

TheLight

Issue 221 June 2018

Ways you
can help the
DAMASK Car
Boot Sale and
the Container
Ministry

My Route to Everest Base Camp

with **Pamela Turtle**

Report on ALL IN Mission Conference

Following the CS Lewis trail

Self Harm in Young People



THE MAGAZINE OF THE LISBURN AND DROMORE METHODIST CIRCUIT

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Cover Photo: Pamela Turtle on her way to Everest Base Camp

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If you have material or photos for the next edition of The Light please send them to the address above or give them to your church representative by Sunday 5th August 2018

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Julie-Ann Moorehead reports on the new all-Ireland Mission Conference

Through an inspiring programme of worship and teaching, the 'All-In' Mission Conference held in the Canal Court Hotel Newry on 28th April, provided an opportunity for over 600 Methodists, from across Ireland, to be inspired and equipped to go forward together in mission.

Best-selling author, pastor, and instigator of the '24-7' prayer movement, Pete Greig, was the keynote speaker with further contributions from Neil Hudson (London Institute for Contemporary Christianity), Sean Mullen (Founder of Third Space in Dublin) and Diane Holt (Director of Thrive Ireland).

Over two sessions spanning morning and afternoon, Pete Greig spoke on Acts 4: 23-31 and Exodus 33: 1-3, 14-18, delivering a clear 'take-home' message to 'prioritise prayer and practice the presence of God'.

Pete emphasised the importance of making time for prayer and denying distractions, reminding us that 'the hinge of human history is the bended knee'. He encouraged us to strive to allow prayer to become our first instinct and not a last resort and suggested that we should pray for small things continually and not just the large things infrequently. His phrase 'when we pray about the small things we live with greater gratitude' has resounded clearly in the weeks that have since passed! He further challenged us to be specific in what

we ask for and pray the purposes of God into people's lives, saying 'Amen' to God's purposes and not ours.

Pete reminded us that God's greatest promise to us is his presence, Exodus 33 v 14 'My presence will go with you, and I will give you rest.'

To be effective in God's mission we need to be carriers of the presence of God. He challenged us to practice seeking the presence of God in the little things, through all of His creation and in every environment. He also emphasised the importance of having a love/ thirst for learning (Exodus 33 v12-13 'Teach me your ways that I may please you').

We heard that effective mission is the culmination of effective prayer and practicing the presence of God. The power of God being released when we seek the purpose of God in the presence of God.

The teaching during the day was consolidated by times of group reflection and discussion. It seems appropriate to finish by sharing the verse that God encouraged my group with to send us on our way: Isaiah 30, 15-18 (The Message) 'but God's not finished. He's waiting around to be gracious to you. He's gathering strength to show mercy to you. God takes time to do everything right - everything. Those who wait around for him are the lucky ones.'

Exciting times ahead....■



'Organ-ic'

Saturday 6th October is a date for your diaries.

Many of you will be aware that the pipe organ in Seymour Street has been fully restored by Wells-Kennedy, - a project taking 18 months to complete. We are planning a night of celebration and thanksgiving during the harvest weekend, when a selection of some of the most exciting organ music will be demonstrated to show our new instrument at its best.

We hope there will be something for everyone (including supper) with surprise guest artistes

performing.

Find out about all the 'techy' bits, and let us take you through the 100 years since this wonderful instrument was initially installed as a memorial to those involved in the first world war.

Still using all the original pipework, this has been enhanced with additional pipes and a few digital extras making it now one of the finest instruments in Ireland. The relocation of the console brings the instrument into the body of the church complimenting our church's vision for blended, inclusive worship.

