



PULSE



Volume 58

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Easter 2018

McQuiston
Jesus Centred - People Focused

EDITORIAL

Dear friends,

I wonder if you like to watch TV? In a world of “On Demand” programmes, Amazon Prime and Netflix, we are thankfully not bombarded with as many advertisements between programmes.



However, some adverts have remained iconic throughout the years.

I wonder if you remember the Smash Martians?



Maybe you look forward to seeing the Coca-Cola advert at Christmas?

The advert that I dislike is the one for the insurance comparison company featuring the opera singer with a funny moustache!



He sings cheerily “Go Compare!”

It caused me to reflect that we are often too quick to compare ourselves to others. This looks different for each of us!

As we reflected a few weeks ago in Colossians 2, if we seek to live up to other peoples standards, then we allow them to become Judge over our lives.

It can be exhausting and enslaving trying to live up to other peoples expectations.



The truth is we only have one Judge – God. That might sound scary and so it should. If you are anything like me you have plenty of things in your life that you are not proud of.

But as we reflect on the judgment of God, we can have hope!



Paul writes in Colossians 2v13-15:

“When you were dead in your sins and in the uncircumcision of your flesh, God made you alive with Christ.

He forgave us all our sins, having cancelled the charge of our legal indebtedness, which stood against us and condemned us; He has taken it away, nailing it to the cross.

And having disarmed the powers and authorities, He made a public spectacle of them, triumphing over them by the cross.”

At Easter time we reflect on Jesus' death and resurrection. We give thanks that, because of His great sacrifice, He wiped the debt of our sins.



We rejoice that by His death on the cross, we can stand before God forgiven, loved and accepted!

So, if you have accepted Jesus as your Lord and Saviour, you do not need to compare yourself to others or strive to win their approval.

They are not your ultimate Judge, God is! He loves you, forgives you and welcomes you in Christ's name. Such freedom!

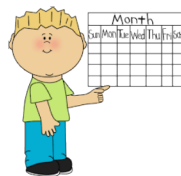


I pray that this Easter time, you would join with us and discover that wonderful Gospel freedom in Christ for yourself.

Alan Marsh



SPECIAL SERVICES



25 March @ 11am
Palm Sunday service

28 March @ 7.45pm
Joint Choirs with music
for Holy Week

30 March @ 7.30pm
Good Friday service with
Sacrament of the Lord's Supper

1 April @ 11am & 5.30pm
Easter Day services

20 May @ 11am
SHED service

3 June @ 11am
Sacrament of the
Lord's Supper

10 June @ 7pm
Licensing service for
Ben Johnston

24 June @ 7pm
Sacrament of the Lord's Supper

ORGANISATIONAL NEWS

Boys' Brigade

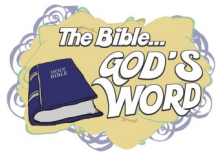
This is the fourth year since the resumption of the work of the Boys' Brigade in the Anchor Boys and Junior Section at McQuiston and coming to the end of the first year of the resumption of our Company Section.



Our Anchor Boys have 14 members who regularly attend, 8 boys in the Junior Section and 4 boys in the Company Section, and so we have continued to see growth in our BB.

There is a particularly strong number of younger Anchor Boys and that assures a good future for the Company overall. What we have found hard this year is providing a varied programme for small numbers in our Company Section.

While we may not yet be able to run a full BB programme with that age group this has been more than compensated for by being able to spend one on one time getting to speak to our Company Section boys and building relationships especially in our Bible Class.



In fact, time around God's word is at the heart of all three sections as the Anchor Boys have been learning of the miracles of Jesus and the Junior Section the parables of Jesus.



Praise God that the officers and helpers of our Company work well together and have established great relationships with the boys and their parents/guardians.

Continue to pray for Brian, Grace, Glenn and Stephen in the Anchor Boys and Richard, Richard and Jim in the Junior Section and the leaders in our Company Section which is staffed by Robert, Stephen, Glenn and Grace.



It is a long night when some of the staff serve in two sections, and so if you can help, we are always looking for new leaders and helpers to share the work.

We are currently working hard practicing for our Parents and Friends Evening to be held on 23 March at 6.45pm with the theme of Creation. We intend to show our guests on the evening something of what goes on every Friday night in each of the three sections. Please keep this date free in your diary and plan to attend.



