

# PULSE

**Volume 59 Number 2**

**Autumn 2019**

# McQuiston

*Jesus Centred - People Focused*

## EDITORIAL



Dear friends,

It's striking, well to me anyway, how Boris Johnston won the contest to become Conservative Party leader, and as a result our Prime Minister, by strenuously ducking the issues put to him and just telling everyone again and again how great things would be in the future.



A technique the media call "boosterism". Well, as they say "time will tell".

Of course we all have a tendency to do that, avoid the issues we don't like, ignore the questions we don't want to hear and just plough on hoping for the best. Sometimes to be honest, things do work out fine.



That though is more to do with the grace of God than any planning, or indeed real faith on our part. Maybe it's blind faith.

Harvest Thanksgiving is upon us again. The time has come around when we give praise to God for His bounty, the fruitfulness of the earth He created and His hand upon the land. But somewhere in my thoughts the two issues have collided.

It reminds me about the rich farmer in Luke chapter 12. You know the story so well it's hardly necessary to go over it again.



If we could see behind the scenes in this parable how many times might his friends have said to him, *"You know God has blessed you so much but isn't it time you also got your spiritual life sorted out? Life is more than farming and making money."*

Perhaps the farmer may have replied, *"You know you're right I must get round to that but later, after the harvest, after the new building programme, when I've time to think."*

The farmer avoided the greater and more urgent issue and ducked the question as it turned out in the story once too often!



I don't need to tell you how it ended, just to say it wasn't a happy ending.



If you're wrestling with the call of Jesus in your life, if you sense the need to set the record straight with God, or know that you are far from Him, then don't be a Boris or like the farmer in the parable.

It may not just turn out all right no matter how hard you tell yourself it will. Don't duck the issue again!

Seek God's kingdom as of first importance (Matthew 6:33) and all the other issues when put in His hands will fall into place.



**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, 13 October.

Take a few moments to consider what God has done for you in 2019. Can we say our Harvest "Thanks" in a tangible way remembering that God's Son gave His "ALL" for you?



## ORGANISATIONAL NEWS



### Boys' Brigade

The past year in our company was full of fun and culminated with a very successful Parents Evening. Last year we made contact with and started to sponsor Guide Dogs for the Blind. We intend to keep the organisation as our main charity for some time to come.

The boys all showed, from Anchors, Juniors and Company sections, how we are all one in what we achieve and in our play. There is no doubting that we are truly blessed, the response to Bible stories and the amount of Bible knowledge the boys have is encouraging.



May I ask for prayer, firstly for Jim our Captain, the boys and the leaders, that Jesus would continue to meet with us each week and that the Holy Spirit would continue to inspire us all.



We recommence on Friday 20 September at 6:30pm. All boys from 4 to 15 years old are most welcome.

Anyone who has a young boy in their family fitting the age groups please encourage them to come along and find out what the BB is all about.

**Brian Erskine**

### Praise Group

The Praise Group will recommence Sunday 8 September in the DD Boyle room after morning worship. This year we will be learning more new songs to introduce to the congregation to further develop our song library.



We are also looking forward to joining with the other musical acts at Music @ McQuiston in October. If you enjoy making a joyful noise onto our Lord, then do come along to practice.

**Phil Kemp**

## Senior Members Fellowship (SMF)

After the summer break it will be nice to get back to some kind of routine. The SMF will recommence on Tuesday 10 September at 2:00pm. The SMF is open to everyone (you don't have to be a member of McQuiston to join).



It is about spending time with friends who have something in common, in our case a love for Jesus. The SMF is for men and women who enjoy some company, a cup of tea and something to eat. Every week there's a short devotional time followed by a guest speaker.



Over the next few months we will hear about Seamen's Christian Friend Society, the story of Sentry Hill and a special guest, Maud Kells who wrote the book "*An Open Door*" about her life and the shooting in the Congo which nearly cost her life. There will also be armchair keep-fit and a few sing-songs.

New friends are most welcome every week so please plan to come along.

