

HONOURING PARENTS

We often think of this fourth commandment in terms of “obeying” rather than “honouring” our parents. It’s peculiar that it is so often understood in that way, for to obey is a very different thing than to honour. This may be connected in some way to our moral and personal development. We learn from a very early age to obey our parents, and this kind of obedience is important for learning many other things. It is a necessary first step towards seeing the wisdom our parents wish to impart to us. We are given clear instruction initially, and we do certain things simply because we are told. But with time and as we mature, we start to see WHY our parents insist on various rules – we can see the moral validity of their instructions.

Honouring comes later. It comes about through integrating the wisdom and insight of those who went before us and making it our own. As we grow, we become better able to see the wisdom that has been handed on, and we give thanks for it.

LEARNING THE STORY

The American philosopher Michael Sandel describes humans as “story-telling beings”. This is a wonderful insight, because if we stop to think about ourselves, our place, our people, we find our lives surrounded by stories. We ARE part of a narrative. Stories, traditions, games, music, and rituals all form part of our identity, and they are handed down to us by our community. Someone once said that morality is caught as much as it is taught. We learn from our people not just how to get by, but how to live well, how to celebrate who we are, and what that all means in the first place.

In Ireland, we talk about our seandaoine – the “old people”. Perhaps a nicer way of putting it is to speak of the wise men and women of our place. Honouring our elders, our seandaoine, means that we respect THEIR narratives. We see where they have travelled to, and from where they came, we recognise their lived experiences, we listen, and we take the time to learn from them. This is part of how we honour them. But we also give thanks for the sacrifices that they made for us, and we do not take for granted their presence in our lives. The late John O’Donohue, theologian and poet, reminds us that: “One of the fascinating things about old people is the way that they stay around the well of memory... Memory is a particularly intimate and sacramental human phenomenon and there is a great depth and density to everyone” (Walking in the Pastures of Wonder).

It is hard, certainly, to see those we love as “old people”, to acknowledge the changes that time brings to their lives and to our relationships with them. Honouring our parents calls us to make time to listen to them, to hear their stories, to let them impart their insights and memories to us so that we can carry this forward in their name. Honouring is about fidelity to those relationships that are so immediate and fundamental to us. It is about celebrating the beauty and peace that, we hope, will come with age.

Let’s finish with John O’Donohue’s blessing for old age:

**“May you have great dignity,
And a sense of how free you are,
Above all, may you be given the wonderful gift
Of meeting the eternal light that is within you.
May you be blessed
And may you find a wonderful love
In yourself and for yourself”.** ■

SoulSpace

SERIES: THE TEN COMMANDMENTS
IN A MODERN WORLD

Season colour: **GREEN**

In this series, **Suzanne Mulligan** looks at the commandments and their relevance for our world.

FOURTH COMMANDMENT HONOUR YOUR FATHER AND YOUR MOTHER



Today's readings

Isaiah 55:6-9

Philippians 1:20-24:27

Matthew 20:1-16

Matthew gives another parable about the Lord, this time about the divine generosity. It is about how the Lord responds to people’s needs, not to any supposed merit on their part.

Underlying the parable is the theme of the Last Judgment. There is also the tension throughout the gospel narratives between the religiously correct people and Jesus who associates with those who are regarded as beyond the pale,

usually referred to as tax collectors and sinners, but who gather round Jesus to hear his message. In our own Christian communities today we can find an attitude that those who have kept the rules all their lives should somehow be given a greater reward than those who have come to the Church later in life. On a human level, this is understandable: but God is beyond our comprehension. This is not a way of avoiding the question: it is simply a well-accepted theological fact. It may well be that, in the end, it is better for us to rely on God being generous and merciful than on God acting by strict justice.

GOD’S WORD TODAY

“Honour your father and your mother, that your days may be long in the land which the Lord your God gives you.” (Exodus 20:12)

As we move from the first three commandments, concentrating as they do on our relationship with God, the remaining seven alter our focus slightly. They are concerned with our earthly relationships. That is not to say that this divide is absolute, or that our earthly relationships have nothing to do with our faith commitment to God. In fact, they flow naturally from one another. The strength of our commitment to God is seen through our day-to-day dealings with those around us, and profession of discipleship inevitably seeks answers as to how to live well together. These remaining commandments seek to help answer such questions. They help us to see more clearly what “right relationship with each other and with the world around us” looks like.





Parish Office
130 Upper Dunmurry Lane
Belfast,
BT17 0EW

Telephone: 90616300
Mon - Closed
Tues-Fri- 9.15am-1.00pm

Fr. Rory Sheehan. PP

email: info@ourladyqueenofpeacekilwee.com

VISIT OUR PARISH WEBSITE www.ourladyqueenofpeacekilwee.com



MASS CHANGE

Monday 25th September **NO Mass**

PARISH OFFICE: Please note the Parish Office will be closed all this week.

PARISH DRAW: The Parish Draw will take place on Thursday 28th Sept after the 7.00pm Mass.



CHARITY STOREHOUSE- Weekend collection

Next weekend, the parish youth group Óige Dé will be co-ordinating the monthly collection of non-perishable food items for delivery to the charity Storehouse. Any donations of non-perishable food items and/or men's and ladies' toiletries would be very gratefully received. Thank you.

"40 DAYS FOR LIFE" OPENING MASS - The "40 Days for Life" campaign which takes place from Wednesday 27th September to Sunday 5th November will be launched with a

Special Mass in St Mary's Church, Chapel Lane, Belfast
on **Tuesday 26th September at 7.30pm.**

For more info, please contact: (028) 9027 8484 or info@preciouslife.com

"ANNUAL PIONEER MASS "

The annual Pioneer Mass for the Belfast Region will be celebrated in **Corpus Christi Church**, Springhill Grove, Whiterock Rd. Belfast BT12 7SL on **Wednesday 27th September 2017 at 7 pm.** Persons wishing to be presented with any of the following - Gold, Silver, Young Pioneer or other emblems/ certificates please contact Pat 9262 9959; Josephine 9061 7116; Ian 9061 6601. Light refreshments afterwards, everyone welcome."



