

#### **SUNDAY SERVICES - September**

Sunday	8.30a.m.	10.00am & 11.30am	6.30p.m.
Sept 3	Lord's Supper	Series: Why Bother? i. Why bother with church? Acts 2.42-47	Israel's Prayer Book vi. How good it is. Psalm 133 (Hall)
Sept 10		ii. Why bother reading the bible? 1 Peter 1.10-25 Lord's Supper @ 11.30am	vii. The Majesty of God Psalm 139 (Church)
Sept 17	Lord's Supper	Too good for God Luke 18. 9-14 Family Service @ 10.00am	Youth Service (Hall)
Sept 24		iii. Why bother praying? Colossians 1. 3-14 Lord's Supper @ 10.00am	Saintfield Road PC Holy Communion 7.00pm
Oct 1	Lord's Supper	Harvest Thanksgiving Trevor Cleland	Harvest Thanksgiving Peter Bourke (Church)

#### **Prayer Fellowship** - Knock Room

1st and 3rd Tuesdays of each month at 7.30p.m.

#### **<u>Ladies' Prayer Fellowship</u>** - Breda Room

2nd and 4th Wednesdays of each month at 10.30a.m.

#### **Baptisms**

at any service other than Holy Communion and by arrangement with the Rector

#### Weddings

by arrangement with the Rector

## **Sunday School**

Every Sunday (September – June) at 10.20 a.m. except 3<sup>rd</sup> Sunday of each month when children remain in church for Family Service.

Tel 028 9069 4217

Scramblers - Age 3 -- 7. Minor Hall

Superintendent: Judith Thompson Tel 028 9070 1351

**Junior Sunday School** - Age 7-11. Main Hall

Superintendent: Mrs Jackie Mayes. Tel 028 9079 9180

**Senior Sunday School** - Age 11 – 13. Main Hall

Superintendent: Mr Jack Mayes. Tel 028 9079 9180

**Pathfinders** - Age 13 – 15. Main Hall

Crèche – for babies up to age 3 in Knock Room, Main Hall

# BREDA MESSENGER

# September 2017



THE MAGAZINE OF KNOCKBREDA PARISH CHURCH



**Rev William Press Rector:** 

> 69. Church Road. Belfast, BT8 7AN Tel: 028 9064 1493

**Andrew Thompson Organist:** 

Tel: 028 9079 3186

**Link Missionaries:** Chris and Lotta Strajnic,

Sweden

Dr Rory and Denise Wilson,

Now home

Malcolm Vincent **Church Wardens:** 

(Rector's)

Elizabeth Gowdy

(People's)

**Glebe Wardens:** 

**Jack Maves** 

(Rector's)

Jim Gowdy

(People's)

**Magazine Circ Manager: Alan Templeton** 

Tel: 028 9070 1686

Hon. Sec. to Select Vestry: Wilma Chrusciak

Tel: 028 9091 3971

Hon. Parochial Treasurer: Heather Elliott

Tel: 028 9070 1486

**Parish Panel Child Welfare:** Ivor Hickey

Karen Vincent

The Rector

Tel: 028 9079 6477 Tel: 028 9064 5372 See above

Sexton:

Robert McAvoy

Tel: 028 9069 2400

**Parish Administrator:** 

Karen Vincent

c/o Parish Office, Purdys Lane, Belfast, BT8 7AR

Tel: 028 9064 5372

**Parish Website:** www.knockbredaparish.org

#### **BABIES and TODDLERS**

Shake, Rattle and Rhyme - 2nd and 4th Thursdays - 10.00am to 11.00am in the Minor Hall Mrs Jackie Mayes Tel 028 9079 9180

#### YOUTH ACTIVITIES

**GIRLS** 

**Brownies** Age 7—10

Tuesday 6.30p.m. to 8.00p.m. in the Minor Hall. Mrs Andrea McConnell Tel 078 7555 7998

Guides

Mondays 7.30p.m. to 9.00p.m. in the Minor Hall. Miss Amy Green Tel 028 9079 3775

Senior Section (14—25)

7.30p.m. to 9.00p.m. in the Minor Hall. Miss Amy Green Mondays Tel 028 9079 3775

**BOYS** 

Anchor Boys P1 to P4 Junior Section P5 -P6

Wednesday 6.30p.m. to 7.30p.m. in the Minor Hall. Michael Culbert Tel 078 8272 3553

MIXED

**Badminton Club** Wednesday from 8.00p.m. in the Main Hall

> September to March. Edward Godfrev Tel 028 9070 1062

X-Ray Open to all young people of 3<sup>rd</sup> Form age and above.