Please continue to pray for the 19th Company as we seek to continue the advancement of Christ's kingdom among boys. Pray for volunteers and for new boys to join us.

Finally, thanks must go to you the congregation for your continued support, enthusiasm and practical help over the last number of months and years.

Jim Ross
(Captain)

McQuiston Lunch Club

We meet each Monday at noon in the DD Boyle room when we serve a 3 course hot meal for £2.50. Where else would you get this great value for money?



The Club is open to all over 65 years old so if this is you and are interested why not come and join us? Just give the Church Office a ring on 028 90458155 and leave your name.

Sheila McAllister

Ladies Fellowship

"He sent the snow in winter" - unfortunately due to the weather we missed out on our first meeting of 2018. Jean Johnston from Newtownards was to give a talk on her collection of Dolls Houses. We look forward to Jean coming to us later in the year.



Brenda Brown a volunteer from the Alzheimer's Society spoke to us on her personal journey and why she became a volunteer. Around 850,000 people in the UK have dementia. One in 14 people are over 65 and one in six people over 80 have dementia.

Dementia doesn't just affect older people with over 40,000 younger people in the UK diagnosed with dementia also. Remember those who are volunteers and supporting families living with dementia.

Adrian McCartney from Larder Food Ministries told us about the work they do for the homeless and those struggling with poverty.

Linda King will join us on Tuesday, 17 April and talk on God's perfect wardrobe. All ladies are invited to join with us on that evening.



Angela Shivers



McQuiston Storehouse

The Storehouse continues to provide food and help to those who are in need.

Thanks to everyone who supported our appeal at Christmas by donating food and money to enable families to have a less worrying time. During this very cold winter, due to your generous contributions, CAP has been able to help families who have been asking for extra help with heating and electricity.



Please keep supporting this outreach, as Jesus commanded us to support those who are less fortunate than we are.

Alan Bousfield

Transformers

After the Christmas break we chose a different Bible story each week as each leader felt lead. As March began we started a series on the disciples, looking at each one and how they came to follow Jesus.



As we head towards Easter we will again learn how Jesus gave His life for us that we may be saved. We rejoice that He rose from the grave and is alive forevermore.

Our numbers have remained steady, the week before half term we had 20 children with 4 new children coming along with friends. We are encouraged with the growing relationships we have with the parents and we ask God for the chance to share our faith with them.



We ask for your prayers for the leaders and children to seek God in everything we do.

Heather Sergeant

EASTER HOPE

What gets you out of bed in the morning, apart from the alarm clock? We all need something to motivate us – something we look forward to. Something to live for.



Hope is a precious commodity. It lifts our spirits, it helps us through the hard times and it fills every moment with potential and anticipation.



For Christians, the death and resurrection of Jesus are the foundation of our faith and our hope is perfectly expressed in the Easter story.

If hope is just what you need right now, and let's be honest we all need hope, we'd love to welcome you to our Easter services during Holy Week and on Easter Day at 11am and 5.30pm. It could be the beginnings of a whole new life.



**“So the Last will be First,
and the First will be Last.”**

Matthew 20 v 16

In the recent past
I have been
participating on
some Saturday
mornings in a
Parkrun.



Parkrun is the name given to a series
of 5 kilometres timed events that take
place each week in 17 countries
across the world.

They are open to people of all ages
and abilities, with the aim of
encouraging people to exercise regu-
larly in the open air in
beautiful surroundings.
These events, free of
charge, are volunteer-led
and participants can run, jog
or walk.



I was encouraged initially to try a
Parkrun as part of a health project.
The first occasion, in Ormeau Park,
was an eye-opener. So many partici-
pants!



My ability meant that I
could only walk – not jog
or run; unsurprisingly I
came in last at no. 363! It
was discouraging!

In fact, coming in last (or
almost last) in following
events became the norm,
as most or all of the other
folk were running or jogging. On a few
occasions, even the finish tape had
been removed prior to my arrival!



The one redeeming factor that
initially kept me continuing to
participate was the knowledge that at
each event, although I was placed last,
I was always first in my age group (no
other females in that age bracket!).

The fact that I could be first and last in
the same event continues to make me
smile and gives me a proper
perspective!