EUCCHARISTIC ADORATION 'Will you spare an hour with me'

Every Tuesday 10.00am-7.00pm

We are looking for adorers who can spare just one hour If you are interested in putting your name forward please contact the Parish Office on 90616300.

FIRST SATURDAY DEVOTIONS

The First Saturday Devotions will take place on October 7th in St Matthias's Church, Glen Road. 3.00p.m. Adoration and Confessions. 4.00 p.m. Mass. all welcome

KATE'S PROJECT Many thanks from Kate's Project Trust for the sum of **£1276** raised at last week's church gate collection. www.katesproject.com



MACMILLAN COFFEE MORNING

On **FRIDAY 29TH SEPTEMBER**

we are taking part in the MacMillan Coffee Morning, raising money for battle against cancer. Coffee, cakes, traybakes & goodies will be on sale after Mass the Conference Room. **Please do give it your support,** look forward to seeing you there.

MEETING FOR RETURNED LAY MISSIONARIES & VOLUNTEERS

Have you ever worked overseas as a volunteer or lay missionary in Africa, Asia or South America? Would you like to meet up with like-minded people to discuss about issues of mutual concern? Join us for our next meeting which takes place on Wed Sep 27th at 7.00pm at the Sacred Heart Parish Centre, Glenview St, off Oldpark Rd, Belfast. For more info email jim.farrell@amri.ie or phone/text + 353 83 8422468

FAITH AND LIFE CONVENTION

Bishop Treanor invites you to attend our fourth Faith and Life Convention on **Saturday 30th September 2017** in Our Lady and St Patrick's College, Knock, Belfast beginning at 10am.

This year we are delighted to welcome Cardinal Kevin Farrell as our keynote speaker. He will speak to us on the theme: **Faith in the Family**

In the afternoon each participant will have the opportunity to take part in two workshops from a range of twenty seven. The workshops fill up quickly so it's best to book now!

Perhaps the best part of the day is the pleasure of meeting up with a great crowd of committed people from all over the diocese and beyond!

Online booking is available at: www.faithandlifeconvention.org Booking forms are also available from the Parish Office. We look forward to seeing you in September.

BEGINNING EXPERIENCE Are you suffering the pain of loss of a partner? Looking for help and understanding? Beginning Experience (a support group for widowed, separated and divorced people) meets every Wednesday evening from **8pm to 10pm** in St Bride's Hall, 38, Derryvolgie Avenue, Malone Rd, Belfast.. **1st weekly meeting Wednesday 27th September at 8pm. All welcome. For details please contact Phil Tel: 028 90 207645 or Marie Tel: 07896119669**

LIGHTHOUSE MENTAL HEALTH CHARITY -ST Mary's CBGS Glen Road

A Quiz will take place on Friday 29th September 8.30pm in the School Assembly Hall. It is a 'Bring Your Own' event and all parents, past pupils and friends of St Mary's are welcome to attend. Further information can be obtained via the school Facebook, Twitter and Website.



ANNIVERSARIES

We pray for those whose anniversaries occur around this time

Patrick Joseph Murphy

Eternal rest grant unto them O Lord and may perpetual light shine upon them

THE SANCTUARY LIGHT: has been dedicated on week beginning 24th Sept **"For a special intention"**

WEEKLY OFFERING

Envelope Offering: £892.00
Maintenance £244.00
Loose Offering £366.00
Autumn Offering £455.00
Many thanks for your continued support



THE MOTHER & TODDLER GROUP : Wednesday's 10:30am - 12noon.

BETHANY BEREAVEMENT SUPPORT GROUP (providing support to the bereaved and those suffering loss of any kind) contact **07923337638.**

CHURCH HOUSEKEEPING: Group D Saturday 30th September 2017

ST. VINCENT de PAUL: Anyone needing help please contact **90616300**

THIS WEEKS NEW NOTICES

"BOTH LIVES MATTER is a collaborative movement of organisations and individuals who *imagine a people and place that values the life & health of women and unborn children, and pursues the wellbeing of both and we are asking for your support.*

At the start of the Summer a number of MPs at Westminster took advantage of the political situation here and brought forward legislation to introduce free abortions in GB for women from Northern Ireland.

Why does this matter? Well, that provision not only undermines the process of devolution, it is also being used in an attempt to destabilise abortion law and policy here.

We firmly believe that women in Northern Ireland deserve better than abortion. If our political representatives really want to show their support for women in crisis we are asking them to stand for and with women in NI by providing them with much needed increased state provision for pregnancy crisis care, including [perinatal palliative care](#) and maternal mental health care services here in Northern Ireland.

That's why BLM has launched a petition. You can find it on our website, <https://bothlivesmatter.org/take-action> and when you sign it a copy is automatically sent to your local MP and MLAs. There is also a PDF copy to print and use, along with all the information on how to do that.

Please join us in upholding the value, dignity and worth of mothers and unborn children in our society.

Please sign and share this petition because Both Lives Matter. "

MARY & MERCY TOUR COMES TO BELFAST

Experience the time of mercy! Best-selling Catholic author Fr Michael Gaitley MIC is visiting Ireland in **October** to talk on Mary & Mercy. Fr Gaitley has sold over 2 million copies of his book '33 Days to Morning Glory' on personal consecration to Mary, and he's also written on Divine Mercy and St Therese. He'll be appearing at St Patrick's, Donegall St, Belfast at 7.30pm on Friday 6th October giving his own personal testimony and speaking about Our Lady and mercy. Everyone is welcome to attend this uplifting evening.

LOSS AND BLESSINGS DAY AT TOBAR MHUIRE CROSSGAR

Saturday 11th November 2017 at 10.30am - 4pm

Spend a day at Tobar Mhuire to remember your dead friends and relatives.