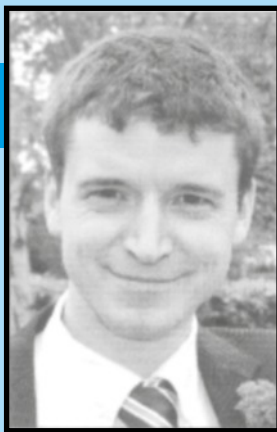
Remember, keep the date free and tell your friends about 'Organic' a night with the King of instruments! ■



Rev Louise Monroe being Ordained

One of the highlights of the Methodist Conference each year is the Ordination Service which marks the completion of the training for the ministry and of four probationary years serving as a Minister. It is exciting for Seymour Street that Louise, who grew up in our congregation and was, among other things, a prominent leader of SNASS our Sunday night youth group, has reached this milestone.

During the ordination service on 17th June in St Columb's Cathedral, Londonderry, she will receive the blessing of the Methodist Church in Ireland and also of the Church of Ireland as our ministry is recognised within the Anglican tradition. She follows in the footsteps of Fiona McCrea, Daphne Twinem and Aian Ferguson from Seymour Street, and currently Daphne Hannah is in training for the ministry. ■



Self-harm in young people

James Nelson

Self harm is a major issue in many young people's lives. It can be defined as self-injury or self-poisoning, and commonly takes the form of superficial self-cutting with a sharp object. It is surprisingly common, with perhaps 10% of young people self-harming at some point and many more experiencing occasional suicidal thoughts. It is often intentionally hidden from parents and carers.

WHY?

It can be hard to understand why a loved one would self-harm, and this not-knowing can be painful. The reasons can be varied, and each young person's situation will be slightly different.

Commonly, temporary relief from extreme emotional distress and release of very difficult feelings can be experienced. It can paradoxically be a way to deal with feelings of hurt and anger, or a way to feel more emotionally alive. At times, it can be a young person's way of punishing themselves for some perceived or real failing and sometimes it can be used to show others how much they are suffering.

Along with other factors, self-harm can be more commonly associated with:

- a history of abuse;
- stress from sexual orientation;
- Impulsivity.

HOW DO I RESPOND?

If worried about a young person, it is important gently and wisely to ask them about self-harm. This can be difficult and takes courage, but can be important for anyone who is struggling.

As self-harm and the associated distress are often hidden, bringing the issue into the light of conversation can be a major breakthrough and may help the person feel understood. Christians are exhorted to be quick to listen and slow to speak or be angry (James 1: 19) and this is well applied when speaking to someone who has self-harmed. If a young person has chosen to confide in you, be encouraged that they trusted you enough to do so. In the right circumstances, it can be helpful to ask what is troubling them and to perhaps enquire directly about possible stresses such as relationship difficulties, bullying and difficult areas such as guilt, sexual issues, alcohol or drugs.

WHAT CAN HELP?

Understanding is crucial. Self-harm is a manifestation of distress and not an isolated problem in-and-of itself. Seeking to understand the stresses and pressures that lie behind it will be essential to

- bullying;
- relationship difficulties;
- female gender;
- family discord or breakdown;
- drug and alcohol use;
- various mental health problems (particularly depression);

helping in recovery. Reducing these underlying stresses can help eg, swiftly and effectively managing bullying that may have been happening, or helping a lonely and isolated young person develop friendships. A counselling/ talk-therapy intervention may be needed, especially if the self-harm is serious or longstanding. Any suicidal remarks or suicide attempts should be considered seriously.

WHAT ABOUT THE SCRIPTURES?

The Scriptures have much to say about the stresses and mental anguish that lie behind self-harm, and about the human condition itself. The following brief remarks may be a useful starting point:

- To those who feel they have nowhere to turn and no one to hear their cries, we have the example of the psalmists pouring out their pains to a God who hears (eg, Psalm 22). So we can encourage a believer struggling with self-harm to pray;
- To a Christian young person who self-harms in an attempt to deal with guilt and despair over serious wrongdoing, we might remind them of the story that Jesus was cut and bled for them, that their wrongs are atoned for and that they can know freedom and move on with their lives (Isaiah 53: 5);
- To a despairing believer who feels that it is 'unchristian' to struggle emotionally, we might point to the example of the Apostle Paul whose burdens and afflictions made him despair of life itself. (II Corinthians 1: 8).

