

# TRINITY & GILLYGOOLEY NEWS



Issue 67

[www.trinitypresbyterianchurchomagh.co.uk](http://www.trinitypresbyterianchurchomagh.co.uk)

October 2015

**HARVEST  
THANKSGIVING  
SERVICE**  
in  
**Gillygooley**  
PRESBYTERIAN  
CHURCH  
**Sunday**  
**18<sup>th</sup> October**  
10-00 a.m.  
Rev Robert Herron  
- EVERYONE WELCOME -

## MATTHEW RECEIVES BOYS' BRIGADE AWARD



A member of Gillygooley congregation, Matthew McKernan, of First Omagh Boys' Brigade, is pictured receiving his Queen's Badge from Mr Drew Harris OBE, Deputy Chief Constable PSNI, at Carnmoney Presbyterian Church. Matthew is currently the longest serving member of the company, with 13 years' service. Having achieved the highest award in the Boys' Brigade, he plans to return as a leader in September.

**HARVEST  
THANKSGIVING  
SERVICE**  
in  
**TRINITY**  
PRESBYTERIAN  
CHURCH  
**Sunday**  
**18<sup>th</sup> October**  
11-30 a.m.  
Rev Robert Herron  
- EVERYONE WELCOME -

## TRINITY FROM ABOVE

Ever wonder what the view of Trinity Presbyterian Church, St. Columba's, the Methodist Church and the surrounding area is like from the the spire on the Sacred Heart Church? You will probably be well aware of the scaffolding that surrounds the spire on the Sacred Heart at the minute as maintenance work is carried out, and the chance to get a good photograph on a nice day was just too irresistible for Fr. Dermot McGirr, of the Sacred Heart Church. Certainly a case of 'Nearer my God to Thee'!



**EVENING  
HARVEST  
THANKSGIVING  
SERVICE**  
in  
**TRINITY**  
PRESBYTERIAN  
CHURCH  
**Sunday**  
**18<sup>th</sup> October**  
7-00 p.m.  
Rev Linda Keys  
(Seskinore & Edenderry)  
- EVERYONE WELCOME -

# Annual Church BBQ

The joint Annual Church BBQ was held this year on Friday 5th June at Gillygooley. As before, there was fun and games and loads to eat. A huge thanks is extended to all the families involved in providing and cooking the food to make it a most enjoyable night. The weather was favourable and our photographer was busy as you can see!



Watching proceedings.



The cooks for the night.



The ladies that were busy in the kitchen.



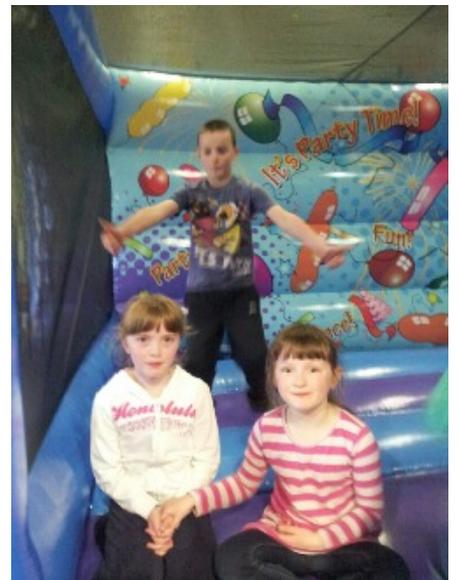
Footballers ready for action.



Feeding time!



Enjoying the BBQ.



Friends bouncing around.

## *Ulster Project 2015 - Salt Lake City*

by Rebecca Donnell

It was an early start on the 24th June and everyone was running around excited for what lay ahead. It was time to say goodbye to our families and board the bus to the airport. A whole month without our parents; what were we thinking? Finally, after a really long bus ride we arrived in Dublin. We quickly boarded the plane and just 24 hours later we were walking through the doors of Salt Lake City to a group of kids and parents screaming and shouting!

