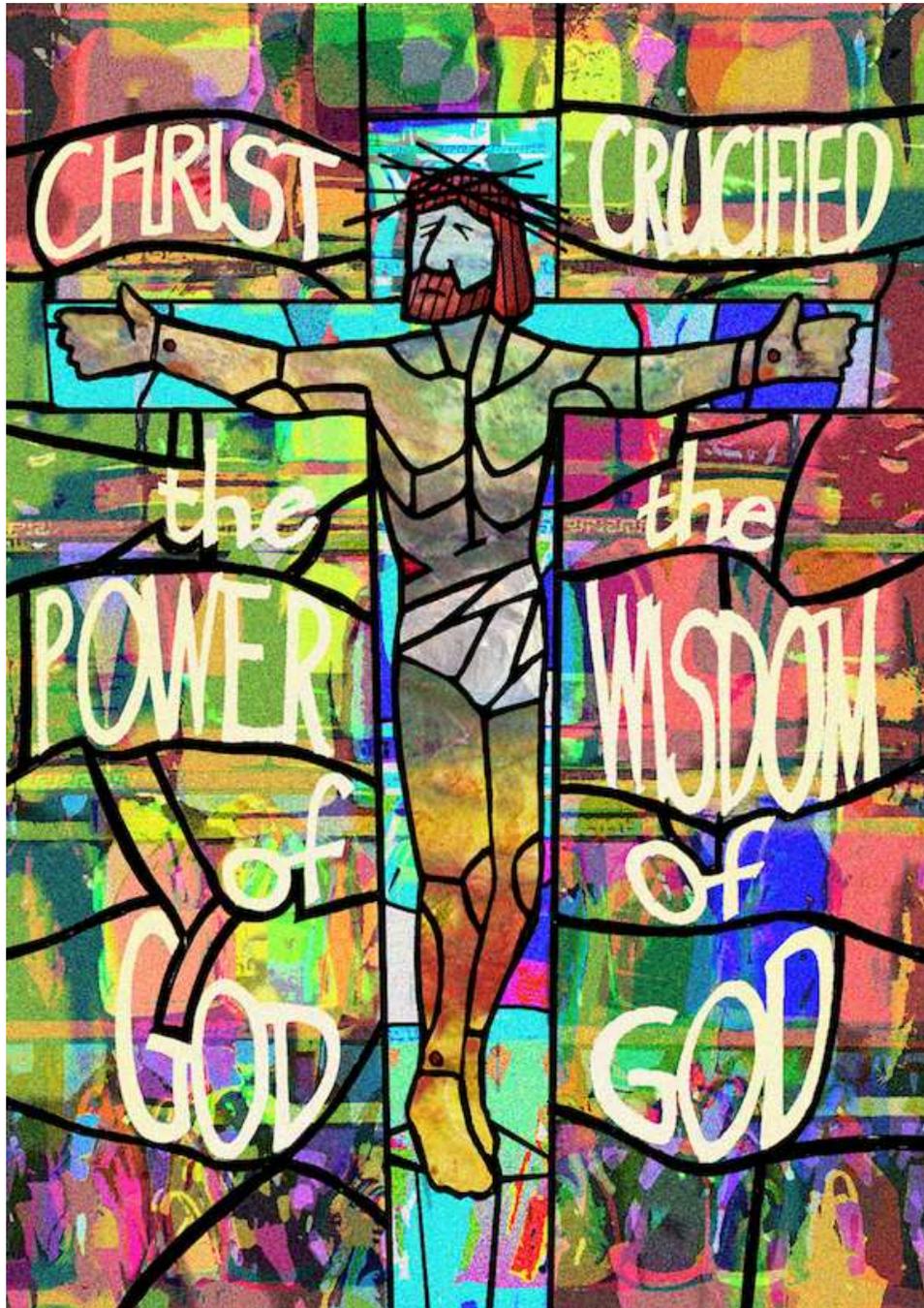


FIVE LOAVES AND TWO FISHES

The magazine of Sydenham Methodist Church



EASTER 2012

GB News - pages 6 - 9

Update on Kiwoko - page 14

FROM THE EDITOR



Did you know;

