



# CATHEDRAL LIFE

The Cathedral Church of Christ the Redeemer, Dromore

MARCH 2021



**BODY BUILDING IN LENT  
AND BEYOND**

# THE CATHEDRAL CHURCH OF CHRIST THE REDEEMER, DROMORE



## Rector -

The Very Revd Geoff Wilson, B.Th  
Dean of Dromore

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## Pastoral Duty

In the event of pastoral need or  
emergencies, please contact the  
Rector on 028 9269 2275 or if  
unavailable, the Curate on  
028 3832 1217

Deadline for articles and information  
for the next edition of Cathedral Life.

*No material will be accepted after  
this deadline.*

Friday 25th March 2021



*If you know of anyone in need, please do ring the number above at local rate - calls are transferred to the Rectory where Geoff will deal with any issues which arise.*

## Knitted Hearts

Many thanks to a number of Dromore Cathedral ladies who, after an appeal from a nurse who works in Craigavon Area Hospital, donated knitted hearts.



The nurse writes:

"I work as a nurse and our ward has recently turned into a Covid ward. At present, families are not allowed onto the ward to visit. We are hoping to gather as many knitted hearts as we can for these patients and their families. We keep a knitted heart with the patient then send out the hearts to the families so that they always have a piece of each other and the little knitted heart reminds them of their loved one" ♥

Dear friends

## **Body Building in Dromore Cathedral!**

Don't panic....we aren't about to introduce a series of training sessions to build our bodies! But we are engaging in something much more important than physical body building...that is, building the body of Christ.

Paul the apostle says to young Timothy in his first letter of encouragement to him:

*Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. 1 Tim 4: 7-8*

Paul is acknowledging the benefit of physical training, something which was deeply valued in the world of his day. But he is also helping us to look beyond the obvious value of a healthier, leaner body by pointing us to the much deeper value of becoming more like Jesus within his body, the church...value which is not just experienced here on earth, but in eternity.

Body building within the body of Christ is something which has never been more important as we seek to rebuild the church of Christ following a year of turmoil, disruption and loss for many. As we emerge from this period of lockdown, we must do so stronger and better equipped to face the challenge of rebuilding the body of Jesus here on earth. And the following are some ways in which we can become stronger in a spiritual sense in order that we are ready and prepared to launch ourselves into that season of rebuilding:

### **Coffee and Chat**

This is something which has just begun over the last couple of weeks, something which Jonny and Carolyn Jackson very much carry on their hearts as a way of keeping us connected and believe will help us become much stronger as a church family. Coffee and chat is a virtual meeting via Zoom each Sunday morning straight after our broadcast service at 11.45am. It's an opportunity to catch up, to encourage, to laugh, to have craic and to do life together. We would really encourage more people to either message us on our Facebook page or email Geoff on [revgeoffwilson@gmail.com](mailto:revgeoffwilson@gmail.com) for the link to be part of it.

### **Just 10**

Feeding ourselves on things of the Spirit are crucial for our growth as followers of Christ. Those of us who have children will understand only too well that if we want them to grow into strong healthy adults, their diet must consist of more than snacks and junk food. The same principle applies to those who wish to go

deeper in their knowledge of and love for God. Studying God's word together helps us to deepen in our walk with one another and our walk with God. Just 10 is a ten week course based on the 10 commandments which begins on Tuesday 23rd February. To join in, email Geoff on [revgeoffwilson@gmail.com](mailto:revgeoffwilson@gmail.com) and he will send you the Zoom link so that you can grow in Christ from the comfort of your own home via the wonders of modern technology. Each evening will consist of a video presentation, discussion and of course a cup of tea/coffee.

### **Support for those in need**

In the opening session of Just 10, the presenter, Canon J John, makes a hugely significant statement regarding the need for generosity. If we are to be sincere followers of Christ, he posed the following question... *Is there one thing that we can do to live simply in order that others can simply live?*

What is it we might do more simply this Lent that might enable others to simply live? Perhaps we could engage with the Jar of Grace for the first time. In doing so we will be making a difference to the lives of our brothers and sisters in Maridi Diocese, South Sudan. This act of praying and giving helps us to understand more fully what it is to be the body of Christ. In doing so, we move from the mindset that charity begins at home and understand that the church is a worldwide body of believers.