During the next few days we did service projects along with many fun activities including scavenger hunts around Salt Lake City, shopping, camping at Camp Tuttle and a trip to Cascade Springs where we had to clean weeds out of a freezing cold muddy river, but it was worth it as we got milkshakes afterwards! One of my favourite service projects was the Road Home Dinner. This was a service project to cook dinner and then serve it to the homeless living in the Palmer Court housing. Palmer Court is a 201 unit apartment complex for former chronically homeless families and individuals. I got to talk to some of the families and play with the most amazing children. Some of their stories really did touch me and it made me realise how lucky I am.

Other activities that we were involved in included our talent show, the extremely high ropes course, camping in Torrey, enjoying the parades on the 4th July, bowling, a trip to the Natural History Museum, The Humane Society where we walked dogs and played, skating, a river trip, Lagoon Theme Park, hiking, an awards ceremony, a fancy dress party and finally the Seven Peaks Water Park, all of which were highly enjoyable experiences.

I really enjoyed the Ulster Project SLC 2015 and I wouldn't change any of it! It was an incredible experience and if you're turning 15 I would encourage you to apply!



## Gillygooley Walking Club



Gillygooley Walking Club has now finished another successful season with the final walk on Saturday 12 September. The group travelled to Lissan House in Cookstown for the day and stopped off for an evening meal in Braeside Restaurant on the way home. The club was busy this year with a walk every Wednesday evening from different locations around the Omagh area. After the Omagh town walks the group finished with tea and biscuits in The Hub in Campsie which is run by the Campsie Residents Association. A huge thanks to all walk leaders and members who helped in any way this year. The club will open again in April 2016.  
 Photo: Walking Club group at The Hub in Campsie, Omagh.

## CHILDREN'S DAY AT TRINITY

Pictured below are the children from Trinity who attended the annual Childrens Day Service on Sunday 7th June. The prizes were presented by the Rev Herron and Amanda Donald. During the service Rev Herron received money from Madison McGrew & Ellen Winters on behalf of the Sunday School in aid of Project Emmaus.



Bible Class L-R Back row: Emily Buchanan, Graham Carson, Matthew Patterson  
Front row: Molly Buchanan, Chelsea Johnston, Jack Duncan, Jordan Smyth.



P1/2 children Back row: Emily Irwin, Matthew McFarland, Louisa Ferguson, Madison McGrew, Ellen Winters  
Front row: Oscar Reid, Bethany Ferguson, Chloe McGrew, Bethany Carmichael, Sophie Carmichael, Adam Magee.



P3/4 group Back row: Charlie Fenwick, Oliver Irwin, Thomas Winters  
Front row: Lauren Black, Tom Bell, Harley Folliard.



P5-7 group Back row: Ellie Duncan, Courtney Champion, Henry Thompson, Luke McFarland  
Front row: Mark Fenwick, Lucy Reid, Scott Mc Grew, Kyle Johnston, Lewis Kerrigan, Rachel Patterson.

## PW PROGRAMME FOR THE INCOMING SESSION 2015-2016

October: Avril Campbell

November: Marjorie Bennett

December: Faith Mission and Visitors from 1st Omagh and other PW ladies

February: Evelyn Armstrong

March: Jim McBain and AGM

The PW meetings are on the second Tuesday of each month at 8.00 pm and everyone is welcome!

## **TRAVEL AND STUDY ABROAD**

Trinity member Julie Parke, a Geography student at Glasgow University, has recently returned from the USA where she went to university from September 2014 until June 2015. She participated in a Study Abroad programme and attended the University of California at Santa Barbara. In addition to her studies, Julie played hockey for the university team and played matches in both Los Angeles and San Diego. As the campus was at the coast, there were also opportunities at weekends for surfing, canoeing, paddle boarding and cycling. When exams were finished in June, Julie, her sister and two friends from Omagh spent three weeks travelling around California before heading back home.

At the end of August, Julie was part of a group who visited India on a two week programme organised by the British and Indian Councils. The group flew to Delhi where they did some sightseeing and attended university events. They then travelled on a 17 hour train journey to Mumbai where a similar programme of activities was planned. The group returned to Dublin on 12th September. For Julie, two memorable experiences!



