



*Christ with me,*

*☘ Christ before me,  
Christ behind me, ☘*

**CHRIST IN ME, CHRIST OVER ME,**

*Christ to right of me, .....*

**..... CHRIST TO LEFT OF ME,**

**CHRIST IN LYING DOWN, CHRIST IN SITTING.**

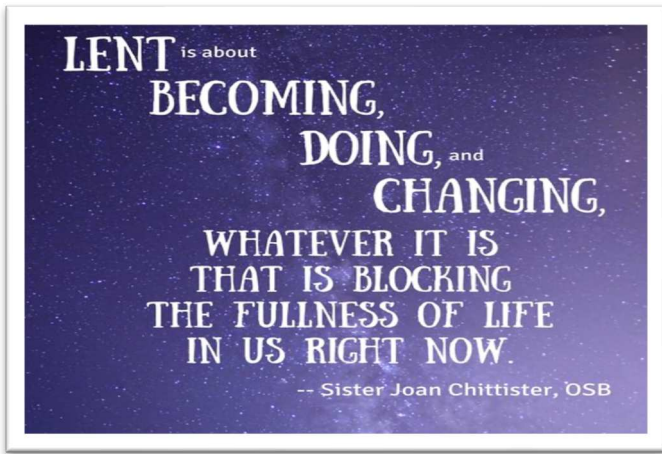
*Christ in rising up, Christ in the heart  
of every person who may think of me,*

*Christ in the mouth of every  
person who may speak of me,*

**CHRIST IN EVERY EYE,**

**WHICH MAY LOOK ON ME!**

**CHRIST IN EVERY EAR, WHICH MAY HEAR ME!**



Dear Friends, I thought that I would use the space in my March Letter to ‘unblock’ our Lent.

So easily we miss the power of Lent as a season to help us ‘see’ beyond and to re-awaken faith. Do we ever take seriously what it calls us to do in following Jesus and allowing 40 days to be a moment of change?

This guide is here to help you navigate Lent with grace, intention, and renewed motivation.

## SOME KEY DAYS

Lent begins on **Ash Wednesday (March 5)** and concludes on **Holy Thursday (April 17)**, leading to **Good Friday (April 18)** and then **Easter Sunday (April 20)**.

## 1. WHY LENT?

Lent is a 40-day journey of prayer, fasting and almsgiving—a time to set aside distractions and ‘unblock’ God that we may know him more fully.

Lent invites you to:

- Listen** for God’s voice in a noisy world.
- Repent** deeply and break harmful habits.
- Love** others through selfless service.

## 2. SOME ESSENTIAL LENTEN PRACTICES

**Unblock for Prayer** to deepen your connection with God through:

**Prayer Walks:** Spend 15 minutes daily walking and praying for your community as you walk.

**Try a nightly reflection:** Ask yourself, *where did I experience God today? Where did I miss His grace?*

### Fasting:

Choose or combine different ways of both ‘giving up’ and ‘giving’.



### There is a Traditional Fast:

Ash Wednesday & Good Friday:  
One full meal, two small snacks and no meat.

### Modern Fasting:

Intentionally daily reduce food waste and single-use plastics. Be careful to do more and reduce waste.

Step away from social media and replace scrolling with reading Scripture through reading the 20 chapters of John’s Gospel, 1 chapter every 2 days.

### Almsgiving: This is Love in Action

Donate 1% more of your income to a charity supporting refugees, clean water, or poverty relief.

Write letters to lonely seniors.

Try a “**Reverse Lent**”—

And add a daily act of kindness (buy a coffee for someone, send an encouraging message).

## 3. NEW IDEAS FOR LENT 2025



**Eco-Fast:** Cut down on energy use (unplug devices, bike instead of drive).

**Digital Discipleship:** Use prayer apps (Hallow, Pray As You Go) instead of doom-scrolling.

### Tech-Free Tuesdays (or whatever night suits):

Unplug after 7 p.m. for quiet reflection or family game night or just read !!!

## 4. FAMILY-FRIENDLY LENT



### Sacrifice Jar:

Kids place a penny or toy inside daily, then donate the collection at Easter.

### Kindness Chain:

Write good deeds on paper strips and create a household chain.

