

YOUR AUTUMN EDITION OF

# WEST LIFE

ISSUE No.12, SEPTEMBER 2017

WEST CHURCH, BANGOR PUBLICATION

ONLY INSIDE YOUR WEST LIFE / FIRST WORD / YOUTH & CHILDREN / THE NEW SESSION / TESTIMONIES / MISSION UPDATES / ALPHA / PRAYER OPPORTUNITIES



**Cave Quest Team  
on the road in Keady**



New-build homes, planning applications, house refurbishments and extensions



Contemporary church designers (Maze PC, Mullingar PC, Seagoie Parish)



Church refurbishment (Fitzroy PC, Dundonald PC, St Columbanus Parish)



Conservation & Community (St Anne's, Belfast Central Library, BRA, Crawfordsburn Scout Centre)

- The practice has genuine enthusiasm for all design projects undertaken and enjoys building up close, working relationships with clients thereby ensuring a sensitively creative approach to each project, be it a commission for a one-off house, a domestic extension or refurbishment.
- Since formation of the practice in 1972, Architects Knox and Markwell has been privileged to work with numerous congregations in the preparation of concept plans and provision of church facilities which strengthen the link between church and community.

## Architects Knox and Markwell

14 Donaghadee Road, Bangor, BT20 5RU  
T: 028 9145 6677  
E: design@akm.org.uk

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KNOX  
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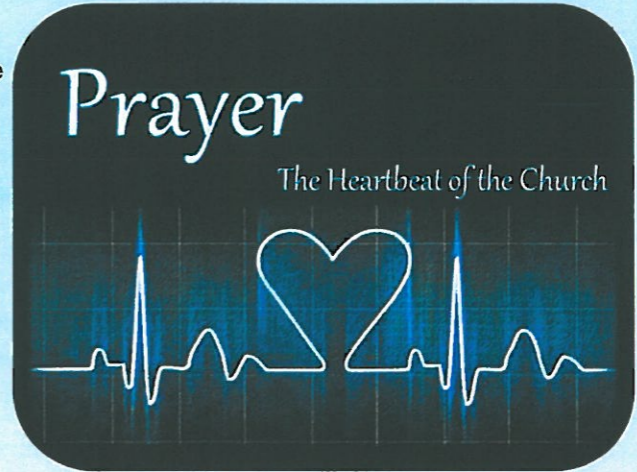
# WELCOME TO YOUR AUTUMN WEST LIFE

Reading through your church magazine, you will hopefully be impressed by the number of articles taking us to the ends of the earth and back. You will read about reaching out in our local community as well as praying for the broken people in Northern Canada. I have also been very taken by the testimonies of people who have found new life, new beginnings and new hope in Christ, as well as a new home here in West. Particularly moving for me is the story of Abigail Allen, who donated the sum of £110, given on her seventh birthday, to children's work in Peru. Our columns reflect the loving faithfulness and warm-hearted generosity of so many across the generations in our congregation.

Once again I thank Cheryl in the office for her unending energy in compiling and editing the magazine, as well as those who have placed advertisements to cover our costs. As you look at the list of activities and organisa-

tion in September, why not become involved or offer your help in whatever way you can! If you would like to explore Christian faith, there's the Alpha Course beginning in the Bryansburn Inn. For those who want to go deeper in their discipleship, there's Freedom in Christ or home groups. Altogether, as I reflect on this wide circle of love, embracing the generations and extending globally, I thank God for the wonderful heartbeat of His prayer and love throughout these reflective pages. Enjoy your magazine!

Charles



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**Minister Emeritus:**  
Rev David Bailie

**Assistant Minister:**  
Dave Gray

**Pastoral Associate:**  
Andy Heron

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Telephone: 02891 459688**

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Gillian Caughey

**Youth & Children's Associate**  
Sonia Mawhinney

**Youth & Children's Worker:**  
Andrew McClelland

**Church Co-ordinator:**  
Stephen Cully

**Church Secretaries:**  
Elaine Ward & Cheryl Miller

**Church Officers:**  
Ken Macartney  
Martin Yardley

### Sunday Service Times:

10.00 am Traditional Service  
10.00 am Young West  
11.30 am Contemporary /  
Family Service (Crèche provided)  
Children leave for Sunday School at 11.45 am  
11.45 am #Café church  
6.30 pm Evening Service  
8.00 pm Deeper

# “Coincidences” multiply when we pray

by Rev. Charles McMullen

I hope you all have had a relaxing summer and, wherever you have been, that you have travelled well. In May I had the pleasure of attending the European Leaders' Forum in Poland. Six Irish Presbyterian ministers enjoyed each other's company as well as the Bible studies and seminars attended by about 800 people altogether.

On the morning of our departure, we complained about having to leave our hotel so early. It was going to mean hanging around Krakow Airport for several hours. I was sitting at the front of the bus beside my dear friend Daniel Kane and, as always, the conversation was easy. As I placed my passport, iPad and travel documents in the pouch in front of me, it was as if I heard an inner voice saying to me: "Don't do that! You'll forget them."

Arriving at our destination, I rescued my suitcase and was standing at the terminal entrance as the bus pulled out. Suddenly the life drained from me: "My passport"! Immediately I gave chase, even though there was very little likelihood of being able to catch an accelerating bus. My hope was that it would stop at the exit barrier, giving me at least an outside chance of catching up. However, it got worse when one of my colleagues shouted after me that I was heading in the wrong direction and apparently I completed a pirouette with Basil Fawly style elegance and panache. To no avail!

My friends gathered around me in the foyer and began to pray in good Presbyterian style: "Lord, we know You are sovereign, but you are also the God of Providence. We need You to intervene now". Desperately I wanted to embrace their faith-filled prayers, but my mind was already racing ahead to what I would do next.

I spoke to the girl at the



Information Desk and visited the Easyjet kiosk. Somebody bought me a latte to calm my nerves. Another phoned the hotel, which phoned the bus company and it in turn contacted the driver. Nothing was found! We sent through a second message to give the precise location of the missing items — directly behind the driver's seat and not in the overhead racks.

Amazingly, my possessions were found and the bus company laid on a taxi which rushed to the airport. The night before I had toyed with the idea of buying a book, but for once in my life resisted temptation and held on to my remaining 25 euros. I was told that the taxi driver would be standing at the information desk at 12.10pm, holding the course logo. And the fare? Sure enough, it was 25 euros, although I would have gladly given so much more. As I subsequently realised, I would have had to travel to

Warsaw, then buy an emergency passport, book a premium flight and perhaps accommodation as well.

A moment of profound thanksgiving! As we arrived at Belfast International, I joked with my friends that my salvation had been in doubt, but they got me through to the other side: "Yes, McMullen, even though your heels were singed on the way!" was the reply.

Meantime, back in Krakow after the morning's drama, the six of us joked over coffee about possible sermon illustrations! In a nutshell, for me it's amazing how "coincidences" multiply when we pray and the wonderful fellowship we receive from our Christian friends. And now that my travels are over for a while and my passport safely stored away, it's time again for me personally — and I hope for all of us — to be excited together as a community of Christian faith and expectancy here in West — standing

together, being there for each other, expectant and full of hope, seeing those prayers being answered as God ushers in the full dimensions of His Kingdom life.

Now I know it doesn't always work out as it did for me that morning and it's all the more important that we are there for each other through the lows as well as the highs of life, but

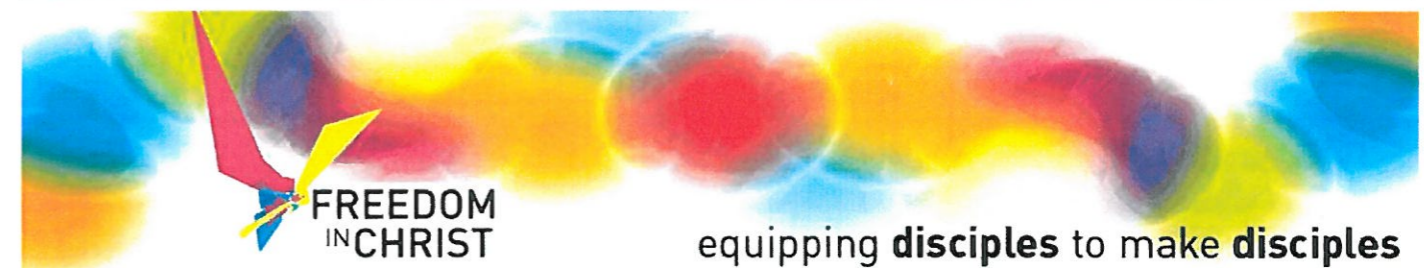
for me these had been moments of incredible faith and prayer. And there again, if we had been allocated the later shuttle bus and arrived later that morning, then I would have missed my flight!

The Apostle Paul wrote these words for us as we journey through life: "For I am convinced that neither death nor life, neither angels

nor demons, neither the present nor the future, not any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."

Agape!

Charles McMullen



The award-winning Freedom in Christ Discipleship Course is a proven and effective way for churches to help Christians become fruitful disciples. It involves 13 sessions and a ministry component called the Steps to Freedom in Christ. There is normally an Away Day around week 9 or 10 of the course. This course has been used by around 300,000 people in the UK

## Why does this course work?

Far too few Christians reach their potential. Some simply drop out. Why? Usually because they don't have a real understanding of their new identity in Christ.

Traditional discipleship teaching can sound like this to them: "do this every day", "don't do that any more", "successful Christians behave like this". So they end up simply acting like Christians. Some manage to do and say the right things but don't necessarily live fruitful lives. Others constantly require help with the same issues and some just drift away.

The Freedom in Christ approach first helps people grasp all that

happened the moment they became Christians: who we are in Christ; the truth of God's unconditional love; why there is no condemnation; why we don't have to languish in cycles of sin, negative thinking and hopelessness.

Good teaching on its own however is not enough. Although the key to freedom is knowing the truth (John 8:32), simply telling people the truth doesn't mean that they really know it. This course also has a kind and gentle ministry process to help people repent of past sin and resist the devil. For many this "clearing out of rubbish" is the key to the teaching falling into place.

There are 4 parts to the course:

### Part A—Key truths:

Jesus said that we will know the truth and the truth will set us free! In the first three sessions we will look at some of the key truths we need to know about what it means to be a Christian.

### Part B—The World, The Flesh and The Devil:

Every day we struggle against three things that conspire to push us away from truth. Understanding how the world, the flesh and the

devil's work will enable us to renew our minds and stand firm.

### Part C—Breaking The Hold Of The Past:

God does not change our past but by His grace He enables us to walk free of it. In this section we look at how we can take hold of what Christ has done for us in order to do just that.

### Part D—Growing As Disciples:

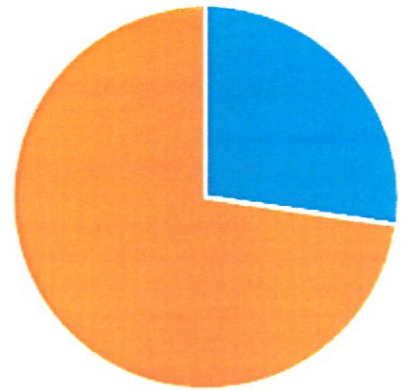
Having taken hold of our freedom in Christ, we now need to concentrate on growing to maturity. In this section we will learn how to stand firm, how to relate to other people and how to stay on the path of becoming more like Jesus.

We will be running a Freedom in Christ course here in West throughout the autumn on Thursday evenings, beginning 21st September in the Conference Room. Please register your interest to attend by signing up at the main office noticeboard or by contacting the Church Office by telephone or email.



# UPDATE

West Church - United Appeal 2017



■ £12,757 Received to date ■ £34,000 Debt of Honour

**T**hank you to everyone who has supported the United Appeal for Mission to date. You will know from the last edition of West Life that our 'Debt of Honour' to the Presbyterian Church in Ireland is £34,000. At the time of writing, we have received £12,757 or 38% of our target.

It is possible to contribute to the United Appeal at any stage during the year by leaving an envelope marked **United Appeal** with your FWO number noted or by using one of the United Appeal envelopes which are available at the Welcome Desk. Our next special United

Appeal service will be at Harvest Thanksgiving, 8th October. Our Finance team has now set up a United Appeal account to allow you the flexibility to contribute either by Standing Order or by online banking. For further information on account details, please contact the Church Office.

**Please remember that any shortfall to our debt must be made from the General Church Funds, No. 1 account, so your generosity with this Appeal to support the Presbyterian Church at home and overseas will be really appreciated.**

## Thursday Bible Study Group

by Albert Ward

**H**ave you ever found yourself at a loose end or with nothing to do on a Thursday Morning? Do you sometimes find yourself sipping your tea/coffee and watching boring morning TV? If this sometimes describes your Thursday morning why don't you consider joining us. We are a group of ordinary church members, numbering on average about 25, who start getting together around 10.00 am each Thursday morning for a cup of tea/coffee and a biscuit in the Welcome Area of the Church. After about 30 mins chat and catch up we move to the Meeting Room where we have a short period of worship and then begin to study what the Scriptures have to say to us today. We try to finish around noon.

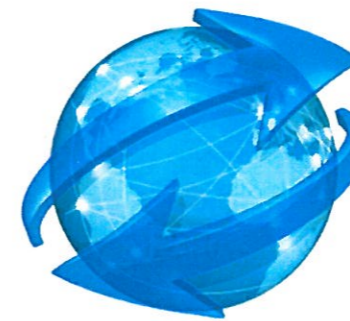
Currently we are studying the Gospel of John and will be resuming at Chapter 11 - but don't let that put you off. The aim is that we enjoy getting around God's word together to discover what His plan is for each of us in today's Church.

If you would like to join us our next session will begin on:



# 'GO AND MAKE DISCIPLES OF ALL NATIONS'

by Gill Fleming, on behalf of Mission Committee



### MISSION AIMS

To promote and uphold God's global plan and missional call to the church to 'Go and make disciples of all nations'. Matthew 28:19

### Envision

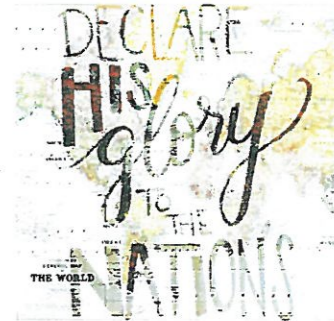
Teaching the church to understand God's global plan.

### Equip

Motivating them to a loving response to God's word

### Engage

Providing opportunities for them to use their gifts, abilities and resources individually and corporately to accomplish God's global plan.



### MISSION COMMITTEE

We have a Mission Committee consisting of a mix of elders and ordinary members of the congregation. There is a Mission Policy which is followed to provide all round support to those overseas and at home in both short term and long term mission situations. Anyone considering 'Mission' in whatever form should in the first instance make contact with a church leader and a member of the Mission Committee.

### WHO WE SUPPORT

#### Presbyterian Church in Ireland (PCI) Mission Overseas

[www.pcimissionoverseas.org](http://www.pcimissionoverseas.org)

#### Malawi: Livingstonia Synod's Aids Programme (LISAP)

The Director of the programme is Mphatso Nguluwe who is a midwife and completed some of her training at Queen's University, Belfast. The holistic ministry of LISAP includes many dimensions: Home Based Care, Dietary Help, Community Based Child Care, Christian Camps, Prevention and Behaviour Change, Income Generation project and Youth programmes.

Contact: Maureen Bennett  
[www.ccapsonlinia.org/departments/lisap](http://www.ccapsonlinia.org/departments/lisap)

#### SCOM: Student Christian Organisation of Malawi

The Student Christian Organisation of Malawi is an indigenous interdenominational organisation committed to the evangelisation, discipleship

and training of students so that they would love and serve the Lord effectively in the church and in the world. Formed in 1961 by the Malawi Council of Churches, SCOM has grown from 20 branches to over 500, with a student membership of 30,000 in post-primary educational institutions. SCOM is also supported by PCI. Their workers in Northern Malawi are Samuel & Barenice Mayuni based in Mzuzu. Barenice was linked to West Church during her time as a student at Belfast Bible College.

Contact: Maureen Bennett  
[www.scoministry.m.webs.com](http://www.scoministry.m.webs.com)



Pictured above are Samantha & Susan, Samuel & Barenice's 2 daughters.

### Kindfund

Founded in 2004 by Ken & Pamela Dobbin, Kindfund operates in Northern Kenya amongst the Turkana, Samburu and Rendille pastoralist tribes. Kindfund runs two children's homes, a smaller temporary home, a rescue centre for young girls and babies, two nursery schools and a small primary school. Parallel to these sustainable developments they assist the local communities in other ways through education, clean water projects and supporting other vulnerable groups at risk.

Contact: Johnny Dobbin  
[www.kindfund.com](http://www.kindfund.com)

### Open Doors

Open Doors is an international ministry serving persecuted Christians and churches worldwide. Working in over 50 countries, they supply Bibles, leadership training, literacy programmes, livelihood support and

cont'd

advocacy services. In the UK and Ireland Open Doors raises awareness of global persecution, mobilising prayer, support and action among Christians.

Contact: via church office  
[www.opendoorsuk.org](http://www.opendoorsuk.org)  
 Facebook/Twitter/YouTube feed: opendoorsuk

**Tearfund**

A relief and development charity working in partnership with Christian agencies and churches worldwide tackling the causes and effects of poverty. West Church is participating in the "No Child Taken" Connected Church programme in India by linking with Sahaara in Mumbai which seeks to rehabilitate women rescued from the sex trade. We are also connected with The Emmanuel Hospital Association in the Bihar region on the Nepalese border providing support for small and marginalised farmers reducing the incidence of human trafficking and child labour.

