Dear friends,

A quick look around the room seemed to confirm what I had just heard on the radio, a recent report had concluded that an increasing number of people spend more time communicating by mobile phone or other electronic devices than by face to face conversation.

People, it seems, just can’t be separated from their mobiles and the art of conversation is dying.

Where am I going with this? Well, probably not where you think.

While we probably spend more time communicating with each other than we do talking to God, increasingly through impersonal means such as phone and internet, the point is this - God’s way of communicating is much more personal and frequent.

Consider for a moment the ways in which God speaks to us....

The Psalm writer, for example, tells us that God reveals Himself to us in the world around us, in what He created with just a word.

We are to look at creation, gaze at the skies and wonder. As we wonder we should turn to praise and seek the One who made all these things.

Creation, while not enough to reveal salvation, should cause us to search for the Creator.

God however goes further, He speaks through His Word, firstly to His prophets but now recorded in the Bible where we learn of God’s character and love.
The best however was yet to come. We have really been given a great privilege for as the writer of the letter to the Hebrews records “Long ago, at many times and in many ways, God spoke to our fathers by the prophets, but in these last days He has spoken to us by His Son.” (Hebrews 1:1)

When God wanted to tell us of His love and bring salvation to light, He didn’t shout from far away or send an email; He sent messengers and finally His Son.

Later when Jesus’ appearance was changed before His disciples Peter, James and John (see Matthew 17) they began to chatter nervously, as you would.

It was then that God spoke from heaven to silence their babble, “This is my beloved Son with whom I am well pleased, listen to him.” Matthew 17:5.

Do you get it? Are you listening? Listening to the One who makes God known?

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, 9 October.

Take a few moments to consider what God has done for you in 2016. Can we say our Harvest “Thanks” in a tangible way remembering that God’s Son gave His “ALL” for you?
McQuiston Senior Members Fellowship
On Friday, 13 May the Seniors welcomed Comber Music Group to the church for a night of 40's, 50's, gospel music etc and it was a wonderful night.

The church was well filled but could have been better supported by members of the congregation. The proceeds from the night were divided between the Church Building Fund and Heartbeat NI. If you supported us on the night, then thank you.

Seniors starts back on Tuesday, 13 September. We meet every Tuesday at 1.45pm and you would be made most welcome if you would like to come along. If you need transport please contact us and we can arrange it for you.

We are missing you at our meeting! We have almost 50 members but only about half of those are from the church so please consider coming along on a Tuesday. We are a very friendly bunch and we can assure you that you will enjoy the afternoon. In addition if you would like to help there will be a job found for you. Any queries call me on 07889 333362.

_Leta Halliday_

Transformers
Transformers recommences on Thursday, 15 September from 6.45pm to 7.45pm for any children P1 - P7. Each week we have a mixture of games, stories, craft and finish the night with juice and toast.

If you know any children who would like to attend please bring them along they will be made very welcome.

_Heather Sergeant_
07599704176
Lunch Club
The Lunch Club is open to any senior citizen, male or female, and we will recommence on Monday, 12 September at noon in the Church Halls.

A hot three course meal is served at a cost of £1.50 so if you are interested in joining us just give your name to either myself or one of the ministerial staff.

Sheila McAllister

Ladies Fellowship
We will recommence on Tuesday, 20 September at 7.30pm when the Rev. Beggs will speak on this year’s theme, “This is the Day”.

We have a varied program planned, including Raymond & Linda Wray bringing us up to date on Oasis Village. We also hope to hear from Firefighters for Christ.

A warm welcome is extended to ALL ladies of the congregation so if you haven’t joined us before why don’t you make the effort and come and join our merry band of ladies.

Sheila McAllister

MUSICALS @ MCQUISTON

Saturday 15 October @ 7.30pm

Musicals @ McQuiston will take place this year on Saturday 15 October @ 7.30pm.

Our capacity this year is restricted to 350 and therefore it is important that you secure your ticket early.

