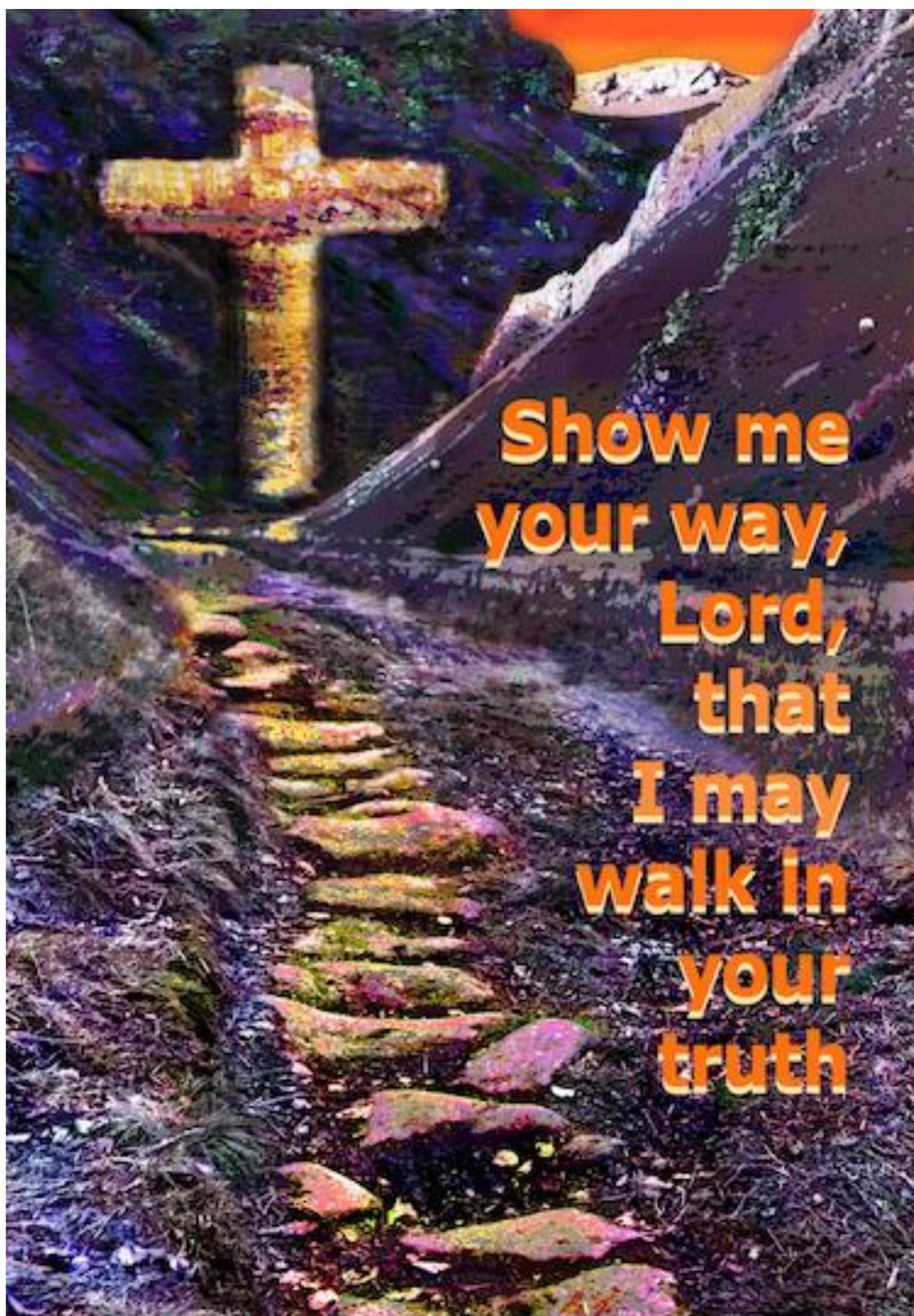


FIVE LOAVES AND TWO FISHES

The magazine of Sydenham Methodist Church



Easter 2014

GB News - page 5
Kiwoko update - page 14
Beaver News - page 19

FROM THE EDITOR



Welcome to our Easter Magazine. Inside, you will find articles which show some of what is happening in the life of our church. We have various activities which run throughout the church year. You can find details on our website www.sydenhammethodist.org.