Contact: Jane Richardson  
[www.tearfund.org](http://www.tearfund.org)

**Safe Zone**

Safe Zone is a project started in the early 1980s aimed at sharing God's love with the vulnerable, disorientated and the needy in Bangor town centre on busy weekend nights. The Safe Zone team is made up of volunteers from a number of local churches in Bangor and the surrounding area.

Contact: Gavin Fry; [gavin-wfry@gmail.com](mailto:gavin-wfry@gmail.com) or Peter McAvoy [Petermcavoy1@googlemail.com](mailto:Petermcavoy1@googlemail.com)

**Storehouse**

Storehouse North Down is a project bringing together charities, churches, statutory agencies, community groups, businesses and individuals to fight food poverty throughout the North Down area and beyond.

Contact: Margaret Bailie  
[info@storehousenorthdown.com](mailto:info@storehousenorthdown.com) or call 07526 541168

**Peru Project: Faith Children's Services**

FCS is a Christian not for profit company which provides practical and financial support for projects which meet the needs of children in Peru. FCS look after 'Casa Hogar', otherwise known as 'Home on the Prairie' children's home and school near Huanaco, east of the Andes Mountains. They also support the "Help Them To Smile" project of St Luke's clinic Moyobamba in the Amazon Basin, where children are treated for cleft lip and palate conditions.

Contact: Beverley Bryans  
[www.faithchildrenservices.co.uk](http://www.faithchildrenservices.co.uk)  
 Facebook/Twitter feed: FCS Peru

**Young West**

Our young people have various outreach activities during the year such as schools work, Easter Mission, summer camps etc.

Contact: Sonia Mawhinney

**OUR MEMBERS SERVING AT HOME AND OVERSEAS**

**Brazil (Meninadanca)**

**Holly Eves**

Meninadanca is a Brazilian not-for-profit organisation that works with at-risk girls in communities along the BR-116, Brazil's 'exploitation highway' where drugs, gangs, child prostitution and trafficking are common place. Holly teaches dance, art and some basic mathematics to around 60 girls between the ages of 9 and 17. Holly is also Volunteer Co-ordinator for people visiting the project and Regional Supervisor providing the link to the teams in the Pink Houses and the Office.

[www.meninadanca.org](http://www.meninadanca.org)



**Canada (Restoring The Foundations)**

**Mike & Lorraine Cahoon**



Restoring the Foundations (RTF) provides hope for healing, freedom from life's deepest struggles and renewed purpose for living through a personal experience of God's transforming, empowering love. Healing God's world one life at a time, Mike and Lorraine are working as RTF Healing House Ministers to people of all backgrounds, who travel to Canada from

all over the world. They are also involved in ministry and outreach to First Nations communities in Northern Ontario.  
[www.rtfi.org](http://www.rtfi.org)

**Northern Ireland (Young Life)**

**Craig Mawhinney & Andrew Shields**

Young Life is for every teenager offering hope with spiritual values by building bridges of authentic friendship with teenagers, where they are, as they are. This is done by personal contact, school work with P7/secondary pupils, discipleship in YL clubs and summer camps in Scotland. Craig is Country Director of Young Life while Andy works in Bangor and leads Wyldlife a YL club held at West Church.



**France (Serve International)**

**David Stevenson**

Serve International is the international outreach of Denton Bible Church, Texas. Their purpose is to cultivate, equip and mobilise Christian leaders. The France Team are serving in and through two English speaking international Baptist churches in Nice and in nearby St. Paul. David assists with the church administration and other projects.

[www.ibcfrance.org](http://www.ibcfrance.org)  
 Email: [dave.irish@hotmail.co.uk](mailto:dave.irish@hotmail.co.uk)



**UK (World Vision)**

**Grenville & Georgie Hopkinson**

World Vision is a Christian humanitarian organisation dedicated to working with children, families, and their communities worldwide to reach their full potential by tackling the causes of poverty and injustice. Having served in various countries Grenville is now working in the UK Headquarters in London.

[www.worldvision.org.uk](http://www.worldvision.org.uk)



**New Zealand (Tertiary Students Christian Fellowship)**

**Ben & Jen Carswell**

The heart of TSCF's vision is reaching students for Christ and helping them to grow and develop in every aspect of their life in Him. Ben is the National Outreach Co-ordinator within TSCF and seeks to help enthuse, train and



equip students and TSCF Staff as they tell others about Jesus, as well as being involved in this directly himself.

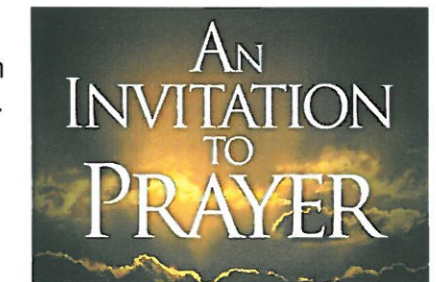
[www.tcsf.org/nz](http://www.tcsf.org/nz)

Email: [ben@carswell.co.uk](mailto:ben@carswell.co.uk)

**WAYS YOU CAN HELP AND STAY IN TOUCH**

**Prayer:**

First Sunday of the month 11.15am - 12.30pm in the Committee Room. Please consider this your personal invitation to join us and pray for those serving on mission at home and overseas.



**Communication:**

Prayer letters, blog/Facebook/Twitter, news items, mission notice-board.



**Finance:**

Support and gifts through the No 7 account.

**Mission Co-ordinator:**

Ian McAleer c/o church office  
 Tel: 028 9145 9688

If you would like any further information or to become involved as a result of reading this please feel free to contact Ian McAleer.

Gill Fleming

# THROUGH THE EYES OF A CHILD

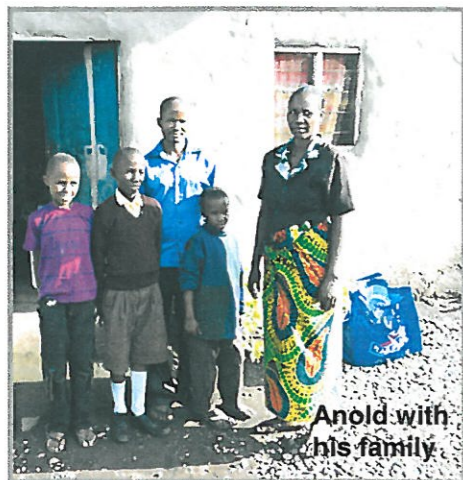
The official Press Release by United Christian Broadcasters following Elliot Gray's trip to Tanzania

**J**ust before Easter, 11 year old Elliot Gray from West Church travelled with his dad Dave to Tanzania with the child sponsorship charity, Compassion, to make a promotional video. A major part of this film was recording, meeting and befriending 13 year old Anold from Olkollili near Mount Kilimanjaro.



When Elliot met 13 year old Anold in April, it was an unlikely friendship; the boys live 7580 km apart in different families, neighbourhoods, races and cultures.

Anold lives in a remote hillside village of around 3,000 residents. The houses in Anold's neighbourhood are mostly made from earth and clay while the roofs are made from grass or tin. Anold's own house has no electricity supply but some of



Anold with his family

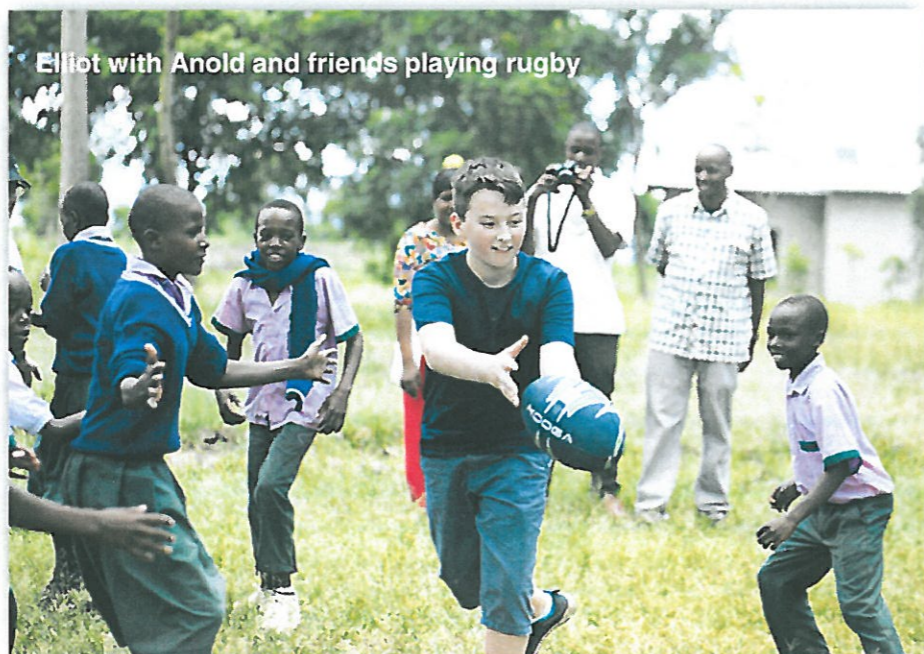


Pictured above, Elliot with his friend Anold

the surrounding houses do. The local customs in Anold's village make early child marriage a particular risk for girls whilst boys often work as animal herders. 85% of the adults in Anold's area are unemployed but when they do work, they often work as farmers, herders or plantation workers. The average

income for adults in his neighbourhood is £9.00 per week.

Elliot is going into Year 8 at Sullivan Upper School, Hollywood. He loves reading, Tara his dog, Mario Kart, chilling with his mates and music—he sings his way through life! He plays rugby for CIYMS minis and was recently at a Mini Rugby



Elliot with Anold and friends playing rugby

tournament at Butlin's Minehead, hosted by Leicester Tigers. He collects fossils and preserves insects and has a reconstructed Lego version of Middle Earth in his bedroom. He loves being part of JClub in West and coming to church with his mum and dad and younger sister Amelie.

**Elliot describes, "Before I met Anold, I felt both excited and a bit nervous. Once I had spent a bit of time with him I really liked him—he was a lot like me and we got on well together, he spoke English very well and we chatted a lot. We loved playing rugby together."**

During the trip Elliot was shown around Anold's school, classroom, library, Compassion project and home. Elliot describes, "Anold lived on a farm and most of the buildings were made out of mud and wooden walls, although his dad is building a new house out of blocks, bit by bit as they have enough money. They had wallpaper made from newspaper. The family has two pigs, a cow, a chicken and 3 goats. Anold gave me a lesson and I loved milking the nanny goat! They don't have a lot of stuff in their house like us but have everything they need."

"At school, all the kids sat in rows and they didn't have many books. The teacher asked them questions and wrote with chalk on a blackboard. There was no interactive whiteboard or computers and very few books or posters. There were a few good roads but most of them were made of mud. People bought their food from sellers who set up stalls of fruit and vegetables beside the roads and a lot of ladies carried food like big banana bunches on their heads. They loved the rain, it was so important for them to grow the food they needed."

Anold is connected to a sponsor through Compassion, a child development charity which seeks to



Elliot enjoying lessons with Anold and his class mates

empower children living in poverty through the support of local churches. Compassion has more than 60 years experience working with some of the world's poorest children. At present more than 1.5 million children attend Compassion's church-based projects in 26 of the world's poorest countries.

Share Elliot's journey by watching a short YouTube video of his experiences in Tanzania by visiting <https://youtu.be/0yiVkcDdg9E>



A little bit of West in Tanzania - Easter Mission t-shirts turning into team colours

Dave reflects, "We visited two projects while we were in Tanzania. The contrast between a community that had partnered with Compassion for the past seven years and the other that was just at the beginning of that journey was stark. I loved the flourishing of Arnold's young life and the life of his whole community because of Compassion's investment."

We have as a family, sponsored Barack (age 7) from Arusha, through Compassion UK for 6 months.

"I think that visiting Barack and witnessing the transformation in the lives of all the children we met will shape Elliot's understanding and connectedness to people who struggle with poverty, but more importantly remind him that it is possible to make a significant difference in their lives by partnering practically through sponsorship. Our family, in a real way, has adopted this little Tanzanian family and is richer because of it."



Some of Elliot's new friends

Elliot recalls, "The thing I learnt most from this trip is that the world doesn't revolve around me. I appreciate more what I do have. I can see how I can help kids who don't have as much as me and I will try to do this through all my life."

The film Elliot made "Through the Eyes of a Child", was shown in services at West. You can also view the film on the UCB media website <http://www.ucb.co.uk/>

It is being used to encourage people to sponsor children at a new project, 250 kids here are waiting for families or individuals to partner with them and invest in them and their families, helping them to grow and flourish, demonstrating practical love in Jesus' name.

Elliot and Dave would like to say thank you to the kids and families at West who gave gifts which were brought out to the children and also to those who supported them through prayer while they were away.



Barack with his mum & brother - "our little Tanzanian family"

West  
Mission Run  
2017

The Mission & Outreach Team would like to invite members of the congregation to consider competing in the Bangor 10k on Saturday 30th September as a fundraiser in support of our missions.

Sign up on sheet at the office counter.



# Bangor PC Repairs

We can repair and upgrade Windows/Apple desktops and laptops

- Virus removal
- PC setup
- Networks / WiFi
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Email: [paul@bangorpcrepairs.co.uk](mailto:paul@bangorpcrepairs.co.uk)

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[www.thenorthdownovencleaningcompany.co.uk](http://www.thenorthdownovencleaningcompany.co.uk)

## Families First AWARDS

The Crowne Plaza, Belfast  
24 March & 2 June 2018

**NOMINATE NOW  
MAKE SOMEONE'S DAY**

MUM OF THE YEAR. DAD OF THE YEAR. CHILD SUPERSTAR  
GRANDPARENT OF THE YEAR. CHILDMINDER OF THE YEAR

For full list of categories and to nominate, go to:  
[www.facebook.com/familiesfirstni](http://www.facebook.com/familiesfirstni)

Proudly sponsored by:



# PRAYER OPPORTUNITIES AT WEST

by Heather Thompson

## Seminar on Listening to God

**What is more exciting than a dialogue with God? Nothing!**

Living in a close relationship with God, our Father, through knowing Jesus and having His Spirit within us, means that we can talk to Him as the God of creation and miracles, the God who knows and understands everything and who is faithful in His love and compassion for each one of us and for the world that He created, and yet also as the One who is our Father, who is our friend, and who understands our weaknesses and struggles, and reassures us as to what can be.

Being able to know what is on His heart for us, for our families and friends, for those whom we pray for, for West Church and the church worldwide, and for the nations of this world can fuel how we pray.

Many of God's children are hungry to know Him and His ways even more than they do at present and are finding this seminar helpful in opening up new avenues in talking with God. There is so much excitement and enthusiasm each time a new group comes together in God's presence to learn from Him.

Please feel welcome to come and explore with others and, if you would like to, share experiences you have enjoyed with God: not only the 'talking' ones but also those where you were aware of His comforting presence surrounding you and strengthening you, teaching you and giving revelation. You are all so welcome!

The next seminar is scheduled to begin on **Tuesday evening 18th September at 7.30pm**, running weekly for four weeks. Please sign up on the sheet that will be put on the notice board in the Welcome Area nearer the time or let the folks in the office know that you intend to come.

*I pray "that the God of our Lord Jesus Christ, the Father of glory, may give to you a spirit of wisdom and of revelation in the knowledge of Him. I pray that the eyes of your heart may be enlightened, so that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, and what is the surpassing greatness of His power toward us who believe. These are in accordance with the working of the strength of His might which He brought about in Christ, when He raised Him from the dead and seated Him at His right hand in the heavenly places, far above all rule and authority and power and dominion, and every name that is named, not only in this age but also in the world to come." (Ephesians 1:17-21)*



being completely focussed on Jesus, and blessing Him for all He has done and is doing. We simply enjoy the presence of God and enter into the deep place with Him where we enjoy Him, and Him alone. There is no human agenda other than this, as we are, quite simply, offering ourselves to Him. Experiencing the love of God changes us and takes us into a place where we see things from God's perspective and where our prayers seem to flow effortlessly from Him. He has a redemptive plan for every person, town and city, land and nation and gently coaches us into partnering with Him in bringing it about.

We capture the heartbeat of heaven, praying in response from our hearts, and sharing the joy and freedom such prophetic intercession brings.

'My house will be called a house of prayer for all nations' (Mark 11:17) were words God spoke of West some fifteen years ago. Was God speaking of a time when many, many would gather together specifically to meet with God in prayer and intercession in the building called West, that is His house of prayer?

We can confidently declare these words from Mark's gospel as the promise of God for West. Let us all do so!

God encourages us to pray strategically and who better can give us the necessary strategies than God, Himself. He speaks prophetically to us and we respond in intercession, declaring the truth of what He has said. His strategies are not mere human strategies! Read about the battle 'won' by Gideon (Judges 6, 7) or the one 'fought' at Jericho (Joshua 6). Think about Hezekiah's plan when threatened by Sennacherib (2 Kings 18,19) and how God defeated the enemy.

God gives us prayer strategies and we look to Him for focus and understanding as to how to pray with results. Then we can be sure the birthing will come because we are praying from a place of victory in Christ.

After exhorting the church to stand firm, taking up the armour of God, Paul writes (Eph 6:18), 'And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's

people.'

**Samuel Prayer Hubs meet on the first Wednesday of the month from 12.30—1.30 pm, beginning October, and on the third Monday of the month from 7.30—9.00 pm.**

The Samuel Prayer Hubs focus on prayer that is prophetic intercession. There are other different prayer meetings throughout the week

that have a different, and equally important, focus. Please do pray and think about where you 'fit' and feel comfortable in prayer and come along to any of the prayer meetings listed, or speak to Catherine Bell or Heather Thompson if you would like to develop a prayer group with a different approach / emphasis.