Further details will follow shortly in the weekly Bulletin.
19th Boys’ Brigade

We concluded the last session of BB in May this year, after a great Parent’s Night on 18 March which was a real highlight of the year. A good number of parents and friends of the 19th met that evening to get a taste of our usual Friday night programme, as well as seeing the boys being awarded their badges and attendance prizes.

As usual, the boys stole the show, but the BB officers also showed off their acting skills pretending to be back at school in an Officer’s sketch. Glenn’s Ballymena accent has since become legendary.

We finished the session with some great activities including parties, Battalion Ten Pin Bowling Competition, a walk up Cregagh Glen and a visit to the “wee cinema” in Comber, when we invited the parents to come along.

We were also able to add to our equipment this year through means of a government grant. We bought a video projector for the Youth room which is available for all the congregation to use, as well as a football table, an air hockey table, Scalextric sets, Archery sets, new uniforms for any new boys, various DVD’s and craft equipment.

BB will recommence on Friday, 9 September at 6.30pm. We are looking for adult volunteers to help on Friday nights from this September, within both the Anchor Boys and Junior Section – so that we can begin planning for the start of a Company Section sometime in late 2017 or early 2018.

If you feel you can help in any way, please speak to myself. New recruits are always welcome if you have any children/grand-children or know of any boys who would enjoy the fun – and of course we are expecting some new recruits from our Holiday Bible Club.

Thanks again to all the officers, parents and the Church for all your support, enthusiasm and encouragement for the 19th. Please continue to pray for the boys, their parents and officers, as we seek to advance Christ’s kingdom among the boys.

Jim Ross
Captain
Advance Notice
Did you know that as a congregation, McQuiston was formed back in April 1892? As such we are celebrating our 125th anniversary next year. Over the next months details of special services and functions in 2017 will be published.

John Shivers

Election of Congregational Committee
As previously advised due to declining interest in the process of the church committee elections, the Kirk Session decided to change the way in which the Congregational Committee is elected. Rather than a third of the Committee being elected each year, a full Committee election will now be held every three years.

This means the next election will be held on Sunday, 27 November 2016. Voting papers will be available at the beginning of November. Details of the format of the election will be given in the weekly bulletin nearer the time.

Joan Gardner
Congregational Secretary

Christmas Cracker
Christmas Cracker is a respite scheme run by the Presbyterian Council for Social Witness and is for adults with a learning disability. It will be held in McQuiston on Saturday, 3 December 2016 between 2pm and 5pm. A range of activities are organised including arts/crafts/sports etc.

If you are interested in volunteering at this event please contact Linda Wray at any of the contacts below:-
02890796933
02890417234
lwray@presbyterianireland.org
McQuiston Storehouse
The storehouse has continued to operate over the summer months and we have been able to help those who find themselves in need. Thanks to all who support this ministry either by donating food or by financial support.

Thanks also go to Geraldine and Barbara who continue to give of their time to sort the food into boxes.

Please continue to support this work as the people who avail themselves of it are very grateful for our support.

The food trolley is in the link every Sunday.

Alan Bousfield

A Night at the Cinema
The bi-monthly film night will re-commence on Monday, 3 October @7.30pm in the D.D.Boyle Room finishing at approx. 9.30pm. From December through to June 2017 we will meet on the second Monday every other month.

The cost will be £10 including supper with all proceeds going to the Church Building Fund and this will continue throughout the year until June 2017.

Alan Bousfield

Church Sanctuary
The repair work in the Sanctuary is still ongoing. The Moneyrea Street gallery wall has been treated for dry rot however the floor of the gallery is still to be treated and therefore the gallery will remain closed until further noticed.

Apologies for any inconvenience caused.

Alan Bousfield
It is hard to believe that it has been a year since you were first introduced to me in the Autumn 2015 issue of Pulse - time flies when you’re having fun they say!

What a year it has been! Thank you for welcoming us into the McQuiston family. However, we haven’t been the only new faces in McQuiston this year and it has been great to welcome others into our Church family also.

We are currently riding on a high following the Community Holiday Bible Club in August, where we saw 63 kids from our local area come and hear about Jesus!