On each occasion that I go now,
either to Ormeau Park or Victoria
Park, the Biblical verse Matthew 20 v
16 freshly comes to mind - *‘So the last
will be first, and the first will be last.’*

The intent of Parkrun is
not to establish winners
and losers in a race. The
events are to encourage
everyone of whatever ability to
participate, regardless of time taken,
to benefit health, in pleasant
environments, forming new
friendships and experiencing the
sense of belonging to community.



Likewise, in the Biblical story, Jesus teaches that His values are not those of the world. A Christian's inner motivation - contentment in life, concern for others before self and living in the will of God - are the criteria to be aimed for.

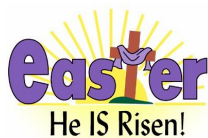


Position in society, economic standard, power, prestige, race, colour and creed are not the measures that count in the Lord's eyes. He looks for love, justice, mercy, humility and generosity.



Jesus lived on earth according to the values He desires of each of us. He died, showing at the end of His 33 years the real meaning of love, forgiveness and obedience to God.

Easter is an opportunity to review our priorities in life. The world's standards and objectives influence and drive us continually so that the natural person tends to be self-centred, proud, assertive, competitive and acquisitive, wanting more and often discontented.



However, life is a gift from God, to be lived in His way, in His service, for Him. Our life has been bought and redeemed with the precious blood of Jesus on the cross.

The criteria for living has been set by God, through Jesus: *'Whoever wants to be my disciple must deny themselves and take up their cross and follow Me'.*

This requires commitment, discipline and at times, involves pain. True fulfilment, meaning in life and the joy of the Lord comes from making that choice.



Having now completed 11 Parkruns, it no longer matters in what position I finish. The fulfilment is in the participation and being part of the community of Park runners, joggers and walkers.

As part of the community of God's people, likewise the only accolade of lasting worth at the end of life's journey is to receive our Lord's *'well done'*.

This Easter, as followers of Jesus, may we celebrate with thanksgiving, humility and joy.



Anna Johnston

ANNOUNCEMENTS

Presbyterian Children's Society

Well done! Thank you so much for the terrific collection this year of £654.69 made up as follows:



Contributions - £475.00
McCartney Cochrane Bequest - £179.69



The Society is most grateful for our caring generosity which they say is evidence of our compassion for the welfare of children and young people throughout our Presbyterian Church in Ireland and is a tremendous encouragement to them.

Sheila McAllister

Election of New Elders

I write to advise you that the Kirk Session, with the agreement of the Presbytery, is planning to hold an election for up to 6 new Elders.



This process is quite lengthy and involves a Voters List being displayed, the Rev. Beggs preaching on the Eldership, the voting for Elders, objections to names, election meeting of the congregation, training of Elders Designate and finally the Ordination service. Important dates for your diary are:

11 March	Congregation informed of the Election and Voters List Displayed
13 May	Voting Papers made available
27 May	Voting papers to be returned by 8.30pm
3 June	Congregation informed of Elder Designate and of objection procedures
24 June	Election held after the morning service
4 November	Service of Ordination by Presbytery of East Belfast



I would ask you all to prayerfully consider this Election and those men or women you feel are suitable to this important office.

John Shivers

AGM

Please note that the Congregational Annual General Meeting will be held after morning worship on Sunday 15 April. Please plan to attend this important meeting.



Operation Christmas Child 2017

The congregation received the following letter from Samaritan's Purse in February:

We would like to extend our sincere thanks to every person in your church for their prayers and support during the 2017 campaign. Whether it was donating a shoebox, donating extra fillers, financial donation or knitting various items, whatever part you and your church have played last year. We thank God for you and the tremendous impact you have made in the lives of the children in the Ukraine who received these simple gifts.

Every shoebox gift delivered by Operation Christmas Child is a tangible expression of God's amazing love. A shoebox is just the beginning, it also presents an opportunity in more than 100 countries for our church partners to invite children into a deeper relationship with Jesus Christ through The Greatest Journey.



Since 2009, millions of children around the world have discovered Jesus through The Greatest Journey. As a result, lives are being changed for eternity and new churches are springing up in communities across the globe.

The Lord has blessed this campaign. We had 4 lorries leave Northern Ireland – one went to the Ukraine, one to Romania and two went to Belarus. This year, through the support of our fantastic donors, 37,462 shoeboxes were collected and processed in Northern Ireland.



So, from the bottom of our hearts and on behalf of the children who received a shoebox, thank you so very much.

