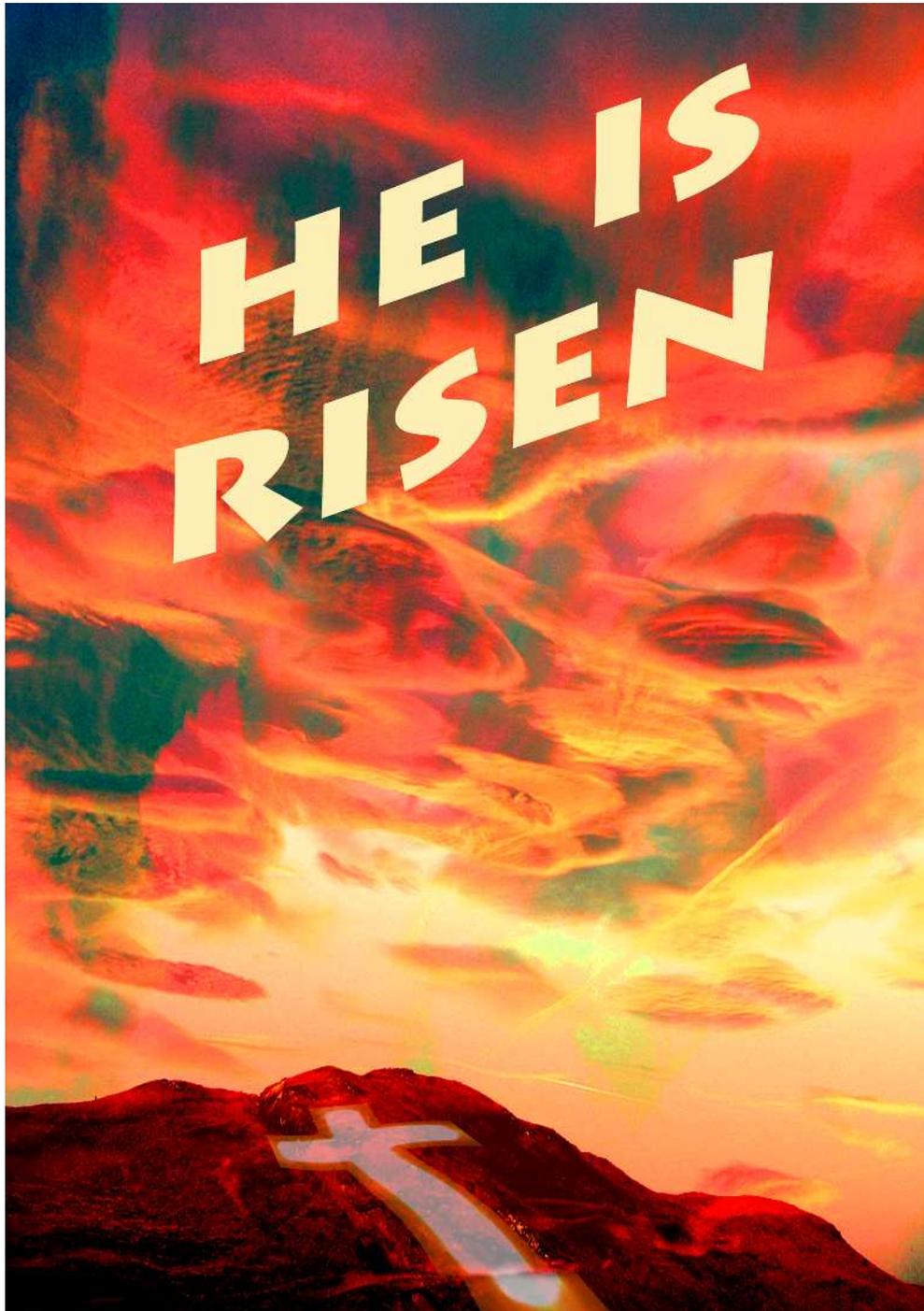


**FIVE LOAVES AND TWO FISHES**  
The magazine of Sydenham Methodist Church



**Easter 2013**

**Beaver News - page 14**

**Update on Kiwoko - page 18**



## FROM THE EDITOR



Have you ever had one of those encounters with a stranger, and as you get talking, you realise you know the same people? That happened to me recently. As I and a stranger chatted, we discovered that we had things in common. A friendship was formed that day.

Such an encounter brings a smile to our faces. We become joyful and happy. We may share the story with others and remark that it really is a “small world”.

This Easter time, I wonder will we give Jesus a thought. Maybe He is a “stranger” to you - but we are not to Him. Jesus loves us so much that he was willing to be crucified for our sins.