Also, during the summer, we have changed the format of our evening service. We held a Café Church on Sunday evenings, allowing us to meet informally to worship, whilst reflecting on where we are going as a Church.

As a congregation we have been considering what it means to be a ‘Gospel Centred Church’ and how we can better relate to our local community.

These evenings have been challenging and have given us plenty to consider for the year ahead, as we seek to better share the hope of the Gospel of Jesus with our friends and neighbours.

It has been a great year and by the grace of God we have seen at first-hand lives being transformed by Jesus! There is much life, vitality and enthusiasm about McQuiston and there is always a great buzz about the Church each Sunday Morning.

If you haven’t been to Church for a while, why not come along this Sunday morning? Grab a cup of coffee and cake from 10:30AM and have a chat and catch up with friends, old or new, before worship at 11AM.

Don’t forget that you can keep up to date with everything that is going on around McQuiston on the Church Facebook page at fb.com/mcquistonpc

As a Church family, we are looking forward with great anticipation to see what God has in store for us in the coming year!

Alan Marsh
Assistant Minister
As anyone who has visited North America will know, you will often hear the words “Have a good day” as you leave a venue or part from a person.

Soon you realise that it is, by and large, an automatic farewell expression (similar to how folk here automatically say “How are you?” - at times not even waiting for a response before walking on).

A Canadian friend of mine has decided to slightly change the verbal wish given on parting to “Make it a good day!”

Needless to say, because it is unusual, this sometimes does register with a recipient making him/her realise it is genuinely meant.

Initially, in considering the two greetings, there appears to be little difference in their meanings. Both wish a person to have a happy fulfilling day.

However, while “Have a good day” is a hope expressed that all will go well for the other person, “Make it a good day” puts the onus on the recipient to have a large input into the result of the day.

In our present culture often there is very much an emphasis on ‘self’ – doing, having, achieving what one wants with little consideration for anyone else. As followers of Jesus there is a different focus.

Of course we all want to be happy and have fulfilling lives. However, to achieve this, Jesus has told us, “The thing you should want most is God’s kingdom and doing what God wants. Then all these other things you need will be given to you.” Matthew 6 v.33 and “Love the Lord your God with all your heart, all your soul, and all your mind. .... Love others as much as you love yourself.” Matthew 22 vs. 38-39.

This is how we are to live!
As the new Church year begins, the following are a few simple thoughts on how to put into practice “Make it a good day”.

Jesus will rejoice when we touch the lives of others – enhancing those lives with our words and our actions. Jesus will be honoured and we shall be blessed.

A smile usually brings a responsive smile from another adult or a child and often a few pleasant words. This can have an impact on how a person feels for the rest of the day.

A word of appreciation (which today is sometimes absent) as we expect so much from other people without being grateful for what is done for us (in the home, at work, in the cafe, or elsewhere). A simple ‘thank you’ can make such a difference to another person.

A gentle response (particularly if there is criticism, sharpness of tone, or anger in a conversation) can reduce or dissolve a tense atmosphere, affecting the outcome of an encounter between people.

A helping hand can ease a burden, share a load, make a difficult situation less arduous.

A thankful heart colours our words and actions positively in all sorts of ways as we go through a day.

A forgiving mindset (as required by our Lord, because of His immense forgiveness of us on the Cross) can enable the Holy Spirit to work through us to achieve His plans.

A word for Jesus can make another person think, can give encouragement, can give hope, can change a life forever.

Therefore in being mindful of our Lord and other people, each day, let us:

Begin the day with God,  
Kneel down with Him in prayer,  
Lift up our hearts to His abode,  
And then…. seek His love to share.

Anna Johnston
During the first week of August, we were ‘Epic Explorers’, exploring the truths in Mark’s Gospel about who Jesus was, why He came, and what it means to follow Him.

It was a brilliant week and we had 63 children, who joined us for stories, drama, games, music, snacks and much more! We had the opportunity to break down into several small groups, where we listened to the kids, and shared with them about Jesus.

