

PULSE

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McQuiston
Jesus Centred - People Focused



E A S T E R

H E I S R I S E N

EDITORIAL

Dear friends,

What comes first, the chicken or the egg? It's an easy question really, we buns as we're apt to say in this part of the world. It was the chicken of course because God made all creatures according to their kind and not eggs.



A harder question and one which either grips or bores us all at the moment is this, "Which comes first, Brexit or Easter?"

Is the UK exit date 12 April, 22 May or 30 June? By the time you read this we could of course have crashed out on 29 March, the original date set to leave the European Union. Who knows?



Yet, as crucial as people see this question in terms of the economic and political future of the UK, one thing is certain it will have no eternal consequence. The "Brexit Crisis" too will pass.



In terms of importance, Easter must come first because of the event it commemorates; the resurrection of Jesus Christ from the dead and with it the death of death and the promise of eternal life.

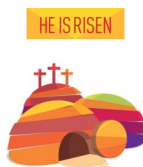


Easter is an event that still has eternal weight today as it will when the nations themselves have passed into history.



In this sense the apostle Paul captured the gravity and joy of Easter... *"For what I received I also passed on to you as of first importance that Christ died for our sins according to the scriptures, that he was buried and that that he was raised on the third day according to the scriptures."* (1 Corinthians 15:3-4)

The only exit to really matter, the only one that has eternal significance is the exit of Jesus from the tomb and with it from death which could not hold Him.



That's one we can all embrace and find blessing in it. I hope you have a joyful Easter.

Robert Beggs

FAKE NEWS... GOOD NEWS!

In this age of spin, fake news and misinformation, it's hard to know where the truth lies.



When we browse our favourite news stream, check out Twitter, read a paper or watch the news on TV, we're increasingly uncertain that what is being presented to us is actually true.

A lot of people see the Christian faith, in particular the resurrection of Jesus, like that. Fake news, concocted because people need something to believe.



Writer and Bible teacher Michael Green says: *"If the resurrection is false, you can dismiss Christianity. If it is true, the consequences are enormous."*



Christians believe that Jesus is alive and there is good evidence for that fact. In the apostle Paul's letter to the early church in Corinth (1 Corinthians 15 vs 3-6), he maintains that Christ died on the cross, was buried and then rose again.

Paul writes that Jesus appeared to Peter and to the rest of the disciples. In fact Jesus appeared to more than 500 of the believers at that time. The early followers of Jesus were so convinced of His resurrection they became bold in sharing the Good News, despite the imminent threat to their lives.



This Easter, Sunday 21 April at 11am, why not check out McQuiston and come along to explore why Christians believe that Jesus is alive today?

Countless millions over the centuries have believed the evidence is compelling and a truth that is real, not fake, and worth basing their life on.

How about you?

ORGANISATIONAL NEWS

Boys' Brigade

Our last session ended on Friday 15 December 2018 with our usual BB Christmas parties. Due to the Rev. Alan Marsh's installation, we had a slightly longer break for Christmas and New Year, and began our new session on Friday 18 January.



The Anchor Boys began the new session looking at women in the Bible during their Bible time, while the Junior Section heard stories from the Old Testament about David and Elijah. During Bible Class the Company Section has been learning what scripture says about living for Jesus in today's society.

What we have found challenging 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 and time spent teaching cooking and baking skills. In fact, time around God's word is at the heart of all three sections.



N. Ireland

We had a visit from the Guide Dogs NI Association in January, when one puppy in training and its handler came down to the church to show us how the dogs are trained. We have been collecting money to help with the training of guide dogs for the last number of sessions and will present the cheque at our Parents' Night on 12 April.

The other main challenge we have faced is attendance, as numbers have been erratic in both Anchor Boys and Junior Sections this session. This has made planning for our Parents' Night very difficult. All parents and friends are most welcome to come along at 6.45pm on 12 April to support the boys and officers.



Please continue to pray for the 19th Belfast Company. Pray for more volunteers and boys to join us. Thanks to all the leaders and helpers who give of their time each week so faithfully. Finally, our gratitude must go to all the boys and their parents, it is a privilege to be part of their lives in the 19th Company of the Boys' Brigade.



