harvest will not cease"*.



Let us take time to count the many blessings we have had during the year, the many things we enjoy and are eternally grateful for, and remember how these things are our "Harvest" for which we truly need to say, *"Thanks Father, for your bountiful Harvest"*.

With this edition of Pulse you will receive a Harvest Gift Envelope which should be returned on Sunday, 11 October.

Take a few moments to consider what God has done for you in 2015. Can we say our Harvest *"Thanks"* in a tangible way remembering that God's Son gave His *"ALL"* for you?



## ORGANISATIONAL NEWS

### McQuiston Senior Members Fellowship

Tuesday afternoons in McQuiston are great fun, so if you are eligible for a Bus Pass you are more than welcome to come and join us on Tuesdays at 1.45pm.



We have a varied programme with speakers such as Lyndsey Cobain from the PCI Nightlight scheme, singers - The Bangor Buoys, and Wedding Dresses from the past. These are just three of our meetings coming up! You will get a great welcome and a lovely afternoon tea.



We have over 50 members, but are keen to grow. You don't have to be a church member to join Seniors - we are open to the whole community.

For further information please talk to any of these helpers - Leta Halliday, Alan and Kay Bousfield, Eileen Kelso, Hilary Hawthorne, Lina Graham, Claire Fisher, Helen Gilmore, Mildred Kerr or Alison Coyle. We encourage you to join us!

**Alison Coyle**

### Ladies Fellowship

An invitation is extended to ALL ladies to join us at our opening meeting on Tuesday, 15 September at 7.30pm. Our theme this year is "Here is Love". We plan to have something for all ladies, from The Flying Doctor to Desert Island Discs (with our new Student Assistant Alan Marsh), and Kenyan Sunshine Ministries. Please plan to join us.



**Sheila McAllister**

### Praise Group



Praise Group is looking forward to a new session of learning new songs and leading the congregation in praise. We are also pleased to be invited back to this year's Music at McQuiston, for which we are practicing hard. We meet after morning worship each Sunday, and all members of the congregation are welcome.

**Phil Kemps**

## **Redcar Crafts**

Activities recommence on Wednesday, 16 September at 7.30pm in the D.D. Boyle room. It is a great opportunity to learn to knit or crochet, or if you are experienced - to share your skills. Some of the ladies knit garments for the Premature Baby Units.



This term we plan to teach some bead making and broomstick crochet. During the evening we have a supper of tea, coffee and traybakes. It is a good opportunity to learn and make new friends.

***Helen McArdle***

## **Brownies**



Brownies will recommence on Monday, 7 September between 7 and 8pm. Girls aged 7 - 10 years are most welcome. We look forward to Disability Sport NI returning to us in September and thereafter we will be learning and completing a new Brownie Badge – Farm Safety.

***Angela Shivers***

## **SHED**

SHED recommences on Saturday, 19 September for a tour around the newly opened Orange Museum at Schomberg House. We then plan to meet on Tuesday, 20 October with our new Student Assistant, Alan Marsh, and then conclude the year with a tour of Belfast City Hall on Saturday, 21 November.



All men welcome - please do plan to attend for some fun and fellowship, and even bring a friend!

***Tim Graham***

## **McQuiston Toddlers**



McQuiston Toddlers will re-commence on Tuesday, 15 September at 10.15am in the church halls. A warm welcome is extended to all parents, grandparents or child-minders within the congregation and from the local area.

Please do come along and join us for a cup of tea or coffee and a chat. You will be assured of a warm, friendly welcome.

***Roberta Graham***



## 19th Boys' Brigade

The new BB year will commence on Friday, 11 September. We are looking forward to another year of crafts, games, stories and outings. All boys aged of 4-11 are very welcome.

It would be great to have new recruits this year, so if you have any relatives or friends within this age range, encourage them to come along and join the fun!



If you would like any further information please contact Robert (90650526) or Stephen (95736891).

**Robert Beggs**

## Transformers

We begin our 8th year of Transformers on Thursday, 17 September.

As leaders are greatly encouraged to see the children return each year. One girl came to us in our first year when she started P1 and in our last session in May she left us as she is now starting High School.



We greatly appreciate prayer for the children, and for the leaders that, as we share the Good News of Jesus with the children, it will be in a way that they understand, and that they will go on to have a personal relationship with Him.



We run each Thursday evening from 6.45pm-7.45pm so if you know of any children that are primary school age who would like to attend bring them along and they will be made very welcome.

**Heather Sergeant**

## MUSIC @ MCQUISTON

**Saturday 17 October @ 7.30pm**

Music @ McQuiston will take place this year on Saturday 17 October.