**What is crucial is that we all pray!**

## Prayer in West

### Sunday:

9.00– 10.00 am (Prayer Room) - prayer for Young West  
11.15–12.45 am (Committee Room) - Missionary Interest Group  
6.00– 6.30 pm (Committee Room) - prayer seeking God for what is on His heart and for words of knowledge for the evening service.

### Monday:

First Monday in month 7.30 pm (Prayer Room) - Prayer for Israel  
Third Monday in month 7.30 pm (Prayer Room) - Samuel Prayer Hub

### Wednesday:

First Wednesday in month, beginning October, 12.30-1.30 pm (Prayer Room) - Samuel Prayer Hub  
8.15 pm (Prayer Room) Wednesday Prayer Group

### Thursday:

8.00 - 9.00 am, 2.00 - 3.00 pm & 8.00 - 9.00 pm (Prayer Room) - corporate prayer  
7.00 - 8.00 pm (Prayer Room) - prayer for our Young People

### Friday:

Fourth Friday 8.00 pm (Prayer Room) - Bangor Prayer Watch



## Samuel Prayer Hub

**'Speak, Lord, for your servant is listening' (1 Samuel 3:10)**

In the Samuel Prayer Hub we, like Samuel, seek to hear what God has on His heart, and how He leads us to pray.

We begin seeking God's face through worshipping and resting in His presence as the Spirit leads,



# WHAT IS IT LIKE TO BE PART OF A HOME GROUP?

**W**e currently have 24 Home Groups at West, they are the places and spaces to grow and find 'family'. We have men's groups, women's groups, young adult groups and mixed generation groups. Look out for information at the end of August about new groups beginning in September. Plan to be part of a dynamic community that focuses up, in and out as you seek to follow Jesus. If you'd like more information then chat to Dave Gray, by telephone on 07812 915428.



Home Group has very quickly become one of the focal points of my week. It has given me the space and time to grow closer to God and to feel a deeper connection with the church body and the friendships that have grown from it are invaluable to me.

**Joanne**

Home Group has been good in that people of different ages and backgrounds have bonded together in Christian fellowship and been a real encouragement to one another.

**Brian**

I have thoroughly enjoyed my time at Home Group this year and have found the experience to be such an encouragement and have a positive impact in my life. I have had the opportunity to make deeply treasured friendships, with a group of people who encourage me in my walk with God, who challenge me to delve deeper into the scriptures and gain a greater understanding of God's purpose for my life.

I have greatly enjoyed our times of conversation as a collective group and opportunities each fortnight to pray and learn together.

God has used my time at home group to remind me of the hope and joy I have in Him, even in the most difficult of times. I have been so thankful for my home group friends and how they have surrounded me with love and support at all times.

Above all I feel that home group has allowed me to learn and grow in my relationship with Christ, surrounded by the support and encouragement of a faithful and loving group of friends who all share the same Christ centred purpose and values.

I never expected to have been so deeply blessed as I have through attending home group, and would encourage anyone considering joining a home group to do so! As a fairly new member to West Church, home group has been a fantastic opportunity to meet new people and form lasting friendships!

**Kerry**



Home Group members relaxing over coffee

Home Group has enabled me to form friendships with other members of the church that I would never have had the opportunity to meet before. I look forward to each of our meetings and value greatly the wisdom, opinions, advice and encouragement shared by others in the group. It has definitely helped me to grow in my faith and I am already looking forward to what lies in store for September.

**Judith**



I think listening to other people's opinions on the Bible passage really helps my understanding of it, even if I don't totally agree with what they are saying. It's also really nice to be in an environment where we can disagree or even say something stupid and people don't mind. It is a safe place to learn. And we have fun and laugh a lot too!

**Leesa**



**New Home Groups will begin on Wednesday evenings, 13th September and Tuesday evenings, 19th September, meeting every 2 weeks.**

# WHAT IS YOUR IDEA OF HEAVEN?

- Is it sunshine sparkling on water?
- Is it radiant sunsets over a mountain backdrop?
- Is it two days of having all your food and washing up done for you?
- Is it walking in the dappled shade of ancient forests?
- Is it having a Maud's ice-cream shop in the cellar?
- Is it long leisurely conversations with old friends and new friends?
- Is it the romance of living in a wonderful rambling castle?
- Is it sitting around campfires, singing praise and toasting mallows?
- Is it having your kids taken off your hands and taught & inspired for 4 hours?
- Is it finding a path through the amazing maze and journeying to the centre, cheered on by a crowd of GPS geniuses?
- Is it spending time resting and enjoying the Lord and His word and His people?
- Is it the 'joy' of Courtney and Dave making you play crazy games for two hours solid?



Church Family Weekend fun

If this (apart from the Courtney and Dave bit) is what you imagine heaven to be for you then imagine yourself at the West Church 'Church Family Weekend' in Castlewellan!

Eighty of our church family were mightily blessed in a weekend of sun-drenched splendour in the castle, joined by a hardy posse of campers.

The excitement of exploring the Hogwarts-like accommodation was matched by the warmth of our welcome with hot dogs and all age worship.

Saturday morning launched for the energetic with strolls around the parkland and allowing the beauty to refresh body, soul and mind. This is part of the aim of the weekend, to tap into the life that Jesus offers us:

**Matthew 11:28 'Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you learn to love freely and lightly.'**

This theme continued through our feasting together, (there was a bit of a medieval feel to meal times with long tables full of chat and laughter and platters of great food, all that was missing were flagons of ale!)



our times of focus on God's word and times of relaxing together (on the water, in the coffee shops, on the mountain tops, at the vintage car rally, on the parkland strolls or devouring Maud's on the beach).

Our Saturday evening was an all age extravaganza of team challenges and fun. Four teams; the Hot Dogs, the Dragons, the Unicorns and the Happy Pirates,

battled to be declared the Lords and Ladies of Castlewellan. It was a fantastic night, a special thank you to Johnny Mawhinney (captain of the Nerf Wars) and Courtney Thompson (the 'minute-to-win-it' general) for making the evening so memorable. After a bit of R&R in the ice-cream parlour in the castle dungeon we headed out to the lawns for campfire worship and marshmallow toasting with Rick Scott bringing music to our ears.

The late night movie was a treat for the night owls but the majority of us retired to our rooms with a view and slept soundly.

The highlight of the weekend for me was, however, our open-air worship together on Sunday morning. The joy of the whole family in the glory of our surroundings, enjoying our Lord and the blessings of each other. It truly was a glimpse of heaven.

**Dave Gray**



# INTO THE WEST— MY JOURNEY

by Raymond Bready

As a child growing up in the rural South Down town of Rathfriland, my highlight of the year was when my family made the long distance trip (seemed long as a 5 year old) to Bangor to visit my Aunt Anna and Uncle Jim Noble who, in those days lived in Wandsworth and latterly just a few doors down from West on the Crawfordsburn Road. West was one of the landmarks that always indicated that indeed we were nearly there!! I always looked at the building as being strange and couldn't imagine it being a church.....they didn't look like that in Rathfriland. I smile every time I walk through the door and still have no idea how God managed to get me here.....but then God can do anything with anyone at anytime!

*"For the Son of Man came to seek and to save the lost."*  
Luke 19:10



Fast forward 40 odd years and here I am, a member of West Church. I will spare you all the details other than to say that I was the typical Presbyterian. Brought up in a Christian family, went (made) to go to church every Sunday, Sunday School, Bible class etc. Married at 22 divorced by 30 and numerous broken relationships.....I was the black sheep of the family. God had other plans, I just didn't know it yet. I met a girl from Newtownards at a horse event in Galway and there started my journey to the Ards' Peninsula. Again this relationship didn't work out but, during this time, God gave me the amazing privilege of becoming the earthly dad to two beautiful girls, Anya now 11 and Rhiana aged 9. At this point I was living in Ballygalget (close to Portaferry) and, with the encouragement of an ex work colleague, began to attend church in Greyabbey. I must admit that it was daunting going through those doors after not having been to church for years.

One Sunday Paul Orr was speaking and his message was based on Luke 19. At that moment I realised that I was just like Zacchaeus (minus the wealth) and I NEEDED to see Jesus. Home I went, got down on my knees, and asked Jesus into my life. Thank you Lord!

After this, I became more involved in the life of Trinity, attended the Christian Endeavour course and latterly became a leader with that particular ministry, BUT, there was still something missing!

As part of the outreach in Greyabbey, it was decided that we would run a Cafe Church for a few weeks. On Sunday the 10th of April 2016, along with other Trinity members, we came to visit Cafe Church in West. Here's where God's plan started to unfold! A guy called Gavin was interviewed that day on the work of a group called Safezone. I had been having a niggle for a while about helping others. So on that morning God very clearly used Gavin Fry to speak to me.

Before I left the building, I had given Gavin my number and, for the next few days, thought nope, if he rings I will make some sort of excuse that I can't make it to Bangor. Saturday the 16th of April and still no news from Gavin Safezone and I was off the hook.....phew! And then it came, a text to say that I was on the rota. What excuse can I make?

That night I was going to Trinity to a concert by the Salvation Army band and guess what the message throughout the night was? **Serving on The Front Line.** God speaks in wonderful ways, we just have to be prepared to listen. I had been engaged to a girl who I had met in Trinity but sadly that relationship too had fallen through...my Saturday nights were free. Again God at work!!

So, on the 16th of April I made the journey from Donaghadee to Bangor not having the slightest idea what I was in for. On my first night on the streets I was partnered with this big bloke called Johnny Mawhinney. I could hide behind him were my first

thoughts if anything kicked off (sorry brother). But God knew that Johnny and I were to become brothers and friends...again Thank You Lord!

From night one I knew that Safezone was where God wanted me to be. All the broken relationships, all the heartache, all the depression, all the drinking too much and all the thoughts of suicide now made sense. God had used ALL of these things in my life to equip me to help others. So all the mistakes that I had made in my life were not mistakes but lessons...again Thank You Lord. At this stage I was finding it difficult to go to Trinity because of that broken relationship and my dearest friend Nicola asked me would I take her to church sometime. Nicola and I have worked together for 20 years and she still frightens me when she rings to see why a customer hasn't paid their account!! I prayed and asked God where was the best place to take her. Cafe Church kept coming to mind. So from Christmas, Nicola and I started to come to West on a regular basis. I also started coming to the evening service, an experience which I thoroughly enjoy and get so much out of.

Moving church is one of those things you don't do as a



Raymond with his good friend & Safezone partner, Johnny Mawhinney

Presbyterian. My mother wasn't best impressed! But I know that since I moved to West, God has spoken to me in so many ways. I'm excited as to what He has for me next as I know the journey does not end by just becoming a member of West Church.

For now, I will continue to serve

Him through Safezone and will continue to be fed through the teaching, worship and fellowship that I receive in West.

God bless and thank you for making me feel welcome in my new spiritual home.

Raymond

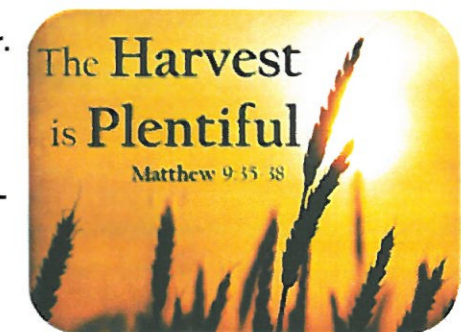
## UCB PRAYERLINE

United Christian Broadcaster, known as UCB operates a Prayerline confidential telephone service for those needing prayer. There are trained Christian volunteers over England and Ireland who will take your call and pray for you. Our telephone number is 0845 456 7729

Here in West Church each Tuesday night, we have two members of our Prayerline team on call to answer the phone and pray for the caller. Every night is very different with some nights quieter than others, and if busy we can take over 30 calls in our slot from 7.30—10.00 pm.

As we minister on Prayerline, the great news is we can reignite and fuel the hope within callers lives by bringing the light of Scripture into their darkness, and by the power of the Holy Spirit impart God's assurance of His Love and Peace within their situations.

If you feel God would be calling you into this ministry of praying for others through UCB Prayerline, please contact Dorothy Campbell on 07845 231815



# 50 years an Elder

by Rev. Charles McMullen

At the 10.00 am service on Sunday 4 June, Rev Charles McMullen acknowledged the two David Baillies in our congregation. Pictured right with Charles are (l-r) Mr David Baillie, who was one of the first group of elders to be ordained on Sunday 19 March, 1967, and Rev David Baillie, our much loved Minister Emeritus, who served in West from the establishment of its cause in 1961 until his retirement in 1998. Mr David Baillie remains a much loved and deeply respected member of Kirk Session, who still attends meetings and makes valuable contributions. Charles expressed his appreciation from the pulpit of David's wise and gentle leadership, his wisdom, thoughtfulness, kindness and encouragement.

Rev. David Baillie records these reflections in the history of the congregation, "West Church Journey": "The service, in which our first elders were ordained and installed, emphasised for us all that we have done something highly significant in creating a Kirk Session for our congregation...Our new Kirk Session held its first meeting on Tuesday 21 March (1967). Perhaps its most important decision was to meet regularly for Bible study and prayer. The Kirk Session will be studying the Acts of the Apostles, surely an appropriate book, for here we have an account



of the very first days, months and years of the Christian church. Do not expect a whole spate of duties and guidelines from your new Kirk

Session. Its members feel keenly that if they are to be a blessing to the congregation then, like the first followers of Christ, it is necessary first of all 'to wait' and 'to pray' rather than to rush out at once and attempt to do this, that and the other thing! As a Kirk Session we feel very much that we ourselves need the Pentecostal power of God. And we invite the whole congregation to join in praying that we may both want and receive a vital new experience of the Holy Spirit Himself."

The others ordained to our first Kirk Session also included Harold Barkley, George Frame, Norman Gardiner, William McMordie, Thomas Patterson, Cecil Scott, Robert Shanes, John Sloan and Harry Wakelin (all pictured left).



First KIRK SESSION of West Church, 1967. Messrs David Baillie, Harold Barkley, William McMordie, George Frame, Rev. David Baillie, Norman Gardiner, Rev. Tom Patterson, John Sloan, Cecil Scott, Robert Shanes, Harry Wakelin.

# ALPHA TO CANADA

by Rev Charles McMullen

We are delighted that Linda Cummings has married Stephen Thomson, but sad that this means she has now moved to Canada!

About 23 years ago, Rev David Baillie invited Linda to prepare and serve meals at our Alpha course. Subsequently, she has been in charge of our catering, bringing to it her exacting standards, generous hospitality, wonderful creativity, organisational skills, delicious recipes, and above all, a deeply touching desire to see this as her ministry. As a congregation, we have all benefited from special catering events at weddings and funerals as well as other family events. We have experienced everything from delicious homemade mince pies and lashings of cream after Christmas carol services to the innovative custard cream tree to mark the end of Andy Galbraith's first period with us as Assistant Minister. We will never forget the full Sunday lunches organised for every member during our

golden jubilee celebrations.

On Sunday 4 June, Rev Charles McMullen paid tribute to Linda at the 10am service and took the opportunity to mark the outstanding contribution made by our catering team in general. Countless hours have been selflessly volunteered and so many crossing our doors have been blessed by the warmth and goodness of Christ so obvious in the hearts and lives of those involved. In thanking everyone on behalf of the congregation, he also singled out Joan D'Arcy, Linda's support, helper and friend, who is also now stepping down. Joan and Linda have been exceptional together and have enriched our congregational life considerably.

Charles presented a wedding gift



Linda, with Rev. Charles McMullen

to Linda as an acknowledgement of our profound gratitude and deep appreciation. He also highlighted her extensive commitment to children's and youth work in West. Linda received a standing ovation from the congregation and in her response thanked everyone who had served with her.



**"French Fancies" presents**  
**"An evening with Percy French & friends"**

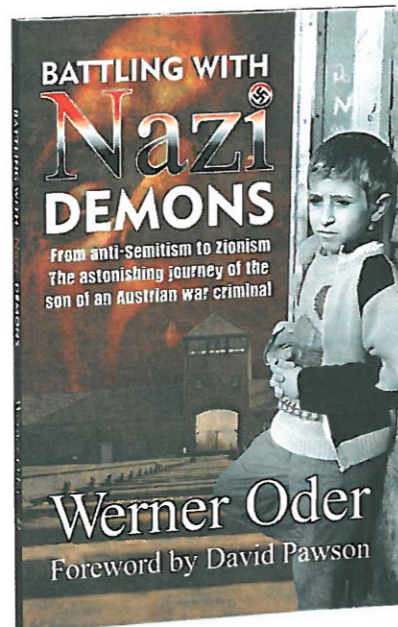
A tribute concert for a founding member who was also a much loved member of our congregation, Betty Leathem  
**Saturday 28th October at 7.00 pm in West Church**  
followed by a light supper, tickets available from the Church Office

Enjoy Music Hall songs & recitations with guest artistes  
Donations welcome in support of the Northern Ireland Hospice, a charity close to Betty's family's heart and to West Church, United Appeal to Mission

# DON'T FORGET, BUT LEARN FROM THE PAST

by Ivor McClinton

**W**erner Oder was the guest speaker at the January 2017 Shoah Memorial service at Bangor West Presbyterian Church. Born in Austria, Werner is the pastor of a Christian fellowship near Bournemouth. His father was a high ranking SS officer responsible for the brutal deaths of many Jews. Werner tells of those tortured, early years of his life in his book 'Battling Nazi Demons'.



On the Sunday he shared different aspects of his powerful testimony at the three services. With his background as the son of a terrorist, he shared on playing the hand life has dealt us. We do this by remembering that God, for each of us, has written our story from the beginning to the end. Werner suggested that 'history should perhaps be spelt differently -- His Story --- in order to reflect this. Who better than Werner with his background to help us work through the commandment to 'honour your father and mother'?