As our thoughts turn to summer, we may be looking to book a holiday away. Castlewellan Holiday Week is an annual event run by the Methodist church. It's a time of teaching, fellowship and fun! This year it will be held 2 - 9 August.

More information can be found on the holiday website www.castlewellanholidayweek.org.

CAROLYN HALL

(With thanks to this edition's contributors)

Dear friends

Some amazing events have taken place as churches in East Belfast have gathered together to pray blessing for the city. I was at a meeting recently and a local politician stated that after the first of these events last year in St Patrick's church on the Newtownards Road, the 'atmosphere changed' on the road, and among those intent on crime and anti-social behaviour.....an answer to prayer! It was the phrase the 'atmosphere changed' that intrigued me. I began to think of Good Friday the darkest of days and how at noon the atmosphere changed and darkness fell across the land. The darkness was both physical and spiritual. Contrast that to the morning of the third day, a new day dawning, Matthew writes of an earthquake, a stone rolled away, an empty tomb.....again the atmosphere changed. Below are some lyrics of a song by Rend Collective Experiment. Perhaps this could be our prayer for the area we live and work in?

'Build your kingdom here.
Let the darkness fear.
Show your mighty hand.
Heal our streets and land.
Set your church on fire.
Win this nation back.
Change the atmosphere.
Build your kingdom here.
We pray.'

The resurrection of Jesus Christ changed history. As we live in the light of the resurrection, we have an opportunity to change the atmosphere where we live and work as we live as his disciples, and work to his glory!

Yours in Christ
Karen

In the Sacrament of Baptism we welcomed the following to our church family:

James Craig a son to Craig & Lydia Bodel

Micah Derek son to Chris & Orla Wylie

Mason Alexander son to James & Christine Nicol

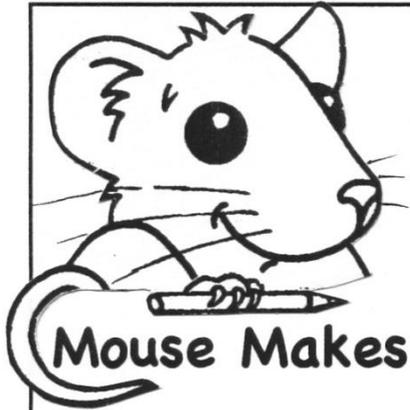
Cameron Will son to Alan & Sonya Thomson

Deaths

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

Dr Sam McGuffin

(As of 3 April 2014)



Mouse Makes

Glue onto card, colour, cut out the cross and hang up.

**HE IS
RISEN**

On the first day of the week, very early in the morning, the women went to Jesus' tomb. They found the stone rolled away but when they went in they did not find Jesus' body...



Jesus is risen

The angel said;
"Jesus...is not here, for he has risen, just as he said."
Matthew 28:6

Jesus is here

Jesus said;
"Where two or three come together in my name I am there with them."
Matthew 18:20

Jesus will come again

Jesus said;
"I will come back and take you to myself so that you will be where I am."
John 14:3

...Suddenly two men in clothes that gleamed like lightning stood beside them and said,
"Why do you look for the living among the dead? He is not here; he has risen!"



READ the Resurrection story in **Luke 24** and **John 20** and **21**.

How many people saw the risen Jesus?

**JESUS
IS ALIVE**

Apr14 ©deborahnoble @parishpump.co.uk

EXPLORERS (GIRLS' BRIGADE)



The Explorers have to do many different things in 6 different areas; God's Book, Exploring, Self and Service, Talents and Tasks, Activity and Riches to complete their GB ESTAR and earn their badge. All these things help us to follow our GB motto, to 'Seek, Serve and Follow Christ'. This year they have worked really hard to do this.

In **God's Book** the explorers learnt about how Jesus used the different parts of his body; his eyes, ears, mouth, head, heart, hands and feet to show people that God loves them and teach them how amazing he is. The explorers discovered how they could be 'Just Like Jesus' and use their bodies to show their friends and families that God loves them.

The Junior Explorers (3-5) did lots of craft to take home, to help them remember what they had learnt. They made huge posters at the end of their course to hang up, and learnt a song to teach them the ways in which Jesus showed God's love to everyone. Now they are learning a memory verse, so they can carry God's word with them wherever they go. The Junior Explorers also learnt about prayer. They prayed for themselves, their friends and families, they said thank you to God for lots of different things, asked us to pray for others and prayed for each other.