**ADULT ACTIVITIES** 

Monday at 7.30p.m. in the Main Hall **Ladies' Bowling Club** 

> Contact:-Maureen Coulter Tel 028 9070 2246

Mothers' Union 1<sup>st</sup> Thursday at 8.00p.m. in the Main Hall.

> Tel 028 9079 6477 Secretary:-Emily Hickey

Tuesday 7.30p.m. in the Main Hall. Men's Club

(Bowls form a major part of their programme.)

Dennis Davison Contact:-Tel 028 9070 1704

2<sup>nd</sup> Thursday at 2.30p.m. in the Minor Hall. **Thursday Club** 

Contact:-Mina Kelso Tel 028 9079 9109

#### **GENERAL INFORMATION**

**Missionary interest** is central to the life of our Parish. The following are the Secretaries from whom information, literature or boxes may be obtained.

Crosslinks -Tel 028 9064 1493 Claire Press Tel 028 9079 9180 C.M.S. Ireland and Mid-Africa Ministry Mrs Jackie Mayes Brian Mateer Tel 028 9059 4985 Leprosy Mission –

Flowers for the church are always in demand. You may donate flowers to the church on a particular Sunday by appending your name to the list in the Church Porch.

There are still some dates available between now and the end of the year.

Breda Messenger The Editor would appreciate if all contributions for the October edition of the magazine could be with him no later than Sunday 10th September, 2017

Contributions can be e-mailed to knbreda@hotmail.com or left in the Church Office.

Parish Website can be accessed at www.knockbredaparish.org

# SEPTEMBER CROSSWORD

#### Across

- 1 'The people were at his teaching' (Mark 1:22) (6)
- 4 'He saved —; let him save himself' (Luke 23:35) (6)
- 8 He addressed the crowd in Jerusalem on the day of Pentecost(Acts 2:14) (5)9 Father of James and John (Matthew 4:21) (7)
- 10 One who charges another with an offence (Job 31:35) (7)
- **11** '— thy ministers with righteousness' (Book of Common Prayer) (5)
- **12** and **15** Down 'All is God-breathed and is for teaching, rebuking, correcting and training in righteousness' (2 Timothy 3:16) (9,6)
- 17 'No of the field had yet appeared on the earth and no plant of the field had yet sprung up' (Genesis 2:5) (5)
- 19 Made to feel embarrassed (Isaiah 24:23) (7)
- 21 This man built his house on sand (Matthew 7:26) (7)
- 22 David's hypocritical message to Joab on the death in battle of Uriah: 'Don't let this you' (2 Samuel 11:25) (5) 23 Detest (Job 10:1) (6)
- 24 God made two great lights, the greater light to govern the day and The light to govern the night (Genesis 1:16) (6)

#### Down

- 1 To make a serious request (1 Corinthians 1:10) (6)
- 2 Launches an assault against (Genesis 32:8) (7)
- 3 'The wicked man deceptive wages' (Proverbs 11:18) (5)
- **5** Tuba ale (anag.) (7)
- 6 'The day thou gavest, Lord, is '(5)
- 7 Old Testament measure of weight, equivalent to about 12 grammes (Exodus 30:13) (6)
- **9** Where Elijah restored life to the son of a widow with whom he lodged (1 Kings 17:10) (9)
- **13** Paul said of whatever was to his profit, 'I consider them , that I may gain Christ and be found in him' (Philippians 3:8) (7)
- **14** City visited by Paul, described by the city clerk as 'the guardian of the temple of the great Artemis' (Acts 19:35) (7)
- 15 See 12 Across

- 16 Rioted (anag.) (6)
- **18** She had a surprise when she answered the door and found 8 Across outside (Acts 12:13) (5)

#### **Rector's Letter**

Dear Friends,

#### 'Christ has been my strength for the last 50 years'

On 30 July 1967, Joni Eareckson Tada was paralysed from the neck down after she dived into unexpectedly shallow water. For months after the accident she was in agony and despair. Joni was angry and felt that she would never smile again. However, fifty years later the well-known Christian author says she is full of joy and laughter. Despite all she has been through she is determined to give glory to Jesus for sustaining her.