### **Audio Visual upgrade**

Imagine what things would have been like if the pandemic had occurred 30 years ago. What we have taken very much for granted over the last year, simply wouldn't have happened back then. There wouldn't have been any broadcast services. There wouldn't have been the daily posts from Facebook to encourage and inspire us. There wouldn't have been the opportunity for Zoom Select Vestry meetings, Bible Study, Youth meetings, Life Group meetings and Soma get togethers. The technology just wasn't there and none of those things would have happened.

This past year has taught us that technology can be used for good and I would encourage you all to read in more detail how our proposed upgrade of the Audio Visual system will bless people of all ages as we become more fully the body of Christ.

Physical training is of some value, but building the body of Christ is of much more importance. After all, it has eternal consequences.

Your friend in Christ.

**Geoff**

# Jar of Grace

The Jar of Grace is something which we have engaged in as a church during the season of Lent for 4 years now.

*What is it?*

A glass jar placed on the tables in our kitchen or dining rooms. Each meal time we are encouraged to pause, give a coin/coins and pray for the projects which we are supporting this year, namely development work within our Cathedral and support for our friends in Maridi, South Sudan as they continue to rebuild following their return from exile, in a manner of speaking, and in their efforts to respond to the pandemic in their context. Our prayers can be silent or spoken, both are just as effective in moving the heart of God. Our offerings can be small or large, both are just as acceptable in the sight of God when they are offered in the right spirit and with a humble heart.

Canon J John in his opening talk in the DVD series *Just 10*, makes the point that generosity is one of the “ingredients” necessary for us to experience true contentment. He poses the following question: *“Is there one thing that we can do to live simply in order that others can simply live?”* That is a great question. I trust that you might find it within your heart to support the Jar of Grace this Lent; in so doing, you might be helping others to simply live.

The intention is that we bring our Jars of Grace to church on Easter Sunday, assuming we have returned to worshipping in the building by that time.

# Lockdown Update

I’m sure that most, if not all of us, will be well aware that the current restrictions will continue until 1st April, to be reviewed by the Executive on 18th March. In light of the fact that our church leaders have given a lead in deciding to return to online worship in line with restrictions which currently apply, we will continue with online worship at 10.45am on Sunday mornings. But we will also have a short reflective online service each Wednesday evening at 7.30pm during Lent and each evening during Holy Week at 8pm. CD recordings of these midweek services will also be circulated to those currently on our CD distribution list. This is all intended to help us engage more fully with this important season in the Christian calendar.

At this time, it is not possible to say whether we will be in church for Easter Sunday, but if we are, we will have services of Holy Communion at 8.30am, 10.00am and 11.30am to celebrate the glorious truth that He is Risen!

# Audio Visual Update

Over the past few years, the Select Vestry have been reflecting on how our Audio Visual system could be improved to enable us to engage more fully in worship. Some of the issues we have identified are as follows....

- Children not seen at key services such as Nativity due to lack of cameras;
- A sound desk which is over 16 years old and is showing signs of wear;
- Projectors in need of upgrade as image quality and colour is poor;
- Poor sound in the Chancel/Sanctuary area;
- Loop system which doesn't appear to be effective for the hearing impaired;
- Microphones in need of upgrade to enhance our music ministry.

The list could go on and on!

And in more recent times, we have realised just how inadequate our current systems are as we have sought to engage with a wider audience through online services which are intended to build us up as a body, but also to reach those that we have not been reaching up to this point. This is in no small part due to the fact that there is no broadband available in the church at present, something which needs to be addressed urgently.

Additionally, with the limits imposed on the numbers attending services of thanksgiving, we have sought to connect with those who haven't been able to attend through recordings of services on DVD and Zoom links with family members in other countries, indeed other continents. This aspect of our ministry has been deeply appreciated by those affected. But in delivering these services, we have had to use equipment and resources which are not currently available in our church building and we feel should be in order that we can deliver this significant ministry in a more effective and less stressful manner.

So over the past few months the Select Vestry have been engaging with a number of contractors in order to bring our Audio Visual system up to date and are now close to appointing a contractor.