### **My USA Experience** (by Glenn McKinley – Gillygooley)

As you probably know, I spent the month of July in Salt Lake City, Utah. I was paired up with the Blalock family for the month. The family really made me feel at home and were really welcoming. Throughout the month we had



something on every day except 4 days when the family we stayed with got to take us away for the weekend, I was fortunate enough to get to go on a trip to Las Vegas with the family where we also met up with another family that went there too. As the schedule was very tightly packed, we didn't have much time to ourselves but it was worth it as everyone had a lot of fun and we all made a new set of friends throughout the month. One of the highlights of the month was the glitter fight we had on our last camping trip on the final week end of the month. Overall I had an amazing experience that I will never forget and have made some of the best friends ever.

## Children's Day Service At Gillygooley

On Sunday 7th June Gillygooley held their annual Children's service and presentation of prizes. Churchgoers were greeted by Harvey and Karen King. The Rev Robert Herron welcomed a capacity congregation with Louie and Archie King leading the call to worship. Julieann Hemphill and Andrew King read 'A Psalm of the Law' taken from Ps 19. A prayer was read by Timothy Donnell, Lauren Hunter, Tyler Donnell and Karen King. The children's choir, who were trained by Amanda Graham, sang two pieces entitled 'Do you ever talk to God above?' and 'I am so glad that my Father in Heaven'. A Bible reading taken from Luke 24 (on the road to Emmaus) was read by Adam Porter, Jason King, George Donnell and Katie Gault. The children's weekly collection for Project Emmaus amounting to £203.50 was presented to the Rev Herron by Emily Hemphill and Aaron McKinley. Prayers for others were read by Helena Caldwell and Oliver King. The offering was taken up by Frazer Caldwell, Neil Hemphill, Ryan Crawford and Matthew Hunter with Rachel Graham delivering the offering prayer. The presentation of prizes was carried out by Rev Herron assisted by Beverley Fleming the Sunday School Superintendent. The children were congratulated for their excellent attendance record with full attendance prizes being received by Archie King, Andrew King, Rachel Graham, Harvey King and Oliver King. Rev Herron thanked the Sunday School teachers for their dedication and all those who assisted throughout the year.

Following the service, the congregation were invited to the hall by the members of the Bible Class where morning coffee was served. Donations amounting to £224.40 were raised for Sunday School funds.



Aaron McKinley & Emily Hemphill present Rev Herron with the Sunday School collection for Project Emmaus.



The children's choir.



The Bible Class who helped in the kitchen.



L-R Oliver & Melanie King.



# Children's Page



God gave Moses a set of laws. Do you know what these are called? Exodus Ch. 20 will help you.

The first 6 are listed below. Fill in the blanks using the words below.

1. Do not have any other

\_\_\_\_\_.

2. Do not have any

\_\_\_\_\_.