This Easter will we have an encounter with the King of Kings?

CAROLYN HALL

With thanks to this edition’s contributors.

The Manse  
March 2013

Dear Friends

I am led to believe people fall into one of two categories; morning people or night owls. I am definitely not a night owl. I do, however, love the transition from the darkness of the night that is past, to the light of a new day that lies ahead. Springtime brings those lighter mornings and brighter evenings. It's also a time when we notice new life around us in the snowdrops, crocuses or daffodils as they emerge.

As we continue our journey through Lent towards Good Friday and Easter Sunday, I am reminded that the disciples and friends of Jesus experienced that transition from darkness to light; the darkness of Good Friday when, as the gospel writer Luke reminds us, 'by this time it was noon, and darkness fell across the whole land until 3 o'clock. The light from the sun was gone.....and Jesus breathed his last' (Luke 23: 44) and the glorious light of early morning on the first day of the week when the women who went to the tomb were informed 'he is not here! He is risen from the dead!' (Luke 24:1). They were overcome with emotion and disbelief that the one who was dead had risen and made his presence known among them.

Why not take time this Easter to re-read the last few chapters of one of the gospels, and sense the darkness of Good Friday, and the overwhelming joy and light of that first resurrection morning, the sign of hope and new life!

May you and your family have a blessed Easter.

Yours in his service

Karen

**EASTER**  

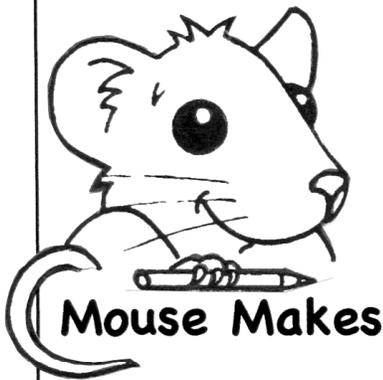
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**2013**

## **Deaths**

We give God thanks for those lives which touched ours while they lived among us:

Lilian McCappin  
Phyllis Glenn  
Thompson Gallagher  
Evelyn King



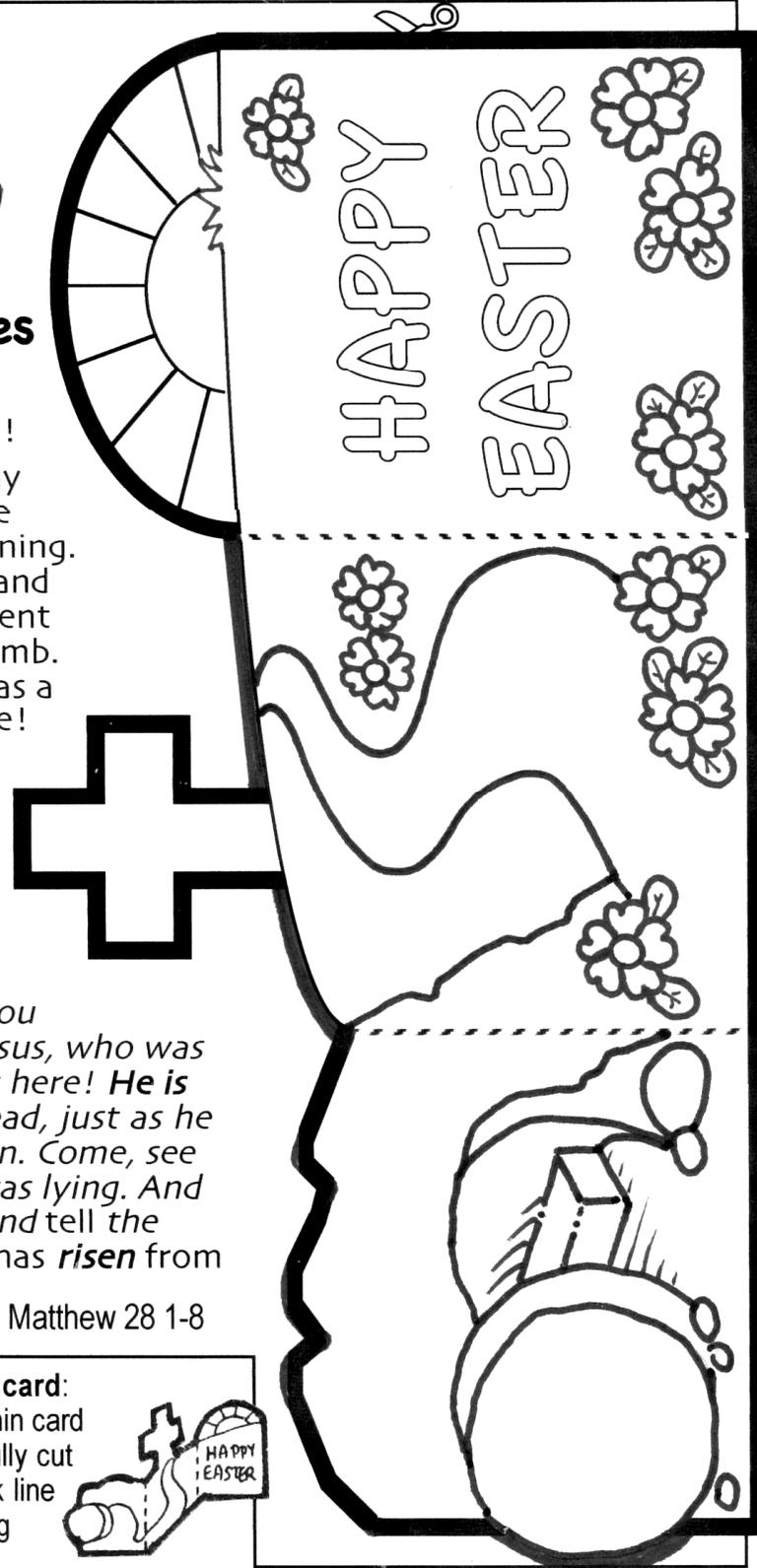
JESUS IS ALIVE!