Jim Ross
Captain

Senior Members' Fellowship

As we continue each Tuesday to fellowship with friends at McQuiston Senior Members we warmly invite you to join us, you will be made most welcome. We meet every Tuesday afternoon between 2.00pm – 3.30pm in the DD Boyle Room. We enjoy a cup of tea/coffee and wee treats which our ladies very willingly serve.

We have a dedicated team who love to engage with our Senior Members and show God's love to them. Our programme each week begins with a short devotional time followed by a speaker. As we are fast approaching Easter we will celebrate the Sacrament of The Lord's Supper on 2 April with our members as we remember His sacrifice for each one of us. Such selfless love as He went to the cross to be crucified for our sins. Thank you Jesus for loving us. God loves us so much that He gave His only son to die for you.



Over the next few months we will enjoy different speakers, our bus run in May and a lovely meal at Tullyglass House. We give God our thanks for His love and guidance each day in our lives and we remember those in church, family and friends who are ill at this time and those who have suffered recent bereavements.

Please remember, you are most welcome to join our Seniors - just make your way to the Moneyrea Street entrance for 2pm any Tuesday you are free. You will be made most welcome.



Eileen Kelso

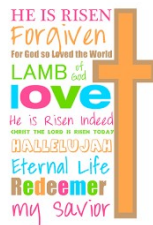
The New Year started with our Members' Night and a "Bring and Buy" sale.

In February Catherine Campbell, a renowned local author, told us of her life journey through many of her novels – "Under the Rainbow", "God knows your name", "Chasing the dawn" and "Journey with me: 365 daily devotions". Unfortunately we were beaten by time but we'll be inviting Catherine to return in 2020 to complete her life journey story.



In March we welcomed Fred Strickland, a master baker to our meeting. He was previously employed in the Ormeau Bakery. We were delighted when he made us fresh soda, treacle and wheaten farls and potato bread. We even bought some for our family and friends – they were delicious!

On Tuesday 16 April we welcome Colin Tinsley who will speak on "No ordinary journey". Colin gave up a career in Marks & Spencer to enter full-time Christian work travelling thousands of miles every year both here and overseas sharing the gospel message with children. All ladies are welcome to come along and hear Colin's story.



In closing may I wish you all a peaceful and restful Easter.

Angela Shivers
Secretary

McQuiston Lunch Club



The Lunch Club continues each week, so if you would like to meet up with a friendly group of "recycled teenagers" then why don't you join us on a Monday at noon in the church hall? You can have a good chat and you get a lovely hot meal plus dessert and tea at the low cost of £2.50.

If you would like to join us please phone the church office 90458155. We were short staffed but "thanks" to Irene and Geraldine for helping out.

Sheila McAllister

Transformers

The children finished for Christmas with their usual party but not before hearing the real reason we celebrate Christmas, the birth of Jesus Christ.



The children know the story well but it's always good to tell them it again.



Since starting back in January we have been teaching the children about the “Fruits of the Spirit” and that we all have these within us. Each week we hear a story and now the children volunteer to read a passage from the Bible relating to it. The children have grown in confidence and we thank God for it.

As we approach Easter we will hear the account of the death and resurrection of Jesus and how He died to save us and now lives for evermore with our Heavenly Father.



At the end of each set of stories we have a quiz which can get quite competitive. It's a blessing for the leaders to see how much the children remember each week.



Along with the Bible stories we play games, favourites at the minute are dodgeball and crab football, the girls love to use skipping ropes and a kind member of the congregation bought us 10 new ones. We also have craft which the girls especially enjoy. At the end of the night is toast and juice time after a final prayer the children get ready for home.

We always welcome prayers for the children and leaders from the congregation, especially for the children that they get to know Jesus in a personal way and that we as leaders show them the faith we have.



All children P1 to P7 will be made most welcome.

Heather Sergeant

ANNOUNCEMENTS



**Presbyterian
Children's
Society**

Presbyterian Children's Society

This year the amount we forwarded to the Society was £586.41 made up as follows:-

Donations:	£360.00
McCartney Cochrane Bequest:	£226.41

The Society says, *"Thank you as always. Please offer our sincere thanks to everyone at McQuiston Memorial for their continued support of the work of the Society."*



Sheila McAllister

Defibrillator



The church has purchased a defibrillator to be used by ourselves and the local community. It is situated in the area outside the Ballantine Hall. A number of church members have been trained on how to use the defibrillator and in basic first aid.