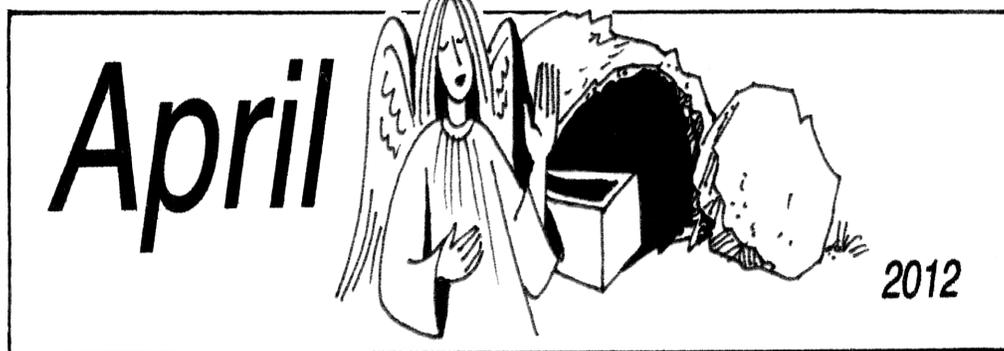
in the UK, children receive on average 8.8 chocolate Easter eggs every year. More than half of children (58%) consider chocolate eggs the most important part of Easter. The average time for children to start tucking into their first chocolate Easter egg is 11am on Easter Sunday, with 30% of children eating their chocolate egg instead of breakfast.

38% of kids in the UK are unaware of the traditional reason for eating eggs at Easter.

It certainly gives us “**food** for thought”.

CAROLYN HALL

With thanks to this edition’s contributors.



Dear friends

I begin with a word of thanks to all who give of their time in whatever capacity in the life and mission of God's church in Sydenham. Without them there would not be much to write about.

There has been a lot happening in Sydenham Methodist since the last magazine. The children and young people (and their leaders) enjoyed a '**Very Messy Christmas**' an interactive way of retelling the story of Jesus coming into the world. On cold, wet, dark, even frosty Friday mornings, commuters have been offered tea and coffee at Sydenham train station by a few volunteers in what has become known as '**Coffee Kindness.**' This is another example of how we can do mission on our doorstep. **Knit & natter** continues to thrive as another way of sharing God's love through knitting and conversation, not to mention the coffee and cinnamon loaf!

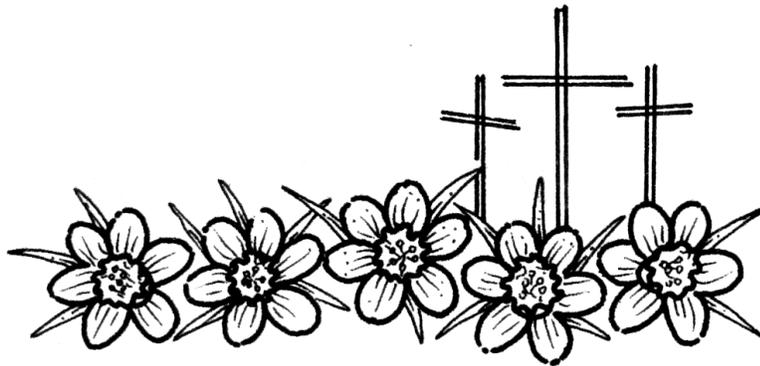
An **Alpha** course took place in a café on the Belmont Road and even though numbers were small, lives were transformed by Jesus Christ. We are also involved in **the Dock** in the Titanic Quarter of the city. A café has opened up and some volunteers from the church help out. All other activities in the life of the church continue to work hard at reaching all ages with the good news of Jesus Christ.