### Storytime Lent:

Read a children’s devotional, like *The Garden, the Curtain, and the Cross*.

## 5. LENT & MENTAL

### HEALTH



#### Fast from Anxiety:

Replace worry with a breath prayer  
(*Jesus, I trust in You*).

#### Keep a Gratitude Journal:

Write three blessings each night, even in hard times. Keep it simple and real.

## 6. KEY DATES TO UNBLOCK FAITH

#### Ash Wednesday (March 5):

Come to Church 10.00am for Communion.

#### Palm Sunday (April 13):

Celebrates Jesus' entry into Jerusalem.

#### Holy Thursday (April 17):

Remembers the Last Supper and foot washing.

#### Good Friday (April 18):

A day of fasting, prayer, and reflection.  
Prayer in Church 9.00am – 12.00pm (Drop in)  
Church Worship 10.00am

#### Easter Sunday (April 20):

"He is risen—Alleluia!" 8.30am & 10.00am.

## 7. A LENTEN PRAYER TO USE EVERY DAY.

*"Merciful God,  
Teach me to hunger only for You  
during these forty days.*

*Free me from pride,  
hurry, and comfort.*

*Let my prayers*

*spark holy courage,  
my giving reveals Your mercy,  
and my fasting  
make space for Your grace. Lead  
me to the joy of Easter,  
where love triumphs over death.  
Amen."*

## TIPS TO SHAKE UP LENT

#### Start Small:

Choose just one or two practices  
to avoid overwhelm.

#### Embrace Imperfection:

Miss a day? God's mercy is new every morning  
(Lamentations 3:22–23).

#### Celebrate Sundays:

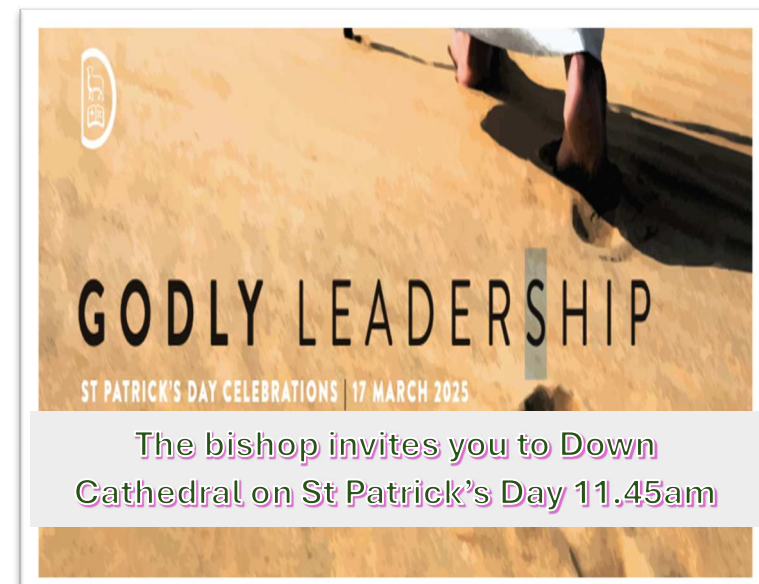
Each Sunday is a "mini-Easter"—  
a break from Lenten fasting!

Whether you're new to Lent or a longtime observer,  
2025 is your year to encounter God in the  
wilderness. What will you pray for, fast from, and  
give more of? Let's walk this journey together!  
Chris.



Bishop David McClay has recorded a series of  
devotions in The Book of Revelation to take us  
through the 40 days of Lent from Ash Wednesday to  
Palm Sunday (5 March-13 April).

I will post each a link every day on our Facebook.  
Chris



The bishop invites you to Down  
Cathedral on St Patrick's Day 11.45am



**Sunday**      **2<sup>nd</sup> March**      **1 before Lent**  
 8.30am      Holy Communion (Trad)  
**11.00am**      **We are in 1<sup>st</sup> Saintfield along**  
                          **with 2<sup>nd</sup> Saintfield at 11.00am**  
                          **'Reason for hope'. Rico Tice**

**Ash Wednesday**  
**5<sup>th</sup> March 10.00am Holy Communion**

**Sunday**      **9<sup>th</sup> March**      **Lent 1**  
 8.30am      Holy Communion (Trad)  
 10.00am      Morning Worship  
                          Hope that doesn't disappoint:  
                          1 Peter 4:1-11      Serving Hope