3. Do not take the  
\_\_\_\_\_ name in vain.

4. Remember to keep  
the \_\_\_\_\_ day holy.

5. Honour your  
\_\_\_\_\_ and  
\_\_\_\_\_.

6. Do not \_\_\_\_\_

Lord's

father mother

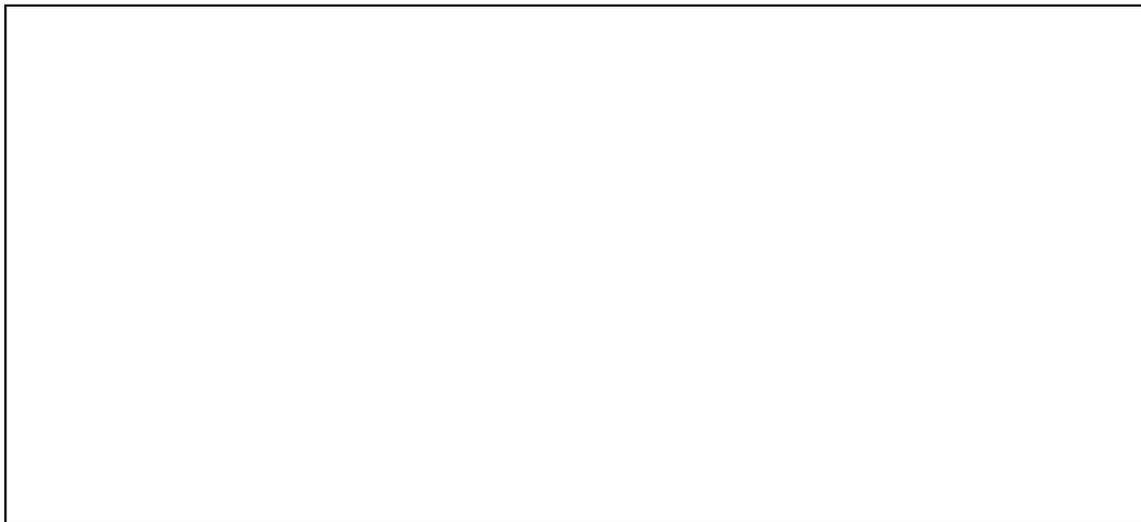
Murder

gods

idols

Sabbath

Law number 4 – Can you draw a picture of how you could do this?



**Please Note: We can only accept Primary School entrants**

Name \_\_\_\_\_ Age \_\_\_\_\_ Congregation \_\_\_\_\_

Please forward entries to Diane Mills, 46 Thornlea, Omagh, BT79 0EL no later than 4 weeks after publication. If more than one entry is received from either church, a draw will be made. Please send in the whole page.

Last issue's winners: Trinity - Lucy Reid  
Gillygooley - Helena Caldwell

## **SHIRLEY MCCAY - RECORD BREAKER**



This year has been one of my busiest yet in terms of both work and my hockey career. There have certainly been plenty of highs and lows, and plenty of air miles along the way! The year before the Olympic Games can only mean one thing – the qualifying tournaments in which you must be successful in order to get there! The process was slightly complicated but we had two main competitions, World League 2 and World League 3. To qualify for the latter we had to finish in the top two of the former. To qualify for Rio we had to finish in the top 6 of World League 3.

In January the team travelled to Valencia for a two week training camp. This was to be the venue for the World League 3 Competition in June. Our reason for the camp was to suss out the area, get some practice on the pitch and generally get our bearings so that come June time we could settle in quickly. We trained every day and played 3 test matches against Spain, winning one, drawing one and losing one. In April, Ireland hosted the World League 2, an 8 team competition featuring slightly lower ranked teams including Canada, Ukraine, Belarus and Chile. We were the highest ranked team in the competition so knew that we were favourites to win. It was a fantastic tournament in front of superb home crowds, including lots of girls and boys who had travelled from schools all across the country to support us. We made the final and much to our delight beat Canada in a penalty shoot out to finish top in the tournament and qualify for World League 3.

In preparation for the Olympic Qualifier we travelled to America and Canada in May. We played the USA 4 times in Lancaster Pennsylvania and then travelled to Toronto to play Canada 3 times. It was an intensive and gruelling trip but yielded lots of learning and really positive outcomes. Post journey the squad for World League 3 was announced and luckily my name was on the list!

And so along came June, the most important tournament of our lives. The World League 3 was hosted by Spain and Belgium, with the top 20 teams in the World divided into two pools of 10. The two competitions involved two groups of 5 teams. You played everyone in your group and the top 4 went through to the quarter final stages. Win that game and you were guaranteed a top 4 finish and a spot in Rio. How exciting!!

We arrived in Valencia in good spirits. We were ranked 8th out of the 10 teams competing, so needed to pull off some fantastic and unprecedented results to finish in the top 4. In our group we played Uruguay, Germany, South Africa and the USA. We played some superb hockey and beat South Africa, Uruguay and the USA, narrowly losing to Germany but our results allowing us to finish top in our pool, something we never thought possible. Germany were the European Champions, South Africa the African champions and the USA were ranked 4th in the world, so to finish first was a special feeling. I also had the privilege and honour of receiving my 200th cap for Ireland in the game against Germany. It was a special moment and I felt incredibly proud.