As we approach Easter may we not forget the wonder of the cross and that God sent his only son into the world to save the world through Him.

May you and your family have a blessed Easter

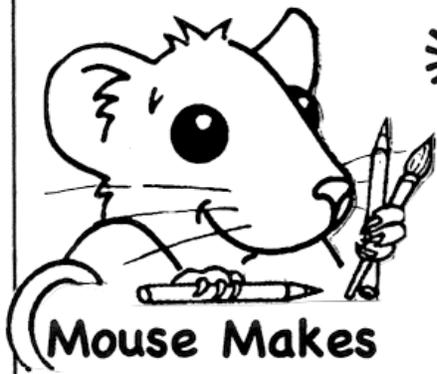
Yours in His service

Karen



DEATHS: Paul Fisher
Deborah McGuffin
Jocelyn Whiteside
Rosemary Hanna
Jim Rainey

BAPTISMS: Fraser James Nicol son of
James and Christine Nicol

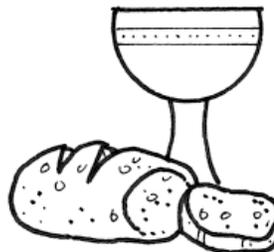


Jesus Christ is risen today!
our triumphant holy day,
who did once upon the cross
suffer to redeem our loss.

Sing we to our God above
praise eternal as his love,
for the Lord from death is raised
Father, Spirit, Son be praised!
ALLELUIA!



Into Jerusalem
Luke 19:28-48

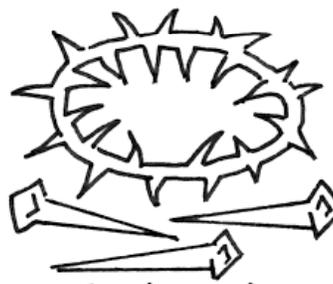


The Last Supper
Luke 22:7-38

glue to 'Betrayed'



Betrayed
Luke 22:1-3, 39-53

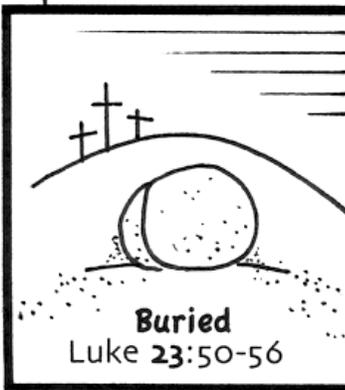


Condemned
Luke 22:54-23:25

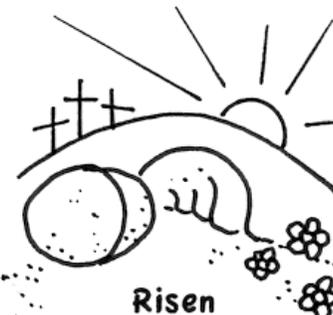


Crucified
Luke 23:26-49

glue to 'Buried'



Buried
Luke 23:50-56



Risen
Luke 24:1-12



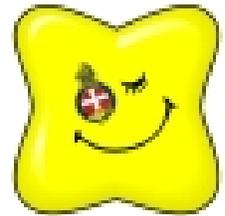
Jesus is Alive!
Luke 24:13-53

Make a mini Easter book: Cut out the strips, glue them together then zig-zag fold along the dotted lines.



Apr12

EXPLORERS (GIRLS' BRIGADE)



The Explorers section of the Girls' Brigade at Sydenham Methodist, meets every Thursday evening between 6pm and 7:30pm. This year there are 25 girls between 3 and 8 years meeting to play games, sing songs, make friends and hear about God's love.

We started in September with a fun night to help us get to know some new faces and welcome back the familiar ones.

Our badgework this year has been centred around a theme based on Ephesians 2v10 "For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things He planned for us long ago." We talked about how we are all created by God and special to Him, how we are all unique and like different things. The girls brought along something that was special to them to show and tell the others. We talked about the different ways God showed His love to us and how we could show His love to others.