Elaine Collins & Adele Greer

Sydenham Processing Centre for OCC

OBITUARY

Wilfred Patterson

The following tribute was read by Mr J C Shivers, Clerk of Session, at the meeting of the Kirk Session on 23 January 2018

It is with great sadness that I advise the Kirk Session of the death of one of our Elders, Wilfred (Wilfie) Patterson who passed away peacefully on 17 December after a pro-longed illness. He was 87 years old.

Wilfie was not always associated with the congregation having been brought up in St John's Presbyterian, Newtownbreda. As a child both he and his now deceased sister Audrey attended Rosetta Primary School.

From there Wilfie moved to the old Belfast Institute and commenced training in engineering. Wilfie's working life was spent entirely in the Sirocco Engineering Works, from the age of 14 years to when he retired early at the age of 63 years, some 49 years with the same company.

As a young man Wilfie played rugby for Cooke RFC and after retirement from the game would have followed their fortunes from the touchline. During the summer months he would also have played cricket for the club. In later life Wilfie found enjoyment in bowling, playing for the McQuiston Outdoor Bowling Club.

Wilfie met a young Muriel Majors at the Sirocco Works Tennis Club and they were married in St John's Newtownbreda on 4 June 1958 by the Rev. Rex Pedlow who was, at that time, an Assistant Minister in McQuiston.

Their first home was in Orangefield Avenue before moving to Beechgrove Avenue in 1965. Their marriage was enriched with two children Neale and Ashleigh.

Wilfie and Muriel were always faithful in their attendance at the worship services and it was not until the last year or so, due to medical conditions, that they found it difficult to sit in the pews. However, they were always keen to be kept informed of what was happening in the life of the church.

Within the congregation Wilfie was the Convenor of the Vestibule Committee arranging members to welcome and greet folk as they gathered for worship on a Sunday. He was also a very active member of the peace and peace-making team.

Even in latter years Wilfie would faithfully take his turn to serve on the door rota offering security and support to the Guide Sections on a Monday evening.

Wilfie was ordained to the Eldership on 25 September 1983. He fulfilled his duties as an Elder with enthusiasm and faithfulness. As an Elder he visited the families in his District, initially in the Bloomfield area, and following a re-organisation of Districts, the families at the top of the Cregagh Road. He was always most welcome in their homes.

We convey our sympathy to Muriel, Neale and Ashleigh, son-in-law Moore, grand-daughter Rebecca and baby great-grand-daughter Sophie, thanking God for the life of Wilfie 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"***

17 December

Wilfred Patterson
43 Beechgrove Avenue

30 January

Mrs Ann Hogg
31 Channing Street

13 February

Robert McCullough
33 Channing Street

1 March

Mrs Dorothy Whitters,
9 Quarry Road



He is not here; for He is risen, as He said.
Come, see the place where the Lord lay.
Matthew 28:6



CHRIST^{THE} LORD
IS RISEN TODAY!

VESTIBULE OFFICIALS

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

April

Ken Galbraith, Sheila McAllister
Convenor: Brian Erskine

May

Lawrence Gardner, Lynn Gardner,
David Boyd, Jeanette Boyd
Convenor: Heather Sergeant

June

Joan Wootton, Eileen Kelso,
Mildred Kerr, Roberta Gibson
Convenor: Sheila McAllister

July

Anna Johnston, Heather Dickson,
Helen Gilmore, Hilary Hawthorne
Convenor:

August

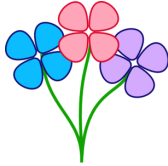
Ann Anderson, Heather Sergeant,
Richard Hughes
Convenor: Lorraine Hughes

FLOWERS

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

November

Joan Gardner
Joan Wootton
Anderson Family
Sadie Ferguson
Richard & Lorraine Hughes



December

Maureen Connolly
Ann Anderson
Lina Graham
Agnes Somerville
Joan Wootton

January

Eileen Watt
Claire Fisher
Majorie Beggs
Joan Gardner
Barbara Best



February

Eileen Kelso
Joan Wootton
Ann Cosgrove
Irene Smyth
Mums & Tots

MARRIAGE

“Except the Lord build the House, they labour in vain that do”

24 November

Darren Hillis Moore
to
Sarah Jayne Warnock
7 Carnamena Avenue



King of
and kings
Lord of lords

We shall
for REIGN
Ever & Ever



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