So on to the quarter finals we went. The format of the competition meant that we played 4th place finisher in the other group. This was China, a team currently ranked 8th in the world (we are 15th). It was going to be a great game and we were quietly confident we could get a result and qualify for the Olympics. China went a goal up early in the game but we dominated possession and managed to find an equaliser in the second half. With 4 minutes to go we scored again but unfortunately the goal was ruled out by the umpire. It was a cruel blow when we were so close to snatching victory.

The game finished 1-1 so went to the dreaded penalty shoot out. This involves a 1v1 format, where an outfield player has 8 seconds to score against the goalkeeper, best of 5 wins. After both teams had had their 5 attempts we were still at deadlock, so sudden death ensued. What an intense and nerve wracking moment! Our captain stepped up having scored the first time, but we watched in horror as the ball sailed back out of the circle having hit the post. It was China's turn to have a go, knowing that they needed to score to win. And that they did. We watched as they celebrated their victory and it was really tough to take. Having come so so close was a bitter pill to swallow but we knew we had given everything we had.

A top 6 finish however was still possible, so we played the USA the next day to try and keep our Olympic dream intact. No one expected us to beat them





the first time and they seemed determined not to let it happen again. In hindsight we had given so much to the China game it was physically and mentally incredibly demanding to ask us to go again so soon after. We lost to the USA and our hopes for a place in Rio were gone. The tournament ended on a low for us having given so much in the early stages. It was heartbreaking and incomprehensible when we had played so well and not been able to achieve our dreams. However we left Valencia incredibly proud of our efforts and knowing that it was not meant to be. After the high and lows of Valencia we returned home with the task of taking a squad to compete in a European 'B' tournament

in Prague in July. Having got relegated from the A division two years ago we knew nothing less than victory at this tournament would do to secure victory and be promoted back where we belong. It was made all the more difficult as our head coach stepped down from his role after missing out in Rio. We were all still recovering from the heartache and had to travel to Prague missing 7 of our regular players who couldn't commit due to injury/work commitments/retiring. It was in some ways an enjoyable tournament however, given that we had some new and fresh faces and were able to play with relative freedom. We outran and outplayed all of our opposition, only conceding one goal and powered our way to a 5-0 victory over the Czech Republic to win the Gold medal. It was made even more special for me as I played in my 209th game for Ireland, making me the most capped Irish female of all time. A special day with a special bunch of team-mates. I have been incredibly blessed throughout my hockey career and the accolade was the icing on the cake.

So, after all that you are probably wondering where on earth does my work fit in!? I am currently employed as Talent Coach for Ulster Hockey, and they have been incredibly accommodating of me and my Irish commitments throughout 2015. I am grateful they allowed me the opportunity to pursue my dream even if it ended in disappointment.

August was an extremely busy month with work as I had a lot of making up to do! I ran 7 camps over the month which involved over 250 kids. I am also in charge of the under 18 Ulster boys' team and we were victorious in the UK school Games held in Manchester, beating Wales, Scotland and England to claim Gold. In October I take the under 16 girls to the Interprovincial tournament, where we play against our Leinster, Munster, South East and Connacht counterparts. It promises to be an exciting few weeks.

In terms of my playing career we are back training in a couple of weeks and I am looking forward to playing some club hockey with the Ulster Elks for the forthcoming season. It has been a busy year but I have enjoyed every second. Well, most seconds!