Early on Sunday morning, as the new day was dawning, Mary Magdalene and the other Mary went out to visit the tomb. Suddenly there was a great earthquake! For an **angel** of the Lord came down from **heaven**, rolled aside the stone, and sat on it....

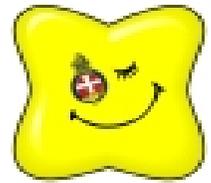
*"Don't be afraid"* he said. *"I know you are looking for Jesus, who was crucified. He isn't here! He is risen from the dead, just as he said would happen. Come, see where his body was lying. And now, go quickly and tell the disciples that he has risen from the dead."*

See: Matthew 28 1-8

**To make the Easter card:**  
Glue this page onto thin card then colour in. Carefully cut around the thick black line then zig-zag fold along the dotted lines.



## EXPLORERS (GIRLS' BRIGADE)



We've been really busy at Explorers this year! We've been working hard to complete our GB ESTAR badge. To earn our badge we have to do lots of different things in 6 different areas; God's Book, Exploring, Self and Service, Talents and Tasks, Activity and Riches.

In **God's Book** we have been learning about 9 different women in the Bible and how God used them. We learnt how they played their part in God's big picture, and that God loves us and wants us to play our part too! We even had activity books, games, crafts and a memory verse to help us remember what we learnt. One of the best bits of God's Book was using creative ways to pray, like our prayer book. We loved praying for our friends, family and communities, and thanking God for all the good things he has given us.

In Explorers we were **Exploring** God's world and discovering its beauty. We went to the park and got to play at the play park. Afterwards, we went on a bear hunt. It was lots of fun! We went on a trip to see Santa and even had a visit from the police to teach us how to keep safe when we are out playing or crossing the road.

For **Self and Service** we discovered how we are all different and talked about some of the things God has made us good at. We learnt how we can all help others at home, in school, and in far away countries. We did some baking with Fairtrade chocolate and all the explorers helped to make up shoeboxes with presents for little girls at Christmas in Romania.

We've been discovering our **Talents and Tasks** with craft and some baking. We were given the task of making Christmas snow

globes, they looked really good! We used our talents to make valentines lollies, crayons, magnets, cards and bookmarks to sell at our sale. This was to help the company section raise money for their camp.

There is always lots of **Activity** at Explorers! We've played many games; our favourites were singing games and beanbag games. Now we're working very hard to make up and learn our dances for our display. This can be difficult but we love our theme - this year its Princesses and we get to use Disney songs!

We've enjoyed **Riches** in Explorers this year. Every week we hear stories and talks from different people - it's really interesting. We even learnt four new songs to sing and dance to, we use them to worship God and tell him that we love him. At the Christingle service we got to dress-up as the people in the Nativity and had a 'baby Jesus' to carry too.

One of the best parts of our Explorers' night, is Good News Time. We get to bring in stories and pictures of the good things that have happened to us during the week and pin them up on our Good News Wall. It's really full!

We've done lots in Explorers this year and learnt about loads of different things. But the best thing we've learnt this year is that God loves us and he wants us to love him and love others too.