Just before our half term break we had an indoor treasure hunt around the halls, the girls enjoyed following the clues and picking up the treasure at the end of the trail.

This was followed by some 'cooking' in the kitchen involving some melted chocolate and fruit!

Our Enrolment Service took place on Sunday 27th November. The girls took part in this service by reading prayers and singing choruses.

Just before Christmas we had a visit from Mrs Norma Murdoch who read some Christmas stories. A Christmas party took place on 16th December with a very special guest who brought along some presents.

Since January, we have been working on items for our Annual Display which took place on Friday 30th March. This was a busy time for us as we rehearsed and thought up costumes and learnt new skills – some Explorers learnt to skip for the first time!

We thank all who supported our Annual Display.

GINA NEILL





7TH NI SYDENHAM METHODIST GIRLS' BRIGADE

GB started back in September 2011 with over 60 members. We have enjoyed a varied programme. We have had different visitors coming in and sharing their talents with us. Ladies showed us how to make Jewellery; each girl got to make a necklace, bracelet and a pair of earrings. The end products were very impressive!!

At the end of September, 33 girls and six leaders attended Camp at Shannagh-More Activity Centre, Newcastle. It was a great weekend, full of outdoor sports and team building experiences. We find these weekends very beneficial. It gives everyone the opportunity to get to know one another outside GB and to recognise each others' talents.

In December the Company and Leaders went to a Roller Disco in Bangor then finished the night with burgers and chips!

The last Thursday of our session before we broke up for Christmas, the Company were invited to Palmerston House to Sing Carols to the residents.

On 19th January the TOM Team paid us a visit. What a night!! The Juniors, Seniors, Brigaders and Sub-Officers had great fun taking part in ***messy*** team-building games. Thank you to the TOM Team.

Sonya, Gail Thomson's daughter-in-law, and Pat Gordon have been coaching the Seniors and Brigaders netball and volleyball. The girls are having great fun and we really appreciate the help and support.

We are now finishing off our Badgework and getting ready for our annual Display in March. In May, Jennifer Doak and Melissa Bryans will complete their Officer Training course. They will be a welcome addition to our group of valued Leaders.

Rebekah Bryans, Rachael Clarke, Ashleigh Keyes, Claire Stewart and Claire Davidson are coming to the end of their two year Queen's Award. They still have to finish their Community Service and sit an Interview at GB Head Quarters in May. We wish them all the very best!

CAROL WINSTANLEY
CAPTAIN

MASTER PIECE

Paintings hanging on the wall,
Sculptures standing oh so tall,
this of course can only be,
the weird and wonderful Art gallery!

There is a painting that is on show,
It's very interesting if you must know,
A maze of splodges, scribbles and inky dots,
Coloured shapes and speckled spots.

To understand you have to look real close,
But look too long and you will get an overdose,
It is hard to get it just right,
Without ruining your precious sight!

A man came up to our work of art,
And exclaimed it has no heart,
it's worthless freaky, it belongs in the bin,
For this painting creates a lot of sin.

But then a Saviour came along,
Singing a very happy song,
He looked up with kind, bright eyes,
And slowly let out a big, long sigh.

He paused looked up, then said real loud,
"Whoever painted this should be proud,
For it is as good as can be,
Even fit for royalty!

This masterpiece took a long time,
It is worth every dime,”
He stopped then continue to stare,
Then said thoughtfully without a care.

“Because this painting is so good,
I am going to do what I should,
For this painting I will die,
Then I will rise up to the sky.

This Painting is amazing, It is very unique,”,
he held back the tears as he struggled to speak,
“As my Father did this himself,
So it is worth the greatest of all wealth,”

I listened to his amazing speech,
And thought of the message he was trying to preach,
I then looked at the mess hanging on the wall,
And looked underneath at what was scrawled,
I really didn't know what to say,
As the name tag said Laura Gray!!