In an article on the *Desiring God* website Joni reflects on her life. She still finds herself thinking, "How in the world did I ever make it?" She says, "Here I am, living in joyful hope as though it were sunshine. How did that happen? Here's how: day after day, month after month, year after year, I simply cast myself on Jesus."

Joni adds that she is often aware of the "overwhelming presence and power of God's grace". "I believe that the more aware you are of God's grace, the more joy and courage you will have".



Desiring God spoke to Ama Cruz, one of Joni's carers, who personally witnesses her faith and dependence on Christ. Cruz said: "She doesn't rant or grumble even though she is immersed in chronic pain and cannot use her body. Suffering is her constant companion, yet the Spirit of God is her comforter so she is always gracious. This is an act of the Holy Spirit."

Joni is a remarkable spokesperson for Christians with disabilities. "Yes, we may show flashes of great strength in dark and desperate times — but it's not our strength. For those who battle daily with chronic pain or physical disabilities, the reminders of our weakness are even more stark; we can never really forget how powerless we are. But that's good!"

Over the years Joni has spoken out against the legalisation of assisted suicide, warning of the implications for disabled people. In 2015, as California was considering changing its law, she said legalising the practice "can lead to abuse."

"While meant to apply to terminal illness, the definition of such is often murky and those with significant disabilities may be pressured by insurers, and even families, into believing it is their 'duty to die'." She added: "A life is of infinite worth and there is value to us and those around us in our suffering. I fear we are trying to put ourselves in God's place to determine when a life should end. As our Creator, it is His call and His alone."

To listen to someone as brave and articulate as Joni Earekson Tada is to be inspired with courage, joy, resilience and faith in Christ.

Sincerely in Christ

Bill



# **BETWEEN OURSELVES**

Our Harvest Thanksgiving Services this year will be held on the 1<sup>st</sup> October. Our preacher at 10.00am and 11.30am is Rev Trevor Cleland (Ballinderry) and our preacher at 6.30pm is Rev Peter Bourke (St. Jude's). As ever, we would appreciate help to decorate the church on Saturday morning 30 September from 10.00am.

On 27 August we bid farewell to our curate, Rev Gerardo Gimpel and his family. Gerardo, Suyai and Tomas have been at Knockbreda since 2010 and have built up many strong relationships with the congregation. We look forward to keeping in touch with them and know they will be sorely missed.

We are hoping to refresh our Home Group meetings for this season with a different style of Bible Study. Keep an eye out in the Sunday notices for details. Midweek Groups are a great opportunity for increasing Christian friendship and growing in faith as we study the Bible in an informal setting. Please consider getting involved.

The Knockbreda Golf Society has a match arranged for Monday 4<sup>th</sup> September at Belvoir Golf Club. To book please contact Ray McNeill on 07742470289 or mufcray@aol.com. Spaces are limited.

Sunday School resumes on Sunday 3<sup>rd</sup> September. Please encourage any parents you know to bring the boys and girls along.

There are Postcards/invitations describing all the children's ministries at Knockbreda available in church. Please pass these on to any families you know.

In January 2018 Dr Peter Orr from Moore College, Sydney will be teaching a 'Bible's Big Story' course for Church of Ireland lay people in Belfast. It will run for three weeks on Monday, Tuesday and Thursday nights. This is a great opportunity to hear a gifted lecturer from one of the largest theological colleges in the Anglican Communion. Speak to Bill for more details.

Please let the Rector know of any parishioners who go into hospital. Thank you.

Follow Bill on Twitter @BillandClaire. Bill's blog is http://bible-disciple.blogspot.co.uk. Please LIKE the Knockbreda Facebook Page.

# Extracts from the Parish Registers **Boly Baptism**

6 August 2017 Martha Mae McClelland 128 Ballystockart Rd

13 August 2017 Frederick (Freddie) Harry Giblin 21 Vernslade, Bath

Burial

7 August 2017 Grace Ryan, 19 Casaeldona Rise

#### KNOCKBREDA PARISH MEN'S CLUB

Once again, the end of the summer is approaching and as summer activities come to an end, we are looking forward to the commencement of the new indoor bowling season.