**Sunday**      **16<sup>th</sup> March St Patricks Sunday**  
 8.30am      Holy Communion (Trad) St Patrick  
  
 10.00am      SPACE: SAMS Ireland & Claire Holmes  
                          Connections with La Paz  
                          **St Pat's Fry Up after SPACE**

**Sunday**      **23<sup>rd</sup> March**      **Lent 3**  
 8.30am      Holy Communion (Trad)  
 10.00am      Morning Worship  
                          Hope that doesn't disappoint:  
                          1 Peter 4:12 – 5:6-11 Humble hope

**Sunday**      **30<sup>th</sup> March**      **Mother's Day**  
 8.30am      Holy Communion (Trad)  
 10.00am      All Age Worship for Mothers' Day  
                          In Church with gifts, worship and thanks for  
                          All sorts of Mums.



## March Tea/Coffee Rota

2<sup>nd</sup>      Joint service @ 2<sup>nd</sup> Presbyterian  
 9<sup>th</sup>      Andree & Anna  
 16<sup>th</sup>      Space  
 23<sup>rd</sup>      Help needed  
 30<sup>th</sup>      Help needed

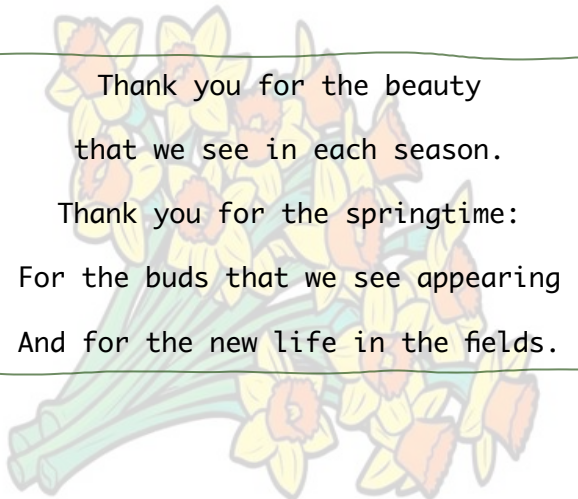


## Flowers

2<sup>nd</sup>      **Please help us...**  
 9<sup>th</sup>      Phil White  
 16<sup>th</sup>      Nessa Barrett  
 23<sup>rd</sup>      **Please help us...**  
 30<sup>th</sup>      Andree Rea



**Hold tight,  
 Spring is nearly here!**



Thank you for the beauty  
 that we see in each season.  
 Thank you for the springtime:  
 For the buds that we see appearing  
 And for the new life in the fields.



**Sunday 30<sup>th</sup> March**

# Prayer Diary March



**Saturday March 1<sup>st</sup> REASON FOR HOPE**  
For our event in Parish Hall with Rico Tice

**Sunday 2<sup>nd</sup>. REASON FOR HOPE**  
For joint Worship with Rico Tice " 1<sup>st</sup> S'Field

**Monday 3<sup>rd</sup> For our Diocese**  
Bishop David and the staff team in Diocesan office and all the ways they serve us.

**Tuesday 4<sup>th</sup> For our Schools**  
For Academy Primary, Saintfield High, Millenium and others our young people attend.

**Wednesday 5<sup>th</sup> Ash Wednesday**  
For Communion @10.00am and starting Lent

**Thursday 6<sup>th</sup> For Care Homes**  
Chris visits and leads worship in Residential Homes @ Silver Birch and Tully West Manor.

**Friday 7<sup>th</sup> World Day of Prayer**  
Carrduff Presbyterian Church and for all the churches in the area who join to pray.

**Saturday 8<sup>th</sup> For International Women's Day**

**Sunday 9<sup>th</sup> For our Worship**  
The hope that doesn't disappoint. Servant Hope 8.30am & 10.00am & REFRESH @11.00AM

**Monday 10<sup>th</sup> For SAMS /La Paz**  
Our partner church in La Paz Bolivia with Pastor David and the Church of the Redeemer congregation.