***Alan Bousfield***

## SHED

The SHED is kicking off the new season with a cooked breakfast on Sunday 22 September at 8:00am before watching Ireland's first Rugby World Cup game against Scotland. We will then join with the rest of the congregation together for morning worship.



On 15 October we revert to our usual programme when the Rev. Leslie Addis from Woodlands Presbyterian joins us to explore sharing our faith. Local author Aidan Campbell joins us on 19 November to share memories of East Belfast.



Men's Fellowship

We conclude our year on Tuesday 17 December with our annual joint carol service with the Ladies Fellowship.

Men of all ages are most welcome to join us.

***Tim Graham***

## Transformers

We start our 11th year of Transformers on 12 September between 6:45pm and 7:45pm. We cater for primary school age children.



Our night consists of circle time and a Bible story, we also play various games, we like to get creative with arts and crafts, sing children's' songs and learn memory verses. By the end of the night the children are hungry and thirsty so we pray with them then we finish the night with toast and juice!



If you know of any children who would like to attend please bring them along they will be made most welcome. Alternatively phone Heather on 07599704176.

***Heather Sergeant.***

## McQuiston Storehouse

The Storehouse continues to give practical support to those in our community who find themselves in need. With the help of John McCandless, Community Worker in Mountpottinger Presbyterian, we are able to increase our area of help which is greatly appreciated.



Many thanks to all who provide food or financial donations in this ministry.

***Alan Bousfield***

## McQuiston Toddlers



McQuiston Toddlers will recommence on Tuesday 10 September in the Ballantine Hall. 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***

## Lunch Club

We recommence on Monday 9 September at 12 noon. The cost of our three course hot meal is just the cost of a cup of coffee, £2.50! If you are a Senior Citizen why not come and join our happy group of men and women, but first call the Church Office on 90458155 and give your name and contact number.



**Sheila McAllister**

## Ladies Fellowship



The Ladies Fellowship is kicking off the start of their new session by inviting all ladies of McQuiston to a “Floral Tea” on Friday 13 September. Proceeds will go to Missions at Home and Overseas. We would love for you to come along and enjoy an evening of fellowship together.

Our monthly meetings begin on Tuesday 17 September at 7:30pm when we will have a representative from “Firefighters for Christ”. At our October meeting we will be hearing about “Asia Link”, a Christian mission organisation which shares the gospel with the unreached people of Asia and in November Jim Ross will be telling us about gemstones from the Bible. A warm welcome is extended to all ladies in the congregation.

**Joan Gardner**



McQuiston Ladies Fellowship  
invite you to a

### **Floral Tea**

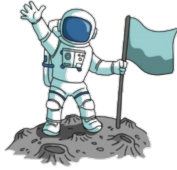
Friday 13 September at 7:30pm  
in the Ballantine Hall

Come and enjoy an evening of music, fellowship and ‘Afternoon Tea’ delights

Donation £10 (Proceeds to Mission at Home and Overseas)

**JESUS SAID "... APART FROM  
ME YOU CAN DO NOTHING."**

Around the world in July of this year a significant event was remembered and celebrated. It was the 50th anniversary of the first landing on the Moon (Apollo 11) and the first time that two astronauts, Neil Armstrong and Buzz Aldrin, stood on the moon!



Many programmes on radio and TV challenged their listeners and viewers to recall where they were when this momentous event occurred. I remember clearly viewing on TV this amazing first walk on the moon, on a beautiful still evening at Blue Water Lake in Canada.

It was a memorable experience to watch, and to hear Neil Armstrong say *"That's one small step for man, one giant leap for mankind."*



I read some information recently about this event that I had not known. Did you know that, before Buzz Aldrin stepped out on to the moon's surface, he had celebrated communion on board the lunar module?



The very first liquid ever poured on the moon, and the first food eaten there, were communion elements!

The pastor of the church in America attended by Aldrin would say, in speaking about the many meanings of the communion service, that one of the principal symbols is that God reveals Himself in the common elements of everyday life.