The Club will recommence, on Tuesday 12th September 2017, at 7.30pm, in the Parish Hall

We hope to see a full attendance of our present members on the first evening of the new season. We would also extend a very warm welcome to any new members to join us on a Tuesday evening.

The club has four mats and there are quite a number of club bowls available, so do come and have a try.

DON'T FORGET—BOWLING IS FOR ALL AGES

Dennis Davison (Hon. Sec.)

# CRÈCHE ROTA - September

3rd Sept - Pauline Crothers & Amy Culbert

10th Sept - Emily Hickey & Carole Stewart

17th Sept - All Age Service

24th Sept - Patricia McKee & Heather Nixon

1st Oct - Kathleen McIntyre & Eveline Bothwell

If this does not suit please contact Pauline Crothers - 9064 6022

# **USED CLOTHING APPEAL 2017**

This year's used clothing appeal raised a total of £400. A very big thank you to everyone who contributed or helped in any way.

Robert and Ann

## **Reformation 555—Grace**

In the pre-Reformation, medieval Church grace was thought of as some thing — a force or a fuel - given by God to people who 'do their best' and who need help to prepare their own hearts for the receiving of God's blessings. It was rightly recognised that only holy people belong with a holy God in heaven but, because we cannot summon up the energy needed to be truly holy, God in his kindness gives us the fuel of his grace. Grace was therefore thought of as a bit like a can of Red Bull. I cannot quite make myself holy enough so God gives me a boost of grace and I find myself much more able.

However, this is not what the Bible teaches about grace, although it is still very common in church circles to think this way today. Grace is not a *thing* at all; it is a person, Christ. 'For the grace of God that brings salvation has appeared' (Titus 2.11). Grace is the personal kindness of God saving us as he freely gives *himself*. The grace a believer receives when he takes the gospel to heart is Christ.

The Reformers set out to correct the church's teaching about grace. They revived the Biblical message of salvation by grace *alone*, which was another way of saying salvation by Christ alone. Salvation is not earned, not even with God's gracious assistance. Luther said, 'He is not righteous who does much, but he who, without work, believes much in Christ.' Taking Romans 4.5, the Reformers taught that God 'justifies the ungodly'; he does not simply help or reward those who try to make themselves godly. 'The law says, "do this" and it is never done. Grace says, "believe in this" and everything is already done' (Luther).

Grace is more like a marriage than a can of Red Bull. A believer is united to Christ as a groom is united to his bride and a new status is reached. In an ideal marriage a man and a woman come together in order to receive each other. The other person is the gracious gift in any marriage. Likewise someone who becomes a Christian receives primarily not heaven, eternal life, righteousness or any other blessing, but Christ himself, in whom all the other blessings are found.

'Therefore my dear brother, learn Christ and him crucified. Learn to pray to him and, despairing of yourself, say: "Thou, Lord Jesus, art my righteousness, but I am thy sin. Thou has taken upon thyself what is mine and hast given to me what is thine. Thou hast taken upon thyself what thou wast not and hast given to me what I was not." (Luther).

#### **THURSDAY CLUB**

Our first meeting will be on Thursday 14th September at 2.30p.m.

Our special speaker will be

#### Mrs Eva Baxter

on a return visit to tell the story of John Wesley

This will be a very interesting afternoon Everyone very welcome - bring your friends

For transport please contact

Mina 9079 9109

**Robert 9069 24**00

# Food for Body and Soul MEN'S BREAKFAST

The next Men's Breakfast will be on Saturday 9th September, 2017 at 8.30 am in the Minor Hall Guest Speaker

**Chris Agnew** 

South American Mission Society (SAMS)

<u>Church AV Equipment</u> A Loop System is available to help those with hearing difficulties. The loop works best in the downstairs pews in the central part of the church (not the transepts). Please set your hearing aid to the "T" Set-



**This month's Front Cover shows** Jerome and Mary being presented with a beautiful painting of a Bird of Paradise by Elizabeth Gowdy. Elizabeth spent many hours producing this masterpiece.