The Senior Explorers (5-8) used activity books to help them learn their scripture which included all the stories they had been taught about Jesus. They were able to take these home to remind them of what they had learnt. The Senior Explorers worked very hard for their scripture test as well! They used a prayer book to help them pray. The girls wrote and drew prayers to God in it.

In **Exploring** the girls were Exploring God's world and discovering its beauty. They went to the park and got to play at the play park.

Afterwards we went on a bear hunt! It was great fun! The Junior Explorers drew pictures of what they had discovered and then made bird feeders to help look after God's animals. The Senior Explorers collected different pieces of nature at the park, brought them back, and made massive collages. You can see one of them on our good news wall.

In **Self and Service** the Explorers had a visit from Sam, who works for Leprosy Mission. He told the girls that Leprosy Mission treated people with leprosy, helped give them an education and taught them about God. He showed us pictures and told a story about a little girl called Mali who had been helped by Leprosy Mission. The Explorers worked really hard and raised £400 for Leprosy Mission by having a Disney danceathon! They had to get sponsored to dress up as Disney characters and dance for a whole night!

In **Talents and Tasks** the Explorers learnt about the emergency services. They learnt what an emergency is, who the emergency services are, what they do and how to phone in an emergency. It took much practice and role playing! The little ones also learnt lots about how to be safe; where are safe places to play, keeping safe when shopping with adults, and being safe when crossing the road. The girls also showed their talents through lots of craft and baking. Now they are working hard on their display and have to learn different poems and dramas.

In **Activity** the Junior Explorers have played lots of circle games and running games. The Senior Explorers learnt the GB PE set for the first time ever this year! They had to work very hard at this, and hope to enter the competition next year. Now all the Explorers are learning their routines and games for the display and have to practice very hard.

There are so many **Riches** which the Explorers enjoy. They have heard new stories, had different visitors come down for talks, dressed up in lots of costumes, and have used their good news wall to share all the exciting things that have happened to them. The Junior Explorers have really enjoyed playing with instruments, and the little ones even made their own instruments! The Explorers also love to sing and have learnt two new worship songs (we now know 6!) which they love to praise God with by singing and dancing. The favourite is definitely 'Shine'!

There are nearly 50 Explorers this year in GB which can be a challenge! But, each girl is special in her own way and they have truly embodied the verse in

1 Timothy 4:12:

Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.

Faith Sunerton
Explorers' Leader



7TH NI SYDENHAM METHODIST GIRLS' BRIGADE Company Section

This session we have been celebrating 85 years as a company. We were formed in 1928 and were then called the Girls' Life Brigade; GLB. In July 1965 the Girls' Life Brigade merged with the Girls' Brigade and The Girls Guildry to form the Girls' Brigade as we know it today. I myself was a young member in Sydenham Methodist GLB. Though the name has changed and the uniform is more relaxed – no more hats, ties and gloves, the vision and beliefs are still the same. We still strive to Seek, Serve and Follow Christ.

In September 2013, when our new session began, we were pleased to welcome the majority of our girls back. Since then, our numbers have vastly increased. At our Enrolment Service in November we enrolled 96 members in total. What a Blessing.

During the year we have hosted the District Senior Football Competitions. We organized a cupcake baking and selling event and an evening of baking, eating, games and fun to raise money for our friend and team member, Ally, who went to Africa in January to work with mums and new babies until March. We look forward to seeing her and hearing of her experiences.

Two of our Brigaders; Laura and Beth have enrolled for The Queen's Award. The Juniors enjoyed learning a new sport. Melissa's fiancé, Phil coached the girls for 6 weeks in 'Touch

Rugby'. They thoroughly enjoyed the game and participated with enthusiasm. In November we took part in the Remembrance Day Parade and of course our Enrolment Service. During this service we enrolled 3 new Officers; Claire, Ashleigh and Rachael. December was a busy time. We finished off most of our badgework. We visited Strand Court and entertained the residents with Christmas Carols. Afterwards we enjoyed refreshments and treats. We also took part in the Christingle Service. For our Christmas party we went to Pizza Hut, a great favourite, and finished the evening off at the Bowling Alley. Catriona a first year Brigadier showed the leaders how the game should be played! A great night.

In January we had a visit from the TOM Team, (Team on Mission). The girls enjoyed the fellowship and the mad, messy team building games. A very successful night. Now we are concentrating on our Display items. Our annual Display was held on Saturday, 5th April.

