



PULSE

Volume 61 Number 2

Autumn 2021

McQuiston

Jesus Centred - People Focused

EDITORIAL

Dear friends,

July 19th, Boris Johnston's "Freedom Day", or as it actually was meant to be England's "Freedom Day", did not turn out exactly as hoped; with the Prime Minister and other members of the government having to self isolate and soaring infections of COVID-19 threatening to overwhelm the NHS.



Yet another case perhaps of hyping things up to levels of expectation that can never be realised.

That first happened in Eden when Adam and Eve rejected God as their creator and Lord, struck out for independence from Him and ended up enslaved instead to sin.



That is a condition that we have inherited along with every other person.

This "freedom" we gained through our forefathers' rebellion is nothing more than slavery to our impulses, desires and selfishness which Jesus summed up by saying *"everyone who sins is a slave to sin"* (John 8 vs 34).



Thankfully He didn't end there but held out hope to those who wanted to be free, not a hope centred on our will or ability to do good but secure in Jesus' finished work on the cross.



So, He went on immediately to give this assurance *"If the Son sets you free you are truly free"* (John 8 vs 36). This then is our hope so when we personally put our trust in Jesus that becomes our Freedom Day.

Of course we can feel for the government, including Boris, at what point do we try to return to something approaching normality?

Life with COVID-19 is here to stay and it is a case of managing risks I suppose. It's a question we face in McQuiston and in every other church, albeit on a much smaller scale.

For eighteen months the pattern of church life has been disrupted but it is now time to build again. Not everything will come back and it won't be a case of back to normal next week.



If nothing else the COVID-19 pandemic has given us an opportunity to think about how we organise our life as a church and to think about what is essential to our life and witness.

It is though time to pick up the pace and in September we plan to return to something like our normal pattern of worship services and some organisations will start again later in the month. I would encourage you to think seriously about joining us again for worship.

The usual precautions will continue for the time being and we are using the entire building including the gallery so social distancing is possible.



On Sunday 19 September we hope to have a morning when we celebrate what has been good in the past and under God re-orientate our sights for the future.

We hope you can join us for that service your health permitting. It is time to seek the Lord together.

Robert Beggs

SPECIAL SERVICES

5 September @ 11am

Back to school service



5 September @ 7pm

Sacrament of the Lord's Supper

19 September @ 11am

Looking forward

3 October @ 11:30am

Sacrament of the Lord's Supper

10 October @ 11am

Harvest Service

14 November @ 10.55am

Service of Remembrance

ORGANISATIONAL NEWS

Senior Members' Fellowship

We trust this finds you in good health and enjoying not just the summer days but also the freedoms that have been returned to us as restrictions ease. It's lovely to be able to see more of our friends and loved ones again!



We know many of you have been hoping for news of when "the meeting" can start again, so we wanted to keep you up to date. Any plans we make will be governed by any regulations in place at that time as implemented by the Kirk Session.



The committee met to make some tentative plans to restart the Senior Members' Fellowship with a monthly get-together on the second Tuesday in the month. The first meeting is planned for the 11 January 2022, God willing. It seems a long way off, but we want to keep everyone as safe as possible, we hope you will understand.

As social distancing rules will probably not have changed by then, we're really sad to say committee members will not be able to offer lifts to the meeting, so everyone will have to find their own way to, and from, the church. Hopefully family members can help you out as it's only once a month?

Our fellowship is so important. We very much miss seeing you every week for a catch-up but especially for a time to share our love for the Lord Jesus. No matter what is happening around us, remember He is still the Lord of Lords and King of Kings, yet He knows you and loves you and is closer to you than a heartbeat.



We would very much like to hear your thoughts on our plans and ask you to contact us to let us know if you hope to come back to the meeting and also how you'll be able to get there. The Lord bless you.

Eileen Kelso (07955359073)

Hilary Hawthorne (07443531326)

Leta Halliday (07889333362 or 02891478226)

Storehouse

The Storehouse continues to give practical support to those in our community who find themselves in need. John McCandless, our Community Worker visiting families in the area, is able to see where that help is needed.



Thanks for your support, either by donating food or financial contributions in this outreach which is greatly appreciated by those who receive the food.

Alan Bousfield



Lunch Club

We are sorry that we have not been able to run the Club since March of last year. Unfortunately due to the current situation it has been decided not to have the Club running at least to the end of 2021 when we will review the situation.

Sheila McAllister

Transformers

As the summer is coming to an end and children prepare to return to school, we thank God that we have been able to keep in contact with the children from Transformers. We are still using Zoom for now.