**Faith Sunerton**  
**Explorers' Leader**



## **7<sup>TH</sup> NI SYDENHAM METHODIST GIRLS' BRIGADE**

During the summer our Juniors joined hundreds of other girls from GB Companies around the province for a day at the Zoo. The event was organised by GBNI. There were clowns, craft, face painting and lots more. It was a very successful day.

We started our new session in September with over 70 members. This included 2 new Officers, 1 new Associate and 4 Officers in training. Our team force is getting stronger, an answer to prayers.

In December two of our sub-officers, Rebekah and Claire, held a mini fund-raising event for the Juniors to raise money for a charity of their choice. They baked delicious cup cakes and sold them to members and their families during a GB night. They raised £100 and the Juniors have chosen to give the money to a charity called Stop Traffic. They chose this charity because they have been studying Fair Trade and Slave Labour for their Service Badge. The girls felt they wanted to do something to help young people less fortunate than themselves. Well done girls. Before we broke up for Christmas the Juniors, Seniors and Brigaders were again invited to Palmerston House to sing Carols to the residents. The girls enjoy their visits to the nursing home just as much as the residents.

For the Seniors and Brigaders Christmas outing we went to the Odyssey, to Pizza Hut then on to the cinema to see Nativity 2. We had a lovely night.

Since returning back after the Christmas holidays all sections have been working hard to complete their badge work and have it marked.

In February we held two big fund raising events to raise money to go towards camp costs. The girls and leaders worked very hard, making craft items and baking cakes for the coffee morning and Beetle Drive. We had great support from families and church members. The money raised brought the cost of the weekend down considerably, enabling girls who would normally not have been able to go to attend.

This year we are going to Todd's Leap, Ballygawley from Friday 8th - Sunday 10th March. Hollywood Methodist GB will be joining us. There will be 47 of us in total! We have not been there before so we are looking forward to it immensely. When we come back we will continue preparing for our display which will be held on Friday, 26th April.

**Carol Winstanley**  
**Captain**

## **A member of our congregation has this to say about KOINONIA**

Koinonia is now a regular Sunday evening event that takes place several times during the year. We meet from 5:30pm to 7:30pm in the Ferguson Hall to spend time together in fellowship. When we arrive, the chairs and tables are laid out in the hall ready for the meal. Koinonia is for both young people and adults, and whilst we are free to sit anywhere, we are encouraged to intermingle, with half the seats at each table set aside for those under the age of 30. As we are having our tea we will be given some questions to think about to help get conversations going. At some tables, the discussion may keep closely to the suggested topics however, at other tables, well, it can be quite surprising what might come up! Chatting together over food is a great way to get to know people and develop friendships and sharing at mealtimes is very biblical, so it's probably to be recommended!

After the meal is finished and over tea and coffee, we may hear a Bible passage or a short talk that sets the scene. Then we have the opportunity to study the passage and discuss more questions with the people at our table. Having a mix of people at the table means we can share in a range of experiences and opinions, and can learn from one another. You can say as little or as much as you want during the discussions (within reason!); there is no pressure to join in but I believe most people will have something they want to say. Being in a small group of 6 or 8 makes it easier to speak up.

To round off this part of the evening, we will spend some time in prayer, maybe just 3 or 4 people joining together. We may share

something in particular that we would like others to pray for, or we may want to focus the prayers on what we have learnt from the Bible passage. It is a privilege to be able to pray with, and for others, and again, this simple act helps strengthen relationships amongst the people in our church.

Koinonia ends with a time of praise, led by the worship group, who have brought their instruments and mics over from the church. This is a great opportunity to really engage in the singing and to praise God with gusto! It is also the chance to reflect on what God has been saying to us personally throughout the evening.

Being in the hall, and having the chance to talk freely together, means there is a different atmosphere at Koinonia than being in the more formal setting of 'church'. Maybe this won't suit everyone but it's good to have a change once in a while. So, if you haven't already done so, keep an eye out for the date of the next Koinonia and come along and join in. Everyone is more than welcome!

## **The Christian Days of the Week**

### **Monday** - Wash Day

Lord, help me wash away all my selfishness and vanity,  
so I may serve you with perfect humility,  
through the week ahead.

### **Tuesday** - Ironing Day

Dear Lord, help me iron out all the wrinkle of prejudice  
I have collected through the years,  
so that I may see the beauty in others.

### **Wednesday** - Mending Day

O God, help me mend my ways so I will not set a bad  
example for others.

### **Thursday** - Cleaning Day

Lord Jesus, help me to dust out all the many faults  
I have been hiding in the secret corners of my heart.

### **Friday** - Shopping Day

O God, give me the grace to shop wisely so I may purchase  
eternal happiness for myself and all others in need of love.

