

June 2021

Dear friend

A few years ago, on Father's Day, one of my daughters gave me a cute picture of a sleeping mouse with the caption 'Almost everything will work again if you unplug it for a few minutes, including you.' I assume she was trying to remind me of the importance of taking time out for rest, refreshment and renewal.

Life has been difficult for all of us, and especially difficult for some of us during the past 16 months. Many of us are weary, weary because of the pressures of work, weary because of the stresses and strains of life, weary because of all we have come through and experienced, weary because of what we are living through at the moment.

Sometimes it's hard to 'unplug', to take time out to rest or even to change our routines, but I do hope and pray that you will have the opportunity to 'unplug' in some way, during the summer. After all we have experienced and are experiencing many of us need physical rest, emotional refreshment and spiritual renewal.

The season we have come through has been physically exhausting for some of us. Work has been more challenging for some of us because of covid regulations and increased workloads. There have been the challenges of working from home, of caring for children and engaging with home schooling, of caring for and supporting family, friends and neighbours. **Physically**

As well as being weary physically, many of us are feeling drained and weary emotionally and mentally because of all we have experienced. There are the stresses and strains of work, of being on furlough, of being made redundant or uncertainty about finances for individuals, families and businesses. Anxieties or worries about the coronavirus, about our own health or the health of a loved one, or concern about other things.

Please try to do something to restore and renew your emotional health and wellbeing. **Emotionally** Sometimes there is a hesitancy, a reticence to talk about our emotional health and wellbeing, but it is important that we reach out to others for help and support (including asking someone to pray with us and for us), and if it's needed, to ask for professional help.

So far, I've referred to our physical and emotional health and wellbeing, and we also need to recognise the importance of nurturing our spiritual health and wellbeing. We were created to know a living relationship with God through faith in Christ as our Saviour. It is important that we spend time with God on our own, as we engage with him, as we pray and read the Bible, asking Him to help us understand, respond to and intentionally live out our faith in the power of the Holy Spirit.

Meeting with God individually and personally is vitally important for our spiritual health and wellbeing, but meeting with others to worship God is also important as we worship together and learn together, as we build relationships and build community. Unfortunately, during the past 16 months there have been times when we haven't been able to meet together in-person, but thankfully, we have been able to meet online. Hopefully, as more people are vaccinated and restrictions are eased, we'll be able to meet in greater numbers to worship God together and spend time together. (Please see information overleaf.) **Spiritually**

During the summer, I do hope and pray that you will have the opportunity to 'unplug', the opportunity to rest, to be refreshed and renewed in body, mind and spirit. This may sound strange, but for some of us part of that 'unplugging' may mean 're-plugging' as we meet safely with family, friends, with our church family and community, and even as we engage and re-engage with God.

The Lord bless you and keep you; the Lord make his face to shine upon you and be gracious to you; the Lord lift up his countenance upon you and give you peace, now and in the coming days.

Roderic

(Please see overleaf for further information | July and August Bible readings included in this mailing)

New Curate Appointed

I am delighted to announce the appointment of the Revd Anna Williams as our new curate. Anna was with us for almost two years as a Ministry Intern before going to the Church of Ireland Theological College. Anna will be joining us at the beginning of September. Please pray for her as she prepares to join the ministry team in the parish.

Parish Readers Commissioned

Claire Jones and Leanne McCaughtry were commissioned as Parish Readers, by the Rector, on Pentecost Sunday. They completed their training during lockdown. They will help lead services and assist at Holy Communion.

'In Person' Services

Sundays

10.00am Service in Holy Trinity Church | 11.15am 'All-age' contemporary service in Holy Trinity Church Hall

10.00am Service in St Patrick's Church | 10.00am 'All-age' contemporary service in St Patrick's Church Hall

Wednesdays

10.30am Morning Prayer in Holy Trinity Church

Our pattern of services will be kept under review, and further changes made when circumstances allow.

Social distancing of 2 metres must be observed at all services, including at the entrance and exit. Please wear a face covering. Everyone is requested to hand-sanitise at the entrance and fill up designated pews/seats, starting at the front. **People attending services are requested to bring a piece of paper with their name, contact number, and the names of anyone from their household who attend the service with them.**

Online Sunday Services

Our online Sunday services will continue to be available from 10.30am on the parish website (bchurch.co.uk), Facebook, YouTube, and the 'dial-in' number 028 4040 0345.

Children's Ministry

Our online Kids programme is available on the website and Facebook each Sunday from 11.30am.

Toddler Times in July and August

We are planning to have a Toddler Time on Wednesday 21st July at 11.00am and on Tuesday 24th August at 11.00am. Parents are welcome to bring a picnic to enjoy on the lawn at Holy Trinity. Due to a limit on numbers, **please sign up via our website or by calling the Parish Office.** Please contact Ava if you have any questions.

Church Picnic on Sunday 25th July

We are planning to have a Parish Picnic, at Holy Trinity, on Sunday 25th July after the 11.15am service. Please bring your own chair/rug and your picnic, of course. **Please sign up via our website, or by calling the Parish Office.** The Picnic will provide an opportunity for us to be together.

Holiday Bible Clubs

Holiday Bible Club in St Patrick's Church Hall on Thursday and Friday, 12-13th August, at 10.30am.

Holiday Bible Club in Holy Trinity Church Hall on Monday – Wednesday, 16-18th August, at 10.30am.

We will also have an online Holiday Bible Club. Further information about our Holiday Bible Clubs is available on the parish website, including information about registration. Please contact Ava or the Office if you have any questions.

Youth Ministry

Ava is planning some summer youth events which will be announced at our services and online.

New Wine Ireland Summer 21

We are planning to livestream two of the New Wine Ireland Summer21 Evening Celebrations The first evening celebration on Thursday 8th July and the final evening celebration on Sunday 11 July – both at 7.00pm in Holy Trinity Church Hall. Further information on the website.

Pastoral Care and Support

Please contact me or the Parish Office (028 4062 2744/info@bchurch.co.uk) if you, or someone you know, need help or support, or phone me (028 4062 2612 or 07933096720) if you would like to talk or would like someone to pray with you.

(All our services and activities will be subject to Covid 19 regulations and guidelines.)