During the week a prayer room was organised upstairs in the church halls, and there was as much life and vitality there as there was downstairs with the kids! There was a real sense of the presence of the Holy Spirit, felt by all those meeting for prayer.

As with any celebration, there is always plenty of craic in the kitchen, and that certainly was the case this week. Each night, we met for dinner together before the club started. This helped foster a great team spirit amongst us all.

The Parents and Guardians of the children were invited along to a BBQ on the Friday night, and it was enjoyed by all that attended. It was great to see the hall filled with kids and their parents, and the 100 burgers and 100 sausages didn’t last long!

On Sunday, 7 August, we held our ‘Epic Explorers’ morning where as a Church family we were encouraged and enthused by the activities of the previous week. It was great to have kids from the club and their parents come along.
Thank you to everyone who supported us in the lead up to, and during, the week of Epic Explorers. The week was a great success! We witnessed many answers to prayers during the week, and were constantly amazed at God's goodness and blessing throughout!

The children and the leaders are already looking forward to next year, but as we know, this is not the end, as we look forward to a new academic year, and the commencement of BB and Transformers.

SPECIAL SERVICES

25 September @ 11am
RAFA Service

2 October @ 11am
Sacrament of the Lord’s Supper

9 October @ 11am & 7pm
Harvest Services

13 November @ 10.55am
Remembrance Sunday

27 November @ 11am
BB Enrolment

Harvest Sunday is 9 October 2016. We would appreciate donations of fruit, vegetables and non-perishable foods to decorate the church.

Alternatively if you would like to make a donation towards the purchase of fruit, vegetables and flowers this would be much appreciated.

Please speak with either Joan Gardner or Karen Beggs.

Alan Marsh
Operation Christmas Child is the world’s largest children’s Christmas project.

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.

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.

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.

If you haven’t helped before, it is easy to get involved and a lot of fun!

1. Take a shoebox and transform it into a gift of love.
2. Wrap shoebox and lid separately
3. Fill shoebox with gifts
4. Enclose a gift of £3.00 (cheque – payable to Samaritan’s Purse) to cover costs. Envelopes are provided in the vestibule
5. Attach the appropriate boy/girl sticker on the outside of the lid, ticking the correct age category. Please note boxes are not distributed to babies or adults.

All shoeboxes should be brought to church on or before the morning service of Sunday 6 November 2016.

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 promote the project.

Should you be unable to make a shoebox but would like to make a contribution, please speak to Roberta Graham so that your donation can be transformed into a shoebox in time for dispatch to the children.

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Should you be unable to make a shoebox but would like to make a contribution, please speak to Roberta Graham so that your donation can be transformed into a shoebox in time for dispatch to the children.
Some of our older readers may remember a young Norman Hutchinson who grew up in the congregation in the 1940/50’s before leaving with his wife, Muriel, for Canada in 1960.

You may also be aware that Norman came to know and follow the Lord Jesus at aged 16 and later entered the Ministry. We were contacted by his brother, Hamilton, who advised us as follows:

Sadly, Norman passed away the same way he lived each day of his life...with dignity, grace and surrounded by the love of his family on Wednesday, 6 July 2016 at the age of 82. Beloved husband of Muriel (nee Neill) for 56 years. Cherished father of Julie, Jackie and Paula Hutchinson, proud grandfather of Jordan Hutchinson and great-grandfather of Hadley Rose.

They settled in Belleville, Ontario where they built St. Columba Presbyterian Church from the ground up. From there Norman was called to serve in Truro, Nova Scotia at St. James Presbyterian Church and later to Welland where he presided over Knox Presbyterian Church and Kirk-On-The-Hill in Fonthill.

In 1986 his Ministry called him to Westminster Presbyterian Church in Barrie and lastly to Buckingham Presbyterian in Fort Myers, Florida.

Following his retirement he continued to preach at several churches whenever and wherever he was needed. Norman had a love for learning and a passion for higher education. He had also taught at Niagara College in Welland and Georgian College in Barrie.