'If worried about a young person, it is important gently and wisely to ask them about self-harm'

SUMMARY — Do

- Follow your Church's child protection policy in a church setting;
- Consider asking about self-harm if you are worried about a young person;
 - Ask questions and take time to listen to the answers;
 - Be patient and supportive;
 - Consider what lies behind the self-harm and consider how stressors might be reduced;
- Ask about suicidal thoughts and take suicidal remarks or actions seriously;
- Remain hopeful;
- Consider outside help and support including the GP and Lifeline's 24-hour crisis helpline (0808 808 8000).

SUMMARY — Don't

- Ignore the issue;
- Simply tell a young person to 'stop it';
- Get angry;
- Say that it is just attention seeking;

RESOURCES AND REFERENCES

www.youngminds.org.uk — Useful mental health information for parents, carers and young people;

www.selfharm.co.uk — Lots of information about self-harm;

www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/selfharm.aspx — Self-harm information from the Royal College of Psychiatrists.

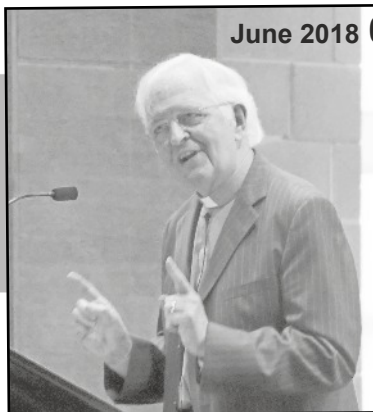
James is husband to Laura and father to four-year-old Luke and baby Toby. He is a member of Seymour Street Methodist church and sits on the Methodist Church's Council on Social Responsibility. He is a consultant child and adolescent psychiatrist, and an avid caravaner.

(This article was first published in *Wider World* and *Methodist Newsletter* magazines and is used with permission.) ■

Big Worship

The Circuit comes together at Trinity

On Pentecost Sunday the 2nd Lisburn and Dromore Circuit 'Big Worship' Service was held at Trinity, bringing together the Methodist people from all across our Circuit at 11am. The guest preacher was the Rev Dr Brian Fletcher, a former President of the Methodist Church in Ireland, and the Christian drama group 'Play it by Ear' ran a programme for children during the Service. Praise at the well attended service was led by musicians from Trinity and a group of young singers from across the circuit. The Trinity congregation provided refreshments after the Service enabling everyone to catch up with their friends from the other churches. ■



For All P1 - P7
age children

TRINITY PLAY BELIEVE LIVE SUMMER CLUB

Mon 18th - Thurs 21st June

6.30-8.00pm

Fri 22nd June

6.30-7.30pm

7.30pm Family BBQ

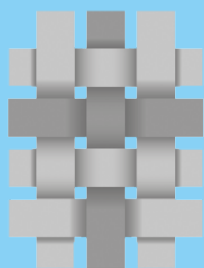


Reserve your child's place:
REGISTRATION NIGHT: Thurs 14th June
7.30-8.00pm



Circuit members continue to serve on Team On Mission

Peter McCrea from Seymour Street is to serve on TOM 30 which begins its year this September. He follows an illustrious line of young people from our circuit including Andrew Matthews and Anna Farrelly who are now nearing the end of their year, and in recent years Sarah Mayes, and Matty McCrea, Peter's older brother. ■



DAMASK needs your help

The DAMASK car boot sales held on the 2nd Saturday of each month have over the last few years become Damask's main fund-raising activity enabling us to maintain the Advice Service which runs on 3 days each week. The 'Damask Table' managed by Jonathan and Shirley Carrington is a key component as it sells items donated by members of the congregation and others. Over the last few months our stock of items for the Damask table has become severely depleted and we are now appealing for new donations of household items. If you, or anyone you know would be prepared to donate items from your garage,

loft or cupboards that would otherwise be gathering dust Damask would be delighted to recycle them to a new home for you!