**Tuesday 11<sup>th</sup> For the work of our Select Vestry**

**Wednesday 12<sup>th</sup> For all we know who struggle with Mental Health**

**Thursday 13<sup>th</sup> For those we know in Hospital**

**Friday 14<sup>th</sup> For young people in Schools**

**Saturday 15<sup>th</sup> For other Saintfield Churches**  
Sam Bostock and congregation in 1<sup>st</sup> Saintfield.  
John Torrens and congregation in 2<sup>nd</sup> Saintfield.  
Father Tony McHugh and thr RC Church.  
Saintfield Baptist Church and their new pastor.

**Sunday 16<sup>th</sup> For our SPACE Worship with SAMS Ireland and Church of the Redeemer @La Paz, Bolivia, Pastor David.**

**Monday 17<sup>th</sup> St Patrick's Day**

**Tuesday 18<sup>th</sup> For those bereaved**

**Wednesday 19<sup>th</sup> For those who struggle with depression and mental health challenges.**

**Thursday 20<sup>th</sup> For family members**

**Friday 21<sup>st</sup> For World Down Syndrome Day**

**Saturday 22<sup>nd</sup> For those who are unemployed**

**Sunday 23<sup>rd</sup> For Alan as he leads our Worship**

**Monday 24<sup>th</sup> For our staff**  
Sally as our Office Administrator, Ian as Sexton, William as Graveyard Convenor and Chris as Vicar.

**Tuesday 25<sup>th</sup> For families**  
who look after elderly parents and who face challenges and decisions about care.

**Wednesday 26<sup>th</sup> For our broken world**  
in its need for peace, hope and justice.

**Thursday 27<sup>th</sup> For our faith and hope in Jesus.**  
That it may grow and serve.

**Friday 28<sup>th</sup> For Middle East and that peace may be embraced.**

**Saturday 29<sup>th</sup> For all new Clergy in our Diocese**

**Sunday 30<sup>th</sup> For Mother's Day and our worship in Church**

## Weekly Schedule : Parish Centre

Here is a guide to what happens during each week in the Parish Hall and when on



### Mondays

9.30am Pitter Patter (Main Hall) Mums & Tots  
**Closed 17<sup>th</sup> St Patricks Day**

10.30am Craft & Chatter (Upper Area)

6.30pm Rainbows & Brownies (no Guides)  
(Woodrow Room, Main Hall)

### Tuesdays

10.00am Traditional Yoga (Main Hall)

6.45pm Pause & Restore (Upper Area)

7.30pm Indoor Bowling (Main Hall)

### Wednesdays

8.00am - 8.30am Slimming World Weigh In

9.00am Class (Woodrow Room)

10.00am Holy Communion (Church)

10.30am Wednesday Welcome  
(Upper Area) March 12 & 26

6.00pm Broadway Boogie Fitness  
(Main Hall)

7.00pm Broadway Boogie Fitness  
(Main Hall)

8.00pm Badminton (Main Hall)

8.00pm Life Group (Upper Area)  
Prayer Course 12<sup>th</sup> / 19<sup>th</sup> / 26<sup>th</sup>

### Thursdays

9.45am Happy Hatchlings  
(Baby Massage in Woodrow Room)

10.00am Windmill Sewing Group  
(Upper Area)

2.00 - 4.00pm Ladies Hen's Shed  
(Upper Area)

6.45 Beavers, Cubs, Scouts (Parish Hall)

### Fridays

6.00pm Inspire Dance Company (Main Hall)



## World Day of Prayer Friday 7<sup>th</sup> March 2025 @ 7pm in Carryduff Presbyterian Church



### **WORLD DAY OF PRAYER SERVICE**

An invitation is extended to attend this annual service taking place on Friday 7<sup>th</sup> March 2025 at 7pm in Carryduff Presbyterian Church.

The service is prepared by Christian women from the Cook Islands and is entitled 'I made you wonderful'.

**A warm welcome awaits.**

### Mothers' Union

Tuesday 4<sup>th</sup> March 7.30pm June Butler shares

### Select Vestry

Tuesday 11<sup>th</sup> March 8.00pm (Woodrow Room)

FEB/MARCH REFRESH/SPACE



# Happy Mother's Day

Today we're sending love to...