### **Saturday** - Cooking Day

Help me, my Saviour, to brew a big kettle of brotherly love  
and serve it with clean, sweet bread of human kindness.

## **Sunday - The Lord's Day**

O God, I have prepared my house for you.

Please come into my heart as my honoured guest,  
so I may spend the day and the rest of my life in your presence.

**Submitted by Laura Brown**



## 9<sup>th</sup> BEAVERS

Beavers have had another busy year. Last **March**, we joined with Beavers from Belfast District, for a Titanic Day at the Ulster Folk and Transport Museum. Joining with other Beavers from various parts of Belfast, we travelled by train to our destination. Once there, we travelled back in time as we looked at all the different modes of transport. After a picnic lunch in glorious sunshine, we finished our day with the Titanic Exhibition. I was very impressed at the knowledge some of our boys had on the Titanic.



**May** was a busy month with Beaver Rally Day at Crawfordsburn. We were able to enjoy all the activities once again in beautiful weather. Beavers and Leaders from all over Northern Ireland joined for the Big Lunch and then, with great excitement, (I think from the young leaders helping out on the day) was the arrival of our Chief Scout, Bear Grylls. Unfortunately, this was a very brief visit as he was running late after his other visits.



At the end of **May** we visited Knock Fire and Rescue Centre. After a brief talk on safety and what to do if there was a fire, the Beavers enjoyed time outside on the fire engines and using the hose. For some of the boys, the pressure from the water coming out was too strong for them to hold the hose on their own. Everyone enjoyed the visit.

In **October** we joined approximately 450 Beavers on our Northern Ireland Zoo Day. Again we had the perfect weather. Maps were opened and discussions took place on where to go first. We decided to just follow the path. I think we saw every animal that was in the zoo from elephants and giraffes to prairie dogs and monkeys. The penguins and sea lion enclosure was a must and we spent quite a while there. We then headed off to find one of the new animals in the zoo, the red panda. It was a delight to try and find them in the trees. I think the long walk up and down the hills took its toll as quite a few boys fell asleep on the way home.

Our next outing was our visit to Strandtown PSNI. The boys were really looking forward to this. One boy, (Freddie) was

“arrested” for stealing an imaginary bar of chocolate. He was locked up then questioned, but he denied the whole incident. Best was still to come. The boys had a little tour in the back of a land rover.

As 2012 was our Scout Groups 65<sup>th</sup> Anniversary, Squirrels and Beavers had a joint Christmas Party. All the boys enjoyed the bouncy castle and slide. We finished the party with a visit from Santa.

**January** had us practicing for the District Unihoc Competition in February. Although we did not win the unihoc we did win the trophy for the Art Competition.

We certainly do put the out in to Scouting. Along the way we still continued with our badge work and are delighted that 3 boys achieved their Chief Scout Bronze Award.

We look forward to more adventures.

**Pat Gordon**  
**Beaver Scout Leader**

## **EXPLORER SCOUTS COFFEE MORNING**

**Saturday 3 April 2013**

**10am – 12 noon  
in the Church Halls**

**Free activities for younger guest**

***Proceeds in aid of  
Explorer Scouts Summer Camp to Dublin***



## **WNTMG**

### **So what is it?**

WNTMG stands for 'Wednesday Night Thingy MiGig', which was christened by a young Faith Sunerton, many years ago. It is a youth group for Years 8 – 11 (1<sup>st</sup> – 4<sup>th</sup> Years in my language).

### **When is it?**

It meets, appropriately, on Wednesday evenings, from 6:30 – 8:30pm.

### **So what about numbers?**

We have five leaders and just over twenty WNTMGers attending this year. Some of them are followers of Jesus, but most are not. Not yet, anyway!

### **And what happens at it?**

WNTMG runs on a cycle of four weeks. No matter which type of week it is, the first half hour is games and chat. Once a month is a Food Night, when we have our tea together- including desserts. Yum! Once a month is a Split Night, when we split into boys and girls and do our separate things. So the girls may end up doing nails and the boys may end up having a pillow fight! Some things don't change! Twice a month is Brain Night, where we all have an opportunity to learn about God in a fun and relevant way. We've just started a course called 'Participate!' during our Brain Nights. It's a course that encourages the young people to explore the gifts God has given them, which releases them to serve others. So that's very exciting! The first session was based on the fact that all of us are made in the image of God. We looked at Psalm 139 together- a great psalm! And since God is good to us, we were challenged to go away and influence others for good in the week ahead.

### **A final thing...**

We have a NASA-inspired Moon Ball™ at WNTMG. We own the rights to it, but if you ask us nicely, we'll let you have a go.