As always entry is free and there will be, once again, a varied selection of music and musicians for your entertainment.



## PROFILE ON ALAN MARSH

*We welcome Alan as our new Student Assistant who will start with us in September. We sent him some searching questions to allow the congregation to get to know him and his family.*

### **Early life**

I was brought up as a young boy going to Christ Church in Ballybeen, with my Mum and Dad, Brian & Avril, and my younger sister Jill. As a boy we lived in Newtownards, and I attended Regent House School.



Leaving home at 18, I moved to live in Belfast to pursue a career in Paediatric Nursing (that means that I worked with sick kids... not sore feet!) During that time I attended my local church, Fisherwick Presbyterian.

I then moved to live in Bangor about 6 years ago, and joined West Church, Bangor. After working as a Paediatric Nurse for a number of years, I returned to college to train as a Minister in September 2013.

### **Family details**

I am a happily married man to my beautiful wife Esther, and our son Isaac is 17 months old. As I write this Esther is 39 weeks pregnant so, God willing, by the time you are reading this, we will have a new addition to the family!

*Pulse Magazine are delighted to announce that Alan and Ester are the proud parents of another boy, Jacob.*



### **What are your hobbies and interests?**

I enjoy spending time with family and friends. You'll often find me cooking up a storm in the kitchen! As soon as the sun pops out from behind the cloud, you can be assured that I'll have the BBQ on the go!

I also enjoy running and following boxing and football, and have been known to try my hand at a bit of fishing and golf (albeit very poorly!)



***What are your tastes in music?***

I have a mixed taste in music, but enjoy listening to local bands from Northern Ireland - it would be on the rockier end of the spectrum!

***What CD is currently playing in your car?***

*“Greetings from Asbury Park”* by Bruce Springsteen

***What is favourite book/novel?***

The obvious answer to this question is the Bible! I love reading the *“Jesus Storybook Bible”* with Isaac and I also enjoy CS Lewis’.

***What is your favourite food?***

Free food!!!

My favourite food is Mexican and I enjoy experimenting with different flavours! My favourite takeaway meal is Chicken with Black Bean Sauce!

***Previous employment***

I trained as a Paediatric Nurse in Belfast, and have spent time working all around the provinces hospitals, from Altnagelvin to the Erne, and the various hospitals in Belfast.

My first nursing post was in the Royal Sick Childrens Hospital, before moving to the Childrens Medical ward, Maynard Sinclair Ward within the Ulster Hospital. I took a year away from Nursing, to work as a Pastoral Assistant within Fisherwick Presbyterian Church.

***What brought you into the ministry?***

I first felt a ‘gut feeling’ (or as some people would call it ‘*a call*’) that God was leading me towards full time ministry whilst I attended Fisherwick Church. I followed up on this call, and tested it, by working in the church full time for a year, as a Pastoral Assistant.

This ‘gut feeling’ has never left me, and I was encouraged by West Church to pursue training for Ordained Ministry. The rest, as they say is history! It’s hard to describe in a single paragraph my journey up to now, so please feel free to come and talk to me!





### ***Previous & current summer ministry placements?***

I've had the opportunity to experience many different churches during my time of training. I have been attached to Carrowdore Church during my year applying for college. In my first year of college, I served in Ballygrainey Church at the Six Road Ends, between Ards and Bangor.



Last summer, Esther, Isaac and I moved up to Donegal for 9 weeks, as I took over the responsibility for Dunfanaghy and Carigart Churches, two churches that were at the time vacant.

As I write, I am serving Scrabo Presbyterian, within the West Winds Estate in Newtownards. It's a great church, that is very involved in the local community within the estate.

I have thoroughly enjoyed all of my experiences in all of the various churches, and have been richly blessed my relationships with people there.

### ***Favourite Bible verse/passage, or the one that means the most to you?***



This is another one that is impossible to do in just one paragraph. It's my aim to share with people as simply and as passionately as possible the Good News of Jesus Christ.

*"Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God."* Romans 5 v1-2

### ***What are your hopes and dreams of ministry in McQuiston?***

I am looking forward to the next few years in McQuiston and to working alongside Robert. I am especially looking forward to meeting, and working with folk from the immediate local area of the church, and sharing the Gospel with those who have never heard it, or have become detached from the church.



***Jesus bids us shine with a  
clear, pure light,  
Like a little candle,  
burning in the night.***

***In this world of darkness,  
so let us shine,  
You in your small corner,  
and I in mine.***



This Summer I discovered solar powered garden lights! Of course they are not exactly a new invention, but up until now I had not noticed them. Then, one night a few months ago, I saw lights gleaming in the darkness of late evening at intervals along the bottom fence of my neighbour's garden. I was intrigued, curious to know how they worked, and impressed by the lovely effect they had on the garden.