The work of the Damask Advice Service is greatly appreciated in our community and there is an increasing demand for its services. Your contribution of items for the Car Boot Sale can make a real difference to the help we can provide to those in need in our community.

Please also let us know of opportunities to help clear out a garage or with a house clearance as we can arrange to bring items to our sales. You can leave items down to the church halls when they are open or on any Tuesday, Wednesday or Thursday between 10am and 3pm. If you would like us to collect items please phone 07749332662.

Thank you for your support. ■

Rev Mervyn Ewing on Sabbatical leave

During June, July and August Rev Mervyn Ewing will be on Sabbatical Leave and during his absence pastoral duties will be undertaken by Rev Dr Edmund Mawhinney. For part of his Sabbatical Mervyn will be spending time in England studying models of Team Ministry in the Methodist Church. These could be examples from which the Methodist Church in Ireland could gain a new insight into how we could adapt to the changing situation within our own Connexion. ■

Rev Ross Harte to come to Dromore



Ross and Kathryn Harte, along with their children Timothy, Micah, Samuel and Ethan, are looking forward to joining us on the circuit from July 2018. Ross, as a Minister in a Part Time Appointment, will be responsible for Dromore as well as helping out across the circuit occasionally. The Harte family will be living in Dromore and exploring the call to missional discipleship amongst the community in the church and town. ■

Following the CS Lewis Trail

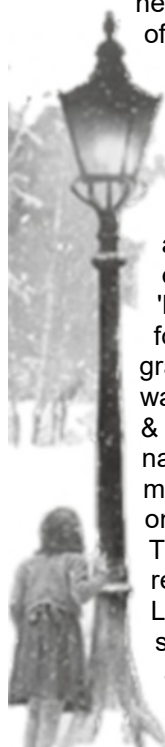
with Seymour Street MWI

Written by Ann Brown with
photos by Violet Dawson

Seymour Street MWI ladies finished up their year with a coach tour around the sites in Belfast connected to the renowned author C S Lewis. This tour was organised by Sandy Smith and was a follow up to a previous visit to Seymour Street in March 2017 when he gave a talk on the early years of C S Lewis.

Leaving from Lisburn in bright sunshine we listened to a few short paragraphs of one of the Seven Chronicles of Narnia as we travelled along the motorway. The excerpts from 'The Magician's Nephew', where we heard about two children, Polly and Diggery, going through a door in the box room, along a long tunnel, and ending up in Uncle Andrew's forbidden study helped to set the scene for the rest of the tour.

The Lewis family originally came from North Wales but moved to Cork, where C S Lewis' father Albert was born, then to Dublin and finally to the Mountpottinger area of Belfast where the maritime engineering company 'McElwaine and Lewis' was founded by C S Lewis' grandfather. This company was a forerunner of Harland & Wolff and built a ship named 'Titanic' which had its maiden voyage to Glasgow on 4th May 1888. (Not the Titanic vessel that is remembered today.) Albert Lewis became an important solicitor in Belfast practising at 75 - 83 Royal Avenue which we passed on our journey.



As the coach arrived in Belfast we passed the Fitzwilliam Hotel. The original building on this site was formerly part of the Grand Opera House and in his book 'Surprised by Joy' C S Lewis recalls accompanying his father and brother to performances in the building. Our first stop of outside interest was in Donegall Street facing St Anne's cathedral where we left the coach to visit Writer's Square and see the memorial stone to C S Lewis, one of 27 writers acknowledged. Sandy also pointed out the memorial to Louis MacNeice who was tutored by C S Lewis at Oxford.