## Charity Tandem Skydive for Friends of the Cancer Centre

By Emma Mills (Gillygooley)

On Monday 6th April 2015 with the sun shining and not a cloud in the sky, I made my way to The Wild Geese in Garvagh excited and ready to do my charity tandem skydive. With a quick briefing from the tandem instructor William Jones, I was equipped with the essential kit and I had a few minutes to pose for a photograph before



Emma ready for her Skydive.

boarding the plane. It took us 20 minutes to reach the height of 13000ft when I was called forward to jump with my camera man. I had to remember to keep my head up and feet back. The sensation and experience were unbelievable as soon as I left the plane. When I reached 5000ft which just took about 30 seconds, the tandem instructor pulled the parachute. Overall it took approximately 5 minutes from the moment I left the plane to when my feet touched the ground. I was very proud of my achievement and raised £936 for Friends of the Cancer Centre. They are a charity based at Belfast City Hospital who help accommodate and support patients and their families who are going through cancer treatment at the hospital.



Emma being presented with her certificate by her tandem instructor, William Jones.

## **REFLECTIONS**

### **GOD GROWS US ONE STEP AT A TIME**

*“So get rid of your old self, which made you live as you used to — the old self that was being destroyed by its deceitful desires. Your hearts and minds must be made completely new, and you must put on the new self, which is created in God's likeness and reveals itself in the true life that is upright and holy.” (Ephesians 4:22-24)*

Although God could instantly transform us, he has chosen to develop us slowly. Jesus was deliberate in developing his disciples, just as God allowed the Israelites to take over the Promised Land “little by little,” so they wouldn’t be overwhelmed (Deuteronomy 7:22). He prefers to work in incremental steps in our lives.

Why does it take so long to change and grow up? There are several reasons:

- We are slow learners. We often have to relearn a lesson 40 or 50 times to really get it. The problems keep recurring, and we think, “Not again! I’ve already learned that!” But God knows better. The history of Israel illustrates how quickly we forget the lessons God teaches us and how soon we revert to our old patterns of behaviour. We need repeated exposure.
- We have a lot to unlearn. Since most of our problems — and all of our bad habits — didn’t develop overnight, it’s unrealistic to expect them go away immediately. There is no pill, prayer, or principle that will instantly undo the damage of many years. It requires the hard work of removal and replacement. The Bible calls it “taking off the old self” and “putting on the new self” (Romans 13:12; Ephesians 4:22-24; Colossians 3:7-10, 14).
- Growth is often painful and scary. There is no growth without change; there is no change without fear or loss; and there is no loss without pain. Every change involves a loss of some kind. We fear these losses, even if our old ways were self-defeating, because, like a worn out pair of shoes, they were at least comfortable and familiar.
- Good habits take time to develop. Remember that your character is the sum total of your habits. You can’t claim to be kind unless you are habitually kind. Your habits define your character.

There is only one way to develop the habits of Christ-like character: You must practise them — and that takes time! There are no instant habits. Paul urged Timothy, *“Practise these things. Devote your life to them so that everyone can see your progress”* (1 Timothy 4:15).

### **GOD IS NEVER IN A HURRY**

*“Don’t try to get out of anything prematurely. Let it do its work so you become mature and well-developed.”* (James 1:4)

Be patient with God and with yourself. One of life’s frustrations is that God’s timetable is rarely the same as ours. We are often in a hurry when God isn’t. You may feel frustrated with the seemingly slow progress you’re making in life.

Remember that God is never in a hurry, but he is always on time. He will use your entire lifetime to prepare you for your role in eternity.

The Bible is filled with examples of how God uses a long process to develop character, especially in leaders. He took 80 years to prepare Moses, including 40 in the wilderness. For 14,600 days Moses kept waiting and wondering, “Is it time yet?” But God kept saying, “Not yet.”

Contrary to popular book titles, there are no “Easy Steps to Maturity” or “Secrets of Instant Sainthood.” When God wants to make a giant oak, he takes a hundred years, but when he wants to make a mushroom, he does it overnight.

Great souls are grown through struggles and storms and seasons of suffering. Be patient with the process. James advised, *“Don’t try to get out of anything prematurely. Let it do its work so you become mature and well-developed”* (James 1:4).