Price £30 which includes tea/coffee and light lunch.

HUMAN LIFE INTERNATIONAL

Two pro-life world renowned experts, Dr. Angela Lanfranchi and Professor Priscilla Coleman from the USA will speak on the link between abortion and breast cancer and abortion's harmful effects on women's mental health on **Saturday 30th September** 2017 in the Ashling Hotel, Dublin 8 (near Heuston Station) 9.30am to 4pm. Entry €20. Hosted by 'Ask Majella' Pregnancy Counselling, a project of Human Life International. For more info Tel. 094-9375993. Both of these women have been featured in the recent multi award winning documentary film 'HUSH'. www.hushfilm.com

SALE OF GRAVES: The Parish of Glenavy and Killead have a limited number of Burial Rights available in the graveyard of St Joseph's Church, Chapel Road, Glenavy. This is a secluded and well tended graveyard in the countryside just outside Glenavy village.

The burial ground is described as a 'Graveyard' as opposed to a 'Cemetery' since it is attached to St Joseph's Church. The cost of the burial right will be similar to that in Milltown Cemetery and reflects that purchasers are not, or are not expected to become contributing members of the local parish community. Each grave will take up to three interments. Application forms are available from the Parish Office Tel, 94422278 Mon- Fri 10.00-3.00pm

LISBURN & CASTLEREAGH CITY COUNCIL is now inviting volunteers to participate in a short workshop about local household waste and recycling collection services.

Two identical workshops will be held on **Tuesday 3rd October 2017** at **midday** and **6.00pm**

Lisburn & Castlereagh City Council Offices, Lagan Valley Island

Each workshop will last approximately 90 minutes with tea and coffee upon arrival and food provided after.

Interested residents should book their place to attend one of the two workshops by contacting:

Laura Snoulton (Project Manager), Tel: 07748 654 987 or

Email: Laura.Snoulton@resourcefutures.co.uk

HABITAT FOR HUMANITY N.I./LIVING YOUTH ETHIOPIA TEAM:

End of July/Start of August 2018 (*12 days – dates to be finalised)

Be part of this exciting ongoing partnership between Living Youth and Habitat's Global Village programme in Ethiopia! Twelve years ago, a volunteer team from Ulster University was the catalyst for our Ethiopia Partnership. Since then, thousands of lives have been transformed through small changes which make a world of difference; simple homes, clean water, proper toilets. Global Village is the name given to Habitat for Humanity's international volunteering programme. Its aims are to raise homes, funds and awareness about the need for decent housing and water sanitation. The programme is a unique short-term opportunity where you will join a team which has the privilege of working alongside families in need. Equally important is the personal development aspect of these trips with perspectives broadened, skills enhanced and lives changed. This will be Living Youth's fifth team to Ethiopia. "The trip was one of the best experiences of my life. Seeing the happiness, hope and joy the partnership was bringing to homeowners was incredible" *Previous Team Member: Personal Donation £500; Personal Fundraising Target £1600.*

For further information and details of online applications please

contact: kieraoneill@livingyouthni.org **Closing Date for Applications: Friday 3rd November 2016.**

PRAYER TO THE HOLY FAMILY

Jesus, Mary and Joseph in you we contemplate the splendour of true love; to you we turn with trust. Holy Family of Nazareth, grant that our families too may be places of communion and prayer, authentic schools of the Gospel and small domestic churches. Holy Family of Nazareth, may families never again experience violence, rejection and division; may all who have been hurt or scandalized find ready comfort and healing. Holy Family of Nazareth, make us once more mindful of the sacredness and inviolability of the family, and its beauty in God's plan. Jesus, Mary and Joseph, Graciously hear our prayer. Amen



PRAYER FOR GRANDPARENTS

Lord Jesus,
you were born of the Virgin Mary,
the daughter of Saints Joachim and Anne.
Look with love on grandparents the world over.
Protect them! They are a source of enrichment
for families, for the Church and for all of society.
Support them! As they grow older,
may they continue to be for their families
strong pillars of Gospel faith,
guardians of noble domestic ideals,
living treasuries of sound religious traditions.
Make them teachers of wisdom and courage,
that they may pass on to future generations the fruits
of their mature human and spiritual experience.

Lord Jesus,
help families and society
to value the presence and role of grandparents.
May they never be ignored or excluded,
but always encounter respect and love.
Help them to live serenely and to feel welcomed
in all the years of life which you give them.
Mary, Mother of all the living,
keep grandparents constantly in your care,
accompany them on their earthly pilgrimage,
and by your prayers, grant that all families
may one day be reunited in our heavenly homeland,
where you await all humanity
for the great embrace of life without end. Amen!

Benedictus II in



CONWAY EDUCATION CENTRE courses in:

Essential Skills English, Maths, ICT , Beginners – ECCL, GCSE English and Maths
City & Guilds Business Administration Level 1 & 2, Accounts and Book-keeping Level 1, Health and Social Care, Level 1

Non accredited courses for enjoyment : Introduction to Science, Research your Family History, The Kennedy's – American History, Irish History – The Famine, Baking, Cookery, Indian Cookery, Art for Beginners, Art for Improvers, Spanish, Irish.

Call into the CEC to register or contact us for further information : 02890 248543

or info@conwayeducation.org

FOYER OF LIGHT, CHARITY & LOVE - 5 Day Silent Retreat:

Theme: "If you but knew the gift of God..."

Preached by: Fr. Kilian Byrne

Venue: Dromantine Retreat Centre, Newry, Co. Down

Date: October 23rd - 29th

Cost: £360stg full board Contact: Helen : 00353 86 1678027, www.foyerofcharity.ie

The retreat addresses those who search for God, or who wish to grow in their life of faith and prayer.