We hope that we will not need to use the defibrillator at any time but it is wise that we are always prepared to deal with any situation should it arise.

Linda Wray

McQuiston Storehouse

The Storehouse continues to carry out its objective in providing help to those in need in the local area. The food supplies which are provided each week in the trolley are a welcome relief to those families living on the poverty line. Also those who support the Storehouse by financial donations help the families with gas /electric by uploading their energy cards.



Thanks

Thanks to everyone who support this ministry in these times. Please continue to do so as Jesus commanded us to support those who are less fortunate than we are.

Alan Bousfield

Belfast City Marathon

This year the marathon will take place on Sunday, 5 May starting at 9.00am from Stormont. The course covers all parts of the city but importantly for us the runners and walkers will come up the Castlereagh Road. Although the elite athletes will clear the Castlereagh Road early in the morning, other runners and walkers will not.



Accordingly, the Kirk Session has agreed that morning worship will start at 12 noon as the Castlereagh Road should be open by then.

We are also planning to provide refreshments to the spectators from 9.00am and distribute information about the congregation.

If you can help in any way please contact John Shivers.

Music @ McQuiston

We are having a piano recital on Saturday 22 June at 7.30pm by Dr. Kevin Ayesh, a concert pianist from the USA. Kevin is a virtuoso concert pianist and has performed concerts and presented master classes throughout the United States, Canada, Germany and Hong Kong.



He has appeared as concerto soloist with the Hendersonville Symphony Orchestra, the Brevard Philharmonic Orchestra, the Asheville Chamber Players, the Asheville Symphony Orchestra and the Blue Ridge Orchestra.

Dr. Ayesh has been the head of the music department at Blue Ridge Community College, Weyers Cave, Virginia since 1992.

Kevin will present a varied programme of music from classics to more popular tunes.



This will be another great night of music at McQuiston.

Mark McKeown

CHOICES

When writing a letter recently I realised that I no longer write in a straight line. Although I have tried to change this, my writing lines now seem always to go in a slant! It is frustrating to know that I am 'off course'.



To remedy this development I obtained help by turning to the 'lined guide sheet' provided with the Basildon Bond writing pad.



This also made me think of various occasions, in different places, when someone has gone to a wall to 'straighten' a picture.

To adjust the tilt to the picture it is necessary for a person to make the correction. I am sure many folk can relate to both examples above.

In our lives each one of us makes many choices daily.

With all the distractions and confusions in today's world it is easy to lose our way and go off the straight path somewhere along the road (often happening imperceptibly).



This can relate, for example, to life choices, decisions concerning our financial spending or relationships.



If our life has moved in a slanting direction, or taken one or two wrong turns – it is never too late to get back on the straight road.



However, it is necessary for us to want to make that choice. In God's grace He will guide us back on track if we seek direction from Him.

The Lord does this through the Holy Spirit who gives us the necessary knowledge and wisdom. Jesus has told us '*I am the way, the truth and the life*' (John 14 vs 6).

This is the reason it is so important to meet daily with the Lord (through prayer and Bible study) in order to walk 'on the straight path' that He has mapped out for each of us.



God has promised His people that His plans are for a good future and hope. He has also promised '*You will seek and find Me when you seek Me with all your heart*' (Jeremiah 29 vs 11-13).

We have His word that He will strengthen us, and enable us to walk in His way, along 'straight paths' as we grow in our relationship with Him.

As Easter approaches we are reminded that there is one area in our lives where we don't have many choices. We have one direct choice to make; our destiny with God is a straight choice.



Jesus gave His life for you and me – to forgive all the wrong choices we make, attitudes we have and actions we take, the grief that we cause our Heavenly Father and the damage that we do to ourselves, to others and to our world.

The incredible sacrifice of Jesus on the cross was made for us, once and for all, as a free gift. The choice, as it appears to us, is to 'accept' or 'reject' the gift of Jesus.

In choosing 'accept', this choice not only gives us fullness of life here and now but, at the end of life's journey, determines our eternal future.

'For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life.' (John 3 vs 16)

We are privileged once again to rejoice at this Easter season because of this tremendous gift given to us in the death and resurrection of Jesus.



In humility and gratitude, because of Christ's sacrifice, our lives should reflect, in word and action, the love of Jesus, as we forgive and are reconciled in our own lives, and seek to do so also in our individual spheres of influence in the world.