Mothers around the world



Aunties, sisters, cousins, friends who act like motherly figures



Those who have lost mothers



The mothers who have lost children



Those with strained mother/children relationships



Those yearning to be mothers

MOTHER'S DAY 30/3/25 10.00 CHURCH

## BIBLE MUM TRIVIA

1. Which Mum put her baby in a basket?
2. Which Mum prayed for a baby while she visited the temple?
3. Name the Mum of John the Baptist?
4. Who was the first Mother on earth?
5. Which Mum saw her son die on the cross?
6. Who was Ruth's Mother in-law?
7. Who was Joseph's mother?
8. Who was the mother of the nation of Israel?
9. Who was the mother of the twin boys Esau and Jacob?

4 - Eve	8 - Sarah
3 - Elizabeth	7 - Rachel
2 - Hannah	6 - Naomi
1 - Jochbed	5 - Mary
	9 - Rebekah
<b>Answers</b>	

All these mothers lived in a time when women were often treated as second class citizens, yet God appreciated their true worth. Motherhood is one of life's highest callings and should not be underestimated.

God's church is an extended family and there are many ways we can be mothers or Grandmothers. Faithful volunteer women give of their time to welcome new babies into the church and spread the good news through Space/Refresh and Toddler groups.

Being a mother is so much more than giving birth to a baby! Come along on Sunday 30<sup>th</sup> March and let's all say thanks.

**SAINTFIELD PARISH**  
**SUNDAY 16TH MARCH**  
**10.00AM: PARISH HALL**  
**SAMS IRELAND CLAIRE HOLMES**  
**FRY UP AFTER 11.00AM (MEN ALIVE)**  
**FUNDRAISING FOR LA PAZ BOLIVIA**

**HAPPY BIRTHDAY**  
**Crafts for KIDS**

**SAMS IRELAND**  
 South Antrim Methodist Society

**S.P.A.C.E**  
 SAINTFIELDPARISH ADULTS CHILDREN EVERYONE

## Reason For Hope

We had super 'Kerygma' Night on January 31<sup>st</sup>. All our teams were brilliant, and the choir was uplifting in everything they sang for us.

We have out next night on Saturday 1<sup>st</sup> March 7.30pm @Parish Hall with Rico Tice. We need to tell everyone about it and invite people to come, hear Rico and pray that peoples' heart will be moved by God to respond.



REASON  
FOR  
HOPE



A series of events to explore the Christian **hope**.

Hosted by the Parish and Presbyterian Churches working together for the whole Saintfield community.

SAINTFIELD | 2025

## weekend

**01** Fri 28th Feb @ 7.30pm - How to find "Hope"  
*Second Presbyterian Church Hall*

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**02** Sat 1st March @ 7.30pm - How to find "Peace"  
*Parish Church Hall*

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**03** Sun 2nd March @ 11am - How to find "Purpose"  
*First Presbyterian Church*



**Rico Tice** is a passionate evangelist, and former Senior Minister of Evangelism at All Souls, Langham Place in London. Co-Founder of Christianity Explored Ministries, he is a regular speaker at missions and evangelistic events around the world. He's married to Lucy and they have three young children.

**Christianity Explored** aims to help people meet Jesus in the Bible and explore the Christian faith, through thought-provoking video resources and courses.





Strategic Planning, Grant Applications and developing appropriate HR and Safeguarding policies.



St Joseph's Technical Institution, Fort Portal in Western Uganda, was one of my longest placements from 2015-2017. This college offers training programmes in Mechanical and Electrical Engineering, Building Construction and Carpentry, Information Technology and Tailoring; all from Certificate level up to Degree courses.

During my time here, I had obtained funding for the refurbishment of their college library, and it was great to see it still in good order. While the students were still on holiday during my visit, the Librarian told me that the library was well used by students, teachers and lecturers.

Vocational skills training plays a vital part in giving young people the necessary skills for employment opportunities and is a key component for a country like Uganda's development.



St John's C of U Cathedral ,  
Rwenzori Diocese

During my time in Fort Portal I had attended St John's Church of Uganda Cathedral and became friendly with Canon Ezra Musobozi; the Cathedral Dean.