Albert Lewis married in St Marks Church, Dundela in 1894 and came to live with his wife in Dundela Avenue where C S Lewis was born on 29th November 1898. We left the coach to



Little Lea



walk the short distance to where this house previously stood and Sandy pointed out Cave Hill and Belfast Castle. C S Lewis was able to see these sites from his bedroom window making out the Giant's face of Cave Hill which inspired Jonathan Swift to write 'Gullivers Travels', a book which the young C S Lewis read avidly.

carried out in the dining room on the kitchen table and C S Lewis records in his writings his recollection of the smells of antiseptic and anaesthetic which permeated the house. Despite the many risks associated with any surgery at that time Mrs Lewis survived the operation but subsequently died from cancer the following August.

The family moved in 1905 when C S Lewis was seven years old to a new house at 76 Circular Road, 'Little Lea', which he described as being far out in the country surrounded by fields and hedges. In reality today the house is only a few minutes

“God designed the human machine to run on Himself. He Himself is the fuel our spirits were designed to burn, or the food our spirits were designed to feed on.”

CS Lewis *Mere Christianity*

Albert Lewis became increasingly concerned about his son's disjointed education and so in September 1908 immediately following his mother's death in August of that same year C S Lewis, aged nine, was sent to

drive from Dundela Avenue and we were able to alight from the coach and walk the short distance to the gates of 'Little Lea'. Here Sandy told us that C S Lewis didn't go to school but was taught French and Latin by his mother and went to Annie Harper, a teacher living in Cypress Avenue, who taught him everything else. We were able to see that the large house has three storeys and lots of attics and chimneys and it was in these attics that the imagination of that seven year old was stirred, reminding us of the excerpt of the story we had heard on the coach. There was always pen and paper available and here C S Lewis wrote his first book at the age of eight.

boarding school in England. This was an extremely unhappy time for the young boy and he constantly wrote letters home to his father pleading to be allowed to return to Belfast to continue his education. After asking for guidance from W T Kirkpatrick, Headmaster of Lurgan College, Albert Lewis relented and C S

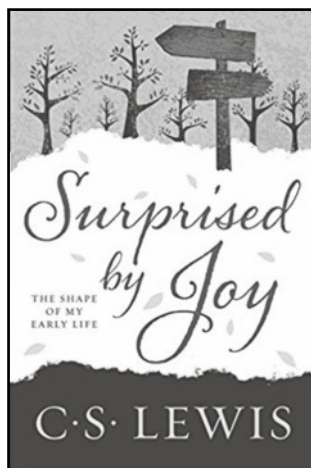
Mrs Lewis became seriously ill and before the days of the NHS a medical team arrived at the home to carry out surgery. The operation was



Lewis was allowed to return home to become a pupil at Campbell College. Although the family home was only a few minutes away from the school the young lad became a boarder from Monday - Friday. The coach was able to drive into the grounds of the school to enable us to see the building, including the dining room and cricket pitch.

From Campbell College we made our way to CS Lewis Square where once again we left the coach and made our way around the sculptures based on the characters from the well known C S Lewis book 'The Lion, the Witch and the Wardrobe'. Mr Sandy Smith is an extremely knowledgeable tour guide with an encyclopedic memory.

Whilst our tour mostly covered the early years of CS Lewis Sandy also gives talks on all



aspects of the author's life. He made brief mention of C S Lewis returning from his experiences of the 1st World War convinced that there was no God. However in later years C S Lewis became friends with Tolkien who took a different view and these conversations were the beginning of his journey back from Atheism to Christianity which he covered in his book 'The Pilgrim's Regression'. C S Lewis died on 22nd November 1963, coincidentally the same evening as

President J F Kennedy was assassinated.