As you read through the foregoing I'm confident that you will agree with me in saying that all of us will be beneficiaries of this upgrade and so I would ask that all of us support it. There are 2 ways in which you can offer your support. Firstly, we would ask you all to hold this process, and those involved, in prayer as we come to terms with some of the changes which will be inevitable, all for the good I trust. And secondly, you can offer your gifts of money to offset the cost of this work at a special Gift Day set aside for this specific purpose. The Select Vestry have set the date for this Gift Day as Sunday 18th April and Bishop David McClay will be our guest preacher at both the 10am and 11.30am service,

assuming we are back in our church building. You will find a Gift Day envelope in your box of envelopes in the month of April. If you don't have a set of envelopes your offering can be placed in a plain envelope marked "Audio Visual Gift Day", with your name or FWO number on the outside of the envelope to indicate who the gift is from.

Please do give this project your full support as we seek to enhance our technology in a sensitive way with a mind to building up the body of Christ in the building and beyond.

## Property Update

Some of you may have already heard that we had a very unfortunate incident in the Cathedral Hall in January following a very tight frost....a burst pipe! I hope none of you have had to experience the consequences of water damage, but if you have, you will understand that the damage can be considerable.

Upon entering the hall, we were met with water in the hall and toilets. Investigation revealed that a pipe had burst in the attic above the toilets causing a lot of damage! But the scale of the damage was reduced considerably through the prompt action of our People's Glebewarden Bill Forsythe who got the burst pipe repaired and had the unenviable task of removing all of the saturated insulation in the affected area and the floor covering in the foyer.

The good news is that our Insurance Company are covering the cost of all of the necessary repairs, just one reason why we should ensure that we all have adequate insurance cover for these unfortunate incidents. A contractor has been appointed and work is progressing well, something which we are keen to complete given that the Rainbow Pre-School will not be able to return to the hall until work is complete.

The following list will give you an idea of just how much work needs to be done:

- Replace ceilings in foyer and toilets;
- New insulation in attic;
- Plaster and paint new ceilings and foyer;
- Re-tile walls in toilets;
- Replace sinks and surrounds in toilets;
- Re-wire foyer and toilets;
- Replace fire alarm panel.

This list isn't exhaustive by any means but gives you a flavour of just how much damage there was.

We hope to have work completed before the end of March and are indebted to Bill Forsythe for all of the work he carried out on discovering the burst pipe and in overseeing the project each step of the way.

## The Greeting

The Lord be with you  
**And also with you.**

## Hymn

Psalm 46

- 1 God is our refuge and strength,  
**an ever-present help in trouble.**
- 2 Therefore we will not fear, though the earth give way  
**and the mountains fall into the heart of the sea,**
- 3 though its waters roar and foam  
**and the mountains quake with their surging.**
- 4 There is a river whose streams make glad the city of God,  
**the holy place where the Most High dwells.**
- 5 God is within her, she will not fall;  
**God will help her at break of day.**
- 6 Nations are in uproar, kingdoms fall;  
**he lifts his voice, the earth melts.**
- 7 The Lord Almighty is with us;  
**the God of Jacob is our fortress.**
- 8 Come and see what the Lord has done,  
**the desolations he has brought on the earth.**
- 9 He makes wars cease to the ends of the earth.  
**He breaks the bow and shatters the spear; he burns the shields  
with fire.**



## **for use with CDs**

10 He says, “Be still, and know that I am God;

**I will be exalted among the nations, I will be exalted in the earth.”**

11 The Lord Almighty is with us;

**the God of Jacob is our fortress.**

## **Worship Song**

## **Bible Reading**

## **The Sermon**

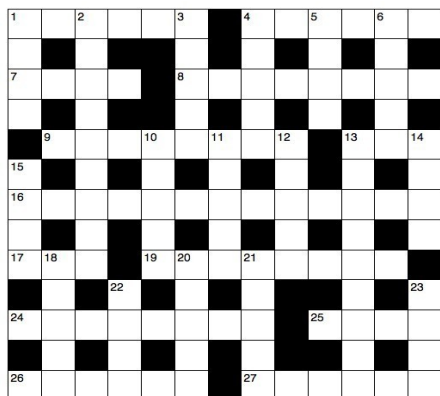
## **Worship Song**

## **The Prayers**

**Almighty and merciful God, who in Days of old didst give to the land the benediction of thy holy Church; withdraw not, we pray thee, thy favour from us, but so correct what is amiss, and supply what is lacking, that we may more and more bring forth fruit to thy glory, through Jesus Christ our Lord. Amen**