Scripture tells us *'God forgave you. Follow God's example ... live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.'* (Ephesians 5)

*"Thank you for the Cross, Lord.
Thank you for the price You paid.
Bearing all my sin and shame
In love You came
And gave amazing grace.
Thank you for the Cross, Lord."*

Rejoice this Easter!

Anna Johnston

REV. DAVID MAXWELL

At the start of February the Rev. David Maxwell joined our ministry team as a Pastoral Associate. His main role is to visit our older members, conduct funeral services as required and preach once a month. We met up with him earlier this month to gather some background information about him.



You have recently joined us as Pastoral Associate, tell us about your past life as a minister and your family?



Coming from a non-attending Church of Ireland family I had never really been to church in my life until I met Janet. We went to Belvoir Presbyterian Church where in due course both of us were involved in Sunday School, BB, Christian Endeavour, Youth Club as well as many outreach events to young people through the CE.

Eventually I was ordained to the eldership and it was through being involved in these groups that we discerned my (our) call to the ministry.



I began studies in 1977, was assigned to Strand congregation as assistant in 1983 and received a call to the congregations of Ryans & Brookvale in 1986 (following the retired minister who was Carson McCullough). In 1994 I was installed as minister of St Andrews where I worked until my retirement in 2018.



The main passions of Janet and myself in gospel ministry have always been evangelism, especially among children and young people in the earlier years, and world mission. This continues to be the case.

Janet and I have four children and seven grandchildren, plus an eighth due in May. Three of these live in Peru where our second eldest daughter Emma, and her Peruvian husband Fredi, work with Kids Alive International in the Amazon.



What are your initial thoughts on our congregation and how have Janet and yourself settled into the congregation?

When one retires from being a minister in a church you have to leave that church, the manse, friends you have made over many years (25 in our case) and you have to find a new spiritual home/family. For many months afterwards you concentrate more on the leaving bit because it is like a bereavement.

Consequently I would prefer not to voice initial conclusions since I do not know McQuiston well enough or, in a sense, what makes it tick. Robert asked if I would consider helping with pastoral visitation and I have viewed that as a kind of 'call.'



I have thoroughly enjoyed the first couple of months in this post and I hope and pray that the experience of the past 35 years may be useful to Lord in McQuiston and glorify His name.

What are your hobbies/pastimes?



I really have no hobbies. My work and my family have consistently occupied all my time through the years. I enjoy walking our dog, Dougal the Labradoodle, and reading historical and crime thriller novels. I am currently reading the first of the Grantchester Mysteries series.

Drinking coffee might well be considered one of my pastimes and I enjoy spending time with my grandchildren immensely.

Do you have particular Bible verses which are significant to you and why?

The most significant Bible passages for me are Genesis 1-3; Paul's Letter to the Romans and the Book of the Revelation.



Genesis 1-3 because they are the foundation of everything else in the Bible; without them the rest is meaningless.

Romans because Paul makes it obvious that he believes Genesis 1-3, takes us from there through the need and means of salvation by grace through faith in Jesus Christ, and wets our appetite for the *"glory that will be revealed in us"* (8 vs 18) when the *"creation will be liberated from its bondage to decay"* (8 vs 21) at the day of resurrection, *"the redemption of our bodies"* (8 vs 21).

Revelation because it assures me that despite what it may seem like in our world... *'The Lamb wins in the end!'*

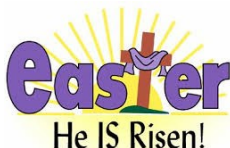
And now just a series of quick questions:-

What CD is playing in your car? I never really play CD's in the car but often listen to Classic FM.

What are your tastes in music? To be honest I am not a music person. Mostly I listen to it for relaxation. In Christian music I like a good blend of the old and new with clear Biblical content.

Favourite meal? Janet will tell you that I will eat anything but it's hard to beat mashed potato, Denny's pork sausages and baked beans.

Favourite film? At the movies I like stories such as the Da Vinci Code trilogy.



EASTER THOUGHTS...

See from His head, His
hands, His feet,
Sorrow and love flow
mingled down:
When did such love
and sorrow meet,
Or thorns compose so rich a
crown?



Were the whole realm of nature
mine,
That were an offering far too
small;
Love so amazing, so divine,
Demands my soul, my life, my all!