LAURA GRAY

Editor: Laura read this poem out for us during the Girls'
Brigade Annual Enrolment Service.

SYDENHAM EXPLORER SCOUTS

The Explorer Scouts have been very busy over the last number of months. The opportunity came about to join with another Explorer Group, to do activities and consider a Citizenship Programme about community diversity and other similar issues.



The first opportunity to meet up with the 110th Explorers was on Tuesday 22nd November 2011 at Crawfordsburn and do a series of ice breaker activities including wall climbing. One of our Explorers needed to be forced back into the mini bus at the end of the night as she refused to stop climbing until she reached the top again...you know who you are!!! After this we met up several more times, sometimes in our halls and sometimes in theirs to do different activities and consider different community issues.



The main event in the programme was a residential to Crawfordsburn over the 2nd to the 4th of March 2012. We only had 6 Explorer Scouts available to go, but met up at the church halls on the Friday night and were picked up by the 110th and made our way to Crawfordsburn.

Unlike most Scout camps, this one was to be pure luxury. We stayed in the recently completed Cedar Lodge at the Scout Centre in Crawfordsburn Forest Park. The activities for the first night took place in the 'Lid' on site. A Piggyback race took place, with very funny antics as the racers had to swap with the person carrying them on the second turn... a fact that was not made clear when they chose their partners!!!

Other activities were arranged over the weekend, including mountain boarding, crate climbing, archery, an assault course, orienteering and pedal Go-karting. Each activity related back to some idea of community relations or team building and was very good fun. The Go-karting was meant to show the need to obey signs and the rules of the road, but there was no signs to stay on the course which led to one Scout trying his own off roading experience. The joys of driving!!! The weekend ended with backwoods cooking, where only a knife and tin foil could be used to make a meal and a dessert. Some of the outcomes were not that appetising!!!

All agreed the programme was great fun and we look forward to more joint exploits with our new friends in the 110th later on in the year.

STEPHEN GORDON

As many will know I spent a short time in Kiwoko Hospital, Uganda last March. My involvement continues as I



have taken over as the lead of the project within the South Eastern Trust. That entails co-ordinating fundraising activities and publicity and the overall direction the project is taking within the Trust. We organised a Gala fundraising dinner last October bringing in almost £8500 along with several smaller events such as a Christmas and a recent Easter sale of shortbread and cupcakes. We also have plans for a golf tournament on 10 May and a concert with the Belfast Community



Gospel Choir on 16 June in Hamilton Road Presbyterian in Bangor. As well as raising money these events also help raise the profile of the project which in turn leads to other spin off advantages.

be in November

of this year and shortly we will be making plans for this. The BBC, both TV and radio has been running some items on Kiwoko and other projects in Uganda, again great publicity.

A recent Newsletter from Kiwoko contained the following articles:



Dr Rory Wilson the Medical Superintendent who is returning to NI for a 6 months sabbatical on 1 April wrote:

The last months in the hospital have been busy and successful. The students from the Nurse Training School all passed their national exams – with 4 distinctions, 34 credits and 2 passes we were yet again amongst the best in the country. The Christmas and New Year period was busy on the wards as many came here for treatment knowing that they would find caring sober staff on duty to tend to their needs. The January Bible Conference saw church leaders coming together for teaching supported by Hamilton Road Presbyterian Church in Bangor. With a staff of over 350 there are always comings and goings - this month it has been great to welcome Dr Corrie (Obstetrician from England) to join the team for the next few years.

Our maternity unit is busier every month, and having a doctor trained in this area to oversee the care we provide is a



much awaited blessing. Sadly Alison Fletcher who has overseen the Physiotherapy department for the last 9 years leaves us next month. She has been pivotal in building the physiotherapy department to what it is today, as well as helping build capacity in the HIV administration team over the last few years. We wish her well in the next chapter of her life back in England.