A visit to the S.U. at Bangor Grammar School at lunchtime on the Monday was attended by over 30 of the students. Werner told them the story of Irena Sendler who managed to smuggle out and save 2500 kids/infants from the Warsaw Ghetto. Having told the students about the Irena Sendler project, 'Life in a Jar' that some students in Kansas embarked upon, he urged his attentive listeners to take on a project of their own.

Different people will have taken away with them different aspects of the weekend but for many the best wine was saved to the Monday night, when Werner was the guest speaker at the annual Shoah Memorial Service. Special guests from the Belfast Jewish community attended and several office bearers from the local branch of the Council of Christians and Jews (CCJ). We welcomed as co-Presidents of CCJ Bishop Noel Treanor, the Bishop of Down and Connor, and the Very Rev. Ken

Newell, a former Presbyterian Moderator, with his wife Val. Also present from CCJ was Rev. Ivan McElhinney, a former president of the Methodist Church in Ireland, with his wife, Phyllis.

We welcomed back the Rabbi of the Belfast Synagogue and Patron of CCJ, Rabbi David Singer, who was our guest speaker last year. We were delighted and privileged

to welcome Shoshana Appleton, co-Chair of CCJ and her husband Ronnie Appleton QC, vice-president of CCJ and a past president of Northern Ireland's Jewish community. Also present were Michael Black, chairman of the Belfast Jewish Community, his wife Margaret and Gerald Steinberg, President of NIFI (Northern Ireland Friends of Israel) accompanied by his wife Maris. We invited our Jewish friends (Haverim) on to the platform where they received a standing ovation from a smiling congregation of around 300 people.

The praise, ably and sensitively led by Andy Heron and David Spencer, included a hymn to the tune of Hatikvah (The Hope), the Israeli National anthem. Some verses from Isaiah 40, the passage that begins with 'Comfort ye, comfort ye My people ..' were read in English by Bishop Noel Treanor and then in Hebrew by Rabbi David Singer.

Following this we had tributes to two Shoah survivors. The tribute to Helen Lewis was read by Barbara McMullen and the tribute to Inge Radford was read by Rev. Charles McMullen. Helen Lewis had been Barbara's drama tutor while she was training to be a teacher and Inge had

met Charles at the Holocaust Memorial Day event in Bangor two years ago. We were delighted to have with us Inge's daughter, Dr. Katy Radford MBE, who penned both tributes. Inge died in March 2016. She was the last survivor of the Shoah in Northern Ireland.

Two of the young people from West, Michael and Heidi, led us in prayer and it was great to have them with us. It is so important that we "encourage young people not to forget but to learn from the tragedies of the past without traumatising them by it".

Werner Oder then explained why the Shoah was important to him and why it should be important to us. It was a challenging message delivered with clarity. So many nuggets in his message for folk to take away with them, it is difficult to summarise and still do justice to all that he said, but here is one such nugget that he

told us about. In April 2010 there was a volcanic eruption in Iceland and the resultant ash clouds disrupted travel in Europe for 6 million airline passengers as flights were cancelled. It was prophetic for God was saying in this 'Act of God' that He had not forgotten the 6 million of His people who were burnt to ash in the Shoah. You can understand why Werner's talk has been described as 'a revelation' and why people who were there have described the service as 'memorable' and 'powerful'.

The Aaronic blessing, said in English and then repeated by Werner in Hebrew, brought a night and a weekend that will long be remembered in West to a conclusion, but not to a close. The retiring offering will fund visits to Shoah survivors by a fellowship in the Galilee which



the Bangor West Prayer for Israel group partners with. The offering, with other gifts, is in excess of £1000. Using the initials BMW (Werner has two motorbikes, one of which is a BMW) we can sum it up by saying: A Blessed weekend A Memorable Shoah service A Worthy cause

Ivor McClinton

## FRIDAY MEN'S FELLOWSHIP

On Friday 13th May, a group from our Friday Morning Men's Fellowship enjoyed a trip to Armagh through Portadown to our first venue, the Armagh Planetarium. Our route took us past some small apple orchards but we did not see much apple blossom as the main orchards were further south.

On arrival at the Planetarium, we headed to the café and I was reminded of a scene similar to my bird table when a flock of starlings arrive.

After refreshments, we went to the

main auditorium where we were offered a choice of shows. The majority chose 'What is it like to be an astronaut?' We were given a brief explanation of the cosmos that one can see with the naked eye on a clear night before being transported by technology to examine the stars more closely. As the programme continued, one of our members literally 'drifted off!' If Harry is ever in charge of a spaceship, we could go where no man has gone before.

After the show we explored the

City with some shopping and some paying a visit to the Church of Ireland Cathedral. The Cathedral guide gave us a really interesting history including a trip to the crypt. We then boarded the coach again to head for our evening meal before returning safely to Bangor.

All men are welcome to join us each Friday for our new session beginning on 1st September after 10.00 am for coffee.

John Elliott



# OUR JOURNEY TO LIFE IN ABUNDANCE!

By Ken & Sandra Douglas

In his early years, Ken was very involved in 1st Presbyterian Church in Saintfield. However, after joining the Army Cadets and moving to Belfast, his circle of friends inside and outside school began to have a negative influence on him and he moved away from church based life.

Sandra was brought up within the Church of Ireland denomination, believed in God and was very involved in many aspects of her Parish Church in Belfast. She had no personal relationship with Jesus at that stage but then something happened that turned Sandra away completely from Church life!

Her father whom she adored and who was her best friend died very suddenly at the age of 56. Sadly, her older brother Raymond also died suddenly a few years later at the age of 27! It's not possible to express the anger that Sandra felt at such sorrow descending upon her family. Her deep sense of loss and watching her mother coping emotionally and financially as a single parent caused her to ask:

**How could a loving God do such a thing?"**

When we married (a long time ago!) we moved to Newtownards where God was "side-lined" as we worked and just got on with life.

We were very happy when our lovely daughter Alison was born but again sadness entered our lives when the Doctor told us that she might not live! Alison was taken to the Ulster hospital shortly after being born and although eventually discharged, we were unsure for almost a year whether she would be brain damaged or not.

After much soul searching and only for social reasons, we decided to have Alison baptised in Regent Street Presbyterian Church. We both felt guilty at doing this because we were responding positively to questions about a faith we didn't have! When our much-loved son Peter was born two years after Alison,



Ken & Sandra

Peter was baptised in the same church but for the same reasons and with the same sense of guilt! We started attending church for Alison and Peter and as the years passed we became more involved in Church activities. We could only be described at that time as being good living, religious people! Sandra was still very anti-Christian and argued continually with her Christian friends about this so called loving God!

Who in their right mind could believe in an invisible God who had changed their lives?!!

In September 1985, Ken's father died very suddenly from cancer and the sort of questions Sandra had been asking for years began to take on a new significance for Ken.

Sandra eventually attended a 'Life in the Spirit' seminar led by Rev David Bailie. His very wise teaching on the Holy Spirit, the amazing things that happened and ultimately the power of the Holy Spirit so changed Sandra that she committed her life to Jesus in December 1987. Our lives have never been the same since!

The change in Sandra was so

obvious that Ken wanted what she had found and in January 1988 he joined the next "Life in the Spirit" seminar in West Church. He too experienced the power of God at work and committed his life to God in May 1988. Alison and Peter both committed their lives to God a short while later! We remained as members in our Newtownards church but continued to attend services and various faith building groups in West. However, after much prayer and very wise advice from Charles, we finally joined West in 2015! We are now members of a loving and supportive House Group, Ken is on the Peru Board and Alison and Peter are members of the Church Choir.

Our Christian journey also reaches across the border where we are members of the very small congregation of Arvagh Parish Church, Co Cavan. Sandra's ancestors have been associated with this church since the late 1800s!

We praise and thank God for all his abundant blessings since we came to faith but it has not been without trials or tribulations! Ken had a serious heart attack at 49 years of age! He was carried through that situation by sustained powerful

prayer from West and elsewhere and experienced the healing power of God. The verses in *Isaiah 40 v 28-31* are a constant reminder of God's promise from that time.

Do you not know?  
Have you not heard?  
**The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom.**  
He gives strength to the weary and increases the power of the weak. **Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength.**  
**They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.**  
Isaiah 40: 28-31 (NIV)  
[www.HerHeartProclaims.com](http://www.HerHeartProclaims.com)

The various difficulties that we have experienced are common to many people but God continually uses those experiences so that we can help others in similar circumstances. Importantly, now that we have committed our lives to Jesus, we bring all of our difficulties to him in prayer. The beautiful hymn "What a friend we have in Jesus" says it all!

We have also experienced times in our lives when people have hurt us and we have sometimes struggled to forgive them as God forgave us. The words of C.S. Lewis are appropriate :- **To be a Christian means to forgive the inexcusable because God has forgiven the inexcusable in you"**

Since coming to faith, we have seen the power of prayer touch many lives. Our lives have been transformed through the power of God's Holy Spirit. God has often spoken powerfully to us with

amazing, timely and relevant words from the Bible.

**And I tell you, Ask, and it will be given to you: Seek and you will find: Knock and the door will be opened to you."**

**If you then, though you are evil, know how to give good things to your children, how**

**much more will your Father in Heaven give the Holy Spirit to those who ask Him" Luke 11 v 9 and 11**

*Our prayer is that through these verses God will speak powerfully to you too*

**Love in Christ,  
Sandra and Ken**



Ken & Sandra with Peter & Alison

## HOSPITAL & PASTORAL VISITATION



**If you have a family member in hospital, please do not hesitate to contact Rev Charles McMullen (028 9145 4338). Although there is a good chaplaincy service in all the major hospitals in Belfast, there are many gaps in the system. Nowadays there is such a quick turnover of beds, it very easy to miss somebody. The same applies to general visitation. Members of the pastoral team are more than happy to call. If they can be of any help, please do not hesitate to be in touch with them. The Pastoral Team**

**Gift Aid Reminder**—if you have signed a Gift Aid declaration and your tax status has recently changed i.e. you are no longer a tax payer, please remember to let the office know. **John Poole**

# GROW AND BEAR FRUIT

by Maureen Blackmore

To all intents and purposes the plant was dead. Lifeless and limp, it lay on the shelf behind the tills—one short stem with a few dying leaves. As the shopper paid for her groceries it caught her glance. “It’s for the bin at the end of the shift,” the check-out operator said, “you can have it for free if you want! It’s not worth anything” the shopper laughingly agreed. It was a sorry looking specimen but on the way out she surprised herself by going over to take a closer look. “I’ll give you a chance—after all, you’re free”, she whispered, as she scooped it up with her shopping. Back home, she drenched it in water and left it overnight. The next morning the leaves were plumper and firmer. A recovery had begun. The abandoned plant had started coming to life. Now 15 years later no-one would ever guess that this plant had once been given up for dead on a supermarket shelf. Regular watering and feeding, along with being placed in a sunny position, have meant it has never looked back. It has grown upwards and outwards so that it now enhances the shopper’s home in a way she could never have thought possible.

As far as God is concerned, when we were born into this world we were even more lifeless than that plant had been. In fact, we are described in Ephesians 2:1-2 as being dead in our transgressions—hopeless cases. “But”, we are told in Ephesians 2:4-5 “because of His



Great love for us, God who is rich in mercy, made us alive with Christ.” It is as if God gently picks us up and showers us with His love and grace to give life where there was death, but He doesn’t want to stop there! He then “waters” us with even more grace and mercy so that we can grow into the women He wants us to be. We grow upwards towards the “Light” and we grow outwards towards those around us as we extend helping hands in service, love, joy and peace. Isaiah 61:3b says we are to be “planting of the Lord for the display of His splendour” right where He has carefully positioned us. (Taken from Inspirations for

Women’s Ministry.)

Our theme for 2017/2018 is “**Grow and bear fruit**” (bearing fruit in every good work, growing in the knowledge of God, Colossians 1:10) We in PW pray that this year we will grow and bear fruit and as a result be a blessing in our homes, church and community where God has placed us.

PW begins on Thursday 14th September at a **new time of 7.30 pm** and will continue to meet on the 2nd & 4th Thursday of each month.



Another change is when we stop on 14th December for Christmas, we will not resume until Thursday 8th February 2018 continuing to meet until Thursday 24th May. Missing out the month of January when cold, dark nights and bad weather mean many of our members are unable to attend. We will give this a trial for the next year and see how it works out.

Please be encouraged to come along and join us in September.

But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved.

**Ephesians 2:4-5**



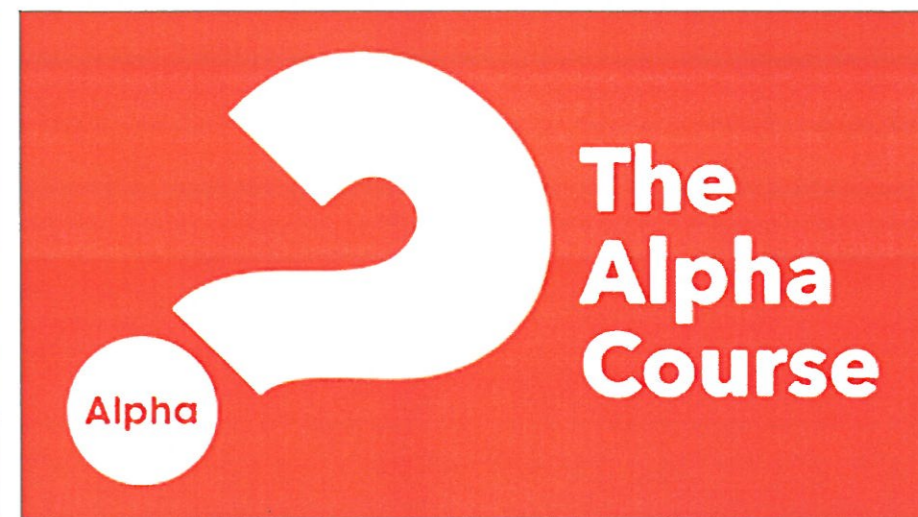
# WEST ALPHA Autumn '17

by Rev. Andy Galbraith

We are excited to announce that this Autumn we are once again kicking off a new Alpha Course to give people the opportunity to explore faith and ask questions about Christianity in a safe and neutral environment.

The Alpha will be launched on **Saturday 9th September** when we hold a **live music event at the HUB on Queens Parade.**

Then on **Tuesday 13th September** we will be holding an exciting event in the Prayer Room at West called **Alpha Prayer Live.** This is a prayer event hosted by the Alpha Team at



Holy Trinity Brompton in London which is live streamed across the UK to hundreds of churches participating in Alpha. It is a great opportunity for anyone interested in Alpha to join with the team and pray for the upcoming Alpha, both in our church and around the country.

We'd love you to join us at **7:30pm in the Prayer Room.**

Our Alpha will then kick off on **Tuesday 19th September** in the downstairs room of the **Bryansburn Inn at 7:30pm.**

Do you know somebody who may be open to explore faith? Why not bring them along.

We'll have invitations and publicity material available for the congregation to make use of before the course begins. We'd love you to make use of these as an excellent opportunity to reach out to friends and family. Personal invitations are so much more powerful than impersonal ones. Indeed, one of the individuals who came to faith at the Alpha in the spring had come along at the invitation of a friend to explore faith.

**Take a deep breath, and invite those friends to join you on Alpha.**

We'll see you there!

# My greatest adventure



Watch Bear's story **Alpha.org**

**Alpha**

# MAY GOD BE PRASIED

by Rev. David Armstrong

**L**ord Beverbrook always annoyed the editor of Britain's best selling newspaper 'The Daily Express' in the 1920's. He owned the paper and would phone the editor around 9.00 pm and tell him "Hold production, put this story on the front page". One evening the night caretaker answered the newspaper phone. 'I want the Editor now' came the voice. 'No, I won't bother him', said the caretaker, 'Your Lord Beverbrook with your Canadian accent.' Then added the caretaker, 'Lord Beverbrook, do you know who I am?' 'No, I certainly don't,' shouted Beverbrook. 'Thank goodness for that,' said the caretaker and he then slammed the phone down.

I'm going to do my best telling you who I am in a request from your editor, Rev Charles whose ministry amongst you, my wife and myself admire. Some will be old enough to remember on T.V. radio years back, I will be guilty of using names of people better than me which I trust will anchor my testimony. Always may Christ be praised.

I was born in December 1948. Mum and dad had a small business near Willowfield and we lived above the shop. Baptised by Moses Thompson, minister of Mountpottinger Presbyterian, my parents constantly attended worship there.

Life Boys was followed by Boys' Brigade. David Kennedy, Captain of our 82nd Company, saw me through my Queen's badge at 15. He was a great mentor. His son worships at Trinity Bangor.

E.A. Russell followed Moses Thompson as our minister. He was a fabulous preacher, aggressive with sweat on his brow. While I found him hard to follow at 13, he later became Professor of New Testament Greek and my teacher for six years, this was not so of our Assistant Minister, Bertie Nixon. He was simple yet so profound, Sincerity in Christ was his trademark, he is now a member of Bangor West.

My conversion to Christ came on 14th March 1965. J.L. Heaney now

our minister tutored me on the Christian life. A fine expositor of Paul's epistles, he loved sound Keswick theology. Given a 'CALL' and encouraged by him, I was ordained a Presbyterian Minister at First Carrickfergus under Ronnie Craig the Minister.

Let me point out another Bangor West influence. When I was a student minister, Jim Hagan asked me to speak in his Banbridge Church. An Ulsterville Presbyterian nurse, June Palmer, was with me. June has been my wife 44 years now and she has been a wonderful helper especially when we were sorely tested.

Ronnie Craig told me from day one he was not a clear cut evangelical, but if I worked hard for him as his 13th assistant that would be adequate. I'll explain to you how my 4 years there were so special and that the Ronnie and David bond is still spoken about in that Church today.