Aldrin wanted to give God the honour and to express his belief that what man was doing on the lunar mission transcended electronics, computers and rockets!



Also that communion symbolised the thought that God was revealing Himself in space too, as man reached out into the universe.

Therefore, before exiting the lunar craft, Aldrin opened two little plastic packages of bread and wine and he participated in celebrating the Lord's Supper by taking communion.



Aldrin also read out Jesus' words (John 15 vs 5), "*I am the vine, you are the branches. Whoever remains in Me, and I in Him, will bear much fruit, for you can do nothing without Me.*"

NASA, however, kept quiet about the communion service, as an atheist campaigner had fought a series of unsuccessful court battles against the crew of a previous mission, Apollo 8, who had read out the Genesis creation story during their orbit.



She considered it violated the constitutional division between church and state.

Despite the opposition to Christian witness on these space missions, it is wonderful to know that 100 microfilmed King James versions of the Bible went down to the moon in the lunar module with astronaut Edgar Mitchell on Apollo 14.

There is also a paper Bible still on the moon, left on the dashboard of an abandoned lunar rover by Apollo 15 astronaut David Scott.



As we enter an unknown new church year will we find it more difficult to express and live out our Christian witness in an increasingly secular society?

The astronauts mentioned above were proud to be called 'followers of Jesus', and they sought to give Him the honour and glory as they carried out their missions.



The challenge to each of us likewise is to humbly and with thankful hearts seek to walk with our Lord each day, giving Him first place in our lives and seeking to do His will.

Jesus has appointed you and me at this time to be His witnesses, living out His love, His justice and His righteousness day by day.

We can only be effective however, as we learn in John 15, by living closely with Jesus – abiding in Him. Jesus has told us, "*Remain in Me, as I also remain in you... You cannot bear fruit unless you remain in Me... apart from Me you can do nothing.*"

We have been provided with the means to help us do this; prayer (talking daily with our Heavenly Father), the Bible (to grow in knowledge of God's way through His Word), the church and other believers (to strengthen our faith).



Let us commit/recommit our lives to our Saviour today!

**Anna Johnston**

## ANNOUNCEMENTS

### Church Committee Election

Congregational Committee election takes place every three years. The current committee are due to retire on 31 December 2019.



The election for new committee members will take place on Sunday 3 November 2019 and voting will close at 8.00p.m. Please give this election your prayerful consideration.

Further details will appear on the weekly Bulletin during October.

***Joan Gardner***

### Christmas Cracker

Christmas Cracker is a respite programme organised by the PCI for adults with a learning disability. It will be running in McQuiston on Saturday 7 December from 2:00pm to 5:30pm.



Activities include arts and crafts, cookery, sports, games etc. If you would like to help at this event please speak to Linda Wray on 02890 796933.

***Linda Wray***



### Property Report

During the past few weeks a number of planned works have been completed. These include the deep cleaning of the carpets in the DD Boyle Room, the Concourse, the Sanctuary, the Link and the Vestibule.

The en-suite in the Manse has been repaired and the main bathroom has been completely refurbished owing to its age.

***Alan Bousfield***

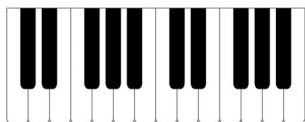
## MUSIC @ McQUISTON 'ON THE BOX'

**Saturday 19 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.



## SPECIAL SERVICES



**1 September @ 11am**

Back to school service

**6 October @ 11am**

Sacrament of the Lord's Supper

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

Harvest services

**10 November @ 10:55am**

Remembrance Day service

**24 November @ 11am**

BB Enrolment

## CHRISTMAS OUTREACH

It is our intention in the run up to Christmas to reach out again to our local community, shops, businesses and those who live close to our church, by giving small bags of shortbread as a "Gift" of our appreciation both as our neighbours and for how they serve the community around McQuiston.



We would seek your support in this venture by asking for donations of shortbread that we can make up in festive gift bags with a Christmas Message from our Church. For those who are not bakers, it doesn't have to be home-made!