## **Closing hymn**

## **The Blessing**



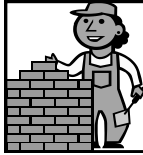
## Across

- 1 The earth is one (6)
- 4 'On a hill far away stood an old — cross' (6)
- 7 'I am the — vine and my Father is the gardener' (John 15:1) (4)
- 8 The Caesar who was Roman Emperor at the time of Jesus' birth (Luke 2:1) (8)
- 9 'Your — should be the same as that of Christ Jesus' (Philippians 2:5) (8)
- 13 Jesus said that no one would put a lighted lamp under this (Luke 8:16) (3)
- 16 Involvement (1 Corinthians 10:16) (13)
- 17 Armed conflict (2 Chronicles 15:19) (3)
- 19 Where the Gadarene pigs were feeding (Mark 5:11) (8)
- 24 What jeering youths called Elisha on the road to Bethel (2 Kings 2:23) (8)
- 25 The Venerable — , eighth-century Jarrow ecclesiastical scholar (4)
- 26 8 Across issued a decree that this should take place (Luke 2:1) (6)
- 27 Come into prominence (Deuteronomy 13:13) (6)

## Down

- 1 Where some of the seed scattered by the sower fell (Matthew 13:4) (4)
- 2 Sexually immoral person whom God will judge (Hebrews 13:4) (9)
- 3 Gospel leaflet (5)
- 4 Physical state of the boy brought to Jesus for healing (Mark 9:18) (5)
- 5 Tugs (anag.) (4)
- 6 To put forth (5)
- 10 Nationality associated with St Patrick (5)
- 11 Leader of the descendants of Kohath (1 Chronicles 15:5) (5)
- 12 'After this, his brother came out, with his hand grasping — heel' (Genesis 25:26) (5)
- 13 At Dothan the Lord struck the Arameans with — at Elisha's request (2 Kings 6:18) (9)
- 14 'Peter, before the cock crows today, you will — three times that you know me' (Luke 22:34) (4)
- 15 Spit out (Psalm 59:7) (4)
- 18 'When I — , I am still with you' (Psalm 139:18) (5)
- 20 Concepts (Acts 17:20) (5)
- 21 Thyatira's dealer in purple cloth (Acts 16:14) (5)
- 22 Does (anag.) (4)
- 23 The second set of seven cows in Pharaoh's dream were this (Genesis 41:19) (4)

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# Church Collections: January

GENERAL FUND	2020/21	2019/20
January	5,223.50	7,355.40
<b>Total to date</b>	<b>£73,394.70</b>	<b>£76,091.69</b>
<b>DEVELOPMENT FUND</b>		
Month 10 January	394.00	1,066.75
<b>Total to date</b>	<b>£7,801.85</b>	<b>£8,429.90</b>

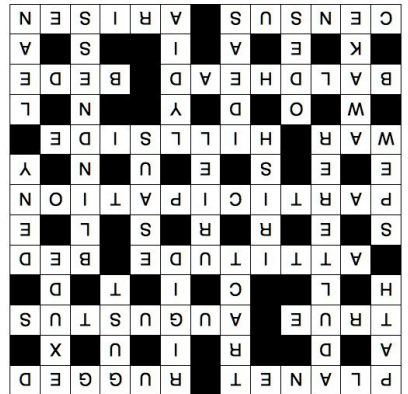


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## PARISH REGISTER

### CHRISTIAN BURIALS

11th February	Robert McMurray, Tudor Grove, Dromore
14th February	Dorothy Thompson, Circular Road, Dromore
16th February	Cyril Forsythe, Listullycurran Road, Dromore
19th February	William (Will) Forsythe, Rowantree Drive, Dromore

*"Blessed are the dead who die in the Lord. They are blessed indeed,  
Says the Spirit, for they rest from their labours."*

### Leprosy Mission - Thanks

Sincere thanks to Tommy Wilson for his co-ordination of the annual collection and to all who contributed to the fantastic amount of **£605** raised. This work can be supported using Boxes available in the Tower Porch. Please speak to Tommy.

### Used Postage Stamps

The appeal for used postage stamps for the benefit of the Leprosy Mission has been greatly supported. Sincere thanks to all who supported this appeal. Please continue to collect used stamps throughout the year and place them in the box provided in the Church porch.