**Sammy Stanfield**  
**Youth Worker**

## **Ruth Boyce shares some experiences from her recent trip to Kiwoko Hospital...**

The idea of leaving Belfast in cold and dismal November and heading to sunnier, warmer African climes - Uganda - to be precise was quite appealing, and so the annual visit of a team from the South Eastern Trust was arranged. It was a much smaller team this time; we had 2 doctors staying for 5 weeks and 3 others for 10 days. At times the weather was warm and pleasant – but it was still in the rainy season, which for Kiwoko was good, as the precious commodity of water was able to continue to be gathered, in preparation for the drought conditions they experience in January and February.

Through our Church prayer network you may have heard that our 2 doctors had just arrived in mid November when they were told about an outbreak from Ebola virus resulting in several deaths about 18 miles from Kiwoko. They were then given the opportunity to return home and my group had to decide if we would travel. But, after consideration we all decided to continue with the visits as the staff there has to deal with many of these potentially deadly outbreaks.

Uganda seems to harbour sources of deadly viruses including Ebola and Marburg. There were no confirmed cases of Ebola in the hospital during our time there, but several patients were suspected cases and moved to the designated district hospital for some degree of isolation. The procedures were all agreed locally with no support or guidance whatever from the Government.

In advance of the trip we purchased 2 International Health Partners drug packs at a cost of £740. Contained within these are up to £6000 worth of drugs for giving away without cost to

patients. Kiwoko uses these on mission trips, one of which happened 2 days after our doctors went out in November. Dr Rory Wilson and a small team from the hospital took a 2 hour drive north and then a boat trip of 4 miles across a lake to reach an isolated area. Most would be subsistence farmers and fishermen in that area. Kiwoko work in conjunction with local churches and set up a clinic under the shade of a tree. They said they were incredibly busy and treated about 1500 people over 2 days dealing with conditions such as malaria, pneumonia and many wound infections. They also performed counselling and testing for HIV. The aim of these trips is to demonstrate God's love by providing medical help to a very poor community and to encourage members of local churches.



*Dr Rory Wilson registering and triaging patients in the shade of a tree beside the Church during the mission trip in November.*



*Dr Rory Wilson, Medical Director, treating an 8 year old girl with a severe asthma attack. She slowly settled and went home able to walk, talk and breathe.*

The second pack we brought with us has just been used on a trip 1 - 4 March to an extremely remote area of NE Uganda about 625 miles from the hospital. Here, the people are living a very harsh life and are extremely poor, even clothing is scarce. The small team treated 600 people during the trip and also spoke to them about God's love.

Our team had a very memorable experience of visiting a prison and taking part in fellowship. A couple of Sundays in the month, a ministry team from the hospital visit a prison. We were taken to one that was relatively relaxed, and where the Governor is a Christian. The prisoners were brought into a hall all dressed in bright yellow shorts and T-shirts. The ministry team led a time of praise and then one of our group shared his testimony which was translated into Lugandan, their local language. The atmosphere in the prison has encouraged many of the inmates to become Christians which is amazing.

At the end of the meeting we gave them gifts of soap and biscuits. Some of the prisons the team goes into operate a much stricter regime, with hardened criminals living in tough conditions but it is an amazing ministry they are regularly involved in.

We find an amazing degree of commitment in many areas within the Christian community. Prayer meetings can go on to 3am and then they are up early next morning to carry on with their hospital duties. Churches are vibrant and full on a Sunday morning and at the local Anglican Church just outside the hospital grounds, building work on an extension has started as the congregation of the local language (which starts at 7am on a Sunday morning to approximately 9:30am) is bursting at the seams. The work will be carried out in stages as money permits.

Once again, I worked within the hospital in their lab training and encouraging microbiology staff in reading agar cultures and doing antibiotic sensitivities, and also teaching in the Laboratory Training School. My other 2 colleagues were from an IT background and while one worked on the computer network, the other was involved in training staff to use some of the second hand laptops we took out with us, and how to send emails. Within the hospital staff, many have computer knowledge and others have never switched one on! There is a wireless network within the hospital site but they don't have broadband, so downloads can be slow and at times, like many utilities such as electricity – systems go down with great regularity.

We left Uganda as Christmas was approaching. It is celebrated very differently in the Kiwoko area with few staff able to afford much in the way of Christmas gifts for their families. They celebrate Christmas by singing carols and have a big staff Christmas party and entertain each other with singing and

sketches. Back in Kampala, before we flew home, it was surreal to hear Christmas carols being played in shops in the searing heat.