Visitors to Kiwoko often remark how well the team works to keep everything organised and patients so well looked after. The team that makes this possible extends far beyond the geographical boundaries of the hospital. For you who are reading this please receive a big thank you for playing your part in the wider Kiwoko team helping with fundraising, prayer, encouragement and practical support. I hope that as you read some stories of the ongoing work at the hospital you are encouraged that your efforts are indeed energy well spent. **WE TREAT...**

JESUS HEALS

From all the staff and patients receive a big thank you: "Webaale Nnyo!"

Mrs Keren Asiimwe the newly appointed Donor Relations Manager wrote about a remarkable recovery of a patient:

Nakato Rosette a 22 year old mother came to Kiwoko Hospital very ill. Nakato gave birth in December 2011, in a hospital called St. Luke in Bombo where she comes from and that is about 48km from Kiwoko hospital.

She was diagnosed with dilated cardiomyopathy (weakness of the heart muscle) after giving birth; she was given some medicine which ran out after 3 weeks and after that she fell very ill. Her husband decided to take her to Bishop Ashiri health centre which is about 18km from here; the health centre referred her to Kiwoko on 28th Jan 2012. When she arrived Dr. Peter and Dr. Deus had a look at her. Dr Deus says his thoughts were that the most immediate thing she needs now are prayers because she has few options. Dr. Philip Davies and Joanna Round, two volunteers from the UK who are working in the hospital, also thought she might die and they decided to pray for her to be well.

Dr. Peter, a senior doctor at the hospital immediately started her on treatment. Her body was swollen, had low blood pressure, she couldn't breathe on her own, was very restless and said uncoordinated words. She was diagnosed with cardiogenic shock (shock as a result from heart problems) and transferred to the high dependency room for close monitoring; the doctors started her on oxygen. Overnight, Nakato didn't respond to any of the treatment given to her, but on the next day, there was a breakthrough.

It was God's grace that she was still fine and alive. She recovered very well after that and within a week she was discharged. The joy and happiness on the ward was visible on all medical staff's faces whenever they talked

about her. Sr. Grace, the in charge of female ward told me that, on the second day they worked from morning until 3pm without eating anything and when Nakato was stable that's when everyone realised that they were hungry and thirsty.

The staff is constantly changing in Kiwoko with people coming for varying periods of time, some a week, months or years.

Alison Fletcher has been working in Kiwoko hospital as a physiotherapist for 9 years. We asked her how she felt to be leaving after such a long time in Kiwoko:

A privilege, a joy, a delight...a challenge, a struggle, a hard slog: it is hard to pick one word which describes my time at Kiwoko! I'll soon be leaving the hospital so it is an opportune moment to sit back and reflect a bit on life here, and what has changed since I arrived. It is so exciting to be leaving a fully-functioning physiotherapy department, staffed with a qualified physio, identified and trained by the hospital, and a young, promising physio assistant who is well on his way to becoming a qualified physio. They have a presence in every clinical area of the hospital and their work is enhancing the lives of patients and their families each day. Working within the HIV department has been equally challenging, bringing a whole new level of chaos to my life, but order and system is continuing to emerge, and we are seeing the benefits

reaped in our clients and staff. I have loved working with our HIV positive children and teenagers, and helping to establish a clinic just for teens has been a very exciting venture.

All our clinics have the potential to bless and encourage such a huge variety of individuals, and our community at large, and it has been a privilege to serve in this way.

It is time for me to move on from Kiwoko, but the life lessons I have learned will stay with me forever. I have lived more than a quarter of my life here and it will be hard to get used to not being here. I return to the UK at the end of March and, after a few months visiting churches and supporters, I will be starting something else – as yet unknown. My experience at Kiwoko will undoubtedly play a part in my future, and I am as interested as anyone to see what happens! Thanks for your support for Kiwoko – and for me – over these years. Love Alison.

RUTH BOYCE

GLOBAL VISION

My friend Lorna and I have attended Global Vision every year for the past 5 or 6 years. The event is held on the third Saturday in February, at Lismore Comprehensive School, Craigavon. Directions are provided. We keep going back every year because we really enjoy it.