PATHWAYS

- Adult Faith Development Programme at Drumalis -

Enrol now for 2017-2019 intake. Pathways is a broad-based adult faith development course which explores spirituality, theology and prayer. Now in its twelfth year, Pathways is geared towards those who want to reflect about life, faith and relationships with God and others. The course takes place in the beautiful surroundings of Drumalis in Larne. No academic qualifications are necessary and there is no coursework attached.

This two-year programme supported by the Diocese of Down and Connor runs from October to June each year and will be held on nine Saturdays from 10:00 am - 4:30 pm. For further information and booking form, please contact Drumalis – 028 2827 2196/2827 6455 (during office hours, Mon-Fri, 9 am – 5 pm), email maura@drumalis.co.uk or see the Drumalis website: <http://www.drumalis.co.uk>

REQUESTS FOR COPIES OF BAPTISM, CONFIRMATION & MARRIAGE CERTIFICATES

In order to comply with requirements of the Data Protection Act, all such requests need to be made in writing and certificates can only be issued to those named on record—for instance, the person who was baptised, or, in the case of someone under the age of 16, their parent or guardian.

EUCCHARISTIC MINISTERS NEEDED



Are you interested in being more involved in the parish?

Have you thought of becoming a Eucharistic minister? If you have and would like to find out more contact Patrick Crossan on 07834571074. Your help would be greatly appreciated.

OLQP CHOIR- Sunday 10.00am Mass

Do you enjoy singing?. If the answer is yes, then why not consider joining us to sing and praise God each Sunday and add to the Liturgy. We rehearse every Thursday night from 7.45-9.15pm with a tea- break and a bit of craic!



SOCIETY OF ST MARTHA

There is an **urgent need** for additional volunteers to join some of the Church housekeeping teams
If you could give some time to this very necessary work please contact the parish office 90616300.

OUR LADY QUEEN OF PEACE GUIDE UNIT

The Catholic Guides of Ireland (CGI) is a nationwide uniformed association open to all women and girls. We actively promote diversity and inclusion and welcome girls and young women from all walks of life. Guiding invites girls and women to fulfill many of the challenges that life has to offer through participation both as an individual as well as part of a Company.



CGI offers a rich and varied program of indoor and outdoor activities, enabling them to become responsible citizens and giving them skills for life. Our mission statement is "to provide a challenging Guiding program within a safe environment, to enable all girls and young women to develop their full potential."

Our Sections; Cygnet Guides (Age 5-6), Brigin Guides (Age 6/7-11), Guides (Age 10/11- 17), Ranger Guides (Age 14+), Leaders (Age 18+).

We are currently recruiting new members to start in September, in particular new leaders. Our meetings take place in the Primary School Assembly Hall on a Monday evening from 18.30 to 20.00 from September to June each year.

If you would like further information or would be willing to help out or join us please contact the Unit Leader Amanda Millar via email to mandi78@hotmail.com

PRAYER LIBRARY A small prayer library is located in the Baptistery. There, you will find books of guidance, suggestions on prayer which you can borrow for use at home.

Please record the details of the book you have borrowed and returned

LIGHTHOUSE CATHOLIC MEDIA

The stand in the front porch of the Church offers 16 different CD's. We encourage you to take advantage of this wonderful opportunity! A suggested donation of £2.00 per CD covers the basic costs.

APOSTOLIC MASS CARDS are available in the shop. These are alternative Mass Cards and do not need to be signed by a priest. The onus is on you to attend Mass & pray for the soul of the deceased. Recommended offering for a Card is **£2**

BAPTISMS - First Sunday of every month

To register please contact the parish office at least one month in advance of baptism.

Parents presenting their first born child for Baptism will be expected along with the godparents to attend a pre-baptism meeting on the **3rd Monday of the month** before the Baptism

DUNMURRY WALKING GROUP

Proposal for consideration - formation of a walking group drawing upon interested individuals in the Dunmurry catchment area. a suggested programme might be:

2 evening walks: start time 6.30/7.00pm - finishing circa 8.00 pm. - venue, start, say Shaw's Bridge, circuit to include Minnowburn, Edenderry, Gilchrist Bridge. Coffee/ biscuits at Mc Cleery Hall or other venue, as agreed.

2 'daytime' walks - start time - 10.00/10.30 - finish circa noon - various options eg Belvoir Forest Park; Bladon Meadows etc. refreshments as per prior agreement. Daytime or evening options are suggested to facilitate those who may not be able to attend one or other due to standing commitments.

Generally transport to and from the venue would be arranged within the respective participating groups. See notice board in church porches Initial response to Bobby Graham, tele 90 610644

CREDENHILL, FOREST PARK, NETHERLANDS RESIDENTS ASSOCIATION has become aware that a number of burglaries or attempted burglaries have occurred in the Parish over the last few weeks. As such, the Association would strongly recommend that you urgently review the security around your property and your personal possessions. This matter is being raised with the PSNI this week for it to consider an appropriate and swift response. The Association would also urge you to report all criminal incidents to the PSNI to allow them to update their profile for the Parish and act accordingly. Your support in this matter will be greatly appreciated. Thank you

ÉIRE ÓG GAC is a local GAA club. It is a family orientated club with the emphasis on fun. Playing Gaelic games is a great way for children to keep fit, increase their ability, co-ordination and self-confidence and make new friends.

Currently, Éire Óg offers Gaelic football, hurling, camogie and girls football for primary school children..

New players, boys and girls, are always welcome. No equipment is needed beyond suitable clothing and footwear.

You can contact Ciaran on 07875667574 for more information or just come along to one of our training sessions.

Training is at Woodlands. Gaelic football and girls football is on Saturdays at 11am. Hurling and camogie is on Thursdays at 7pm.

All coaches are qualified through the GAA, Access NI cleared and trained in child protection

NEW CATHOLIC TALK-RADIO STATION FOR IRELAND!!