The fundraising work for Kiwoko continues all year round in the Trust and last year we were delighted to be able to send them £40,000. We do many fundraising activities, from a golf classic, a gala dinner, a concert with Belfast Community Gospel Choir to a fashion show, and of course our famous sales! Thank you so much to the people within our congregation who have got behind the work and knitted, baked, sewn, made craft items, donated handmade cards, bric a brack, and made cash donations. Mention must be made of the amazing work of Jean Cameron and Margaret Sloan who never fail to amaze me with the ideas they come up with from spiced beetroot, to knitted Easter chicks and baskets, to beautiful knitted blankets and children's clothes and more!

The staff in Kiwoko are always so grateful for our support and prayers for them. Life is not easy in Uganda and they do what they can with limited resources. I got an email last week saying they had received no blood supplies for 2 weeks from the lab in Kampala that serves the hospital with blood for transfusion; that is likely to have resulted in deaths. We can learn so much from them in the way they cope with these 'challenges' and continue to live out the hospital's motto of 'WE TREAT, JESUS HEALS'. Your continued interest, support in practical and financial ways, and prayer for the hospital and the work they do is greatly appreciated.

**Ruth Boyce, Biomedical Scientist in Microbiology Lab, Ulster Hospital.**

## **AN INTERVIEW WITH IAN FULLERTON, FOCUS LEADER**

**Occupation:** Network Analyst, Fujitsu

**Length of time at Sydenham:** Approx 13 years

Interests/hobbies: Church Youth work, Beaver Scouts and general sports like football, cycling, walking, etc.

Church work can be demanding and tiring. However this is easily offset by the honour and blessing of having a Spiritual input into other people's welfare

**Favourites:** Youth work, family life, Spurs and free time (no particular order)

**Food:** Fish & chips, Steak and chips, lasagne, rhubarb tart, etc :)

**Music:** Third Day, Deep Purple

**Hymn:** Stand Up Stand Up for Jesus

*While this would seem to be quite an old hymn, its words have a special meaning for me from my younger life when I became a Christian*

**Worship Song:** Various

Bible verse(s): Ephesians 2: 8 - 10

<sup>8</sup> For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—<sup>9</sup> not by works, so that no one can boast. <sup>10</sup> For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

*People sometimes wrongly think they need to improve their lives first before coming to God. This is completely the wrong way round. Come to God first and let him through his Son and the Holy Spirit, transform and refine your life more than you can imagine.*

And another thing: It is easy for people to sit on the sidelines of church life reluctant to commit their free time.

*What I'd say is to get your hands dirty and see where the Lord leads you to. You won't regret it.*

## **No Ordinary View**

By Naomi Reed, Authentic, £8.99

'The Himalayan view from our back porch was normally breathtaking, but that day I sat there and wondered. Ten years of civil war, a deteriorating health system, an economic crisis and a political stalemate. It was a background of hopelessness for the lives of our Nepali friends and the community that we lived in. In such a setting of pain and darkness, how could God reveal his nature? And how could he call me by name? I wasn't sure. I didn't think it was possible.'

From within the uncertainty of Nepal's civil war, Naomi Reed continues the story of her family's desire to train Nepali physiotherapists and share God's love in word and action.

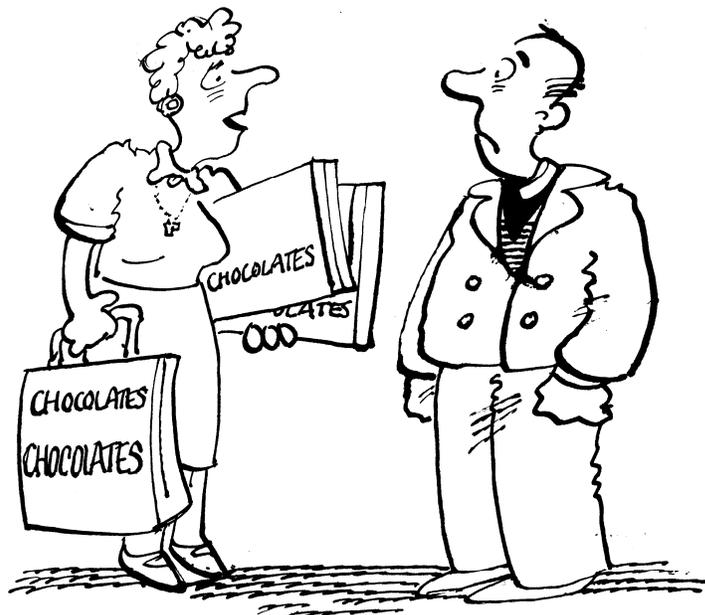
## **Standing on My Knees - establishing a lifeline of prayer**

By Jeff Lucas, Lion, £7.99

Jeff Lucas turns his hallmark wit and candour to expose some of the myths that hinder our prayer life. Describing his book as an "alternative prayer manual", Jeff offers a wealth of practical suggestions to help Christians of all ages and stages to develop a stronger one-on-one relationship with the Almighty. He is open about his own struggles in this area, and writes with clarity and compassion about an aspect of the life of faith that many of us find difficult.