It sounds like a long day from when it opens at 10am for registration until 4pm when it finishes. This is not the case. The time flies in, as they say time does, when you are enjoying yourself. It is very inexpensive at £10 for adults and free for under 18s. It is open to anyone of any age, church denomination, religion, colour or creed. There is a creché, and children and youth programmes. Food is not provided so it is necessary to bring a packed lunch. Tea and coffee are provided at lunch and other times during the day, sometimes even biscuits!

The first 50 minutes is for people to arrive for registration and the first cuppa of the day with a biscuit. Here is a chance to look round the various stalls. The stalls are great and there is always something to entice you to buy. They comprise of a book stall, fair trade stall and a couple of others where people from the underdeveloped countries make little items for sale. These are really unusual and surprisingly well made.

Then it begins. For the first hour we have the keynote speaker from overseas who tells us what has been going

on in whatever part of the world they represent or come from. This is always so interesting and holds many surprises. There is a little time of praise and prayer at this point before the first seminar begins.

There are 14 seminars to choose from (each one lasting an hour) but only 2 can be chosen. This can prove difficult as they all sound so interesting on your entry sheet and all appear to have something you would really like to hear about. You have an hour's lunch break at which time there is an opportunity to go round the stalls if you wish, chat to people you know or even those you don't know, or just simply relax. After lunch is when the second seminar begins. The final 50 minutes is prayer, praise, and reflection on the day from the speakers.

In the past Lorna and I have had adventures! One year because we were talking so much, we found ourselves driving up the wrong motorway - on our way to Coleraine instead of Craigavon. Another year I made a mistake about the date of the event. As we approached the school I got a little bit suspicious when there was no sign of any activity. The penny dropped as we approached the gates and they were closed. Guess what, we were a week late! We went for a fry at Sprucefield and then home that year, bitterly disappointed.

You should give it a go next year and see what you think. There is nowhere else I know of that you learn so much in one day, plus have a really good time.

SALLY MCKINSTRY

The Easter Story - Candle Bible for Kids

By Juliet David, Candle, £1.99

The Easter Story helps children learn and understand the story of the death and resurrection of Jesus. The text is clear and simple, and covers the events leading up to Jesus' death, his crucifixion and death, and then the miracle of his resurrection. A good gift to a child to ensure that they understand why Christians around the world celebrate this special day.

The New Lion Bible Encyclopedia

By Mike Beaumont, Lion, £25

Why is the Bible the all-time best-selling book? What makes it unique? Who were the key players in the events of the Bible? What was it like to live in biblical times? The Bible has made a huge impact on people for thousands of years - and continues to do so today. But what is it? Why does it matter? How was it written, and how did it come down to us? What was it like to live in the time of Jesus, or even earlier? What did people eat and drink? What did they wear?

This fascinating new book will answer all your questions, and more. It provides a wonderful guide to the people, the places, the events and the ideas that make up the Bible. With its accessible text, full colour pages, illustrations, maps, charts, feature boxes, diagrams and tables, all the information you could ever need is brought together, in one volume, to instruct and delight. A final 'Fast Facts' section brings key facts to the reader's fingertips.



9TH BELFAST SCOUTS CELEBRATE

Our Scout Group is celebrating its 65th Anniversary this year.

At present we have 65 Members and 16 Leaders. Our Members ages range from 4-18 (Leaders 20s - ??). We have a good variety of Programmes in all the Sections, and our Members have gained many Badges during the past year, including, 2 Beavers have gained the Chief Scout's Bronze Award, 1 Scout has gained the Chief Scout's Gold Award and 4 Explorer Scouts have gained the Chief Scout's Platinum Award, all of which require many elements. Among other badges gained, we have completed various stages of Emergency Aid Badges. The Beavers have completed Stage 1 with their Leaders, and Paul Sunerton trained the Cubs in Stage 2.