In due course I purchased a similar set and placed them at the bottom of my garden – not against the garden fence, but amidst the flowers and shrubs.

They continue to give me pleasure each evening when I look out of the windows at the rear of my home, or when drawing the curtains before retiring to bed. The lights make me smile!



Out of the darkness lights gleam; not lighting up the whole garden, but in small circles around the plants and flowers in which they are placed.

I still don't fully understand how the lights work, but they are reliable so long as they are in relationship to the rays of the sun which recharge their



battery life. Certainly the lights add a small positive dimension to the garden and to my life.

The solar lights are fulfilling effectively the purpose for which they have been made, and enriching my life by the effect they have on me each time I see them brightly gleaming.

The solar powered lights make me think –



**1. Am I fulfilling effectively the purpose for which I have been created?**

As a new church year commences, it is worthwhile to think again about the following words:

*Love the Lord your God  
with all your heart, soul  
and mind, and love your  
neighbour as much as  
you love yourself.*

Matthew 22 vs.37-39



*What good is it for a man to gain the whole world, yet lose his soul? Mark 8 v.36*



*I have come that you may have life (now), and have it to the full. John 10 v.10*

*Man's chief end is to glorify God and to enjoy Him forever. Westminster Shorter Catechism, Q.1*

## **2. Does my life impact other lives positively, adding enrichment?**

*Share each other's burdens and so fulfil the law of Christ. Galatians 6 v.2*

*Love each other just as much as I love you. John 13 v.34*



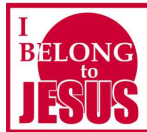
*Jesus came to serve and to give His life a ransom for many. Matthew 20 v.28(b)*

*Forgive each other just as God forgave you in Christ. Ephesians 4 v.32(b)*

*Jesus has told us "Follow My example". John 13 v.15*

To fulfil the purpose for which we are created we must be in relationship with our Creator, God.

Our lives must be recharged daily in prayer; listening to and learning from our Lord through His Word; obeying His instructions about how we are to live and serving other people in His name.



Individually, we are not made or equipped to work on a world-scale. We don't have to travel to far-off places to do something for God. No, as with the solar powered garden lights we are to serve in the small spheres of life and influence in which we daily move and operate.

Whatever, and wherever, that may be:

*Let your light shine before men, that they may see your good deeds and praise your Father in heaven. Matthew 5 v.16*



***Jesus bids us shine,  
then, for all around,  
Many kinds of darkness,  
in this world are found:  
Sin, and want, and sorrow –  
so we must shine,  
You in your small corner,  
and I in mine.***

Lyrics by Susan B. Warner

**Anna Johnston**

# ANNOUNCEMENTS

## Holiday Bible Club

*"God's the builder, can He help us? God's the builder.... Yes He can!!!!!"* that song was the theme tune for our Holiday Bible Club, **Mega Makers** which has just concluded.



Though fewer in number this year, each evening from Monday 3<sup>rd</sup> to Friday 7<sup>th</sup> August the children came to take part in games and crafts and generally to have fun.

As well as this, each night we shared stories about Jesus from Matthew's gospel; stories of Jesus' call to follow Him, the disciples growing trust, the miracles of Jesus, and His death and resurrection. The club ended with a BBQ to which the parents were invited on the Friday night.

Although we don't know if any child responded in faith to Jesus, the Good News about Him was shared and we trust that God may use the club to extend His kingdom in the coming months and years.



Thanks to everyone who took part as a helper, those who helped prepare, clear up the halls or who supported the club practically or in prayer.

**Robert Beggs**

## Christmas Dinner in Harrison's



This year our Christmas Dinner in Harrison's will be held on Wednesday 9 December 2015 at 6.30pm, followed by Christmas music with the Salvation Army, and then time to shop.

The cost of the dinner is £25 (which includes a donation to Salvation Army) with an extra £6.00 for the coach. Full payment is required in September, and as there is limited availability, early booking is advisable.



If interested please contact Alan or Kay Bousfield or Karen Beggs.

## Christians Against Poverty

We intend holding another Money Budget Course during October or November. The course is aimed at helping you to budget your finances more efficiently. If you are interested please contact me to arrange suitable dates.



***Alan Bousfield***

## A Night at the Cinema

It is hoped that movie nights (including supper) will take place on the second Tuesday of October, December, February, April and June, in the D.D.Boyle Room. Tickets will be £10.00 per person with all proceeds to the Building Fund. Please check the weekly Bulletin for dates and name of film.