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3rd September -Available

10th September -Doreen Ritchie

17th September -Available

\*\*\*\*\*\*\*\*\*

24th September -Kay McGalie

1st October **HARVEST** 



# **Christian Aid Laganside Walk**

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#### Sunday 24th September 2017

Bring your family, friends or a group from your church for a family friendly walk along the Lagan Towpath

Registration with donations from 3.00pm in the Ramada Hotel fover Shaw's Bridge, Belfast, BT8 7XP

(Suggested donation of £5 per adult or £10 per family)

#### **ALSO**

**Christian Aid Strangford Sportive Cycle** Saturday 30th September, 2017 Cycle 40/80/120km routes from Delamont Country Park, Co Down and say 'On your bike' to poverty.

More information and online registration available at christianaid.ie/ cycling or speak to Elizabeth or Jim Gowdy about either event

#### **ALSO**

A BIG 60th CAW THANK YOU on Saturday 14th October

Whether you're a soup maker, chief baker, collector or volunteer for Christian Aid in any other way, we'd love you to join us for a thank you evening.

There will be a short service at 5.00pm followed by a FISH AND CHIP SUPPER with entertainment at St. John's Newtownbreda Presbyterian Church. Ormeau Road, BT7 3HX. Please invite volunteers from your church and community family are welcome too. RSVP essential for catering and dietary requirements.

I hope you all have had an enjoyable and refreshing Summer and are now ready for the commencement of our new Session.

The Willowfield Area Service is being held in St Clements on Thursday 28 September at 8.00 pm. We look forward to a good turnout of members at this Service

The first meeting in the Hall will be Thursday 5 October at 8.00 pm. We would love to see new members - so why don't you come along and give it a try.

**Emily Hickey** 

**Branch Secretary** 

# **CSSM Catering**

Please accept my grateful thanks for all the help given by our church. You have been generous in so many ways, be it with food, finance or help. The team were both happy and healthy.

Particular thanks to Kathleen Wood for her culinary skills and Patricia McKee for being such a willing helper in the kitchen for most of the week

Many thanks also to Robert who is always on call to avert any potential disaster.

**Cindy Patterson** 

(Kitchen Co-ordinator)

# F.W.O. Team for September

D. Johnston (Leader); B. Lloyd; D Halliday; F. Montgomery; and B. Milford.

#### JULY/AUGUST CROSSWORD ANSWERS

ACROSS: 8 Grandchildren: 9 Pro: 10 Marvelled: 11 Strut: 13 Startle:

16 Babysit; 19 Orate; 22 Eucharist; 24 Map; 25 Commissioners.

1 Egypt's; 2 Favour; 3 Edomites; 4 Thorns; 5 Blue; 6 Armlet; 7 On edge; 12 Tea; 14 Adoption; 15 Lot; 16 Breach; 17 Become; 18 This So; 20 Armies; 21 Expose; 23 Avid.

#### KNOCKBREDA GOLF SOCIETY

Hi Golfers,

It is the Annual Knockbreda Golf Outing on Monday 4th September at Belvoir Park Golf Course.



The usual cups, awards and visitors prizes are up for grabs.

We expect the cost to be around £43 for the meal and golf and for a meal only about £22 for other halves, if they wish to come for the meal.

Please feel free to make up four balls with any visitor who wants to take advantage of playing a great course. Buggies are available also.



To book contact Raymond McNeil on 077 4247 0289

Michael Pollock

**Knockbreda Professional** 

# "Prayer for our City and our Land"

"...if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land." (2 Chronicles Ch7 vs 14 NIV).

After a short break over the summer months, a time which has seen one of the most peaceful 'Twelfths' for some time, Divine Healing Ministries is recommencing from Monday 4th September "Prayers for our City and our Land". These prayers will take place each weekday morning, between 10.30am and 12.30pm, in the peaceful atmosphere of the Chapel of the Holy Cross at the St George's Church, High Street, Belfast. Clergy or lay people, drawn from a number of denominations, will again lead each hour of prayer.

These prayers offer a time to give thanks and praise, to pray for the future of our land, for peace, for our politicians and for the healing of the many ills in our society. This time of mostly silent prayer also offers a further opportunity to find wholeness through prayer by laying down burdens carried from the past, by saying sorry and by offering forgiveness to others.

You are warmly invited to participate in this prayer initiative at St George's. If you would like more information please contact Norman Sleator on Mob: 07533 207627.

#### **LADIES' BOWLING CLUB**

Once again our new bowling season is about to start. If any ladies in the Parish would like an evening of fun and laughter please do feel free to come along on Monday 11<sup>th</sup> September at 7.30pm and join us.