RADIO MARIA IRELAND is an Irish-run Catholic Talk-Radio Station. Established since May 2015 with the aid of the World Family of Radio Maria, our modern studio is situated at the Red Cow Roundabout in Dublin. We have already surpassed 6,000 monthly listeners in Ireland and around the world. Our mission is to help spread the Gospel message of Joy, Hope and Charity with a mixture of Prayer, Catechesis, Uplifting music, Talks, Interviews and Testimonies – all commercial free.

We broadcast 24/7. [You might particularly like to join us for live Morning Prayer at 9.15am](#) followed by daily 10am Holy Mass. 11am Catechesis - with Fr. Eamonn McCarthy our full-time Priest Director - Angelus and Midday Prayer. Live Evening Prayer at 5pm is followed by News and the Rosary prayed from the studio at 5.30pm. We are part of a World Family of almost 80 such Catholic radio stations working to help communicate the Good News of Jesus Christ and His Church.

RADIO MARIA IRELAND is available to download FREE by App "RADIO MARIA WORLD FAMILY" on mobile devices, FREE streaming on www.radiomaria.ie by clicking "LISTEN LIVE" or can be listened to on the phone via a live radio feed by calling +353 (0) 1 437 3277.

FAMILY CARE ADOPTION SERVICES is a voluntary adoption agency with offices in Derry and in Belfast. We provide an adoption service throughout all of Northern Ireland.

A core part of our work is to place children with new adoptive families. These children are often from the care system and may have had a difficult start in life.

We are experienced in finding families for these children but given the number of children being referred and their specific needs we are always looking for families to come forward.

For a free information pack please contact us at: Telephone 027 71 368592 or 02890 691133

Monday to Friday 9-5pm. Email ann.ohagan@familycaresociety.org

Website www.familycaresociety.co.uk

AL ANON - Footprints every Monday from 7.45-9.00

Millions of people are affected by the excessive drinking of someone close Al Anon is there for support. Members do not give direction or advice to other members instead they share their personal experiences and stories, and invite other members to determine for themselves what lesson they could apply to their own lives. Why not come along to the meeting



BETHANY BEREAVEMENT SUPPORT GROUP is a parish based group ministry which aims to help those bereaved and grieving. Support is offered on an individual basis in the home, to groups in drop-in centres, by phone calls, by helping at funeral liturgies and remembrance services.

For more information contact **07923337638**

VICTIM SUPPORT NI CALLS FOR VOLUNTEERS

Victim Support NI, the leading organisation supporting victims of crime in Northern Ireland, has called for people to volunteer with the charity in the Down and Connor Diocese.

The organisation, which helps victims of crime in communities and courts throughout Northern Ireland, said more volunteers are required to deliver their crucial support services in the local community.

Volunteering involves providing emotional support and practical assistance to victims of crime, form filling and giving people the confidence to make their voices heard.

Accredited training and development courses are provided to volunteers equipping them with the knowledge and skills to deliver a first class support service to victims.

As well as upskilling, it's also a fantastic way to work as part of a caring and compassionate team while helping people in your local area. Expenses are also covered.

If you have an interest in this type of role you can apply via their

website <http://www.victimsupportni.co.uk/volunteer/>, by emailing volunteer@victimsupportni.org.uk or by calling 02890277778.

VOLUNTEER MENTORS ENGLISH AND/OR MATHS needed for adult learners.

Commitment will be two hours per week during term time

Volunteer mentors are required to help our Essential Skills Maths/ English adult students who require some extra support. This is an ideal opportunity for anyone who would like to support and provide mentoring to an adult learner who is returning to education.

Volunteer mentors will gain valuable experience in working with people and make a real difference.

We are looking for someone who is knowledgeable and proficient in either English or Maths (preferably with at least a level 3 qualification) who has a very positive attitude, has excellent communication skills and is flexible, patient and supportive.

The commitment would be for two hours per week, during term time, for one academic year. Travel cost up to £5 per day will be reimbursed. **We are looking for a mentor who would be available on a Monday 2-4pm, although other times possible also.**

Mentors will need a clear AccessNI certificate, the cost for this will be covered by Conway Education Centre.

For further information please contact Clare at Conway Education Centre, 02890 248543 or canderson@conwayeducation.org

RACHELS VINEYARD RETREATS are a beautiful healing opportunity for anyone struggling with the emotional or spiritual pain of an abortion. The retreat weekend is a very specific process designed to help you experience the love, mercy, compassion and forgiveness of God. It allows you to surface and release repressed feelings of anger, shame, guilt and grief. It enables suffering souls to find a voice and transform the pain of the past into love and hope. Each weekend is held in a confidential setting. [Our next weekend will be held in June.](#) To find out more information contact Marian on 07814 748 744 or e mail marianrvi@yahoo.co.uk or call Sheila on 0790 286 9646. You can also look up www.rachelsvineyardni.org. All queries are treated in strictest confidence

VOLUNTEER OPPORTUNITY Voice of Young People in Care (VOYPIC) would be keen to recruit volunteers to help with our local fundraising initiatives. For more information contact Geraldine on 028 90 244 888 or by email geraldine.andrews@voypic.org

THE RED CROSS Can you spare 1 HOUR a week? Would you like to help the Red Cross support people in your local community who may be feeling isolated or lonely? No experience is necessary please contact Róisín Bradley at: Connectbelfast@redcross.org.uk or phone 07912 080929

OLD, UNWANTED PAIRS OF GLASSES 'Vision Aid Overseas'

Please leave old pairs of glasses or frames in the box in the main porch of the church or Conway Opticians, Castle Street, Belfast.

MACMILLAN CANCER COMMUNITY HELPERS - IN YOUR AREA Macmillan Cancer Support has developed volunteer-led Community Helper Services in the Belfast, Southern and South-Eastern HSC Trust areas, and this Spring, we are recruiting in **your** local community. We are looking for volunteers to visit people affected by cancer on a regular basis (usually once a week) and help with things like light housework and shopping. Volunteers can also provide a befriending role. If you would like any further information, please do not hesitate to contact the Volunteering Team on 028 90708610. You can find out more by visiting our website: <https://volunteering.macmillan.org.uk> (just type in your postcode to see opportunities near YOU.)