News flash!! Two of our young officers are getting married later this year. Jennifer to Timothy and Melissa to Phil. We wish them all the very best.

We also congratulate another of our young officers, Debbie. She and Simon are expecting their first baby in April. Best wishes to them too.

We will end this, our 85th session on 15th May.

Carol Winstanley
Captain

Meditation: The new birth

'Turn over a new leaf,' they said.

'Start again,' they said.

'Forget the past and aim for the future,'

So I turned, but the leaf wouldn't stay.

I tried, but I couldn't get started.

I made an effort - I really made an effort - oh, how I made an effort to go forward.

But as soon as I turned round,

there was the past behind me,

mocking, taunting, threatening.

So I sat down and wept.

And it was there I met him.

the man of sorrows, the healer, the wonderful counsellor.

There, amidst my tears, I recognised him.

'Leave the past,' he whispered.

'You can start again,' he said.

'Behold, I am doing a new thing.'

So I beheld; I looked; I listened.

I waited for a new thing to spring up.

And I wasn't disappointed.

Like the early bulbs of the year,

first one,

then another,

then another appeared.

As flowers began to blossom, so winter gave way to spring.
So, gradually, my past gave way to a new future.
New interests replaced old habits.
What I had tried so hard to forget
became what I could not remember.
All things had become new.

Heather Henry

(submitted by Ruth Boyce)



Soul Mates 2014

It's the first weekend of March and for many that can only mean one thing: it's Soul Mates time once again. Sydenham have taken children each year and this year was no different. This year we had five children from Sydenham, and we were joined by two boys from Knockbreda Methodist.

We met at 5:30pm on Friday night and were soon on the road to Lurgan. We arrived at our halls, unloaded our belongings, and made the first of our numerous journeys along the High Street in Lurgan.

The theme of the weekend was **'Only Children Allowed'** and was centred around 1 Timothy 4:12 which says, **'Do not let anyone look down on you because you are young. Instead set an example to the believers in speech, life, love and purity.'** The speaker, Leah McKibbin, led the children through the Bible, looking at how children and young people are important. We looked at; Namaan's servant girl, King Josiah, Mary, and the boy with the bread and fish (we called him Loafy Joe).

Leah was assisted by actors extraordinaire Ross Jonas and Chris Neilands along with the Team On Mission, who entertained and taught us through drama. Each Bible character was given their moment in the spotlight, although, the ballad of 'Loafy Joe' (a country and western sing-song telling of the feeding of the 5000) was especially memorable and a firm favourite among many!

Outside of the main teaching the children spent time in seminars and workshops. Sydenham attended the panel and purity seminars, and rated both highly. Later, the boys learnt how to play Gaelic Football while the girls won the competition for best photo in their photography workshop. They then joined forces to become 'Team Sydenham' in the quiz, narrowly missing out on first place.

Evening entertainment consisted of; cafe, games, films, an inflatable slide, and Saturday night's traditional 'Soul Stars' talent competition. It was claimed last year that someone's favourite part of Soul Mates was pizza! So, it seems that Saturday's Late Night Take Away is looking like it will become a firm tradition.

Soul Mates was a great weekend for all, our five children warmly welcomed the two boys and the group soon appeared like they had known each other for years. It was a great moment when Andy and I overheard one of our kids telling the two boys that, "they should definitely come with Sydenham next year!"

No doubt Soul Mates weekend will come around again before we know it. Some are already looking forward to next year!

Melissa Bryans

Kiwoko (Ch-wo-ko) calling...

It is 11pm at night, the temperature is 23°C, the air has a distinctive, dusty smell – yes, once again, I am back in Uganda with another team of colleagues from the Ulster Hospital en route to Kiwoko Hospital. It takes quite a while to negotiate passport control and purchase an entry visa but then the problems really begin – finding a trolley to take our luggage! We travelled on a charity fare which gave us 4 suitcases of 23kg each plus a laptop and we had used our luggage allowance to the full. Between the team we had 24 suitcases to get from the airport to waiting transport – a trolley each was essential – so we just had to wait and each time a few arrived in the arrivals hall, we, along with all the other passengers, made a scramble for them until all the team had one – it took about an hour after landing before we got outside to the car park. ***TIA This is Africa!***