"I think the D.I.Y. Palm Sunday palm-kit you ordered online is here, dear..."



I was going to give up chocolates for Lent - then I thought of all those poor Cadbury workers and their anxious shareholders...

## **Here are some general observations on the spiritual side of life:**

Can't sleep? Try counting your blessings.

\*\*\*

Christians are like tea; their strength is drawn out by hot water.

\*\*\*

Some minds are like concrete - all mixed up and permanently set.

\*\*\*

We don't change God's message - His message changes us.

\*\*\*

When God ordains, He sustains.

\*\*\*

God doesn't call the qualified, He qualifies the called.

\*\*\*

If God is your co-pilot - swap seats.

\*\*\*

Experience is a wonderful thing. It enables you to recognise a mistake when you make it again.

\*\*\*

Fight truth decay - study the Bible daily.

\*\*\*

If you're headed in the wrong direction, God allows U-turns."

\*\*\*

## **A Prayer for Easter**

Dear Father,

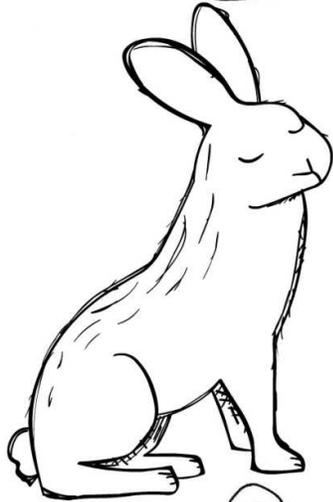
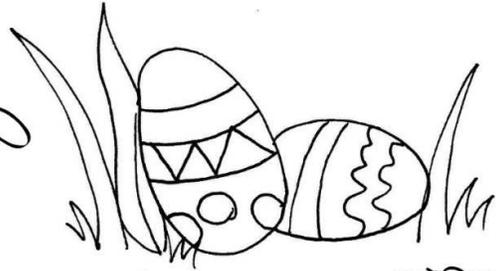
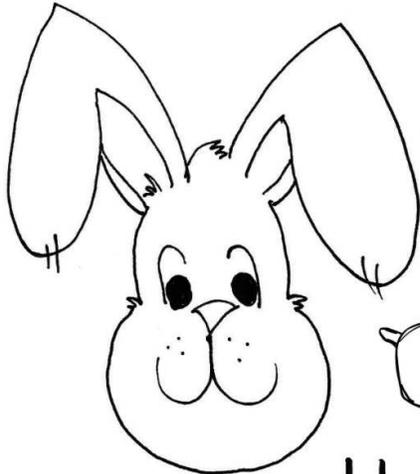
Life can be difficult. Sometimes it feels as though the sun has stopped shining, just as it did on that first Good Friday. Sometimes it can feel as though we are stuck in the darkness, and it seems impossible that the light will ever shine again. And yet the reality is that Friday did move on, into the most glorious Sunday. The Son did rise - and His light shines on, transforming the darkest of times, holding out hope and peace and life to all who will turn and look into his face.

He is alive. He will help us. Thank you Father, for Jesus.

Amen.

**Daphne Kitching**

# Colouring Page

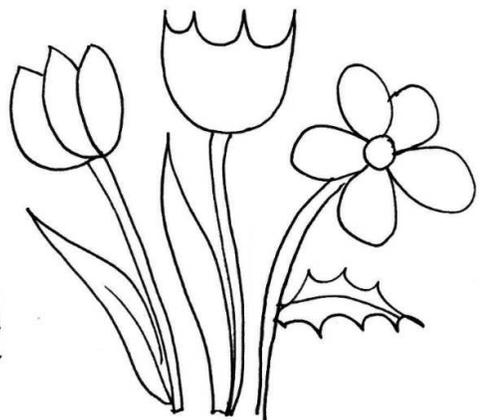
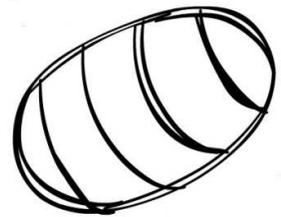


Happy Easter

Happy Spring

Love and joy in

everything





Beavers' day out at the Zoo



Daniel from Kiwoko talking to an interested crowd about God's love for them on the March Mission trip