By September or October we intend to have the children return to church with measures in place to keep the children and leaders safe. If we could ask the congregation for prayer as we come together again, that the children adapt to the changes that will be in place.

Things will be a little different, but we know God is always with us. Jesus loves the little children.

Heather Sergeant

ANNOUNCEMENTS

Digital Resilience Training

Our children and young people are very attached to their digital devices and it is important that they have a healthy balance of their use of technology and social media and non-screen time.



We will be hosting an online training workshop on Tuesday 7 September via Zoom at 7.30pm. This Workshop is for parents, grandparents, leaders of organisations etc. Please let others know!

It will be facilitated by Dr Deborah Webster of Thrive Academy and has been funded by The Presbyterian Children's Society COVID-19 Grant Scheme.



This is a tremendous opportunity for us to explore the relationship between social media, devices and our children's wellbeing. If you are interested in participating contact Linda Wray on 07933 278626 to book a space.

Linda Wray

Pastoral Visitation

Since my last article in Pulse not much has changed in how we have visited members. Eileen and myself have continued to visit outside on doorsteps on a regular basis.



We love to visit our folk and let them know they are cared for, valued and prayed for. We have not been in care homes or hospitals yet but we continue to call and speak to carers and enquire about our members.



We usually leave a little gift of flowers, buns etc. so they and their families know we care about them. Hoping restrictions will ease up before winter. God Bless.

Hilary and Eileen

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, 10 October.

Take a few moments to consider what God has done for you in 2021.

Can we say our Harvest "Thanks" in a tangible way remembering that God's Son gave His "ALL" for you?



HARVEST THOUGHTS

Have you noticed the explosion of cooking programmes on TV in recent years? It seems you can't move for celebrity chefs, recipe shows and specialist guides to creating great meals.



At this time of year, churches often have a special service to focus on giving thanks to God for all He provides for us. He knows our needs – and thankfully food is not just good for us but great fun to cook and eat too!

The vast range of colours, textures, flavours and combinations means there is no end to the creative ideas you can come up with to maintain a healthy body.



So do join us to give thanks for the glorious food our Creator God provides – you may also want to use Harvest as an opportunity to thank Him for other blessings in your life.



You'll be very welcome on Sunday 10 October at 11am. Even better, please bring a friend to worship.

John Shivers

RENEWING OUR FAITH - SHINE!

One day this week I was sorting out a kitchen cupboard, in which less used articles are kept. I brought out some cutlery – spoons, knives, forks, etc. They looked sad, all tarnished, so much so I considered putting them in the bin!



However I set to work with Goddards Long Term Silver Polish (maybe brings back some memories?). After a few hours and some hard work – the silver cutlery was transformed!

Most homes today use stainless steel cutlery, maybe using the silver canteen on special occasions. It is, of course, much more practical in this fast-moving world, as it only requires washing up liquid and hot water (or the dishwasher) to keep the items clean and useable.



Past 'pride' in keeping silver cutlery in a pristine condition is given little consideration now. Gradually attitudes changed. Saving of time for other matters and activities; ease and practicality became more desirable.



This reminded me of the changes that COVID-19 has brought to our lives over the last 18 months.

Many aspects of life have changed. Society has had to cope with loss of life, serious illness, working from home, loss of jobs, getting a vaccine (once or twice) and wearing masks.



Sadly, the Christian Church also has not gone unscathed. Some churches had to close temporarily, others had to rely on the marvel of on-line services; we have had to practice social distancing and some members have been unable to resume church attendance, either due to the risks inherent with COVID-19, or because not going has become a new routine.



As we review our present faith walk, could some of us honestly acknowledge that, in a relatively short period of time, our Christian walk also has become 'tarnished'?

Whereas, in the past, Christian faith was central to home life, work commitments, social life and Church activities – these have subtly been eroded over our lifetime and finally become cemented (perhaps to a lesser or greater degree) because of our COVID-19 experience.



For example, are family devotions, prayer, Bible study, church attendance becoming less of a priority, as patterns of work, technology, sport, family time become more important and attractive, and seem to fit in with society's present norms?



Has our Christian witness lessened in our interactions with others and in our ways of living?

As we commence a new Church year, with many decisions to be made as to how the Church moves forward positively and vibrantly, let us pray for God's guidance so that His will may be done.

Aspects of Church life pre-COVID-19 may have to change. Each of us needs to assess where we stand in being part of the Church of the future.