Reading a Christian magazine shortly after arriving in Carrick, I took note of a David Watson, Vicar of St. Michael's, York. Beginning there with 3 elderly ladies with their dog, his church was now packed to capacity. Taking note, a few weeks later a poster appeared outside St. Anne's Cathedral stating that the special preacher at a service was the same David Watson. I went along, puzzled that nuns were in the queue to enter the Cathedral. David explained his powerful ministry for his Master was due to 'Baptism in the Holy Spirit'. June was with me and we sought and received that blessing that evening. Now what will my fellow evangelicals think of me? What will my boss Ronnie Craig say? Contacting Professor Russell, New Testament Scholar, he said 'yes, it's taught in the Scriptures.' Then other true and tested friends came my way. John Seawright, Bangor West was certainly one of those. We treasure him in our hearts. John introduced me to someone very special—David Bailie and his wife Rhoda.

David had me preach at Bangor West and address young mums at their mid-week meeting. Thank you David for your inspiration. David and John are prime examples of Spirit filled men of God.

Now back in Carrick, Ronnie Craig and myself were getting closer in ministry. David Watson invited June and myself to stay with him in York and observe how he stretched the boundaries of Christ's Kingdom. Now Carrick BB and GB burst at the seams. Youth Fellowship increased 5-fold. A new congregation called Woodlands paired off our excess. I set a target of visiting 20 houses a day. Ronnie Craig now wanted to go to York and see for himself what had happened to me.

Setting out at 6.00 am for the boat to Stranraer, he drove me to Watson's home. Four days later Ronnie drove back to Carrick excited by the visit. I phoned David, asked him for a week's mission in Carrick and despite a busy programme he said 'yes!' David spoke to a very full church each night to Christians and Non Christians. My bond with Ronnie Craig was complete. Professor Russell attended with much joy. That week Ronnie received nominations for moderator, hence my 3 years at Carrick became 4 as I stayed the extra year to look after the church while he was on his travels.

I was now called to First Limavady church. David Watson was dying and I would miss Ronnie, former Irish Rugby international and leader as he became a missionary to Malawi. Some 41 people were at my first service. Films show that when I left almost 5 years later, all seats were taken. The town has many fine people and in the church I would have saints like Henry Forbes, Session Clerk and Noble Boggs, Treasurer.

The church was surrounded with a Presbyterian on my right and Roman Catholic church on my left. Sadly on my arrival the Free Presbyterian minister made it clear in a lengthy newspaper article he wanted nothing to do with me. The local editor wrote

In all your ways acknowledge Him  
and He shall direct your paths

PROVERBS 3:6



A very special scripture verse of David & June that kept them strong

to me from his Coleraine hospital to tell me that had he been at his desk this nasty attack would not have been printed.

A few years later a bomb blasted the roof of the Catholic church. I was angry and made my feelings known on Scene Around Six, BBC. Sadly telephone calls often with religious jargon told me I had nothing to be sorry about. These calls were nothing in comparison with what calls I received when, as the only protestant clergyman, went to the rededication of the church, presenting the friends there with a Bible. These were the dreadful early 80's and although my cousin, Major Ivan Tombs was murdered at work in his Warrenpoint Customs Office, I was a Lundy or as the Newsletter put it, 'The Papal Minister'.

The following Christmas morning, Father Kevin Mullan arrived at our church wanting to give Christmas greetings, I invited him in and 90% of my people were more than happy to receive him. He invited me over to speak to his people that festive morning and that vast gathering gave me a long, loud standing ovation. Press and TV got hold of his gesture and rolled with it for weeks. BBC London did a 40 minute documentary and with only 4 channels in those days we received over 8000 letters in support, a BBC record at that stage. At prison in Magilligan, where I was Chaplain, some 50 men professed faith in Christ on both sides. Their Governor Bob Gibson

gave me 100% support and with his phone calls still does. Constant death treats and taking rebuke on TV and the press was taking its toll on June and my 4 children, as well as myself. Former friends shunned us and would not travel in our car just in case. After one TV broadcast, a call came from Archbishop Donald Coggan. 'Thank God for your witness David', he said. He asked June and myself to stay in his home for a while. I hesitated but then agreed. His wife took June around the gardens and this Canterbury Scholar had me in his study giving me encouragement in the Scriptures. On leaving he gave me his direct line card saying you may need to leave Ulster, you have made your witness. I won't need to leave, I thought. Three months later when June was flung across the kitchen, I had enough.

Cameras followed us onto the boat. Many tears were shed by our families, the Limavady people, prisoners and by very close friends. David Bailie and John Seawright raced to Limavady as we were about to go. David had called a special Session meeting at Bangor West, John would be leaving and I would replace him as your Associate Minister! Police Officers were clear that those out to get us would not stop at Bangor and arrangements for me to study under Alaister McGrath at Oxford were completed. At Wycliffe Oxford, Nicky Gumble became a good

friend when he wasn't playing squash or out jogging, Michael Green would have me preach at the student church St. Aldates.

Where now my studies were complete, a roof over our heads due to Teddy Saunders, and a generous cheque from the Irish Catholic Church to pay all expenses. Principal Shaw placed me at the Cambridge Student Church, Holy Trinity. As a simple east Belfast man of 38 I was sure he had got it wrong in his letter to them. 'The students want you for integrity not pure academics' he told me. So off we went in fear. Our first service included a welcome from Terence O'Neil, Gerry Fitt and the arrival of Bob Gibson, new Governor of the Maze Prison. Bob gave a speech of recognition that I won't forget.

We touched many lives in England we trust. Mission services in Liverpool, Birmingham, Bristol, Ipswich, Lowestoft and Norwich as well as Catholic Cathedrals in Nottingham, Plymouth, Brantwood and Westminster. A total of 9 Oxford Colleges and 11 Cambridge College Chapels. We have had loads of student ministers to instruct and good curates. One such is Andrew White, Vicar of Bagdad, He preached recently in Bangor West and no doubt he mentioned June and myself.

Our four children all graduated and hold high pressured jobs in Holland, London and Poland. Sarah, a Marie Curie home visiting nurse, lives in Carryduff. They broke free from the bullying they received as children due to their parents witness.

June and myself are back in Ulster. I'm preaching at a service this month marking the 150th Anniversary of Mountpottinger Presbyterian. A highlight so far was having dinner with the wonderful Bailies. We want to make Bangor West our home from mid-August because in Charles McMullen we see clear evidence of a man like Ronnie Craig. Look what happened to him. He became Moderator of course!

In this testimony may God be praised.



# THANNEY PYPER'S VISION

by Stephen Lennie

Thanney Pyper, a member of West, had a life-changing experience when he travelled to Cali, Colombia, last year.

**W**e all know that you get nathan for nathan these days, so imagine how hard it is to get £55,000 for Nathan (or Thanney as he is known to us in West). Paul Bennison, who has an international prayer and healing ministry, attends our CafeChurch when he is at home. There he met Thanney and encouraged him to go on a trip to Colombia in October 2016. That's where Thanney encountered Dr Ana Elisa Bustos, an eye surgeon who runs a mission for street kids in Cali. She works with Pastor Hendrick Hoere, a pastor from the Netherlands who has been in Colombia for a long number of years and is no stranger to us in West, having preached at services here several times. The ministry has become known as the El Abrigo foundation.

Originally Dr Bustos used a building where she created a safe place for 150 children to enable them to escape the influence of drug cartels. However, there was only one toilet and one shower in the building to service everyone's needs. Paul asked Thanney to help by installing a complete suite of bathroom facilities, which would have improved conditions considerably.



The building used by Dr Bustos as a safe place for children

Unfortunately, Thanney was to discover that the existing plumbing had been poorly installed, resulting in the foundations being washed away and leaving the building itself in a precarious state.

Instead of installing the necessary sanitary ware and improving conditions for this incredible mission, the planned work has to be abandoned and the building closed down, which left 150 kids back on the streets.

Anyone who knows Thanney realises that he is not easily beaten. In fact, he has risen to the challenge and has already made one

of three planned trips to Colombia this year. He is building a new upper floor on another building, which Hendrik has earmarked for this vital work to continue. It is also owned by the El Abrigo foundation, which means it is rent free. The space is much larger and will be able to accommodate up to 350 street kids.

To say the least, this is a challenging project with a capital requirement of £55,000. Although this sounds like an enormous total, it can be broken down to just £160 to save a child. So far, Thanney has raised approximately £29,000 and is more than half way there. His vision is to

Extremely poor and unsafe conditions inside the safe house



complete the work and hand over the keys for a bespoke facility to the El Abrigo foundation in November 2017.

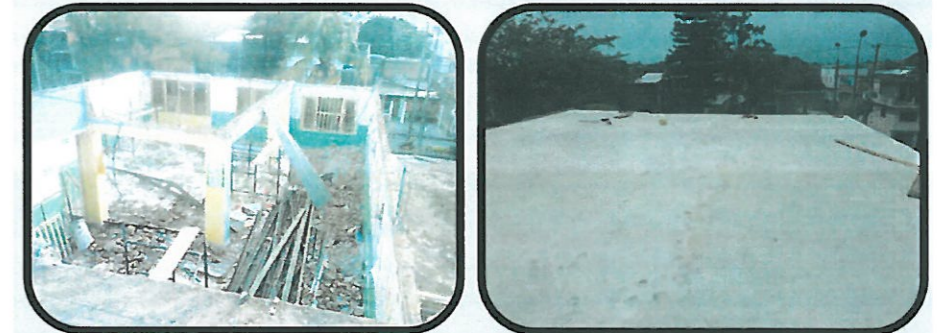
Not only will this be a sanctuary for the street kids, but also the lower floors will be used throughout the week to provide vocational training. At weekends the whole facility will be used as a church, bringing the Gospel to the local community in a deprived area where otherwise there would be no hope.

### What is still to be done?

When Thanney returned in July, the roof was in place and work began erecting walls and securing the structure; installing Pipework and cables, as well as drainage. The internal space is to be divided to provide sleeping, cooking, washing and teaching areas, ensuring that these children will have everything they need.

Thanney is planning to make his final visit to Cali in November, when he will connect up the electrics, install the sanitary ware, fit out the kitchen and decorate the rooms ready for occupation. The completed facilities will then be handed over to Pastor Hendrick.

### What has been done so far?



Above, a new concrete deck has been poured to create a base to build on & below, a steel structure to support walls and a new roof to provide the necessary accommodation



### Call to action—how can you help?

Can you spare £160 to save a child, or can you find 9 others who can spare £16 each? Can you spare more? This is an incredible mission and the need doesn't end when the building is finished. Would you like to continue your support for the El Abrigo foundation? Every penny really does count!

Can you join the prayer warriors who have been praying constantly for this mission to find the funding and provide the materials, the workers, the skills and the wisdom necessary to complete this work.

Can you join the team? Are you a skilled builder, plumber, welder, plasterer, electrician or joiner? Can you spare a few weeks in October. A generous donor has offered to cover all of your travel and accommodation costs if you can give your time.

On 29th July, there was a family fun day at the Hub in Bangor town centre hosted by the Colombian team. Pastor Hendrick was in attendance and spoke at services the following day in West. Proceeds from the all-day event will go to the El Abrigo foundation.



If you would like to donate, the Stewardship details are:

Stewardship.co.uk

Account: El Abrigo

Account No: 20176270

Or speak directly to Thanney, Stephen Lennie or the Church Office. Thank you



**Eliazer**

One of the biggest joys was seeing such a wonderful change in Eliazer who has just turned 20 years of age.

You may recall a cliff fell from under him high in the Andes when he was just 13 years old, breaking his back in three places.

He is now in much better health and he proudly showed me his arm lift-ups and I learned from Elgardo, our translator Betty's husband, that he goes to a volleyball class twice a week. Eliazer told me with excitement how he had just started computer classes and how he had completed his first year of Adult Education (he missed Secondary School). His dreams are coming to pass!

New accommodation, which is just perfect for him to run his shoe-making business with a passing trade, was miraculously found and his bedsores are almost healed—please continue to pray for Eliazer.

Through the generosity of sponsors from West, I was able to see him receive the special sewing machine Tomaz, Margarita's husband had sourced and adapted for him and a surprise computer which will be such a help in his shoe-making business. It was obvious he was deeply moved, very excited and most grateful.

He and his family receive a weekly Bible Study from Edgardo and Eliazer's brother Able has now become a bright Christian.



See!

The winter has past;

the rains are over and gone.

Flowers appear

on the earth;

the season of singing

has come.

Song of Solomon 2:11-12

Beverley can be contacted on 02891 226908 or by email [bevbyr-ans1@gmail.com](mailto:bevbyr-ans1@gmail.com)

**Final thoughts from Beverley**

I felt on leaving Eliazer, Casa Hogar Home and School and seeing again the fruit in the graduates lives that God was indeed giving His harvest in the words pictured left....and that Segundo's godly legacy lives on.

An open door for needy and abandoned children to find God's love and a safe place to grow.

**To God be the glory, great things He has done!**

Thank you most sincerely in His name for partnering in this harvest through your interest, faithful prayers and financial support either by monthly Standing Order or donation.

The Peru team would like to thank the congregation once again for their support at the 'Love Peru' Coffee Morning in February when £3000 was raised, equally divided between Casa Hogar Home & School and St. Luke's Clinic. I was able to see first hand the blessing this money is bringing for the development of work in Peru. Congratulations also to Jasmine for naming the Teddy Bear 'Paddington Bear' for Peru.



# PARTY FOR PERU

by Heather Allen

**I don't know about you, but I can just about remember turning 7. Birthday cake, party and presents with not a care in the world was what filled my head. So, when my little girl on the cusp of her 7th birthday announced that she was giving up her birthday presents to help others I was surprised.**

On the day Abigail turned 7 she had a Pizza Party at Little Wing with her friends, and rather than receive birthday presents, raised £110 for Casa Hogar Children's home in Peru, through the generosity of her friends who came to her party.

Even before she was born. God had his hand firmly placed on Abigail. Even her name was chosen for her, not by her earthly father, but by her heavenly one. God made it quite clear that this child was to be called Abigail, despite my protest that it didn't really go with our surname 'Allen'. Shy of skywriting it from a plane over Bangor, He made it perfectly clear. For those of you who have looked at the character of Abigail in the Bible, will know that she is strong, passionate and not afraid to stand up and be counted. The name means "a father's joy".

Fast forward 7 years and here was my Abigail, displaying all the attributes of Kind David's wife, her namesake.



neon advertising signs, and having come through the other side, can confirm that she isn't 'missing out'.

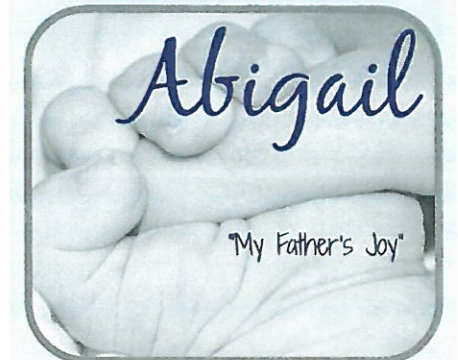
**Pictured left, Abigail and her friends enjoying Pizza**

You may wonder what prompted a 7 year old to be so bold and selfless. Well I put that question to her myself, and here was the response I got: "Well, Mummy, I just thought I have too many toys and there are lots of children in the world that don't smile and don't have food". Can't argue with that and neither do I want to!

So we had a more in-depth chat about her conclusions and it transpires, in the lead up to lent during her school assembly, the teacher spoke about giving things up for Lent. It was the 'giving things up' part that stuck with her. She had learnt about the children in Peru through JClub and she and I had often spoken about the children there and what similarities and differences there would be between her life and theirs. This is where the two thoughts collided in her mind, and as they say, the rest is history.

I've asked her if she missed not getting presents from her friends and the answer....No.

I think we can all learn a lesson from this 7 year old. We live in a consumer society, where everyday we are confronted with 'things', 'gadgets', 'accessories' that we can live without. We can't switch on the TV, open a newspaper, log into social media or walk down the main street without the temptation to buy something or feel like we are 'missing out' if we don't. Abigail chose to close her eyes to all those



**Abigail, pictured above in Church and below with a poster she made after her birthday party.**



# FOUR BEARS AND A ROAD TRIP

## Adventures in Thunder Bay by Mike & Lorraine Cahoon



Very early one morning in May we set off from Stratford on the first leg of our 20 hour drive up to Thunder Bay. Think of driving from Land's End to John O'Groat's and that's approximately the distance from Stratford to Thunder Bay! After 10 hours we were more than ready to stop off for the night in Sault St. Marie, which is right on the border with the USA, on the edge of Lake Superior. Before we left Stratford, Spring had definitely arrived. We'd already had the wettest April for years, so the grass was greening up nicely and all the shrubs & flowers were out on display. I think we swapped seasons with you all in Bangor, as everyone was saying how dry it was there at the time!

As we drove further north, the trees were still completely bare and the small mountain waterfalls still frozen, but the air was so clear and fresh. By the time we had driven 6 hours, Mike had spotted a black bear running through the trees. It was easy to spot as there was no surrounding vegetation. We knew to be careful at this time of year as they're always very hungry after their winter hibernation. In fact all the animals were coming out of their woodland dens in search of food ... deer and moose as well. When it comes to situation of car versus moose, the moose will always come off best!

There are many First Nation reserves dotted around both sides of the shores of the Great Lakes of Superior and Huron, and we saw quite a few families sitting around traditional teepee tents, which had fires burning strongly inside them. We didn't want to take any photos of them, as that might have seemed disrespectful, but the changing atmosphere all around us showed us that we were "coming up north". There is a difference in the northern culture, with its weather taking a

huge toll on the infrastructure of roads and buildings. People are a little more independent and pioneering in their approach to life, and there were some very inventive buildings under construction!