***Alan Bousfield***

## McQuiston Storehouse

The Storehouse has continued to operate during the summer months and thanks must go to those who continue to supply food and financial help in this outreach to the local community.



Please continue to support this outreach in the coming months as it is very much appreciated by the clients who use this service. My thanks to the ladies who help me make up the food boxes every month.

***Alan Bousfield***

## SPECIAL SERVICES



**20 September @ 11am**

RAF Association service

**4 October @ 11am**

Sacrament of the Lord's Supper

**11 October @ 11am & 7pm**

Harvest Services

**8 November @ 10.55am**

Remembrance Day service

**22 November @ 2pm**

Survivors of Suicide



## HARVEST SERVICES

Harvest Sunday is 11 October 2015. We would welcome donations of fruit and vegetables to help decorate the church. Alternatively, if you would like to make a donation, this would be much appreciated. Please speak with Karen Beggs or Joan Gardner.



# OPERATION CHRISTMAS CHILD



Operation Christmas Child is the world's largest children's Christmas project.

## What can I do?

1. Take a shoebox and transform it into a gift of love.
2. Wrap the shoebox and lid separately
3. Fill the shoebox with gifts from the list below



Last year over 1.2 million shoeboxes packed full of gifts and goodies were wrapped, packed and sent to disadvantaged children from the UK alone.

But it all boils down to one gift, from one individual to another. So this Christmas share the power of a simple gift of spreading love, joy, hope and smiles.

McQuiston has been involved in this project for a number of years and this year we need your help to make a difference to children across the world spreading the love of Jesus Christ to those who have never heard His message.



Enclose a gift of £3.00 (cheque – payable to Samaritan's Purse or cash to cover costs), in the envelopes provided in the leaflets in the vestibule, and attach the appropriate boy/girl sticker on the outside of the lid, ticking the correct age category. Please note this project does not distribute boxes to babies or adults.

All shoeboxes should be brought to church on or before the morning service of **Sunday 1 November 2015**. Note this early date as no shoeboxes can be accepted after this date!

## How does it work?

If you haven't helped before, it is really easy to get involved and a lot of fun! Operation Christmas Child has been running for over 20 years.

Thanks to a huge army of volunteers who give their time to help make this Christmas Miracle come to life, they deliver gifts by hand to children in need living in Africa, Eastern Europe or Central Asia.

Please help us by getting involved this year with your family, your friends and your neighbours. Why not encourage your workplace or school to help also. A DVD presentation and additional leaflets are available which you can use to further promote the project.



Should you be unable to make a shoebox but would like to make a contribution to the project, please speak to



Roberta Graham as soon as possible so that we can transform your donation into a shoebox in time for dispatch to the children.

### **What do I put in my shoebox?**

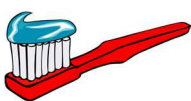
#### *TOYS - something to love*

Bear, soft toy, tennis ball, finger puppet, jigsaw, yo-yo, building blocks, small musical instrument, (for boys – trucks and cars, for girls – doll, clip-on earrings, make-up or hair accessories) etc.

#### *EDUCATIONAL SUPPLIES – something to do*

Felt pens, pens, pencils, pencil sharpener, rubber, colouring book, notepad, picture/puzzle book, chalk, pencil case, stickers etc.

#### *HYGIENE ITEMS – something to use*



Toothbrush, toothpaste, hairbrush, comb, hair clips, bar of wrapped soap, flannel etc.

#### *OTHER ITEMS – something to eat/wear*

Sweets (sell-by date to be at least March of 2016), gloves, scarf, sunglasses, hat, bangles, necklaces etc.

### **Do NOT include the following!**

**FOOD** Chocolate, crisps, biscuits, tinned food or cakes (or any other food)

**MEDICINE** Medicines or vitamins of any kind

**WAR RELATED ITEMS** toy guns, soldiers or knives

**CLOTHING** (other than listed above)

**FRAGILE ITEMS** Glass containers; mirrors

**LIQUIDS** of any kind including blow bubbles, shampoo, bubble bath, toiletry sets or aerosols

**DANGEROUS ITEMS** Marbles or sharp objects – scissors or razors

**NOVELS** [remember the children may not speak or read English!!]

**ANYTHING OF A POLITICAL OR RACIAL NATURE**

**ALL ITEMS MUST BE NEW** and shoeboxes should contain a variety of items suitable to the age category

**Roberta Graham**



## OBITUARY

### *Isabel Jean Gamble*

*The following tribute will be read by Mr J C Shivers, Clerk of Session at the meeting of the Kirk Session on 22 September 2015.*

It is with great sadness that I advise the Kirk Session of the death of one of our Elders, Mrs. Jean Gamble who passed away peacefully on 12 June. She was 82 years old.