Health clinic set up under the mango tree

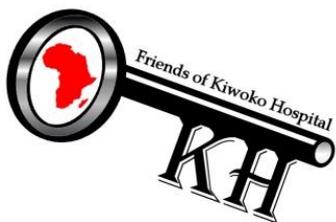
Our team was made up of a physio, radiographer, two nurses, an IT trainer and me, a biomedical scientist, to work in their Lab. Another of our colleagues, Dr Roy Harper, a Consultant Endocrinologist had already been in Kiwoko for 4 weeks. We were

a mixture of first timers and those returning to Kiwoko. Going to Africa, there is always a feeling of apprehension and a factor of the unknown, even for those who had been there before as each visit is different and we never know what we will face each time.

Daytime temperatures were in the mid 30s, so leaving a cold and wet NI in February and getting used to those temperatures took a few days. There had been no rain since November. The hospital relies on rainfall to provide water for staff and patients. This can be up to 1000 people on site at any one time. The water tanks had been empty for quite a while and they were pumping water from a borehole half a mile away from the hospital.

We were glad to get unpacking our heavy suitcases – we brought a vast range of items from X-ray grids, numerous lab reagents and small equipment, batteries, fuses, first aid kits, fire blankets, frames for broken limbs, computer batteries and network switches, to children's and adult clothes, and much more. The hospital has several sales a year to raise funds for their mission work and they are always delighted to get clothes to sell and we leave most of the now empty suitcases too as these are a sought after item. Staff don't have wardrobes in their small houses so a suitcase is perfect for storing clothes.

The team all worked in different areas and some spent time in the community doing vaccinations at baby clinics, antenatal clinics and educating about sanitation and safe water. They teach that leaving



a filled 2L plastic drinks bottle in the sun for 24 hours will sterilise water sufficiently to be suitable for drinking and so reducing waterborne infection.

Sometimes they met children and adults that are not used to seeing white people so it was important to be sensitive to that.

The community work has other benefits in that more women are now coming to the hospital to give birth, helping to reduce the mortality rate of babies and mothers. Paediatric admissions to the hospital are decreasing having found that community education reduces children being admitted with infectious diarrhoea, which would be a major killer of this age group. In the villages they are taught to have a separate cooking area to reduce the risk of burns and scalds from open fires that pose a serious risk to children.

Much of my time was spent with the exciting lab refurbishment. About £20,000 is being spent in turning a disused ward into a new lab. This has been long awaited while the finance was raised for such a big project.

At present patients come into the lab to get their blood taken and the new lab will change all that and bring it up to a much higher standard. They will also be able to install some equipment that was sent out in a container about 3 years ago when the labs in the Ulster moved into a new block. This will enable them to have much safer working practices than at present.

They had planned to put in air conditioning in a sealed room that would be used for machines so eliminating excessive heat and dust, two things automated machines do not tolerate well. Unfortunately they have just learnt that this would be too big a power usage and their electricity supply is working at its maximum capacity. This is a big challenge for the future as it will stop any significant further development of services. To solve it would be expensive and would involve a lot of re-cabling and two new

generators. The hospital doesn't have continual electrical supply. Often mains power will go off late afternoon and overnight, so back-up generators for areas such as the lab and operating theatre are essential.

I had mentioned the lack of water, just a week after arriving, the weather changed and much to the Ugandans delight, significant rains came. Torrential would be the only way to describe it and the hard baked earth quickly became a mud bath. The first day also brought a storm which did a lot of damage in a nearby town bringing down trees and ripping corrugated iron roofs off houses – and taking out the electricity supply for 2 days, so the hospital generators were working constantly for 48 hours. The rain means that planting can begin and in an area where most of the families are subsistence farmers, it is critical to get food planted. It can have the effect of reducing the patients at the hospital, as no matter how sick you are you can't risk missing the window of planting as soon as the rains arrive!

It was lovely to meet up with the team from Holywood Parish which included Brian and Julie from our congregation. They were working with Fields of Life on a school project not far from Kiwoko and came for a visit, and very importantly, brought some much needed items that hadn't arrived before I left home.

The hospital continues to be a wonderful Christian witness in the area. The hospital Chaplain is constantly receiving calls to visit patients in the wards and share with them. Each day begins with praise and teaching every morning for hospital staff and students of the nursing and lab training schools. Prayer is very much a way of life, and some of the most dedicated staff

can be seen heading off to evening prayer meetings after a long day at work, some are even overnight at the weekends. Not all staff are Christians, and the Muslim call to prayer from the local village can be heard every morning at 5.30am. There are other spiritual battles and negative forces at work with witchdoctors operating in the vicinity as well.