As we mentioned before, Carole's team have had many health issues throughout this past year, and so we spent a lot of time with those who have been particularly challenged. We were so glad to meet two new people who have recently felt a call to come on board with this ministry, and they are a "good fit" for team dynamics. Please pray that the Lord will call the right people to join with Carole, and that they will all have a united vision for the ministry.

We spent time on the streets with Carole and Jose. He and his wife originate from El Salvador and, as they say themselves, they have a lot of similarities in facial features to the First Nations' people, and find that they are received well by them. There is a deep history of victimisation and abuse inherited from the residential school system (administered by the Church), and this can affect levels of trust within the community.

Many conversations took place on the streets and the opportunities for prayer were endless. Some asked for strength to stay on their methadone programmes so that they could keep their bed allocation

**Lorraine & Carole setting up the command post**



**One of four bears we saw on our Mission Trip**

in the night shelter. Others needed help with getting through the long days and coping with the monotony of street life. Shelter residents are required to stay out of the shelter between the hours of 8am and 9pm. These people have little hope of employment due to their addictions and their behavioural coping mechanisms. Many shared heartbreaking family situations as they were enjoying a hot drink and some sugar-fuelled snacks supplied by the Command Post. Carole has had many donations of food and clothing given to her by various city businesses, and also by word of mouth, through family and friends. This means she is able to make this part of the ministry financially viable. However, there are still insurance and petrol bills for the vehicle and Carole covers these herself.

The deaths have been reported of four of the precious people who the team have got to know over the past

year. Three of these deaths happened because of hypothermia and the effects of addiction, but one was as a result of murder.

Before we left Stratford, we had been connected with someone who had heard about RTF ministry through a friend of hers. She works in the medical field on one of the reserves in the far north, and specialises in addictions. When she isn't working on the reserve she is based in Thunder Bay, and is also involved with Teen Challenge. It was at their headquarters in the city that we met with her. It was a very blessed meeting, and mutually very encouraging. As we spoke together, she realised that the principles of our ministry of Restoring The Foundations could easily be applied to her workplace situation, and to her work with Teen Challenge as well. The connection was a good one, and looks likely to continue as the Lord leads all of us.

We were warmly welcomed when

we went to the Finnish-speaking church which we had previously attended when we came to Thunder Bay. Again good contacts were made and, as some members are going to a conference in Toronto in September, we hope to meet up with them again there. People are always so encouraged when someone from another part of Canada makes time to visit and connect with them, as life in the north can often feel like an isolating experience, especially for those who live outside of the city of Thunder Bay itself.

On our two day drive back to Stratford we had another two bear sightings! The first one was a large male who was standing at the side of the road, only about thirty feet away from the car, separated from us by a snow ditch. We knew not to get out of the car but did manage to get a photo. Then as we kept driving further along the main road a mother and her cub ran out in front of the car! Thankfully there wasn't another vehicle on the road at that time, (especially one of those huge logging trucks that always seemed to be behind us), so we were able to slow down and stop in order to let them keep running and get safely across the road and into the woods. Total bear count four, so we were pumped!

After 10 hours of driving we again stopped in Sault St. Marie for the

**Mike & Lorraine with Zaltan & Bev, two of the founding team members**



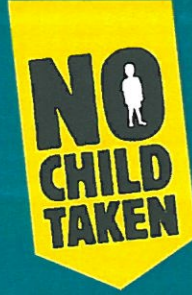
**Back of command post with supplies**

night, and when we took an evening walk down to the Canal we saw three huge beavers building a massive dam. We've seen many beavers but only ever their heads bobbing on top of the water. This time one of them jumped onto a log and we saw that it was about 4 feet long with a huge tail which it slapped very loudly at us!

We count it a privilege to have been called to this nation, with its huge diversity of geography and cultures. We are always ready for travelling opportunities when they arise. 2017 is a special year for Canada, as it celebrates 150 years of becoming a Confederation, uniting its various provinces and territories.

When we are based back in our own home, and especially in the ministry room, alongside the individuals who God calls to us, we are often overwhelmed at His goodness. He allows us to be part of the deep work that He is doing in people's hearts, and that is very humbling. We really want to thank each of you for all your love and support for us, and for partnering with the Lord as He continues to supply every resource of body, soul and spirit that we need for this ministry.

With love and blessings to all of you,  
 Mike and Lorraine Cahoon  
 126 Kemp Crescent  
 Stratford, ON  
 N5A5C4  
 Canada  
 Email: mikeandlorraine7@gmail.com



# INDIA— THERE AND BACK AGAIN

by Courtney  
Thompson

As you may know a group of 6 young adults (5 girls from West, 1 guy from Ballygilbert) recently made the trip out to Mumbai to gather information about the Tearfund Connect projects that we have committed to support financially and prayerfully.

Well now we are back and wanted to give you a quick lowdown of our trip.

Firstly, we want to thank you all for supporting us before and during the trip whether that be from praying for us or supporting us financially.

Our trip started off with an early morning flight from Dublin-Dubai, then from Dubai-Mumbai. After what felt like a lifetime, we arrived in Mumbai Airport where we met Prince David and his lovely wife Anita, who became invaluable to us throughout our trip! We made our way to the YMCA which we would call home for the next nine days.

Travelling from the airport through the streets of Mumbai revealed to us that Mumbai truly is a fascinating place with a huge overwhelming amount of people, noise, traffic and smells.

**Fun Fact:** Mumbai alone has a population of 18.41 million compared to the 1.811 million in the whole of Northern Ireland.

The main purpose of our trip was to see first-hand the effects of Trafficking and how our financial commitments are being used. We were able to observe this from the perspective of the women and the children.

We had opportunities to meet the women in various situations. On the



Pictured above, left - right is Prince (Tearfund), his wife Anita, Hannah, (Tearfund) with the Northern Ireland team, Ashleigh, Conor, Courtney, Lydia, Naomi & Becky

first day we visited a brothel with representatives from Oasis charity. Our team was split to avoid a large group walking around the brothel which could have been quite intimidating for the ladies. We got to meet some of the ladies living/working in the brothel and got to

hear some of their stories.

We visited training workshops for women who have been taken out of the sex trade and want to develop their skills so they can go on and make a living for themselves. We visited a rehabilitation home which isn't directly linked to the Tearfund

to 5 and even hold a pencil. While we were spending time with these ladies we got to make bracelets, paint their nails and colour in with them. One lady spontaneously started crying and with the help of Anita, was able to tell us her story of heartache and brokenness. She shared how she wanted to die and about turning to drugs and alcohol to help ease her pain and how she eventually met someone from the programme who gave her a purpose in life and I quote, "I now feel like a Queen living under the King".

On another day we also had an opportunity to walk through a slum community to see where some of these women are living and to attend what we would call a Discipleship Group. Originally it was meant to be only a handful of women but once it started I probably counted about 40+ women either sitting in a room smaller than our Committee Room or standing outside looking through the doors. They sang a few songs for us in Hindi and then Anita shared a short devotion from the book of James. Afterwards all the women lined up and wanted us to pray for them.

Alongside meeting with women, we were also able to meet and hang out with children who either have mums who are working in the sex trade and the kids still live with them, or kids who have been brought out of their homes for their own safety. We also visited a government home (orphanage) for kids who have been abandoned by their families or their families have passed away.

We visited a girls' home and a boys' home that are run by SAHARRA—the charity that our Tearfund Connect money is directly supporting. Both homes housed

children as young as 3 years of age right the way up to 18 and this is purely because of the licencing they receive from the government. Both homes have four house parents and one head woman/man in charge. The girls' home was in better shape due to their recent move into a new building. They bought the very top floor of an apartment block and knocked down some walls to make it more open and homely. The boys' home is in need of a few repairs but that will come in due course as they have just bought another block of flats within their apartment which has enabled the older boys (18-25) to stay in the home with their own independence and privacy. The older boys have grown up in the home and feel safe there so they have decided to stay and help the house parents with the younger boys.

In both homes we were able to chat to the young people and find out a little about them such as what they wanted to do when they are older and there was a mixed bag from singers, to doctors, to preachers. Again we were able to have fun with the young people, playing various games such as monkey ball and the parachute, all of which went down a treat!

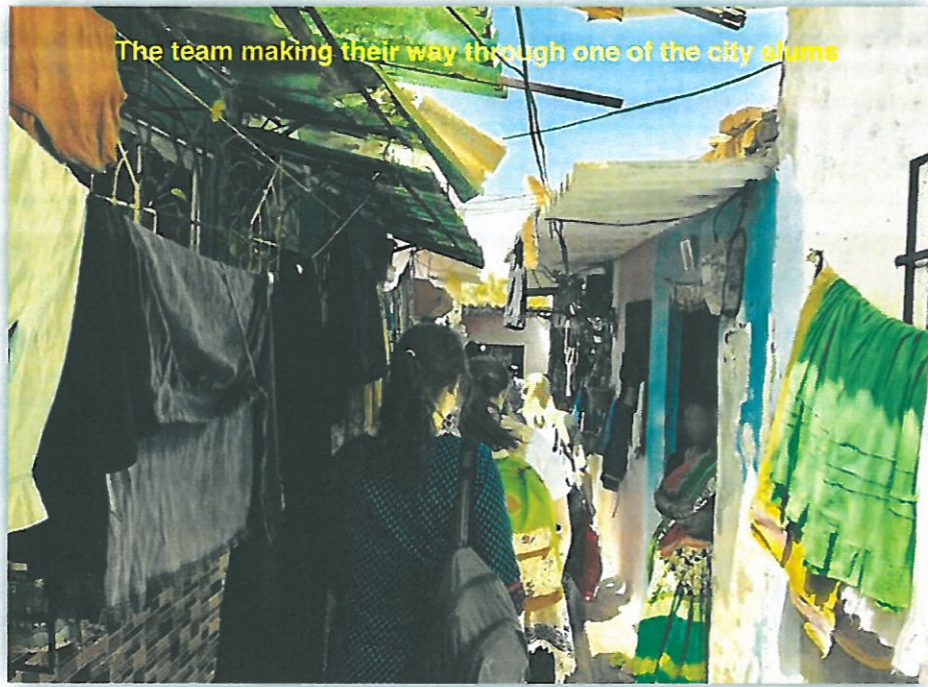
So thank you all again for embarking on this journey with us.



Street Cricket

Experiences from some of the team:

Ashleigh, "I enjoyed our time in India because it opened my eyes to the reality of human trafficking and how complicated trafficking is. There's so much more to it than getting these women out of the trade. These women missed out on their childhood and learning simple things we take for granted, for example the ability to hold a pencil or count to 5. It was obvious Tearfund's partners are doing an amazing job of helping these women find their freedom and learn new skills so that they can live a normal and hopefully happy life and I loved seeing the passion all of the staff had towards making this happen."



The team making their way through one of the city slums

Lydia, "Eye opening and heart breaking—I thought I knew what trafficking was until I was standing in a brothel with girls faced with the reality of this however I was encouraged with the hope these girls have through the work of Tearfund."

# VISIT OF PRINCE DAVID

## Tearfund Representative in India by Jane Richardson

It was really good to have Prince David with us at our June Communion Service as he gave us a very clear idea of the work which our Tearfund partners are doing in Mumbai and in the Bihar region of India. This, along with the recent visit of our young adults should really encourage us to see what our support for this work is achieving. **We were able to present Prince with a cheque for £10,000, bringing our total donation to date to £30,000.** Thank you all so much for your tremendous support for this project. Prince is very clear that not the financial help is very much appreciated. He says that in the last couple of years there has been a better acceptance of their.

It is hoped that a team of 10 from West, Ballygilbert and First Bangor will head out to India in February 2018 to see first hand the work taking place. The team would visit the Emmanuel Hospital in Bihar region who seek to prevent trafficking, visit villages where children have been rescued and meet farmers and self help groups.

In Mumbai there would be a visit

to Saharra and Oasis to meet children of sex workers, visit a church and perhaps take a walk through the red light district. If you would like to find out more about this trip please speak with Jane Richardson.

Pictured below is a family that has been reunited after some of the children were trafficked by relatives due to the mother leaving with her baby.



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# Dining Oriental

Unit 2, Rathmore Shopping Centre  
Rathmore Road, Bangor  
**028 9146 8880**

Sunday - Thursday 4.00 pm - 11.00 pm  
Friday - Saturday 2.00 pm - 11.30 pm  
Delivery Charge £1.50 within 3 miles

In addition to our extensive menu we also offer

- Buffet in 3 sizes from 5.00 - 9.00 pm
- Set Meals for one, two, three or four people
- Kiddie's Meal £4.40

Please speak to our staff should you have any food allergies and intolerances when ordering

**PP PayPoint**

**SPAR**

Welcome

**BARISTA BAR**  
Coffee & Treats to go by

**COFFEE HOW IT SHOULD BE**

Spar Rathmore Road open 7am-11pm 7 days a week

**LOTTO**

Spend £10 in store to get 10% off your next shop



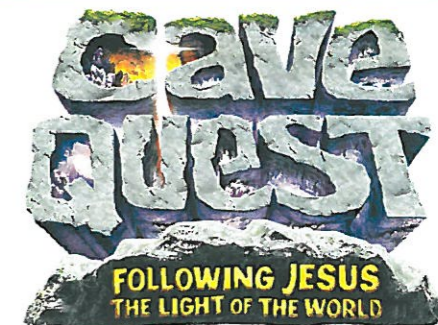
Pictured top row, left to right: Olly & Leona Bates with their daughter Ariella, Scott & Mary Gilmore with Lucie and her brother Ollie, David & Janet Bradley with their baby daughter Quinn and proud sisters Rachel & April and top right is Charles with baby Lara Hardy.

Pictured above left is Adam & Nichola Balfour (nee Boyd) at their wedding reception at Galgorm, above centre is Stephen & Linda Thomson with Stephen's son Myles, Linda's daughter Aimee and Aimee's 3 children Amilia, Jonah & Josiah

Pictured middle right is Andrew & Elizabeth Russell with baby Alexander and his brother Oliver and bottom right is Matthew & Rachel Strutt with their baby daughter Amber and their son Alex

# FOLLOWING JESUS THE LIGHT OF THE WORLD

by *Sonia Mawhinney*  
Youth & Children's Associate



**A** sea of brightly coloured orange t-shirts flooded West Church between Monday 10th and Friday 14th April as 114 teenagers, 23 Young West leaders, 40+ adults and 250 primary school children celebrated Cave Quest—following Jesus the Light of the World. We had an amazing week with the children playing games, eating snacks, making crafts, having fun experiments in the Lab and hearing stories from the Bible. A huge thank you to the whole church family for getting involved in many ways by helping with registration, serving snacks, cutting out crafts, baking buns, bringing fruit and praying each day. It is impossible to communicate all that happened during the week, but prayer and relationships were at the heart of it all.



Easter Mission Team 2017—teenagers and Young West leaders

**Prayer:** 24/7 prayer ran throughout the week of the mission with adults meeting in the Prayer Room, adults praying at home and teenagers praying at various intervals throughout the week. The week was steeped in prayer and we saw God work in many ways. We had complete safety each day; people in the community were open to our teenagers praying for them as they met them during prayer walks; we were a united team serving God together; teenagers and adults received prayer, encouragement and so much more. *At all times, pray by the power of the Spirit. Pray all kinds of prayers. Be watchful, so that you can pray. Always keep on praying for all the Lord's people. Eph 6:18)*

**Relationships:** Easter Mission provides the time and space for developing and strengthening relationships across the multiple ages within church family. Each day saw children having fun with each other

and getting to know the teenagers and adults in their crew. Teenagers got to spend a whole 21 hours a day with each other and their Young West leaders! It was a time for many of our teenagers to focus on their relationship with God. They had set times each morning to read their Bible and pray and to have times of worship and teaching. They spent many hours in the Prayer Room reading, praying and writing notes of encouragement to other members of the team. It was

a time for them to be built up in their faith.

*You are also members of God's family. You are a building that is built on the apostles and prophets. They are the foundation. Christ Jesus himself is the most important stone in the building. The whole building is held together by him. It rises to become a holy temple because it belongs to the Lord. And because you belong to Him, you too are being built together. You are being made into a house where God lives through His Spirit. (Eph 2:19-22)*

Salvation Day



Boys just want to have fun!



From Bangor to Keady...Easter Mission on the road! We took our scenery, our programme, our teenagers and leaders to run the same 5 day Bible Week in Keady, Co. Armagh. There was a lot of prayer happening during this week not just for our team but for the children who attended the week and their leaders and church and our mini-bus became a 24/7 prayer bus for our team during the week.

Same message  
Different location  
Same focus on prayer and relationships.

Easter Mission will again take place during Holy Week in 2018, Monday 26th—Friday 30th March.

Keep an eye out nearer the time for the registration date and also information on signing up to help out and be part of the Easter Mission Week.