Following the completion of our tour the ladies enjoyed a light lunch back in Seymour Street hall and had the opportunity to view a recording of the Royal Wedding kindly arranged for us by Wilson Stewart. ■

The impact of CS Lewis

The Editor recounts his own experiences of the writings of CS Lewis

In my formative years when a teenager The Screwtape Letters by CS Lewis (Letters from a senior to a junior Devil!) was the first book to make the challenge of becoming a Christian real to me. A few years later when on an SU mission team the Lion the Witch and the Wardrobe was read to the children, and I was totally captivated. Soon afterwards In the biggest bookshop in Edinburgh the manager told me "all the staff are Narnia fans" and she was prepared to lend me a hardback copy of the Lion the Witch and the Wardrobe (which I could not afford) as the paperback was out of stock! CS Lewis was able to incorporate so much fundamental Christian teaching in these wonderful stories that they have had a profound influence on many people. Mere Christianity, Surprised by Joy, The Four Loves and his other Christian writings are among the the 'must reads' for any Christian. Over his career CS Lewis became a Professor of Literature at both Oxford and Cambridge Universities and it is interesting that his great friend JRR Tolkein wrote the Lord of the Rings trilogy which also carries an underlying but less obvious Christian theme.



You could contribute to the Container Ministry

Seymour Street members and friends have been busy making pencil cases for the Container Ministry. This is in addition to the ongoing knitting of teddies, vests and blankets.

For information contact Pamela Abram: 0778630403

MAGHERAGALL GROUP VISITS RUC GC GARDEN

The Magheragall Wednesday Group visited the Royal Ulster Constabulary George Cross Foundation Memorial Garden on 28 June 2018. The group met at Magheragall Methodist church at 10.30 am. Thereafter, they departed in a number of cars for a stop over and lunch at the Secret Gardens Restaurant at Dundonald Nurseries. Prior to lunch, the group had opportunity to look at plants and flowers at the nurseries. Some also looked at various items in the shop.



group was touched to see the list of names of officers who sacrificed their lives for the peace we currently enjoy in Northern Ireland. Some in the group identified names of officers who sacrificed their lives who came from their local areas or who they had heard about, despite coming from another part of Northern Ireland.

After touring the memorial garden, the group had a cup tea in a room at the offices which was organised by Robbie

and Christine Forsythe. The group was greatly appreciative for the tea, Easter egg and snacks. The group really enjoyed the tea, 'craic' and the tour. Overall, the tour in the memorial garden was very therapeutic because the weather was good, it was sunny and very refreshing to walk in the garden. Yet, on the other hand, it was very solemn, educative and historically enriching. It made the group remember and appreciate the sacrifices made by the fallen officers. ■

After lunch, the group departed for the Royal Ulster Constabulary George Cross Foundation Memorial Garden. The garden is situated at Brooklyn, 65 Knock Road, Belfast. It provides a major tribute to policing in Ireland. The garden marks the service and sacrifice of the Royal Ulster Constabulary officers. It offers a unique three-dimensional experience.

The group was shown and guided around the garden by a very experienced guide who had a great sense of humour. On a solemn note, the

and Christine Forsythe. The group was greatly appreciative for the tea, Easter egg and snacks. The group really enjoyed the tea, 'craic' and the tour. Overall, the tour in the memorial garden was very therapeutic because the weather was good, it was sunny and very refreshing to walk in the garden. Yet, on the other hand, it was very solemn, educative and historically enriching. It made the group remember and appreciate the sacrifices made by the fallen officers. ■

From the Registers

Seymour Street

BAPTISMS

Abbie Alice, daughter of Geoffrey Porter and Charlotte Calvert

DEATHS

Mrs Ann Paton	38 Mayfields
Mrs Maureen Baxter	Rose Lodge Nursing Home
Mr Ernest Hawkins	9 Killowen Crescent
Mr Will Gowdy	15 Belsize Park
Mr William Irvine	19 Magheralave Park East

Magheragall

BAPTISM

Connor Ross Stewart

29th April 2018

DEATHS

Miss Anna Cummings	26th January 2018
Mr Robert (Bertie) Ferguson	25th February 2018
Mr Harry Murphy	28th June 2018
Mr James Wadsworth	2nd April 2018

From the depths to the mountain top

Pamela Turtle talks to the Editor about her journey of recovery from a serious and debilitating attack of viral meningitis that finally led her to the 2018 Everest Base Camp expedition.