PERMANENT DIACONATE The Diocese initiated training for the Permanent Diaconate three years ago and twelve men have completed their Preparatory Year and are in their second year of formation. Preparations are under way to begin another Preparatory Year in 2017. Men, between 35 and 60 years of age who would like to consider the Permanent Diaconate should contact Fr Alan McGuckian at the Living Church Office for more information and an application form: livingchurch@downandconnor.org (028) 90690920. Completed applications should be returned to the Living Church Office, Good Shepherd Centre, 511 Ormeau Road, Belfast, BT17 3GS

RETIRED TEACHER VOLUNTEERS urgently needed one morning per week

"The children's charity **Sólás** is looking for **12 Retired Teachers**, to provide 1:1 support to children, with additional educational needs, in a number of primary schools in West, North and South Belfast. One morning per week, during term time, is required and full induction and ongoing support will be provided. Please contact Anne at Sólás on 02890 247600, Mobile 07729 779242 or email anne@solasbt7.com for further details and information pack".

FOSTERING AND THE CATHOLIC COMMUNITY

Could you help a child in need? Northern Ireland is currently experiencing a severe shortage of Foster Carers, and particularly carers from the Catholic Community. Kindercare Fostering is a not-for-profit organisation which works to find safe, secure and loving homes for children and young people in need in Northern Ireland. We need Foster Carers in your area! If you would be interested in finding out more about Fostering, please contact Gillian on 028 90941690, email Gillian.devlin@kindercare.co.uk or check us out at www.kindercareni.co.uk

'INTERESTED IN FOSTERING? Do you think you have the skills, patience and desire to support vulnerable young people- then we would like to talk to you. We are currently looking to recruit 8 foster carers in your local area. We offer a good financial package to support young people in placement. Please contact Action for Children duty social worker on 02890460500 or email: nioffice@actionforchildren.org.uk

WE TIDY GRAVES

November is a month when we remember the dead. We Tidy Graves is offering a great clean up service on a loved ones grave and all from only £30 for a basic clean. Contact Andrew on 02890 292 140 or mobile 0771 8282 81 6 Website: www.wetidygraves.com

AGE NI ADVICE SERVICE If an older person you know needs advice, information or practical support on a wide range of issues including welfare benefits, community care, housing and health, contact the **Age NI Advice Service** on Freephone **0808 808 7575** to speak to a specialist advisor in confidence. Our advisors can provide a free benefit check to ensure that older people are accessing the benefits they are entitled to.

COLIN NEIGHBOURHOOD OIL CLUB. Working with Bryson Energy, the Colin Neighbourhood Partnership has formed a Community Oil Club for all residents living in the "BT17 0" postcode area. The club is free to join, there are no membership fees and it saves members between £15 & £30 on a fill of heating oil. To join the Club or get more information contact Léo at Bryson Energy on t: 02890 734261

CREDENHILL, FOREST PARK, NETHERLANDS RESIDENTS ASSOCIATION

would be very grateful if *some dog-owners* in the area would avoid using the green open spaces at the entrance to Credenhill Park and at the front of the Church for their dogs to foul in those spaces as members of the Association carefully and regularly maintain and nurture those areas for the enjoyment of everyone. As you know, dog fouling can cause very serious Health and Safety issues. The purpose of the association is purely to improve the quality of life for everyone in the area through improving the local environment and keeping it safe. **To that end the Association will be eternally grateful to you for your co-operation.** The Association fully recognises and appreciates the significant efforts all the responsible dog owners in the area apply to keeping the area free from dog foul. Belfast City Council has also erected signage seeking your support. Thank you very much

THE GOOD SHIP LOLLIOP – APPEAL FOR CHILD REFUGEES. The Belfast children's charity Tuesday's Child is working with catholic missionaries in Sicily to help child refugees rescued in the Mediterranean. Funds will go towards providing essential aid items and care for children, young people and their families and helping high risk children who come in unaccompanied on the boats. Tuesday's Child gives 100 % donations received plus gift aid. If you can help, please visit our website at www.tuesdayschild.ie, email info@tuesdayschild.ie or phone us at 02890-646104 or 07545-452362. You can also make a donation by texting TUES75 and amount to 70070 e.g. TUES75 £5.

COMMUNITY SHOP Footprints Women's Centre in Poleglass has opened a Community Shop which will provide a range of tinned and dried foods at discount prices to members. The shop is open Monday-Friday, 10.30am-1.30pm. Please see attached flyer for more details and sample prices. For more information contact Eileen at Footprints Women's Centre on (028)9092 3444 or email eileen@footprintswomenscentre.com
Don't forget your carrier bags! In partnership with Fareshare

VOLUNTEER OPPORTUNITIES

Shopmobility Belfast needs YOUR help.

We provide a service for people with mobility problems that allows them to get out and about in and around Belfast. Our volunteers assist us at every level to provide this service.

If you can give us some of your time full training will be given in all aspects of our work and out of pocket expenses will be paid.

If you would like to find out more ring us on **(028) 9080 8090** or check out our website at www.shopmobilitybelfast.org

e-mail us at info@shopmobilitybelfast.co.uk

or simply call into our office at 2 Queen Street.

We aim to make volunteering an enjoyable experience. Working as part of our team you will be making a positive difference to people's lives.

TUESDAY'S CHILD is a catholic charity helping children and their families in areas of the world ravaged by war and extreme poverty. Everything we do is All Through Mary for the glory of the Infant Child. Tuesday's Child gives 100 percent of donations received and monies raised. When you donate online, both pay systems we use take a small % of your donation. Administration costs are covered by a private sponsor and gift aid received goes to our projects. We work directly with catholic missionaries in all project areas. Where monies are donated to projects run by missionary priests, we ask for masses to be celebrated in return for Ireland.