Don’t get discouraged. When Habakkuk became depressed because he didn’t think God was acting quickly

enough, God had this to say: *“These things I plan won’t happen right away. Slowly, steadily, surely, the time approaches when the vision will be fulfilled. If it seems slow, do not despair, for these things will surely come to pass. Just be patient! They will not be overdue a single day!”* (Habakkuk 2:3)

Remember how far you’ve come, not just how far you have to go. You are not where you want to be, but neither are you where you used to be. Years ago people wore a popular button with the letters PBPGINFWMY. It stood for “Please Be Patient. God Is Not Finished With Me Yet.” God isn’t finished with you, either, so keep on moving forward. Even the snail reached the ark by persevering!

## Record of Baptisms, Marriages and Deaths

(until 7 September 2015)

Baptisms in Trinity	Marriages in Gillygooley	Deaths in Trinity
<p>19 Jul Wray George Campion</p> <p style="text-align: center;"><i>“Let the children come to me...”</i></p> <p style="text-align: center;">(Mark 10:14)</p>	<p>26 Jun Andrew James Fyffe &amp; Catherine Anne McGuckin</p> <p style="text-align: center;"><i>“Love one another as I have loved you...”</i></p> <p style="text-align: center;">(John 15:12)</p>	<p>9 May James Elliott 10 May Dean Ford 30 May Mary Henry 16 Jul Joseph Anderson 5 Aug Charlie McKeraghan 7 Aug Thomas Carson 20 Aug Terence Cathcart</p> <p style="text-align: center;"><b>Deaths in Gillygooley</b></p> <p>17 Aug Ruby Ford</p> <p style="text-align: center;"><i>“I am the resurrection and the life...”</i></p> <p style="text-align: center;">(John 11:25)</p>

## Useful Contacts

If you require support or information regarding Gillygooley Presbyterian Church or Gillygooley Youth & Community Development Association please contact the following:

Gillygooley Presbyterian Church - Rev. Robert Herron Tel: 8224 3776

Sunday School - Beverley Tel: 8224 7047

Gillygooley Youth & Community Development Association - Raymond Tel: 8283 1444

Gillygooley Youth Club - Raymond Tel: 8283 1444

Gillygooley 2nd Youth (50+ club) - Violet Tel: 8225 7814 / Robert Tel: 07564195322

Gillygooley Community Choir - Linda Tel: 07840996922

Gillygooley Community Alert - Fred Tel: 8224 2708

Eric Tel: 8224 6511

Gillygooley Walking Club - Diane Tel: 8224 6553

Robert Tel: 07564195322

Gillygooley Pipe Band (piping and drumming lessons) - William Tel: 8224 8494

David Tel: 07754155390

Gillygooley LOL 339 - Raymond Tel: 8283 1444

Fairy Water Farmers Group - Mervyn Tel: 8283 1355

Gillygooley Primary School - Brenda Tel: 8224 2932

***SPECIAL SERVICES IN TRINITY & GILLYGOOLEY***

(November, December & January)

**Sunday, 8 November 2015**

Remembrance Sunday

**Sunday, 6 December 2015**

World Development Sunday

**Sunday, 20 December 2015**

Carol Services

**Friday, 25 December 2015**

Christmas Day Service

(11.00 am in First Omagh)

**Sunday, 27 December 2015**

Last Sunday of the Year

(Details to be announced)

**Sunday, 3 January 2016**

Sacrament of the Lord's Supper

Anyone from Trinity who has an item they would like included in the magazine should contact either Richard McClung, Tel: 8224 5150, Email: [TrinityNews@knocksilla.plus.com](mailto:TrinityNews@knocksilla.plus.com) or

Anne Parke, Tel: 8224 2598, Email: [anne.parke@btinternet.com](mailto:anne.parke@btinternet.com)

Please include as much written detail as possible and use the full original photos in your articles!

Thank you to all who supply material or take photographs.

Remember, a full colour version is available on the Trinity Church website!

**The provisional deadline for submission of articles for the next edition, which is due out in February 2016, is Monday 11th January 2016.**

Items for inclusion in next Gillygooley News should be sent to:

Diane Mills, Tel: 8224 6553. E-mail: [diane553@hotmail.co.uk](mailto:diane553@hotmail.co.uk)