Sonia

## PHOTO GALLERY 2017



Inside the cave (above left) & messy games at the lab (above right)



Building relationships (above right) & taking it all in (above left)



Kids and families, come and celebrate

**Bright and Light**  
**@ West Church, Bangor**

**Monday 30 October 2017**

**6.00 pm—7.30 pm**

**Lots of games, craft, snacks, fancy dress parade and family fun | Don't miss it | Invite your friends**

Children can come dressed as their favourite character (nothing scary)

# YOUTH EVENTS IN

# August

**WATER FIGHT AT WEST—THURSDAY 17th AUGUST**  
 For year 8+ 7.00—9.00 pm  
 Bring your own water pistols etc.



**IT'S A**

Sunday 20th August



Year 8+ 1.00 - 3.00 pm  
 at Crawfordsburn.  
 Bring your own food

**BOWLING TRIP (DUNDONALD)**  
 TUESDAY 22nd AUGUST  
 7.00 - 9.15 pm



£4.00 per person  
 McDonalds afterwards (bring extra money)  
 Sign up by 17/08  
 Year 8+

**BONFIRE & GAMES FOR YEAR 12+**



Thursday 24th August  
 Ballyholme Beach  
 7.00 - 9.00 pm

**BACK TO SCHOOL**  
**B B Q**

Tuesday 29th August  
 at West  
 £3.00 per person  
 Book by 24th August

# A HEART TO SERVE

by Courtney Thompson

**M**y name is Courtney and from September to December 2016 I completed a 10 week course on Children's Ministry at Union Theological College in Belfast. The course was all about how we as churches can make our Children's Ministry the best hour of EVERY kid's week. Each week a different tutor came in and delivered a fun and interactive presentation. The topics ranged from Learning Styles, Family Connection, Creative Bible communication, Managing the Chaos and sessions on how we can allow the children to respond.

were asked to reflect on the course and write about one area of Children's Ministry in our church that we would like to see developed. Seeing as I have a passion to work with young people with additional needs, I wrote about trying to bridge the gap between additional needs kids and the church. Although West has a foot in the door regarding this with Little Acorns, Special friends and with our link with Clifton, I believe that we could be doing so much more.

Children play a vital role in our church and this course has opened

my eyes to the many ways in which we can talk about God in a fun and interactive way, allowing them to grow up as kids but also equipping them to grow up loving to come to church and to love Jesus.

This is a really brief summary of the course, so if you've any questions feel free to find me in church and ask. BUT if you have a heart to serve within Children's Ministry or are keen to take this course, speak to Sonia Mawhinney (I'm sure she won't mind pointing you in the right direction!).

If you were to ask me what the best session was, I would have to say all of them as they each brought more and more important information to the course. The Learning Styles' session was great as Rev David Bruce talked about various methods of learning. He got us to identify our own learning style as he said usually this will be the way we teach. He then went on to explain that we need to be cautious of using only our own learning style to teach, as for many kids that is not how they will learn and some kids will switch off. We need to be adaptable with how we teach and deliver.

It became really beneficial for me during the Creative Bible Communication session which was delivered by Leanne Dunlop. We looked at how we can adapt our programmes or lessons to make them fun and interactive with a mixture of different teaching styles so that every single child would be able to get involved and take something away that day.

Every week we were asked to read a chapter of a book and write a short 200 word summary. This is based around Willow Creek Church in America. It was really informative and made you think about whether we, in our own churches, are doing the best we can when it comes to Children's Ministry.

Finally, to complete the course, we



Courtney is pictured back row, 2nd right with her fellow Graduates receiving their certificates at their Presentation Ceremony with Rev. Dr Frank Sellar, Moderator for 2016/17

Courtney was due to complete her internship at West this summer, but we are delighted to tell you that she will continue to work with our Youth & Children's department for at least another year.

In September, Courtney will begin a degree course 'Youth Work with Practical Theology' through CYM and West will be her Placement Church for 2017/18. Courtney will continue to develop the work she has been involved in over the last 2 years and will also take on new projects and leadership roles.

We wish Courtney God's richest blessing as she begins this new exciting chapter in serving and growing in Christ's Kingdom.

# CELEBRATING CHILDREN'S DAY

**J**une 11th saw our 11.30 Service bursting at the seams to celebrate Children's Day. We are so blessed to have such a vibrant Youth & Children's department within West and on this special day in our church calendar we like to present our P7 kids, progressing into Young West, with a Bible of their choice and also our P2 children with their own Bible.

Some of the children also formed a Choir, led by Gillian Caughey, our Music Director, and Jane Gray and sang beautifully to the congregation.

Following the service, our church family enjoyed a BBQ with delicious burgers & sausages cooked by 'Chefs Johnny & Ron, wonderful salads prepped in the kitchen by Robert Fulton. Thanks to everyone involved in making this a very special day!



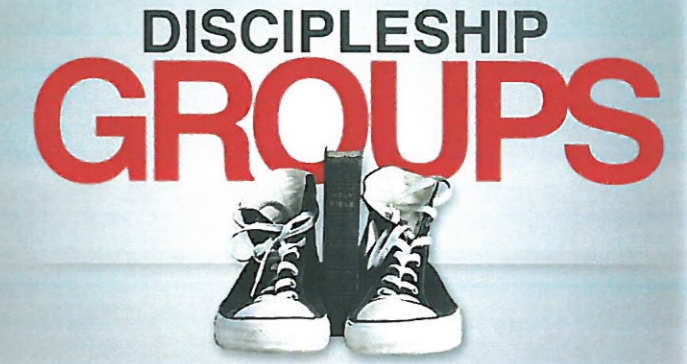
Pictured above, our P7 JClub, below, JClub songs, bottom left is our P2 JClub and bottom right a special P7 Bible.



# DEVELOPING RELATIONSHIPS

by Matthew Gaw

**O**ver the past year in West there have been various discipleship groups running for the young people of Young West. These discipleship groups are divided into boys and girls with Boys' Group running on Tuesday evenings and Girls' Group on Thursdays. The groups meet for around an hour and a half focusing on building and developing the faith of the young people. This time together gives leaders the opportunity to engage with the young people and have discussions on a wide range of topics. These topics can include books of the Bible, cultural issues and various current affairs of the world. As well as having time to look at and study the Bible there are many opportunities to have social outings, whether that be to the cinema or simply to just hang out with the young people. Discipleship groups are a fantastic opportunity to invest and develop relationships with our young people as we seek to see them mature in their faith and become future leaders within the church. Details of the new groups starting in September can be found on the Start Dates information pages.



CHRISTIAN WOMAN TODAY NI

Equipping Christian women to renew their minds, serve the church, and create culture to the glory of God.

Being a Christian in today's society is challenging. Issues that didn't affect us just a few short years ago, are now part and parcel of everyday living.

We are currently looking for women who feel they can contribute to society, with maybe sharing an experience, book review, or maybe write devotionals. (Everyday a Journey)

As women, we are the mainstay of the family. We need Christ's help every day.

Families and society are today in desperate need of truth, goodness and beauty. NI Christian Woman aims to strengthen the church by richly communicating the breadth of the true, good and beautiful Gospel.

We believe that God has a purpose for everyone, and our experiences should not be lost but shared.

If you feel you would like to be part of this new venture, contact me, Ann King, on 0906 608688 or ann@biblefirst.com. I would love to hear from you.



Coming in 2018 DV  
an online magazine especially  
for Christian women in  
Northern Ireland



# AN EYE OPENING EXPERIENCE

by Jordan Galbraith & Harry McBride

After a year of fundraising and pestering loved ones, acquaintances and everyone else we know to support us, on the 10th July we finally began our journey to Uganda. We are part of a team of 15 heading out with the charity Abaana. We were working at a number of the different projects that had been set up by the charity. During the 17 days we spent in Uganda we saw a number of different aspects of what life is like for people living in poverty, particularly children, and it's our hope that we were able to share something with the people we came across to show God's love and compassion for them and practically use the skills God has given us to help them out in whatever way we could.

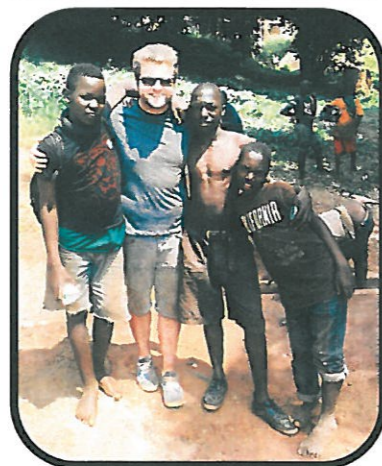


Jordan (left) and Harry (right) helping to build accommodation for teachers

We both made a decision to be part of this team for a number of different reasons. Harry has been interning with Abaana this past year and had previously been out with a team five years ago with the intention of returning, so when the opportunity arose to go this summer he jumped at the chance. Ever since he went out the first time he has felt God gave him a real heart for Uganda and a passion to fight against poverty, which we were part of on this trip. Jordan on the other hand has never been before, with Keady being the furthest he has ventured on mission, but he felt a strong desire to go further afield. After taking part in the Abaana sleepout in December and learning of all the amazing work that Abaana does to fight injustice and poverty in Uganda, when he heard there was a team going out this summer he knew he wanted to be a part of it. Overall we both felt moved by God to go out, to be witnesses for Him and to help in anyway we could, while also having the knowledge that whatever we saw or experienced would not only have a great impact

on us, but also have a big impact on how we go about raising big issues with the youth at Young West and help them to see where they fit into mission and serving as well.

While in Uganda, we had the incredible opportunity to work with children who live on the streets of Kampala (a really eye opening experience for Harry on his first trip) where we saw the plight of thousands of children across the capital



Jordan with some of the street children

city but also for millions across the world. We ran a programme for these kids to provide them with food, share God's Word and just show them love and compassion by being there with them. We talked to them and listened to their heart-breaking stories of how they ended up on the streets.

We also got to see a more uplifting side to the story of street children in Uganda when we visited the Abaana New Life Homes, where children who had previously been living on the street had now been re-homed and given education. We ran a schools' programme for them and saw how life can be turned around for the street children.

We also travelled to Gulu, a rural area near the border of South Sudan which had previously been ravaged by the LRA (Lord's Resistance Army or sometimes Movement) where we took part in a building project at Ayila Primary School to help build accommodation for teachers. This project means that better qualified teachers will come to the school



which will ultimately help bring better education for all the students. This aspect of our trip brought great joy to Harry as five years ago he helped build the Nursery there, so he got to see the school taking the next step in providing better education which was amazing for him to be part of.

We would like to say a massive thank you to everyone who supported us, came along to fundraisers and have helped us to be able to make this incredible trip possible. We are waiting in expectation for what God has in store for us, and we know and trust that He will use us to

do great things. If you would like to hear more about our experiences in Uganda, please come speak to either of us!



Harry with one of the school children



## Praying for our teenagers...



In a previous issue of West Life we had an article on members of our congregation who are praying regularly for our teenagers. Pictured above is Joyce Hutchison with 'her girls' (left—right) Ellen, Rebecca, Kirstie, Erin and Anna

# THE BOYS' BRIGADE

>the adventure begins here




Company photograph taken at the Annual Display March 2017



## 12TH BANGOR BOYS' BRIGADE

NEW 2017/2018 SESSION RESTARTS FOR ALL BOYS ON THURSDAY, 31ST AUGUST 2017  
NEW MEMBERS WELCOME

ANCHOR BOYS : Y1 - Y4 6.30 - 7.45PM

JUNIOR SECTION : Y5 - Y7 6.30 - 7.45PM

COMPANY SECTION : Y8 - Y14 7.45 - 9.45PM

FOR MORE DETAILS CONTACT ROY NESBITT 02891450419 OR EMAIL [royfnesbitt@aol.com](mailto:royfnesbitt@aol.com)



Jamie Matthews, Louis McCombe, Andrew Green & Josh Robinson receiving their President's Badge at the Annual Display



Adam Warden, Owen Caughey & Charlie Connell receiving their Queen's Badge at the Annual Display



## ANCHOR BOYS FUN NIGHT

The Anchor Boys recently enjoyed getting up close with some creepy crawlies with Party Animals NI



## BB CAMP AT SHEPHERD'S LODGE

A fun weekend was had by all boys who attended camp. Activities included mountain biking, kayaking, ropes course, archery and forest laser quest.



# GIRLS' BRIGADE NEWS



Our 2017/18 session begins on  
Wednesday 30th August  
with a Fun Night & Uniform Sale

6.00 pm - 7.00 pm for Explorers (age 3 - P4)  
7.15 - 8.15 pm for Co. Section (P5 - Yr 14)

Refreshments will be available for parents with  
donations supporting GBN's nominated charity  
Fields of Life

All new members are very welcome



Some of our Juniors enjoying their end of year Pizza Party



Pictured above left is Lucy & April enjoying the end of session night out at Pickie Fun Park. Above right is one of our Bronze Duke of Edinburgh's Award groups out on Expedition and below is our Company Section leading the District Annual Parade to the Church Service in Newtownards.

Congratulations to Amy Yeates (left) and Sarah Powell on achieving their Brigader Brooches at our recent Display in Bangor Academy & Sixth Form College. The girls are pictured with their mums Karen & Denise who are pinning their brooches onto their award ribbon.



# SCOUTS NEWS



7th Bangor's Scouts resumes on Friday 8th September as follows:

- Squirrels—age 4-6 years at 6.15 pm
- Beavers—age 6-8 years at 6.15 pm
- Cubs—age 8-10½ years at 6.45 pm
- Scouts—age 10½- 14 years at 7.30 pm

Application forms are available from the Church Office and for further information or if you are interested in helping on a Friday evening please contact Paul Westwood, Group Scout Leader, on 07443 855513 or speak to any of the leaders.



Having fun at the Essex Jamboree. We camped in Westwood's wardrobe Sub-Camp with our gateway designed and made by Denise, John, Rebecca & Leah Gillespie



# COFFEE MORNING

Help us shine His light to the Streetboys of Isiolo, Kenya

by Katie Glenn

**Saturday 7th October at West Church**  
**10.00 am—12.30 pm**

If you would like to help serve tea/coffee, contact Katie Namaté (Katie Glenn) via email [kate.namate@hotmail.com](mailto:kate.namate@hotmail.com)

Francis and I would love to welcome you to our Coffee Morning in support of our ongoing work with the Streetboys of Isiolo, Kenya and our first big project with them.

**Why should I support another mission?**

We understand that it can often be overwhelming when deciding what area of God's work to support. It's maybe even a little frustrating with so much need across the world and so many missions and charities that all ask for your support – don't worry we have all been there & we understand! Pray and support whatever God has filled your heart with compassion for. It's so important you feel appreciated, involved and passionate about whatever you choose to support. We felt it was time to hold a fundraiser in the church since beginning this journey because this is our first big project and we really want to keep brothers and sisters in Christ involved in this area of God's work, right from the beginning! We are the missionaries on the ground in this case, but you are the missionary from home, you're vital to this area of God's work and we really want a relationship with you. The street-boys that we work with know that Francis and I love them, but our boys need to know that they have a family in Christ who loves them too and that God loves them most! This is a huge part of their journey to finding freedom through Christ.

**Who are we?**

For those who did not get a chance to read my last article in West Life, my fiancé Francis, (husband by the time you read this), and I have been

independently providing drug rehabilitation, food, medical care, clothes, washing facilities, home-school educational support and most importantly shining the light of Jesus into the lives of the street-boys in our area whom we love very much. (Come to our coffee morning for more info on this and pick up a newsletter. We would love to show you how we've spent donations up to this point & how to pray for this work.)

My husband, Francis lives in Kenya full time. He is Kenyan, was born into the Turkana tribe (the same tribe as a huge amount of the street-boys) and born into the community that we currently live and work in. I have been travelling between Kenya and N.I because of university commitments, however it's finally time for me to move permanently to Kenya this summer.

**So, what will the Coffee Morning support?.. WE ARE BUILDING!**

We're at the next stage of this work and it is extremely difficult to take the 'street' out of the boys without taking them physically off the streets. We are currently making preparations to build and register so that the street-boys can come to live full time with Francis and I as part of our family and local community – this will allow them to escape all they fall victim to while sleeping on the streets. We are doing things a bit differently. As a result of our experience we find that due to the unique challenges they face, with violence, special educational needs and extreme addictions, street-boys rarely do well when they are placed in children's home style set-ups except in very rare cases

where they haven't spent much time on the streets before they're found. They are very different from other poor and vulnerable children you often see on TV. These boys need to be placed within small family style cluster homes and that is part of the vision. They are rejected by society and we need to allow them to live amongst their tribes in order for any positive community reintegration to occur. We do not want to westernise these boys – they are African and need to live with and around people that speak their language and understand their circumstances. The boys need one-to-one attention and guidance and they cannot get that in larger style homes where they may feel institutionalised, forgotten and not many know how to help with their addictions - eventually they end up returning to street-gangs. Many of them are desperate to be shown the love of Christ by a family who loves them for who they are and we are so excited to start having the boys live with us full time! However... it seems that something is missing.

We have been personally saving and fundraising to begin building and furnishing the boys' bedrooms. Any additional funds raised will go towards our ongoing costs for the boys daily needs. We are also keen to build up prayer support. Our house at present is a mud floor, no electricity, kitchen, security for space for the boys—just a 3m<sup>2</sup> wooden room with a bed, buckets and some African ants! (See above) We really look forward to seeing you on 7th October for our Coffee Morning.

Katie & Francis



# NORTHERN LAKE GARDA

**L**ake Garda is regarded as one of the most beautiful regions in Europe with stunning scenery that is enjoyed by many holidaymakers each year.

The majority of people will visit the south of the lake with its well known resorts such as Garda, Desenzano and Bardolino. However, the less visited northern half of the lake, with its more mountainous scenery, is equally if not more stunning. This area was, until the end of World War I, part of the Austro-Hungarian Empire and some parts feel much more Austrian than Italian.

Some basics, the transfer to get here is longer as the main airport that most people use, Verona, is closer to the Southern resorts. We stayed in Riva and the transfer took 1 hour 45 minutes, however as most of the journey was along the shores of Lake Garda, it was a very pleasant way to start the holiday. Our return journey took a faster less scenic route, initially through the mountains and then down the motorway to Verona Airport.



There are 4 main resorts on the Northern Lake:

- Riva, where we stayed
- Limone, on the Western shore
- Torbole, a small town east of Riva
- Malcesine, further down the eastern shore

Each of these has its own character and all provide excellent opportunities for holiday makers. All areas are linked to each other by a local bus service or via the public or private ferries around the lake.