Tuesday's Child gives 100 percent of donations received and monies raised. If you are donating online both pay systems take a small % of your donation.

ALZHEIMER'S SOCIETY

Join us in reducing social isolation amongst people with dementia in Belfast

34% of people living with dementia don't feel like they are a part of their community with 40% having said that they recently felt lonely. At Alzheimer's Society we want to change this. Throughout Belfast we run a Befriending Service led by a group of wonderful volunteers. This support is helping many people in Belfast to live better with dementia but there are still so many people we need to reach. Would you be interested in giving a few hours each week or fortnight? You will be matched with a local person with dementia that shares the same interests as you by our Belfast Befriending Manager and will meet with that person either in their home or a local café or library. For more information on the service or volunteering please contact Volunteering Officer, Sophie Radcliffe, at s.radcliffe@alzheimers.org.uk or phone 028 90 387486.

TINYLIFE

The premature baby charity for Northern Ireland

Can you help TinyLife, to help tiny lives?

Would you have a few hours to spare once a week to help support a family with a premature or ill baby in their own home? We need volunteers in your area.

For further information contact us on 02890 815050 or e-mail marie@tinylife.org.uk

FRIENDS IN FAITH GROUP- Clonard- Open to new members !

Are you in your 30's,40's +plus,/ Interested in making new friends / living & sharing your faith together / participating in various Spiritual/Social events. Why not come and see for yourself,you would be very welcome at Clonard. Simply register now by emailing your name/and contact details to faithtogether@clonard.com or text your name/to 07842960198 and we will be in touch.

ACTION CANCERS SUPPORT SERVICES

- **Counselling** (for adults and children over the age of 5) – counselling provides an opportunity to explore thoughts and feelings, to identify worries and concerns and to create self awareness and bring about change. Examples of therapies used include: Person Centred Counselling; Sandplay/art therapy; Thought Field Therapy and Emotional Freedom Technique
- **Complementary therapies** which include: reflexology, aromatherapy, relaxation techniques, Bach Flower remedies, gentle massage, Bowen and Emmett therapy.
- **Acupuncture** clinic – acupuncture can help with pain and symptom control.
- One to one **Coaching**.
- A group focused **Positive Living Programme** – this programme uses life coaching techniques to help people reflect, refocus, build coping skills and set personal goals to be able to move forward positively with life after a cancer diagnosis.

For further information Tel 90803344 or email info@actioncancer.org or visit the website at www.actioncancer.org

HELP IMPROVE LIFE FOR PEOPLE WITH PARKINSON'S..... Give time, get inspired

Volunteers are vital to our work and make a real difference to everyone living with Parkinson's in the Belfast area.

You can volunteer for us in lots of ways, from raising awareness of Parkinson's to helping at a support group. Here's what some of our volunteers say about volunteering at Parkinson's UK:

"I feel that I am part of something really special and that what is achieved really does make a difference to people with Parkinson's."

"Raising funds for research gives me hope that a cure will be found".

"Volunteering lets me focus on what I can do, rather than what I can't do because of my Parkinson's."

Join us today and you will be part of a team with full training to carry out your role. You will also have a dedicated person to support you and receive out of pocket expenses. For more information on the volunteer roles available and an application pack contact Paula Mc Larnon, Branch and Volunteer Support, 0844 225 3684 or email pmclarnon@parkinsons.org.uk

PRAXIS CARE BEFRIENDING NEEDS VOLUNTEERS COULD YOU HELP?

Befriending provides one to one support and companionship to people who are feeling isolated or lonely as a result of their mental ill health.

Volunteer Befrienders get involved with everyday activities with their Praxis Care friend:

- Going for a walk
- Meeting for a coffee
- Going to the cinema or a local event
- Shopping
- Playing sport

Volunteers build friendships which have a lasting positive impact, make a huge difference to the lives of the adults they are matched with, reducing isolation, giving their time, sense of enthusiasm and energy.

Could you get involved? Donating even an hour or two of your time will make a real difference to someone in your local community who feels isolated and lonely.

To find out more, get a volunteer application form or to speak to someone about the service, contact Catherine on: **Telephone:** 028 9072 7161/ 028 9023 4555 **Email:** volunteering@praxiscare.org.uk
Online: www.praxiscare.org.uk

CHERNOBYL CHILDREN APPEAL We are a locally based Charity offering children living in the areas most heavily contaminated by the radioactive fallout a respite holiday, helping them recover from the effects of the disaster. The short time that they spend with us greatly improves their health and offers a tremendous boost to their immune system.

If you can help, please contact Mairead on 07752399393 anytime on Sunday or after 7pm the rest of the week. You can also email us at :- ccafamilies36@gmail.com

WERE YOU ABUSED WHEN YOU WERE IN AN INSTITUTION? TALK TO US - WE WILL LISTEN"

The **Historic Institutional Abuse Inquiry** is an independent Inquiry set up to investigate abuse of children in residential institutions (but not schools) in Northern Ireland between 1922 and 1995. Abuse could be sexual or physical abuse, or emotional abuse or neglect. The Inquiry has an Acknowledgment Forum where you can come and tell experienced professionals in private, and in confidence, about abuse you experienced. Another part of the inquiry will investigate abuse, and then make recommendations to the Northern Ireland government. You can choose to talk to both parts, or to either part, of the Inquiry.

If you were abused in an institution, or saw others being abused, the Inquiry wants to talk to you. It hopes that as many people as possible who experienced abuse in institutions, or witnessed others being abused, will come forward to help the Inquiry investigate the way these children were treated, and what should be done about it. If you know someone who was abused encourage them to contact us.