Isaac Watts



Now the fear of death is broken,
Love has won the crown.
Prisoners of the darkness – listen,
Walls are tumbling down!

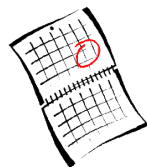
Raised from death, to heaven
ascending,
Love's exalted King:
Let His song of joy unending
Through the nations ring!

Graham Kendrick

SPECIAL SERVICES

14 April @ 11am

Palm Sunday



17 April @ 7.30pm

Joint Choirs with
music for Holy Week

19 April @ 7.30pm

Good Friday service with
Sacrament of the Lord's Supper

21 April @ 11am

Easter Day service
(No evening service)

5 May @ 12 noon

Marathon Day

26 May @ 11am

SHED service
with Rev. Graham Stockdale

2 June @ 11am

Sacrament of the Lord's Supper

30 June @ 7.00pm

Sacrament of the Lord's Supper



OBITUARY

Thomas McCord

The following tribute was read by Mr J C Shivers, Clerk of Session, at the meeting of the Kirk Session on 26 February 2019

It is with great sadness that I advise the Kirk Session of the death of another one of our Elders, Tom McCord who passed away peacefully on 6 February. He was 93 years old.

Tom's family came from the Newtownards Road where they attended Westbourne Presbyterian. He was one of 3 children with sisters Anne and Noel. Tom was a member of the Boys' Brigade and the Sunday School in Westbourne.

Tom attended Mountpottinger Public Elementary school and for a short time Graymount School in North Belfast. During the war years Tom lived with relatives around McQuiston church and thus started his long connection with our congregation.

On leaving school Tom served his time as an apprentice fitter in Shorts before moving to the Shipyard for 8 years and then on to the British Tabulating Machine Company, Montgomery Road or known locally as the "TAB" for some 20 years. This was later known as ICT and then ICL. He then served in the Corp of Commissioners for 8 years leaving in 1971 and moved to the full-time Reserve of the RUC for over 11 years.

Tom met Jean in the early 1950's and they were married in March 1954. They lived in Roddens Crescent and their marriage was blessed with the birth of two sons Brian and Derek.

Family played an important role and they were delighted when Brian married Barbara and with the birth of grand-daughters Gillian and Kirstin. Just a short time ago Tom was thrilled with the birth of a great grandson Dylan. Sadly Jean passed away in 2011 and life was never quite the same again for Tom.

Within the congregation Tom and Jean were regular in their attendance at worship and both would have sung in the choir, Tom having joined our church choir in 1944. Indeed Tom was renowned for his voice and would have taken solos on numerous occasions at church services and at more social events. He also sang with Willowfield Male Voice Choir, the RUC and later Police Choir and the Belfast Philharmonic Choir.

Tom was elected to the Congregational Committee in 1961 and, being a very practical man, served on the General Purposes Committee. He also served for a short period as an Officer in our Boys' Brigade Company. His hobbies included reading, crossword puzzles, DIY and helping Jean in the garden.

On 12 January 1964 Tom was ordained to the Eldership. He fulfilled his duties as an Elder with enthusiasm and faithfulness. As an Elder he visited the families in his District over many years and was always most welcome in their homes.

We convey our sympathy to sister Noel, sons Brian and Derek and their extended families thanking God for the life of Tom 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"***

21 December

Henry Milliken
5 Frank Street

14 January

Mrs Molly Hamill
Limetree Nursing Home
formerly 90 Brentwood Park

6 February

Tom McCord
97 Roddens Crescent



CHRIST THE **LORD**
IS RISEN TODAY!

VESTIBULE OFFICIALS

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

April

Ken Galbraith, Brian Erskine,
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
Anderson family
Lorraine Hughes

December

Ann Anderson
Sadie Ferguson
Lina Graham
Maureen Connolly
Agnes Somerville

January

Marie Davidson
Eileen Kelso
Sadie Ferguson
Barbara Best
Sandra Morrison
Joan Gardner

February

Eileen Watt
Claire Fisher
Irene Smyth
Joan Wootton
Mums and Toddlers



NEW MEMBERS

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

Rev & Mrs David Maxwell
9 Houston Park

NEW COMMUNICANTS

***“On profession
of Faith***

Mrs Janet Maxwell
9 Houston Park

Mrs Irene Murray
39 Orangefield Crescent



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