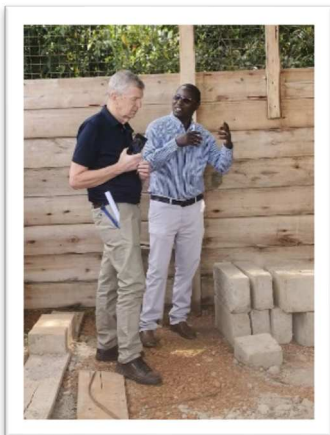


## Cecil Johnston Back in UGANDA



During January I returned to Uganda to revisit projects and meet up with people I had worked over several years, as a volunteer with different overseas

development organisations. My interest in Uganda had initially evolved through 'Fields of Life', the International Development Organisation founded by Rev Trevor Steven.



I had the opportunity of joining a Boy's Brigade team on a school building project back in 2000 and from that initial trip and successive short trips, my interest in undertaking longer term placements with small NGO's developed, with the aim of being able to assist with project development and administration.

This led to various volunteer placements over subsequent years, helping small NGO's with

Canon Ezra had set up a small grassroots development project in his home village of Kitojo; a very rural community 25 kilometres south of Fort Portal. Kitojo Integrated Development Action (KIDA) aims to improve the quality of life of the

access both saving opportunities and affordable loans; empowering people to take control of their own lives.



local community through the provision of education, affordable health care and promotion of self-help initiatives.

'Programmes are promoted in local communities via a dance and drama group, who travel deep into rural villages each month to advertise the services available. I spent 5 months at KIDA 2018/19 to help develop a 5 Year Strategic Plan, and was back in 2020 for a plan review, so it was good to return 5 years on.

KIDA's programmes include a small Community Hospital which provides in-patient and out-patient health care services, along with various clinical services and treatments, such as HIV Testing, Family Planning, Antenatal & Postnatal Care. A Microfinance programme enables locals to

Educational support is provided for Orphans and Vulnerable Children, along a small Vocational Skills Training school offering courses in Tailoring, Hairdressing, Carpentry and Bricklaying.

The Vocational Skills programme is now able to expand, and I was pleased to see new classrooms under construction to accommodate increased numbers of students

Like all overseas volunteers, I have always been very aware of the limitations in our work, and its longer-term outcomes. However, I take comfort from the 'Romero Prayer' when it reminds us that 'We plant seeds that one day will grow. We water the seeds already planted. We provide yeast that produces effects far beyond our capabilities...'



It had been five years since my last trip to Uganda; the Covid pandemic and my relocation from Devon back to N Ireland had delayed my return.

It was great to be able to revisit some of the projects I had worked at and see some new developments and achievements taking place.

*Cecil*



Harry Potter scarf



Knitting



Cable cushion



Emergency wash bags

Craft and Chatter.

Monday 10.30 am



Twiddle blanket



Premature baby clothes

Crossgar stitch Lavender Bags



Bobbin Lace



Jewellery



Crochet and embroidery



Christmas/Birthday Party



# CONTACT US



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**Rev Chris Pollock**

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[vicar@saintfieldparish.org](mailto:vicar@saintfieldparish.org)



## Parish Church Office



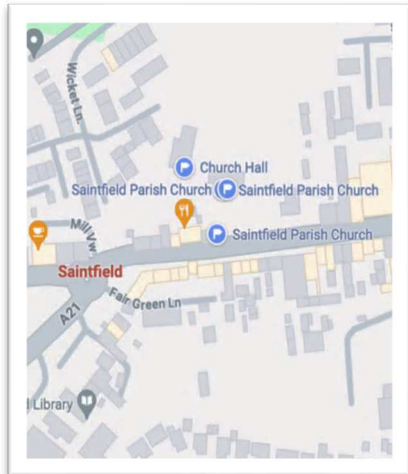
Sally Milligan

02897 519653

[office@saintfieldparish.org](mailto:office@saintfieldparish.org)

Tuesday - Friday  
9.00am - 2.00pm  
(Fri @ 12.30pm)

Church House,  
45 Main Street,  
Saintfield,  
Co Down,  
BT24 7AB



## Church Sexton (ON LEFT)

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Leonard Hill

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**Material for April to be with Leonard  
by March 21<sup>st</sup> 2025**

## Safeguarding Contacts

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Or Chris Pollock (Vicar)