The staff at the hospital are always very grateful for the support they get from the team and a lot of that is made possible through donations and the hard working knitters, crafters and bakers in our congregation and those who donate bric-a-brac for sales. Prayer is also vital for this hospital as they face many challenges on a daily basis. Thank you for that support as well. Fundraising continues throughout the year and keeps many of us very busy.

Each year we see further developments in the life of the hospital so already I'm looking forward to our 2015 visit!

Ruth Boyce

BEAVERS

Hi folks just a little update on some of the things our boys have been doing at Beavers.

In April last year we joined other Beaver Colonies from Belfast County at Cultra Folk Park for a great day of fun. Our train journey was an adventure for most of the boys as was the long walk up the hill to our destination. So after check in and question sheets given out, we started our adventure into the past. From the cobblers shop, to the church, the bank, the courts and then to school. After some lessons there it was time for lunch and a few old fashioned games. The weather was glorious and we enjoyed our walk around all the other homes and farms in the afternoon. Needless to say some of the boys fell asleep on the train on our way home.



Another trip we had was to W5 at Christmas. We started our journey with tales from story books. Peter Pan and Captain Hook, Cinderella, Alice in Wonderland and many more. The boys were enthralled with each story told by those in costume that represented their story, especially Peter Pan. Then it was time to explore all the different science stations. Some boys tried to dodge infrared alarms to get to a safe, made animated films, made Meccano cars to race, sending balls into a water flume and much much more. We had to drag them away when it was time for home.



These are just a few of our outings and in between these, we continued with our badge work, visiting several countries around the world to find out about their customs, trying different foods and the language they spoke for our Global Badge. When we told the boys we would be making our passports and going to the different countries they actually thought we would be flying to the countries we were studying. Our Healthy Eating night was a little different for most of our boys. Some food they tried, some they didn't and at the end of the night our fruit basket was still pretty full. During the winter Olympics in February we had our own version of winter games with our cardboard skis and sledges. The boys loved this. Many badges were gained throughout the year and our thanks to Sam Anderson, our treasurer, who gets all the badges for us.



At our Founder's Day Service in February we were delighted to present 3 boys with their Chief Scout Bronze Award. This is the highest award a Beaver Scout can achieve. Congratulations go to Eoin Armstrong, Euan Bailie and Jackson Brown. Well another year over and still plenty more outings and activities still to do. Our thanks to our Explorer Scouts who have helped us over the past few years.

Pat, Valerie and Ian

SYDENHAM BOWLING CLUB

Bowling is a skilful game, A DRAWING GAME !!
To be a good bowler takes a lot of practice.

The aim of the game is to get the bowl near to the jack.
Our aim is to keep the bowl on the mat!!

The bowling club has been going since the early 60s when the completion of the Ferguson Hall in 1966 gave us a good quality floor, and a mixed bowling club was formed in the evenings.

At the end of the night we have an epilogue taken by some members of the club, which prove to be a real blessing.
We can't forget the cup of tea and a sticky bun.

Why not join us on a Monday night for a game of bowls?
We meet at 7pm every Monday night, and finish at 9pm.

There's about 20 of us, and we all have a bit of fun.
(Can't play very good bowls, but we have fun.)

**We are always looking for new members,
So why not join us.**

We should be starting about the 8th September 2014

Harry Brown



HOPE TO SEE YOU THEN

A DAILY PRAYER

Lord Jesus,

I give you my hands to do your work.
I give you my feet to go your way.
I give you my eyes to see as you do.
I give you my tongue to speak your words.
I give you my mind that you may think in me.
I give you my spirit that you may pray in me.

Above all,

I give you my heart that you may love in me, your Father and all mankind.

I give you my whole self that you may grow in me,
so that it is you, Lord Jesus,
who live and work and pray in me.

Let us give thanks to God. 2nd Corinthians 9:15

(submitted by Jack Boyce)



GLOBAL VISION

Every year at Global Vision the Youth Programme is different, so you don't know what to expect. This year, the Sloan family who were visiting from Germany, brought their yellow mission bus. We were invited inside the bus. We went upstairs in the double decker coach, and listened to an interesting and motivating talk from Rev Dr Barry Sloan. He told us about the mission work they do in Germany and further afield. We learnt about an inflatable pop-up church, marquees where worship is held, and a portable cafe that is used for fellowship. We were given the opportunity to ask questions. This helped us gain more insight into how we can serve God as young people both here, and overseas.