If you want to contact us you can get more information on our website www.hiainquiry.org. If you live in the UK you can write to us at FREEPOST HIA Inquiry, or ring us at our FREEPHONE number 0800 068 4935. If you live outside the UK you can write to us at HIA Inquiry, PO Box 2080, Belfast, BT1 9QA,

HEAVEN'S ROAD FM CATHOLIC RADIOwww.heavensroadfm.com is a new internet Radio broadcasting Catholic programmes, prayers, interviews and music. Their website broadcasts up to 40 Masses and other services daily and has over 200+ podcasts available as Listen-again. Tune in and listen/watch. The Radio is run on a shoestring by unpaid volunteers, so any donation, however small, would be very welcome. Cheques should be made payable to Heavens Road fm Catholic Radio and sent to Heavens Road fm Radio, St John's Seminary, Womersley, Guildford, GU5 0QX. Follow on Facebook (Heavens Roadfm) or twitter (@HeavensRoadFM).

Heavens Road fm Catholic Radiowww.heavensroadfm.com is broadcasting a special series of programmes on **Vocations** starting Sunday 12th Oct. Tune in and enjoy this new series on our Catholic radio. Their website broadcasts up to 40 live Masses daily. They are also looking for enthusiastic people to help make programmes and techies to operate the Radio. Further info at <http://www.heavensroadfm.com/vols/>. Follow on Facebook (Heavens Roadfm) or twitter (@HeavensRoadFM).

LIFENI The charity Lifeni is looking for volunteers for their charity shop on the Lisburn Road. If you would like to find out more please contact Jayne/Joanne @90438339. We are also seeking donations of good quality clothes, accessories, shoes, books and bric-a-brac. Lifeni caring, educating, upholding the value of human life

THE EXPLOREAWAY PROGRAMME

If you are single and between 21 and 40 years of age and feel you may have an interest in religious life and would like to share with others similar questions then exploreAway aims to provide the input, support and accompaniment needed to help participants discern their call. The programme involves five residential weekends and one residential weekend retreat throughout the year, based in Dublin. The weekends will provide input on vocation, discernment, prayer and religious life- its core values and the various ways it is lived. Email enquires@exploreaway.net or Tel 087 358 4447 or 085 766 448

WARM HOMES SCHEME Make your home warmer and reduce energy costs – Grant schemes offering insulation and possibly new central heating at no cost are available, if you own or privately rent your home and meet qualifying criteria. For more information or independent advice on reducing energy costs call Bryson Energy on 0800 1422 865/02866 340782 and quote Health Routes

SERVING AFRICA THROUGH OLD COMPUTERS

Camara are a Local Charity based in Unit 10, Townsend Enterprise Park. Belfast BT13 2 ES, who take old computers, wipe the data, refurbish them and set them up in schools in Africa as computer labs. Combined with accredited training courses and ongoing maintenance we have taught over half a million young people how to use a computer. This vital skill in today's world opens up unending opportunities for the young people whilst also building a better future for the country.

To do this amazing work we need old computers. There is huge demand from Africa for *Camara* computers as we send them preloaded with software and train the teachers how to use them. From 11th November we will run our annual "One week, One Thousand Computers" campaign. Churches in Northern Ireland contributed over a quarter of this last year. This annual event tries to find 1,000 unused and unwanted pcs and laptops for reuse in deprived schools in Africa. *Camara* wipe and repair computers of all ages, shapes and sizes, load them with educational software and ship them to one of *Camara's* seven African Hubs where they are distributed to the most deprived schools. We are asking people to dig out their old computers that are gathering dust. Visit www.camara.org for details of where to drop your computers off between 9.30 and 4.30 any week day.

For your information. It costs £100 per computer to process, ship and provide the relevant training and maintenance for a minimum of 21 children to learn how to use it over the next 3 years. Most schools require a 25 computer suite at a cost of £2,500. Whilst we are not asking for donations anyone who feels they would like to support *Camara* in this way may do so through <https://mydonate.bt.com/charities/camara> or by sending a donation along with a computer to our base in 10, Townsend Enterprise Par

THE SOCIETY OF ST VINCENT DE PAUL

'Dear parishioners. The St Vincent de Paul as a Christian Society strives to help the genuinely needy. Neither poverty nor the Society discriminates. Sadly and increasingly we have bogus callers who abuse the Christian generosity of our parishioners whose support we depend on. It is difficult to refuse someone who presents as "seemingly" distressed as we may mistake the genuine for the bogus but we ask parishioners to direct anyone who contacts them seeking help, either at their homes or at the church, to call 90601899 or 90351561.

THE SOCIETY OF ST VINCENT DE PAUL-Clare Lodge Centre-*A centre for well being* Situated at 3 Castle Place Newcastle, County Down, Clare Lodge is more than just a holiday centre, it is a haven of peace and tranquillity for those who need a break from the pressures of day to day life, or to enjoy a relaxing stay by the sea.

One of the few holiday centres to be opened all year round Clare Lodge can accommodate 42 guests in 18 en suite bedrooms all with tea and coffee making facilities free internet access and flat screen televisions. Together with a large dining hall, comfortable lounge and an outside seating area, this is a modern, spacious centre. All rooms are wheelchair accessible with a lift for ease of access. We can offer week long breaks, Sunday to Saturday as well as midweek and weekends on a full board basis which includes, breakfast, lunch, evening meal and light supper. Bed and breakfast and tailored options are also available.

For further information contact any member of your local St. Vincent de Paul Conference or directly to Clare Lodge on 028 43 722849

FURNITURE APPEAL The St Vincent De Paul requires donations of good furniture and Bric-a-brac on an on going basis to assist families who are being housed and seeking help. Meeting this demand is a constant struggle that may only be met through the public's generosity. Aware of the many demands already made of parishioners and thankful for your continued support may we ask you to consider donating good used furniture to us by contacting any of our members or telephoning our area office on 90601899

VINCENT'S SHOP; Do you have a few hours to spend each week? Why not help out at our Vincent's Shop facing Turf Lodge. Volunteers urgently needed

CLOTHES BANK

A St Vincent De Paul clothes bank has been installed to the left of the Church in the car park. Used clothes are very welcome. All proceeds go to West Belfast.