We do hope that our ladies who were unable to come along at the end of the season are now feeling fit and well and we look forward to seeing them again, come September.

Looking forward to the new season and hopefully some new members.

**Maureen Coulter** 

Secretary

#### CSSM—Thank You

I would like to thank everyone who has helped with the catering for this year's CSSM. Over one hundred people from three churches were involved to some degree—either by providing food, contributing financially, working in the kitchen or providing general assistance. It was a wonderful team effort.

**Karen Thomson** 

#### Activities at Knockbreda for children and Young People

We have lots happening for children and young people at Knockbreda. There is Sunday School, Messy Church, Crèche, X-ray, Shake, Rattle and Rhyme, Anchor Boys, Brownies and Guides. We long to share good news with boys and girls.

# **Anchor Boys and Junior BB**

Last year 14 boys were attending Anchor Boys at Knockbreda. This year two of them are moving up to the new Junior Section – and we'd love to see new boys in this P5-P6 age group. Get in touch with Michael (see inside back page) to find out more details. We are very grateful to the young leadership team which devotes Wednesday nights to looking after all the boys. Anchor Boys and Junior BB meets every Wednesday at 6.30pm in the Minor Hall. We enjoy games, a Bible story, fun and friendship. There's room for lots more! Come and join us, beginning Wednesday 13 September.

#### Mission Partners Chris and Lotta Strajnic in Sweden

Dear Mission Partners and Friends.

We have started up our regular bible study group in Uppsala and our new bible study in Stockholm city. I (Chris) will take on an apprentice called Simon who is 21 years old, (more about him in the next prayer update) and we will have a new couple moving from Dublin to be part of our ministry, Annelie and Ionut who are coming from one of our partner churches, Immanuel church, also more about them in a later upcoming prayer update. In Åkersberga, on the 27th August there will be held a sort of simple town festival and we as a church will attend for the first time publicly and do some advertising for our upcoming Hallåvän (halloween) outreach party in October. This is a great chance let people know that we do exist as a church and if opportunity arises to do some evangelism.

#### **Prayer points:**

The children's choir will start in a week or two. Do pray for all the children who are coming from non-Christian homes and for their parents that they will find the salvation our Lord is offering.

Women's ministry that is starting soon in Åkersberga (several new women are planning to come).

For our bible study groups in both Stockholm and Uppsala.

For our new apprentice Simon.

For Annelie and Ionut that their move to Stockholm will be smooth and their transition will go well as they start a new life in Sweden.

For us, for wisdom and endurance in all the Gospel work we do.

Yours in Christ,

**Chris and Lotta** 



# **Messy Church**

The next Messy Church will take place on Friday 8th September in the Main Hall starting at 3.30pm.

If you would be interested in helping with this fun church time activity please speak to Bill or Linda.

#### On the Bookstall – John Stott 'Same-Sex Relationships'

'This is magnificent: a collection of wise, biblical and thoughtful insights on a contentious topic, from a seasoned pastor and a distinguished theologian. Prescient, compassionate and true.' Andrew Wilson, Teaching Pastor at King's Church, London

In this revised, updated and extended edition of the classic chapter from *Issues Facing Christians Today*, the

late John Stott lays out the biblical position on same-sex relationships with care, wisdom and compassion.

In addition to Dr Stott's timeless Biblical wisdom, there are forewords by Dr John Sentamu, (the Archbishop of York) and Dr Mark Labberton (President of Fuller Theological Seminary), a helpful preface by the editor, Sean Doherty, testimonies from same-sex attracted Christians and questions for reflection and discussion

'This is magnificent: a collection of wise, biblical and thoughtful insights on a contentious topic, from a seasoned pastor and a distinguished theologian. Prescient, compassionate and true. Andrew Wilson, Teaching Pastor at King's Church, London.

#### KNOCKBREDA BADMINTON CLUB

Our 80th year of badminton at Knockbreda will recommence on Wednesday 6th September at 8.00pm in the Main Hall

Our season closed for the summer just before Holy Week and attendances on club nights were encouraging and more often than not we had table tennis in the Knock Room.

Our Main Hall, with its high ceiling is excellent for a game that is good for your health, you don't get wet or cold, there is always a bit of craic and tea/coffee and a biscuit (or two!)

Why not give it a go?

**Edward Godfrey** 