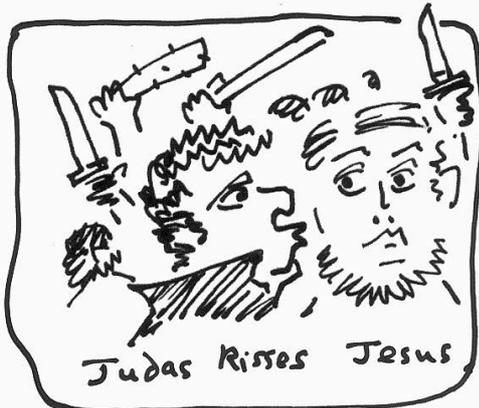
After lunch, we learnt about conflict through activities with the Team On Mission (TOM), including Sydenham's Natasha McMaster. We then watched an inspiring video that challenged us. Our final time spent in the Youth Programme was in groups. We ended our session with a time of prayer. Afterwards, we returned to the main hall and worshipped with the adults.

Overall, we thought that Global Vision informed us of the World's conflicts, and the work that the Methodist Missionary Society carry out across the world. We will definitely return next year!

Emma Dunwoody and Nadia Hall

Not my will but yours be done...

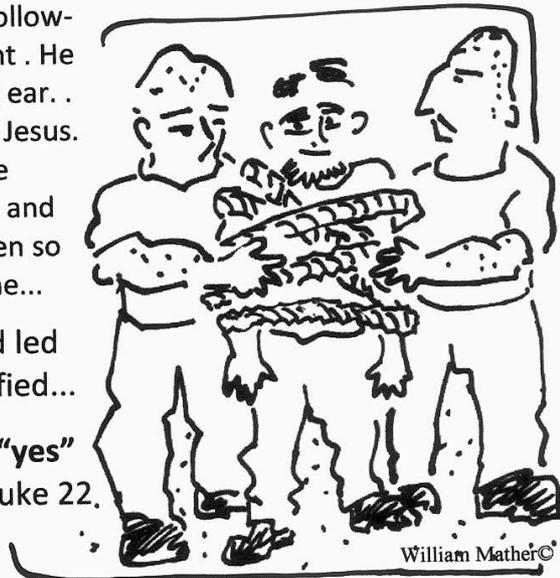
Jesus said to his followers in the garden: "Pray you don't fall into temptation," while he prayed (right). What did they do? Their "fall" was into sleep! (below). Jesus knew he was going to die and the powers of darkness were coming. He felt crushed by sorrow. He called out to God: "Please take this cup of suffering from me! Yet not what I want, but what you want." Then Judas turned up with enemy soldiers and told them to arrest the man that he kissed. He betrayed Jesus....(below right)...



.... One of his followers tried to fight. He cut off a man's ear. "Enough!" Said Jesus. He touched the man's ear (left) and healed him. Even so the enemy came...

... they arrested him and led off (right) to be crucified...

How about you? Could you say "yes" to God like this? Read more in Luke 22, and Matthew 26.



The proof of spiritual maturity is not how 'pure' you are, but your awareness of your impurity. That very awareness opens the door to God's grace.

Philip Yancy

It is the person who most knows himself liable to fall that will be most ready to overlook any offences from his fellow men.

Alexander Auld

Those who say they will forgive but can't forget, simply bury the hatchet but leave the handle out for immediate use.

D L Moody

When we take least notice of our good deeds ourselves, God takes most notice of them.

Matthew Henry

Christianity is the revelation of God, not the research of man.

J A Stewart

Give God what's right - not what's left.

What the nations of the world need is a peace conference with the Prince of Peace.

Are you wrinkled with burden? Come to church for a facelift.

Serenity is not freedom from the storm, but peace within it.

Anxiety is an attempt to carry the burden of the future oneself; prayer is leaving it safely in the hands of God.