About 8 years ago Pamela was living in Ballynahinch with her husband David, who was the Methodist minister there, and their three children. Pamela was a catering manager at Lagan College. David had given up dairy farming to go into the ministry, which had been quite an upheaval for the family and they had been at Ballynahinch for about 5 years.

Then that August Pamela suddenly took ill. Her condition puzzled the doctors for almost 3 weeks but on admission to RVH she was diagnosed as having a severe and acute attack of viral meningitis. Within a short time she found herself completely debilitated. Unable to concentrate, write, remember things, have the energy to walk more than a few steps, maintain her balance or even speak coherently.

It was a devastating time for David and the family as they supported Pamela on the long road to recovery. Although friends were genuinely supportive many found it difficult to understand that this was the result of a virus and it would take a long time to undo the damage caused. The following year The Methodist Church moved David and Pamela to Trinity Methodist Church and Pamela feels that was part of God's plan for it enabled Pamela to receive excellent rehabilitation training at Thompson House while she re-learned how to write and gradually

recovered her life skills, which was a long process.

Although Pamela had lost so much through this illness, the job she loved, her ability to write, walk, enjoy life and look after her family, her faith kept her strong as with the loving support of David and their family she set her mind on recovery. Only a year later, and still a long way from

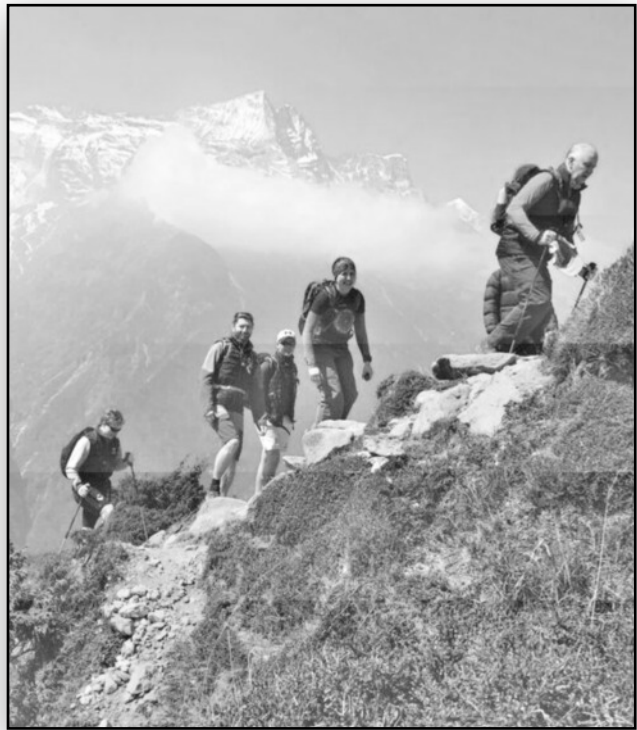


being back to health, when at Castlewellan Holiday Week Pamela picked up a 'Surf Project' leaflet about a group walking to Everest Base Camp. Pamela turned to David and said *'I'm going to do that!'* In her mind she was setting herself a challenge and saying, "When I get to Everest Base Camp (and I will!) I will know that I have recovered." David saw things a bit differently and said, 'I think you should set yourself some easier challenges first such as climbing Slieve Donard!', which was not surprising as at that time Pamela was still struggling to walk more than about 100 yards without being exhausted.

In fact it has taken a further 5 years to follow that road to recovery and gradually she has taken up intermediate challenges such as 5k and 10k walks and runs not to mention climbing Slieve Donard as David suggested, until she felt guided to finally take up that challenge which was her goal all along of joining the Everest Base Camp expedition in 2018.