We are also grateful to Dr. David Bell, who arranged for 4 Medical Students to come along and train the Scouts to Stage 3 level, and to Pauline Gammon who taught the Explorer Scouts to Stage 5. As all Leaders also have to have a First Aid Qualification, we should be well covered in case of emergency!

Our Squirrels continue to enjoy games, craft and stories and are a very lively bunch.

Our Beavers have outings planned, including joining Beavers from all over Belfast at the Titanic Exhibition at Cultra Museum. The Cubs, along with Cubs from all over N.I. will take part in an event also at the Titanic Exhibition, when we will have a visit from our Chief Scout, Bear Grylls.

Later this year, as one of our celebrations for our Anniversary, we are having a joint weekend for Cubs, Scouts, and Explorer Scouts at Dunluce Guide House, where we plan many activities.

We had discussed for some time the possibility of having a new Logo for our Group and when all ideas were considered, Wayne Nicholson put them together on Computer, and the Explorer Scouts and Leaders have now purchased 'hoodies' with a logo incorporating our Church, Scout and Methodist Badges, and lettering, so do look out for these.

All in all, our Group is going well, and my Thanks go to all the Leaders for the brilliant work they are doing for our Members. Please remember us all in your Prayers.

ANN ANDERSON

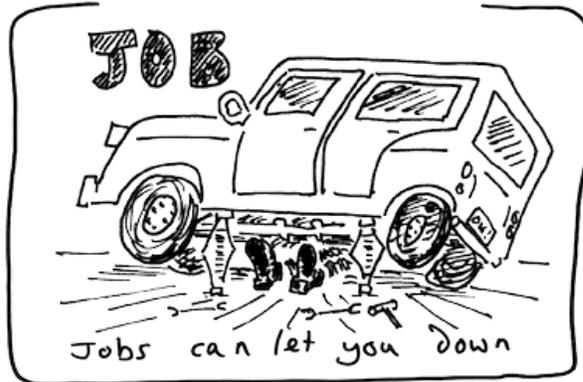
I'll never let you down!

Let down by
 Your job?
 By your parents?
 Your home?
 Your bank?
 Your health?
 Can you have
 confidence
 In anything today?
 But Jesus died
 and rose again
 So you won't feel
 let down ever.
 The world
 will change
 But believing
 In Jesus
 Means you
 Are saved
 From the world,
 The devil and sin...
 If you believe,
 God says:
 "You're OK
 and I'll never
 let you down!"
 This is the gospel,
 The GOOD NEWS!!
 Don't be ashamed:
 Have confidence
 in it!

Sound good to you?

Read more in
 Romans 1:16ff

Bible Sketchbook





"I agree, Vicar, the church's bats problem is getting worse – all that high-frequency squeaking is interfering with my iPod."



...rumours that we would be giving out easter eggs are unfounded - er, there aren't any left!

Some miscellaneous observations on our Christian walk....

The trouble is, we won't let God help us. - **George MacDonald**

A lot of kneeling will keep you in good standing.

He who kneels before God can stand before anyone.

Most people want to serve God, but only in an advisory position.

Suffering from truth decay? Brush up on your Bible.

Exercise daily - walk with the Lord.

Life without God is like an unsharpened pencil - it has no point.

Prayer is more than meditation. In meditation the source of strength is one's self. When one prays he goes to a source of strength greater than his own.

HEADLINE

(Luke 24, John 20:11-18)

Jesus is alive!
He appeared to Simon,
To Cleopas and his companion,
To Mary and many more,
Eye witnesses
To the headline of history.

And they told their stories
Of promises and hope,
Of disappointment and despair,
The drag-net of death
Transformed by encounters
With the Lord of life.

Jesus is alive!
The headline stands today
As we live the kingdom script
In our generation.
And he transforms our stories
And compels the telling.

By Daphne Kitching

Colouring Page





Nurses in Female Medical Ward



Children who are HIV/AIDS positive at the monthly fun day