### Riva

This is the largest town in the area and has a full range of shops, hotels and any facilities that you will need. It is spread out along the lake side with pleasant promenades and

cycle paths, not hilly, for people to enjoy leisurely strolls beside the magnificent scenery. The town has high mountains to the north which set beside the lake makes for stunning vistas.

The old town has many cafes and restaurants, many set along the lake and are great places to have a leisurely lunch, enjoy the view and watch the world go past. This area has lots of shops with everything from holiday souvenirs to designer goods. The ferries to and from the town also depart from here.

For the more active there are lots of activities including mountain biking, sailing and wind surfing. The waterfall at Varone is worth a visit, tip don't walk as we did, get the bus! It is a lot further away than you would expect but well worth the visit.

### Limone

This is a beautiful town set close to the lake shore and with the mountains close behind provides a stunning vista.

The heart of the old town is the little harbour, the Porto Vecchio. From here, narrow lanes lined with tourist shops wind along the shore and up the slopes behind. There are pleasant and picturesque waterfront terraces, and plenty of places to eat and drink while admiring lake views. Following paths to the north of the harbour you leave the hustle and bustle behind, and pass scattered hotels, peaceful cafe terraces, abandoned lemon groves and little swimming beaches.

In the other direction is the more modern part of Limone: a wide waterfront promenade, car park and many more hotel developments. This end of the town sprawls over the area where the mountains are set back further from the lake: here olive groves are interspersed with hotels and swimming pools.

The town can be accessed by bus from any of the local towns but a better way is to take one of the many ferries from any of the local towns and enjoy the great views along the lake.



Riva—a view from our hotel

### Torbole

This is a small town close to Riva on the northern shores, it can be reached from Riva by a short path or by bike along a safe path.

It is world famous for its wind surfing, kite surfing and sailing facilities and schools and hire centres line the water front. In the afternoon when the wind picks up there are well over 100 windsurfers out on the lake which makes a fantastic sight.

The town is small and most of the shops and hotels are sited along one road which also has many restaurants. A nice town which seems to be used as a base for sailing or visit the other towns in the area.

### Malcesine

Malcesine is a small town on the eastern shore of Lake Garda in northern Italy. It's a picturesque tourist resort with cobbled lanes and a castle, crammed between the lake and the massive mountain ridge behind, Monte Baldo. The town is a lovely place to stroll for an hour or so, with picturesque medieval lanes winding up the slope from the lake. There are pretty little squares, cafes and restaurants, gelaterie and shops selling handbags, shoes, limoncello and clothes. The main harbour is typical of Lake Garda: small, attractive, filled with boats and lined with cafes. A short distance away is the old port, the *Porto Vecchio*, a quieter spot with good lake views,

curious sculptures and more restaurants.

Malcesine's most striking feature as you approach over Lake Garda is its historic castle, the Castello Scaligero, which is also the town's main tourist attraction. This is also used for weddings and a lot of UK couples get married here in these beautiful surroundings.

To the south of town a pleasant lakeside promenade meanders past hotels, cafes and bathing spots to a little headland which boasts a couple of 'beach' establishments. There is a footpath and cycling path around the lake. A cableway runs from Malcesine up to the high mountain ridge behind the town to Monte Baldo.

This is a great excursion, particularly on a hot day, as temperatures are lower. The views are also stunning across the whole of the northern lake. As you exit the cable-car station a panoramic path leads to a lovely viewpoint about twenty minutes' easy walk away.

The cable-cars get busy so you should be prepared for queues.

### So would I go back to Lake Garda?

Without a question, this is one of the nicest areas I have ever visited.

The one downside...too many gelato ice creams with easy access!

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Changes in Districts : New address

District

- |                                 |  |
|---------------------------------|--|
| 102 Mr Thomas & Mrs Lila Burton | 601 Mr Gary & Mrs Carolyn McCauley & family    |
| 104 Mrs Sadie Annett            | 604 Mr Scott & Mrs Mary Gilmore, Ollie & Lucie |
| 303 Mrs Maureen Simpson         | 604 Mr Luke & Miss Anna McWatters              |
| 502 Mr Johnny Mawhinney         | 605 Mrs Rita Rea                               |
| 504 Miss Suzanne Ward & Jacob   | 1002 Mr Andy & Mrs Delwynne Heron              |

Changes in Districts : Remove

- 604 Mr Arthur & Mrs Jill Owens

WELCOME to the following new members: District

- |   |   |
|---|---|
| 302 Mr Ben Harrison   | 505 Mr John & Mrs Sarah Graham & Mason                            |
| 303 Mrs Christine Lowe  | 601 Dr Thomas & Mrs Lesley McEvoy<br>Caroline, Jonathan & Matthew |
| 303 Mr Mark & Mrs Donna Sinclair,<br>Jesse, Benjamin, Isaac & Aaron | 604 Mrs Karen McDonnell & Will                                    |
| 304 Mr William & Mrs Elizabeth Campbell                             | 604 Mr Peter & Mrs Gail McGonigle, James & Erin                   |
| 305 Mr Richard & Mrs Claire Garrad, Olivia & Harry                  | 604 Mr Richard & Mrs Rachel Lusty, Anna & Kate                    |
| 306 Mrs Ellen Dines   | 802 Miss Tia Rose Croft   |
| 502 Mr Steven & Mrs Victoria Purce, Jack & Charlie                  | 1002 Mr Philip Maxwell  |

The following children were brought for Baptism

- |                                |                                      |
|--------------------------------|--------------------------------------|
| 02/04/17 Alexander Ian Russell | 04/06/17 Reuben Chesney John McTier  |
| Alexander Edward Strutt        | 18/06/17 Lucie Jennifer Ruth Gilmore |
| Amber Elizabeth Strutt         | 25/06/17 Ariella Verity Bates        |
| 14/05/17 Lara Elizabeth Hardy  | 02/07/17 Mason Joseph Graham         |

We regret to announce the following deaths and extend our love and prayers to the families concerned:

- |                          |                               |
|--------------------------|-------------------------------|
| 16/04/17 Mr Alex Bell    | 27/06/17 Mrs Kathleen Cameron |
| 25/04/17 Mr Jim Best     | 09/07/17 Mr James Davidson    |
| 06/04/17 Miss Edna Ross  | 22/07/17 Miss Mary Rowan      |
| 30/05/17 Mr Harry Donley |                               |

# DIARY EXTRACT...

by Annette Davidson

**T**his was written in 2011. Jim read these words in 2013 after a row in which he accused me of not making allowances for his cancer. Today 12 June 2008 the appointment came for Jim to have a whole body isotobe scan. This will show what has happened since 5 years ago when "hot spots" were found in his pelvis and spine. We don't talk much of the cancer. Jim lives life to the full. "When it spreads to the liver, I'll know when I turn yellow," he said. "Hard to see if you're tanned," I said. I pray often for the tumour to shrink and the spread to stop, the damage to be healed. "Do you pray?" "Yes, today," Jim said.

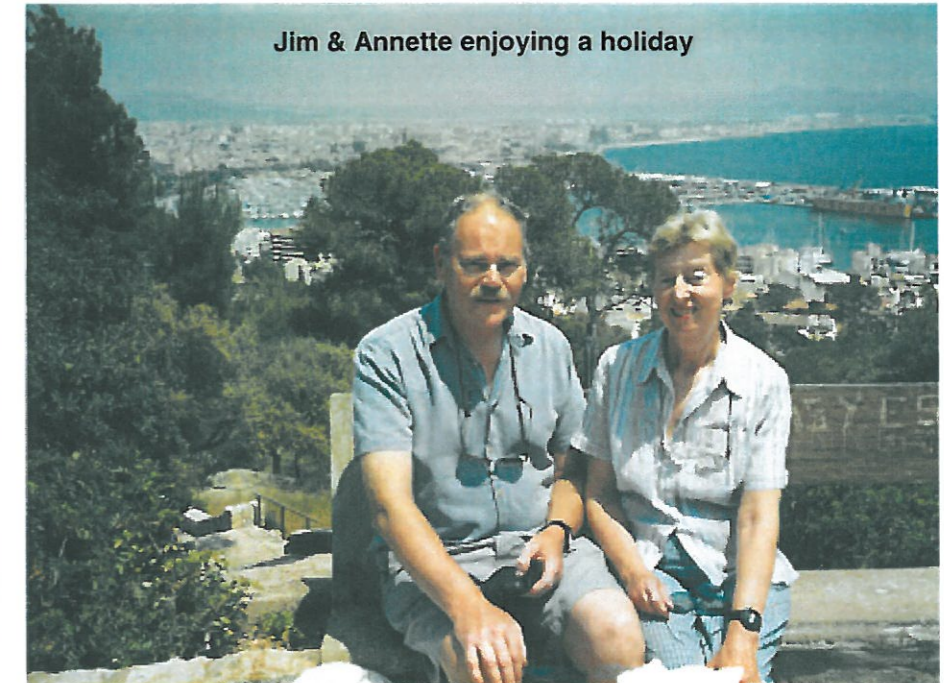
**Dear God, please shrink the tumour and stop the spread - this prayer I have prayed many, many times. Jesus said "Ask and you will receive. If a son asks his father for fish will his father give him a stone? Not so. Your heavenly Father will hear your need."**

After Jim's chemo treatment, his PSA level was drastically lowered. Then it went up and I thought oh no and he bore that treatment so bravely and it hasn't worked.

So I prayed that God would again shrink the tumour, stop the spread and this time give me a sign. I promised to tell everyone if this was granted.

It was. The PSA level went down drastically. And do you know what I did about my promise? NOTHING! I simply forgot what I had promised.

I was depressed in February 2011. It was an effort to get out of bed each morning and start the day. I just wanted to stay curled in the warmth and not to have to get up and function, I found it helped to put out my clothes each night—otherwise I simply couldn't choose what to wear. I found it difficult to shop. I would freeze with indecision. I didn't feel hungry and was a reluctant cook; what to cook, what to buy—big



Jim & Annette enjoying a holiday

problem. My weight dropped to 7 stone.

I didn't want to go out, phone or talk to friends but I made myself do this.

I developed eczema on my face, red itchy patches and felt I looked a sight. My lips reacted to lipscreen and peeled for 10 weeks. My tongue reacted to mouthwash, toothpaste, white wine, curry etc. with deep cuts.

**I felt surrounded by cancer.**

Our neighbour, Mr Smith, my good friend—her husband Bert, my Jim, Nina—Louise's friends, Victor in Larne. I was in a dark place. I lost God.

Michael, our elder son went to Tokyo on the 6th March to work for 1 month. He is normally based in Singapore. We talked on the evening before the earthquake that destroyed the Nuclear Power Station.

Next morning I woke, turned on the news and was shocked to learn of the disaster.

Michael phoned our younger son Peter and he phoned us at 8.30 am to tell us Michael was alright. But for 2 days (until we skyped) I was constantly listening/watching news

on radio, TV, computer. I shook with fear!

I was depressed before Tokyo news. Why? Looking back I think my friend's husband's illness brought forcefully to me the devastation that cancer can bring. Then one day I woke up and suddenly remembered my promise. I felt just as St. Peter must have felt when the cock crowed thrice and he had denied knowing Jesus. He wept.

Dear God, thank you for the years given to Jim after the diagnosis in 2003. Thank you for the 2 lovely grandsons, now 15 and 10 years old who have distracted us from sad thoughts and kept us busy. Thank you for the quality of life which Jim has enjoyed:- his energy and purpose to love each day, keep occupied and busy. Thank you for the lovely holidays we have enjoyed in Singapore, Canada, America, Spain, France, Italy and here in Ireland. Thank you for our friends, his motorbike rides, our train journeys, coffee & meals out.

Just after forwarding this article for inclusion in this magazine, Jim sadly lost his battle on 9th July.

# SEEK TO SERVE

by Rev. Andy Galbraith

**I** wonder if you are any good at mental arithmetic? If you are anything like me you may be a little rusty in this regard. One of the ways we often need to use mental arithmetic is if we are trying to convert a value from one kind of unit to another. I'm in awe of people who can convert from Celsius to Fahrenheit or from miles to kilometres at the drop of a hat. It takes me a little longer and often with the use of a calculator! OK, who am I kidding? I always need a calculator!

I was overjoyed recently to discover an app for my smartphone which is dedicated to converting between a wide range of different units. You want to convert something from inches to millimetres? No problem! Miles to kilometres? Easy peasy! Stones and pounds to kilograms? It's all just a finger click away! Those conversions that used to be so taxing are now a breeze.

The number of different ways of measuring units can lead to confusion and mix up in many areas of our lives, because let's face it, there are differing ways to measure anything. I want to suggest that this befuddlement caused by units can even lead to confusion and misunderstanding in our role as disciples of Jesus Christ. What unit of measurement do we use, for example, to define the scope of how we share the love of Jesus with the world?

We could define this as *the individual*, and say that it is all about each individual Christian sharing God's love with those people they interact with. Or we could define this as *the family*. Should each family be our focus for expressing God's love? Or should we be thinking about *small groups*, or *special interest groups* or is it about us as a *congregation* sharing God's love? Or is it as a *denomination* across the island of Ireland?

Well, I'm really struck by the idea

## STREET MINISTRY

that when Jesus gives the great commission to His disciples, He entrusts this ragtag group of followers with the task of making His love known across the globe, and the smallest unit of measurement He uses is a city!

**Jesus says:**

**"You will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the end of the earth." (Acts 1:8 NLT)**

So we're not called to come to church, we're called to *be the church*, and to take ownership of Jesus' mission in this world. He wants us to tell others about His love and we need to calibrate our vision for how we do this by setting our smallest unit of measurement as a city, which in our case would be Bangor.

**So how do we begin to impact our city or our town with the love of Jesus?**

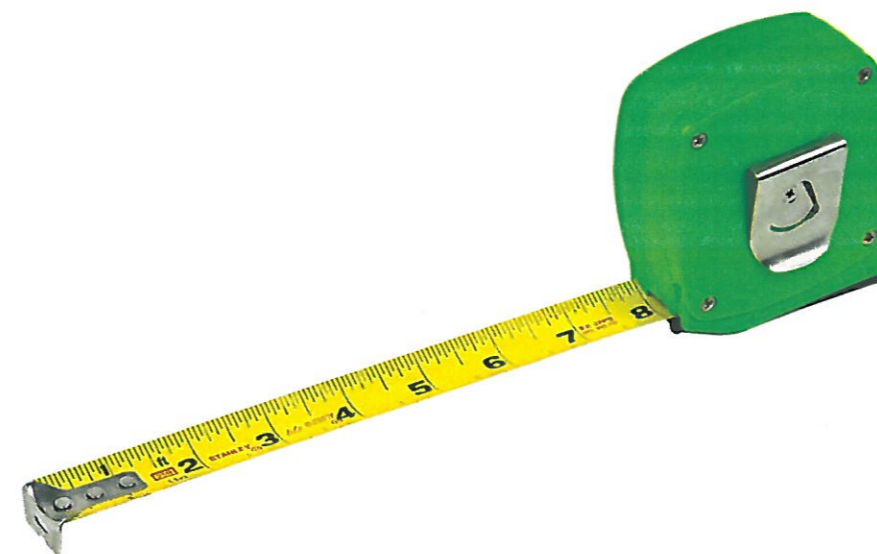
Well, one of the ways we have been attempting to do this has been

through the "Street by Street" initiative in partnership with our neighbouring congregations of Carnalea Methodist Church and St. Galls.

Every fortnight since January, a specific street in our community has become the focus of a combined prayer initiative across all three congregations. A group of seven people made up from all three participating churches have been going street by street and door by door to let the residents know that we are praying for their street and ask if they would like us to pray for anything they are facing. These prayer requests are then prayed for by the 'street by street' team.

I have found this to be both a positive and challenging experience. It is great to hear stories coming back from the team about lives impacted by the fact that somebody is willing to pray for them. One man I called with was on the verge of tears at the thought of us praying into the brokenness of his situation. And we have had children attending the Easter Mission as a direct result of contact made by the 'street by street' team.

But if I am honest, I am also challenged by the reality that for every home that welcomed prayer there



were those who declined. Some folks politely declined the offer of prayer but the ones that stick in my memory are the individuals who visibly recoiled at the prospect of prayer so I guess it has been a real eye opener to me of how there is an increasing gap between what we do

as a congregation and the people in the immediate community we seek to serve. It would be all too easy for us to get lost in our own wee churchy bubble and enjoy *coming to church*, and ignore the challenge to *be the church*. If our smallest unit of measurement for

our mission is the *city*, then I suggest that team we need to achieve this also needs to be recalibrated. The smallest unit of measurement to define the team we need to impact this community needs to be bigger than the "Street by Street" team. It needs to be *the church*. We all need to step into this calling.

Please pray for this initiative as it progresses 'street by street' across our community. Pray for the residents to experience God's love amidst whatever challenges they are facing. Consider being part of the team but let's recognise that this is just the tip of the iceberg. If you are a follower of Jesus, then you are automatically a member of the great commission team. So let's step into this challenge and ask God to equip us to make an impact in our community as we share God's love. Let us recalibrate our measurements and focus on the city!



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## What's Happening

### 2017/18

The new session is fast approaching and the start dates of all the groups, courses and organisations can be found in the dates supplement with this magazine. Please pass one of these copies on to family members or friends who may be interested in what's going on. Additional copies are also available from the Church Office.

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# FAITH AT THE CROSSROADS

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REDISCOVERING THE REFORMATION

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17<sup>th</sup> Dublin | 18<sup>th</sup> Londonderry | 19<sup>th</sup> Belfast  
*October 2017*

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