The Everest Base Camp Expedition

There were nine members of the team which set off from Dublin airport on the 18 day expedition, first flying to Kathmandu in Nepal and then on to Lukla (Hillary-Tensing) Airport where they were to start the climb accompanied by several Nepalese sherpas. Starting from an elevation of over 2500 metres the climb to the Everest Base Camp was a 51 km trek up to over 5200 m (ie a climb of more than three times the height of Slieve Donard from sea level. The risk of altitude sickness due to low oxygen levels was high. Pamela was only too aware that she was the least fit of all the group to make the ascent but her determination to complete the challenge



was undiminished. It was not a race, but a personal challenge.

Although inevitably at the back of the line of trekkers the Sherpa guides were wonderful, at times carrying her back pack when the going was tough, and the whole group progressed up the mountain together each night stopping at pre-prepared small lodges and huts in villages.

Some of the group did suffer from severe altitude sickness or injuries, but the Sherpas pointed out that those who took more time, like her, were less likely to suffer in this way, and that was indeed the case as it became a joke in their group that Pamela's only complaint was that she had cramp in her toe! Climbing through the valleys and villages, walking in the sun one day and the snow the next, surrounded by impressive views of the Himalaya Mountains topped with clouds was an experience in which Pamela found God speaking to her each day. Regular encouraging text messages would come from David and the children which were a source of strength.

It took 7 days to reach the base camp and the last two days were the most testing as



the cold air struck you and low oxygen levels took their toll. But for Pamela it was an emotional experience as she arrived at base camp. Lost for words, she knew within herself that she had achieved her goal set those 5 years ago that marked the end of the illness and, more importantly the start of a new direction for her life. 'I have done it!'

Twelve days after they set off the group arrived back at Lukla to find their flight had been cancelled so they had the excitement of taking a helicopter back to Kathmandu where they were able to spend a few days enjoying and learning about the local culture, religions and way of life before the final journey home.

Reflections

Never having visited a 3rd world country before, lived without electricity and toilets or even left David and their, now, four children behind, this was for Pamela an

experience which rolled so many life changing facets into one adventure. Just before setting off she was very apprehensive about leaving everyone behind and was asking herself 'What have I let myself in for?' She felt extremely home sick for the first few days, but need not have worried as David and the kids were great – and in fact very proud of their Mum. Pamela was pleased to be able to also be part of this project which was fund raising for both the Surf Project at home and the Kopila Project in Nepal and was delighted to have raised just under £2000 through the generosity of friends.

Now with a new future ahead of her Pamela is looking forward to new challenges which she can take up with David firstly in the form of exercise which is so important for future health, but also as God leads them into new adventures of Christian service. ■



Helen Wiseman, Harold Lynass (Captain), Glenn Rowan (Chairperson), Richard Wiseman and Grace Williams (representative from the N.I. Air Ambulance)

Seymour Street Methodist Church Bowling Club

Mrs Helen Wiseman with members of Seymour Street Methodist Bowling Club recently presented a cheque for £1000 to Grace Williams from the Northern Ireland Air Ambulance.

Seymour Street Bowling Club is an enthusiastic club established in 1964. We have about fifty - five members and meet twice a week from September to April. During May and June, we hold an open night for clubs in the area.

Money raised from the club's Charity Cup tournament and donations from the Annual Bowlers' Church Service is normally given to a nominated charity. It is the privilege of the captain to select the chosen charity. Last year unfortunately the captain designate, Jim Wiseman, passed away before his term in office. He had expressed the wish that his charity would be The Northern Ireland Air

Ambulance and the club Committee were happy to honour his wish.

This worthy charity depends on donations such as ours. It costs £5,500 pounds per day to provide this life saving service. It works in partnership with the Northern Ireland Ambulance Service and the Health Trusts who provide the medical teams on board the helicopter. It is doctor led so its value is in getting Hospital Accident and Emergency level treatment to trauma casualties on site within minutes, slashing the travel time to hospital. From its primary operating base at Maze Long Kesh it can reach any part of Northern Ireland in 25 minutes.

We were delighted that Mrs. Helen Wiseman, a recent new member and wife of the late Jim was able to present the cheque to Grace Williams on behalf of the club.

Glenn Rowan, Chairperson