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# The Cathedral Church of Christ the Redeemer, Dromore

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e-mail: organist@dromorecathedral.co.uk
- Praise Group:** Karen Bowden e-mail: karenbowden@me.com 0780 094 1256
- Sexton:** Boyd McClurg 028 9269 3968
- Children's & Youth Worker:** Christine Shanks 028 9269 3968  
e-mail: dromore.youth.children@gmail.com
- Parish Panel:** Very Revd Geoff Wilson 028 9269 2275  
Robert Beggs 0777 160 7914 : Sue Pegrum 028 9269 3280

*Please contact the Office to request the issue of Weekly Envelopes or Cathedral Life, and for queries about Hall Bookings, Record Searches, Adverts, etc*

## Select Vestry 2020-2021

- Churchwardens:** Rebekah Davidson (Rector's) Ashley Silcock (People's)
- Glebewardens:** Ian Purdy (Rector's) Bill Forsythe (People's)
- Vestry Members:** Andrew Carson, Paul Cochrane, Andrew Cuthbert, Ian Doig, Jonny Jackson, Scott Mackey, Nan McMurray (Honorary Treasurer), Samuel Newell, Jane Russell, Joanne Silcock, Leanne Teggart (Honorary Secretary)
- Honorary Secretary:** Mrs Leanne Teggart, 8 Maypole Park, Dromore. Co Down BT25 1SH  
email: leanne218@btinternet.com TN 028 9269 3870
- Honorary Treasurer:** Miss Nan McMurray 10 Pines Grove, Lurgan, Craigavon BT66 7PE  
email: honorarytreasurer@dromorecathedral.co.uk TN 028 3832 7856

# GOLDEN CHARTER



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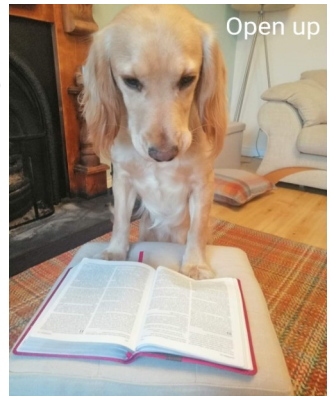
# Spring and Lent

On Wednesday 17th February we entered into the season of Lent, but what is Lent and how long does it last? For Christians lent is a time of preparation. We prepare our hearts and our minds for Good Friday and Easter by thinking about Jesus' journey to the cross. Lent lasts forty days (not including Sundays).

The word "Lent" comes from another word "Lente" which means springtime. That makes sense since Lent and Easter always happen during springtime. As I was thinking about Lent and springtime, I realised that many of the things I like to do in springtime are similar to the kinds of things you and I can and should do during Lent as we prepare for Easter.

## 1. Open up

In the springtime, I like to **Open up**. I love to open up all the windows to let the fresh spring air fill my home. For Lent, a great thing to do is **Open up** our bibles and read them more. When we read our Bibles, God speaks a fresh word to us and fills our hearts with His presence .



## 2. Clear out



In the springtime, I like to **Clear out** all the clutter in my wardrobes. I go through my wardrobes and take out the things I don't need. Those clothes or shoes I don't wear anymore, or no longer fit. For Lent, it is good to **Clear out** the things in our lives that we don't really need things that get in the way of following Jesus. For example, maybe you watch TV or play video games a lot. Why not put them away for a while and use that extra time to pray.

### 3. Spring clean

In the springtime, it's always good to do a big **spring clean**. I try to find and clean up all the dirt in my home that has been hiding all winter, dirt that no one else sees, but dirt that I know is there. For Lent, it is good to ask ourselves, "Have I made any mistakes or messes that I need to clean up? Do I need to apologise to someone for something I said or did? Do I need to ask God to forgive me?"



### 4. Plant



In the springtime, I love to **plant**. I plant seeds in my garden pots and water them as I wait and watch them grow into something beautiful.

For Lent, it is good for us to **plant** different kind of seeds. We can **plant** seeds of love in the hearts of others when we are kind, or helpful, or we tell someone about Jesus. For Lent, think of something you can do that will become something beautiful for someone else, and do it in the name of Jesus, the one who did something really beautiful for you.

### Prayer:

Jesus, we love you. Help us to open up our bibles, clear out our clutter, clean up our messes, and plant seeds of love. Amen.

**Christine Shanks**



Dromore Cathedral is the Parish Church serving the Dromore and Kinallen areas and a Cathedral of the Diocese of Down and Dromore in the Church of Ireland.

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Cathedral Life