He was a man of strong faith and lived his life serving others and giving selflessly of himself. He always remained positive and hopeful and faced his illness with great courage and a radiant smile that never left him even on the darkest days. The love for his family was beyond measure. Although he will be terribly missed, his legacy will live on through the many lives he touched.
Gladys Margaret Elizabeth Matthews

The following tribute was read by Mr J C Shivers, Clerk of Session at the meeting of the Kirk Session on 26 April 2016

It is with great sadness that I advise the Kirk Session of the death of one of our Elders, Mrs. Gladys Matthews who passed away peacefully on 14 March; she was just days short of her 95th birthday.

Gladys McMahon and her late brother Eric were born in County Armagh and attended Clare Parish Church – indeed Gladys was always happy to remind us that she was from a Church of Ireland background. However, she also took pride that her mother was a Covenanter.

Gladys found employment within the Civil Service – initially in the Ministry of Development in Belfast before transferring to Parliament Buildings, Stormont.

It was during this time that a mutual friend within the Fire Service introduced Gladys to John Matthews who was widowed some years previously. Their friendship grew into love and they married in 1971.

Together John and Gladys enjoyed many happy years together in the family home in Marina Park. They loved their garden but Gladys had a particular interest in the flowers and flower arranging. Like many of that generation she loved to read the “People’s Friend” magazine.

Following their marriage Gladys joined us here in McQuiston and she quickly became heavily involved with the PWA (Presbyterian Womens’ Association). She was also regular in attendance at the midweek Bible study and would play the piano.
Gladys was elected to the Congregational Committee in 1976 and was appointed Convenor of the Functions Committee. Part of that role entailed having to make arrangements for a variety of functions – she would often be heard to say, “You always need a wee roughness” to ensure there was always sufficient food.

She was later ordained to the Eldership on 16 April 1978. As an Elder she fulfilled her duties with enthusiasm and faithfulness visiting the families in her District over many years and was always most welcome in their homes. She was also renowned for words of encouragement to all with leadership roles within the congregation.

In June 2005 John sadly passed away but Gladys remained very independent particularly with her little car. Gladys continued to be most regular in attendance at morning worship until more recently when she became confined to her home. As she grew increasingly frail she moved into residential care in Belmont Care Home.

We convey our sympathy to Gladys’ step-children Brenda, Lynn, David and Jackie and to their families, thanking God for the life of Gladys who knew the joy of her 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.
Please note that a new archive section has been added to our website, www.mcquistonpc.org. You are encouraged to visit the website and see copies of past order of services for the Ordination of Ministers, Assistant Ministers and Elders. In addition there are copies of historic documents pertaining to the congregation, the BB and past Special Services.
“I am the Resurrection and the Life”

12 March
Miss Maisie Morrow,
Gibony House

14 March
Mrs Gladys Matthews,
Belmont Nursing Home
formerly Marina Park

21 March
Mrs Marjorie Dobbin,
9 Glentoran Place

27 March
Mrs Emily Agnew,
17 Greer House

26 April
Mr Robert Porter,
Bruce House
formerly Moneyrea Street

26 June
Mrs Ellie Colhoun,
26 Abbey Court

9 July
Mr Philip Gray,
7 Walker Court

28 July
Mrs Kathleen Bennett,
18 Moneyrea Street

“Be not forgetful to entertain strangers”

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

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

December
Rene Montgomery,
Christine Kelly
Convenor: Tim Graham

NEW MEMBERS

“Be not forgetful to entertain strangers”

Mr Ronnie White
7 Ballyharry Heights,
Newtownards
DIRECTORY

Rev Robert Beggs
Minister
52 Kings Road
Belfast BT5 6JL

Phone: 028 9065 0526
Email: robertjbeggs@hotmail.com

Mr Alan Marsh
Assistant Minister
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BT19 1GW

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Email: alanmarsh82@yahoo.co.uk

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Clerk of Session / Pulse Editor
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Facebook: mcquistonpc
Twitter: mcquistonpc

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Church in Ireland