Likewise, at an individual level, we need to review to what extent our faith commitment may have become lax, no longer dynamic, not of most importance to us. If it has become 'dull', or indeed maybe 'tarnished', now is the time to act.

Again, pray that the Lord will open our eyes to how our life is now, and for a desire to move forward with a renewed commitment to Him in all aspects of our living.

Each of us has been given a 'gift' or 'calling' from our God. As we are instructed in 1 Peter 4 vs 10 - *"Each of you should use whatever gift you have received to serve others as faithful stewards of God's grace in its various forms."*

This is part of the general 'calling' on all believers that, in everything we do, all should be done for the glory of God.



Just as each item of cutlery has been made for a specific purpose, we are of best service as we fulfil the purpose for which God has called us.

I am glad to report that the silver cutlery in my home, which I considered getting rid of, is now shining, gleaming and ready for service!

Let each of us prepare ourselves for our service this Church year so that we may be faithful and effective in showing God's love, forgiveness and grace day by day - bringing Glory to Him.



Anna Johnston

UPDATE FROM COMMUNITY WORKER

Amy Carmichael, our home-grown Missionary from Millisle, penned this lovely thought in the late 1800's -

"You can give without loving, but you can't love without giving."



These are the ways, life and heart of McQuiston people as we seek to reach and touch hearts in our communities and schools with a love, God's Love, it is too big for us to hold to ourselves.

My work with a small team of helpers from McQuiston has come together to bring a heartfelt love and support from ourselves at seasonal times of the year and in between.

Maybe you as a senior received a "Hug in a Bucket" or a "Hug in a Box" or an Easter greeting and fun quiz card. If so please know there was a good many people involved in this ministry. Giving of their time and hearts and pockets, it was very much appreciated.



We have had fun with our outreach into the two local schools, Elmgrove and Euston Street Primary. We had a lovely Easter colouring competition with about 80 kids participating and some of the kids' entries were a treat. Of course there were Easter eggs and fun packs for the winners and some consolation prizes for the runners up. What a treat all round!

Some of you who have been able to get to church will have seen the painted rocks displayed in our front paths. Elmgrove Primary School allowed us to come into their Art Classroom and work with the whole of P7, about 90 kids, and we had fun working with the children and teachers as they painted the rocks. The theme was A Time to Grow!



A good time was had by all and we have made good connections once again with our two schools. We look forward to more exciting meetups in the coming school year.



As in every part of the world there are people struggling to eat and to look after themselves with clothing and essentials. We as a church in the community have been identifying and working closely with such people from all parts of the world.

I have to thank at this point members who give weekly to our food store in the vestibule of the church and to those who give especially when a need arises. With the support of Linda Wray and Anna Johnston on the WhatsApp team, I have been able to pick up essentials for this work from you.

We have befriended and supported almost 40 people of different nationalities since I came to join you in this work just a year and a half ago. I wish I could tell you some of the stories we have learned from them as we get close to their hearts, another time maybe.



My work could not go on without your prayers and your giving, thank you so much on their behalf. I need to thank the team that has supported me. Space doesn't allow me to tell you more, but another time I will.

John McCandless

SPECIAL NOTICE—BELFAST MARATHON

We note that the Belfast Marathon is scheduled for Sunday, 3 October starting at Stormont Estate at 9am.

We plan to hold an outreach activity before church on that Sunday by making available cups of water, tea, coffee etc together with items to refresh the runners. Toilet facilities will also be available.



If you would like to assist please contact John Shivers at 07904 961508.

As the runners will not have finished passing the church at 11am our Sacrament of the Lord's Supper will now be held at 11.30am.

OBITUARY

Mr James (Jim) Leslie Ross

The following tribute was read by Mr J C Shivers, Clerk of Session, at the meeting of the Kirk Session on 22 June 2021

It is with great sadness that I advise the Kirk Session of the death of one of our Elders, Mr James Ross who passed away peacefully on the 31 May. He was just 52 years old.

Jim, as he was known to us, was baptised within the congregation by the Rev. Sam Eaton as was his brother Ian.

Jim attended Nettlefield Primary school before transferring to Annadale Grammar (now Wellington College). On leaving school Jim then attended Queen's University Belfast where he obtained a BA in History and English.

On leaving university his whole working life was in the retail businesses including H Samuel, Goldsmiths and finally Lunn's Jewellers. He was initially a manager in the stores in Connswater, Forestside and eventually the city centre. In the renowned Lunn's he managed their online operations including 5 websites and a team of 7 persons. Often when there was an issue with I.T. Jim was the first person they would have turned to for support.