Please give your shortbread to Brian Erskine, Ken Sergeant or Linda Wray by early December.

Many thanks for your support in this important outreach.

***Linda Wray***

## OPERATION CHRISTMAS CHILD



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

Last year over 500,000 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.



### 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.

### 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



Enclose a gift of £5.00 (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 3 November 2019**. Note this early date as no shoeboxes can be accepted after this date!

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.



**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

### **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.

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

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

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

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

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

**ANYTHING OF A POLITICAL OR RACIAL NATURE**

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

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

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

**Roberta Graham**

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

Gloves, scarf, sunglasses, hat, bangles, necklaces etc.

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

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



## FLOWERS



Harvest Sunday is 13 October. The Flower Committee would greatly appreciate donations of flowers, fruit and vegetables to decorate the church. Alternatively you can donate money for us to buy these. If you can help in this way please speak to Joan Gardner.



Does anyone have odd matching cups and saucers which they no longer require? If so, the Flower Committee can use these to make little arrangements at the Harvest for distribution to Nursing Homes etc. You can leave these down at the church or let Joan know and arrangements can be made to collect.

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

### March

Agnes Somerville  
Joan Wootton  
Linda Wray



### June

Ann Cosgrove  
David Graham  
Sandra McIlwrath  
Pat Wray

### April

Margery Beggs  
Anna Corbett  
Eileen Kelso

### May

Kay Bousfield  
Sheila McAllister  
Annette Wasson  
Joan Wootton  
Linda Wray

### July

Anne Anderson  
Jean Ewing  
Emily McCandless  
John Sutton  
Joan Wootton



## AT REST

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

#### **27 April**

Mrs Greta Neill  
Beverley Lodge Nursing Home  
formerly 28 Willowfield Street

#### **29 April**

Miss Lorna Ellison  
4D Woodstock House

#### **5 May**

Mrs Julia Johnston  
54 Upper Knockbreda Road

#### **10 May**

Mrs Margaret Fowler  
Victoria Nursing Home

#### **25 May**

Miss Margaret Millar  
5 Glenview Gardens

#### **20 July**

Mrs Ruby Humphries  
Downpatrick Care Home  
formerly 32 Orby Gardens

#### **26 July**

Mrs Eileen Stanfield  
Nazareth Village  
formerly 72 Orby Road

#### **26 July**

Thomas Neill  
51 Willowfield Parade



## VESTIBULE OFFICIALS

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

#### **September**

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

#### **October**

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

#### **November**

Avril McColl, Jean Grierson,  
Glenn Wasson, Annette Wasson  
Convenor: Ken Galbraith

#### **December**

Ann Anderson, Renee Montgomery,  
Christine Kelly, David Graham  
Convenor: Tim Graham



# DIRECTORY

**Rev Robert Beggs**

*Minister*

52 Kings Road  
Belfast  
BT5 6JL

Phone: 028 9065 0526

Email: robertjbeggs@hotmail.com

**Mr John Shivers**

*Clerk of Session / Pulse Editor*

11 Lead Hill Park  
Belfast  
BT6 9RW

Phone: 028 9079 1246

Email: jcshivers@virginmedia.com

**Rev David Maxwell**

*Pastoral Associate*

c/o McQuiston Presbyterian Church  
83 Castlereagh Road  
Belfast  
BT5 5FE

Phone: 028 9591 0202

**Mrs Hilary Hawthorne**

*Pastoral Visitor*

c/o McQuiston Presbyterian Church  
83 Castlereagh Road  
Belfast  
BT5 5FE

Phone: 07443531326

**McQuiston Presbyterian Church**

**83 Castlereagh Road BT5 5FE**

**Phone: 028 9045 8155**

**Web: [www.mcquistonpc.org](http://www.mcquistonpc.org)**

**Email: [churchoffice@mcquistonpc.org](mailto:churchoffice@mcquistonpc.org)**



**mcquistonpc**



**mcquistonpc**

Registered Charity in Northern Ireland (NIC104506)