*Mary wished she'd never mentioned
Fresh Expressions of Church*

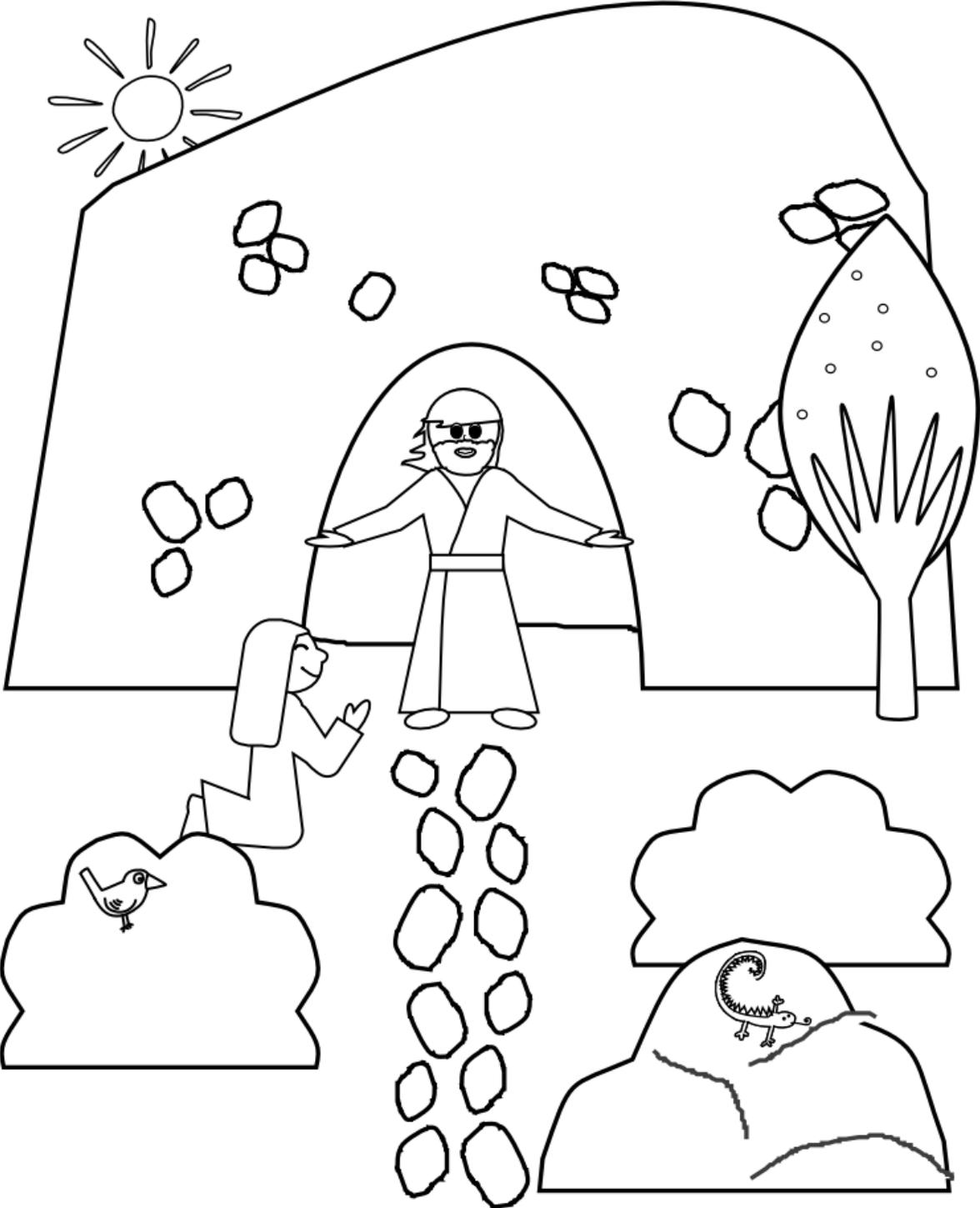


May we be Light

'Light of the World' are we,
May we shine brilliantly
In the World's night.
When all around is gloom
When Satan speaks of doom
In shadow of the tomb
May we be light!
Our good works, openly
Conducted joyfully
In the World's sight;
As we meet people's needs
May all our Christian deeds
Plant many Christian seeds –
May we be light!
Led by the Spirit, pure
We'll, with His guidance sure
Touch the World's plight;
As we walk Jesus' ways
May our lives all our days
Bring to our Jesus, praise
May we be light!

By Nigel Beeton

Colouring Page





Kiwoko Hospital



The baby boys who were recently baptised