Jim moved to Albertbridge Congregational church and was heavily involved in the Boys' Brigade. During his time in the 56th Company he obtained his Queen's Badge. He also gained his Gold Duke of Edinburgh badge at school and was also the Irish Times Young Historian in 1986.

It was in Albertbridge Congregational that he met Pauline who was one of his officers in the Junior Section and they married on 26 August 1992. They were blessed with the birth of two sons Philip and Luke.

Sometime later they moved to Cregagh Congregational where he was also involved as a Junior Section leader.

Jim and Pauline returned to us in McQuiston in 2014. He played an active role including member of the Praise Group, B.B. Captain and leader of the Junior Section, printed the weekly bulletin and occasionally helped with the preaching. I'm sure many will recall his famous printed waistcoats and his lovely manner at the front of the church.

Jim was ordained to the Eldership on 25 November 2018. He fulfilled his duties as an Elder with enthusiasm and faithfulness. As an Elder he did not have a District rather as the B.B. Captain he was responsible for the welfare of the boys.

His interests included technology, reading particularly items on history and theology, films and walking.

Since the age of 21 years Jim battled a range of medical conditions. The medications for these quite often tended to work against each other and these would have left him tired and sore but rarely did he ever complain.

Unfortunately these, together with heart attacks and kidney failure, left Jim in hospital for considerable periods of time. Even in his ill-health Jim was always interested in what was happening at McQuiston. It was great to see Pauline and himself taking part in our Christmas Video just last year.

We convey our sympathy to Pauline, their sons Philip and Luke, mother Elizabeth and brother Ian, thanking God for the life of Jim who knew the joy of the Saviour's love and who served his 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 his course and has entered into the joy of the Lord.

AT REST

***“I am the Resurrection
and the Life”***

25 March

Mrs Iris Blair
28 Carnbrae Avenue

3 April

Miss Anne Gordon,
Fairhaven Residential Home

13 April

Mrs Rita Gibson
Tudordale Nursing Home
formerly Clarendon Avenue

16 April

Mrs Margery Beggs
67 Merok Park

25 April

Mrs Florence Corbett
21 Hamell Court

27 May

Mrs Lydia Harrison
16 Hillsborough Drive

31 May

Mr James Ross
23 Florida Drive

15 July

Mrs Agnes Radcliffe
12 Mashona Court

22 July

Mr Richard Murray
39 Orangefield Crescent

VESTIBULE OFFICIALS

***“Be not forgetful
to entertain strangers”***

September

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

October

Roberta Graham, Irene Smyth,
Alan Bousfield, Craig Wootton
Convenor: Tommy Kane

November

Lynn Gardner, Lawrence Gardner,
Annette Wasson, Glenn Wasson
Convenor: Ken Galbraith

December

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

BAPTISM

***“Suffer the little children to
come unto me”***

18 July

Paige
infant daughter of
Michael and Gillian Edgar
114 Clendinning Drive, Portadown

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

Mrs Hilary Hawthorne

Pastoral Visitor

c/o McQuiston Presbyterian Church

83 Castlereagh Road

Belfast

BT5 5FE

Phone: 07443531326

Rev David Maxwell

Pastoral Associate

c/o McQuiston Presbyterian Church

83 Castlereagh Road

Belfast

BT5 5FE

Phone: 028 9591 0202

Mr John McCandless

Community Evangelist

c/o McQuiston Presbyterian Church

83 Castlereagh Road

Belfast

BT5 5FE

Phone: 07729516576

McQuiston Presbyterian Church

83 Castlereagh Road BT5 5FE

Phone: 028 9045 8155

Web: www.mcquistonpc.org

Email: churchoffice@mcquistonpc.org

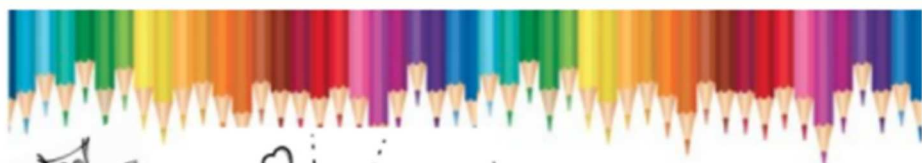


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Registered Charity in Northern Ireland (NIC104506)



BACK TO SCHOOL

BACK TO CHURCH



Sunday 5th September 11am

McQuiston Memorial Church

Castlereagh Road

M&M KIDS Is starting back...

Activities, Worship, Games, Fun!

WE CAN'T WAIT TO SEE YOU AGAIN



www.mcquistonpc.org



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02890 458155