Jean and her sister Margaret were brought up in the congregation as her late father, Mr. George Dunlop was an Elder, Hon. Treasurer and an Officer in the Boys' Brigade Company. He is also remembered as starting the Friendship Circle (an organisation for ladies and now the Ladies Fellowship) and the Senior Members. Jean like many of that generation attended our Sunday School.

The Dunlop family lived in Marina Park and the girls attended local primary and post-primary schools. On leaving school Jean found employment in Harry Ferguson's (the tractor company) where she worked as a secretary in the company office.

In God's providence Jean met a young 20 year old mechanic, David, who she later married. They were to live in Orby Drive and enjoy almost 60 years of marriage before David passed away earlier this year.

Their marriage was blest with the birth of 2 children – Patricia and Martyn. Holidays with family and friends were often spent in the Canary Islands.



She later secured employment in the offices of the former Orangefield Girls' High school. It was during that time that Jean came forward to provide secretarial support within the congregation by typing and printing the church magazine and Annual Report. She was Convenor of the Printing Committee.

Jean attended the Friendship Circle and later Presbyterian Women. She also helped out with our Luncheon Club and Senior Members.

In her spare time Jean loved to knit and embroider. Even in later years she would bring various handmade items to the Senior Members to be forwarded to children in the Missions.

Jean was elected to the Congregational Committee in 1981 and was ordained to the Eldership on 27 October 1996. She fulfilled her duties as an Elder with enthusiasm and faithfulness. As an Elder she visited the families in her District over many years and was always most welcome in their homes.

Jean was a regular in attendance at morning worship and it was encouraging to see David join her in later years.

Over recent years Jean was herself unwell and through falls had many admissions to hospital. Shortly after David's death Jean moved to live in Mullen's Mews, a place she greatly enjoyed but alas had little time to enjoy.

We convey our sympathy to son Martyn and his family, daughter Patricia and sister Margaret thanking God for the life of Jean who knew the joy of the Saviour's love and who served her Lord with faithfulness.

As is our custom I would ask you to rise for a moment's silent tribute to a beloved Elder who has completed her course and has entered into the joy of the Lord.

## NEW COMMUNICANTS

***"On profession of faith"***

**James & Pauline Ross**

23 Florida Drive

**Sam Craig**

7 Ellis Court

**Marie Doran**

122 Oakdale, Ballygowan

**Dorothy Newberry**

20 Manna Grove

## BAPTISMS

***"Suffer the little children  
to come unto me"***

**29 March**

Grace Lily Suzanne,  
*infant daughter of*  
Stuart & Laura Savage,  
27 Channing Street

**28 June**

Benjamin Crawford,  
*infant son of*  
Robert & Jenny Graham,  
33 Knocknagoney Drive

## FLOWERS

Many thanks to all members of  
our congregation who contribute  
to the church flowers.

**June**

Karen Beggs

Joan Wootton

Ellie Colhoun

Pat Wray



**July**

Ann Anderson

Sandra Morrison

John Sutton

Wilfie Patterson

Anna Johnston

Agnes Crowe

Emily McCandless

Dorothy Beattie





## AT REST

***"I am the Resurrection  
and the Life"***

### **3 April**

Mrs Lila McMeekin,  
12 Canton Court

### **10 May**

Mrs Elizabeth Wood,  
46 Willowfield Parade

### **2 June**

Mrs Jean Gamble,  
10 Mullan Mews

### **21 July**

Miss Marion Jordan,  
10 Ravenhill Avenue

### **29 July**

Mrs Madge Cosgrove,  
Scrabo Isles Nursing Home,  
Newtownards

### **31 July**

Mr John Ewing,  
26 Ravensdale Street

## VESTIBULE OFFICIALS

***"Be not forgetful  
to entertain strangers"***

### **September**

Pat Wray, Ken Wray,  
Norman Maynes, Glen Wasson  
Convenor: Annette Wasson

### **October**

Roberta Graham, Irene Smyth,  
Alan Bousfield, Kay Bousfield  
Convenor: Tommy Kane

### **November**

Avril McCall, Jean Grierson,  
Lina Graham, Annette Wasson  
Convenor: Ken Galbraith

### **December**

Jean Ewing, Rene Montgomery,  
Christine Kelly  
Convenor: Tim Graham



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