

# the guide

September 2020 – October 2020

191-193 Upper Lisburn Road  
Finaghy, Belfast BT10 0LL

LOWE  
CHURCH  
BELFAST

## WALKING TOGETHER THROUGH THIS PANDEMIC

HELP IS INSIDE...



**01**

**JEREMIAH**

**29**

**11-13**

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.”



**02**

**MATTHEW**

**11**

**28-30**

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

# WALKING TOGETHER THROUGH THIS PANDEMIC

**‘Unprecedented’ is well-used but not entirely spent on describing this pandemic.**

Have you seen anything like it in your lifetime? Of course, someone like my late grandmother would have well understood the situation. She died in 2000 at the ripe old age of 100 years and six months.

As children, she recalled to us the memory of her mother crying at the kitchen table as the



Belfast Telegraph landed on their doorstep, the weight of granite and pallbearing in black ink the news of the Titanic’s sinking. She was only 12. She married a veteran of The Somme, my grandfather, and throughout our young years regaled us with stories of war in the trenches of WWI and the Belfast blitz of WW2; near where she lived anti-aircraft guns crackled and roared at the whirling klaxon’s call. But she never mentioned Spanish Flu. Similar to today’s pandemic, it wasn’t as severe in Ireland as it was in London and

other parts of the world.

Like me, you have nobody to ask, *'What was it like and how did everyone get through it?'*

I think that's what makes this whole experience extra-difficult.

As a church community, we have found hope in spite of this gap in local knowledge and wisdom. A confidence really, from our experience of God. It's startling for a person to discover the experiences of God described in the Bible, are your experiences of God today! That really sums up personal stories of Christians the world over.

The best advice I can give you as the world endures this pandemic for a few extra months is to ask God to walk with you. Imagine Jesus replying to your simple request! What a difference He could make. God's desire is to know you and be part of your life. Jesus says, "Ask and it will be given to you, seek and you will find, knock and the door will be opened to you (Matthew 7.7)."

We would love you to join us online as we explore the possibility of God in what is

called The Alpha Course (see page 6), as well as on Sunday mornings as we share on the theme of 'Walking Together Through This Pandemic'. And if you want to explore the big questions Covid-19 raises about the world, God and the future, why not give 'Space to Think' a try on Sunday nights (see pages 8-11)?



However, whether you wish to explore faith with us or not, we genuinely want to offer help as everyone tries to find their feet in this new norm.

Please read on and accept this mini Guide as your personal invitation to anything you wish to get involved in at Lowe. The Lord will get us through this, just as he got my grandmother through some of the worst times of the 20th century.

May the Lord bless you and keep you safe,  
James

# Open Day

**POSTPONED** until later  
in the year... **BUT**

We would like to treat the  
Community to a Wee Voucher



Simply tear out this page and take it to **White Field Coffee Shop** just down from Lowe and **receive £1 off your bill on us**. Ciaran, the owner of White Field is expecting you!

**TERMS** The voucher is valid one voucher per family and children must be accompanied by parents or guardians. Valid from 4th - 19th September 2020. Please note: it is everyone's responsibility to follow the usual government guidelines regarding shops and cafes.

# Pause Netflix, Try Alpha Online

**‘Sometimes it’s hard to know where and how to ask the big questions in life. Alpha is a course that explores the Christian faith. Ask at Alpha.’**

Starts: Wednesday 2nd September 7:30 on Zoom.  
Contact: [evangelist.finaghy@gmail.com](mailto:evangelist.finaghy@gmail.com)  
or 07458 302371



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## Update on Lowe Buildings

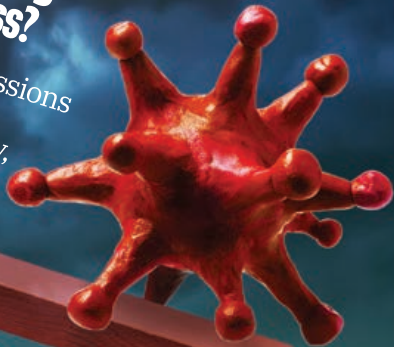
At time of print, the Lowe complex is still closed due to the pandemic. We will keep you posted about re-opening. For now, we hope you can join us online (please see the programmes highlighted in the Guide). A few small physical meetings will take place as part of our CAP programmes. Thanks.



# Kick Start

**'In a mid-pandemic world are you struggling with facing unemployment, shrinking incomes, worry and loss?**

Why not try Kick Start with sessions on staying mentally healthy, physically well, handling money, getting into employment again and handling unhealthy habits?



Sessions on Mental Health start  
Thursday 24th September  
at 7:30pm. Interested?

Contact  
evangelist.finaghy@gmail.com  
or 07458302371.

# LIFE IS A JOURNEY

Have you tried **'Walking Together'**?

Walking with God is the biggest adventure; He also provides life, love and hope in abundance. Just what we all need in a pandemic.

Join us on Sundays at 11am for **'Walking Together'**. Begin your Journey.



## SPACE TO THINK

Got some big questions? Need space to think about them?

Join us for 'Space to Think', which starts on Sunday 6th September @7pm when Dr. Paul Coulter (medic, theologian, pastor) asks the question:

**Coronavirus: curse or challenge?**

There will be space for questions and time to think.

This is a zoom event (email [admin@lowe.church](mailto:admin@lowe.church) for codes).

Everyone is welcome!

(See full programme on Page 9)



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## SEPTEMBER MORNINGS

6th Walking Together – Let the Journey Begin!

13th All-age Family Service – Back to School Sunday!  
With special inputs from our Primary School Kids

20th If we're going to Walk Together, Pack Patience (Isaiah 40)

27th When we Walk Together there's Unbreakable Love (Luke 15)

## SEPTEMBER EVENINGS ONLINE

6th Dr Paul Coulter (medic, theologian, pastor)  
“Coronavirus: curse or challenge?”

13th Dr David Glass (senior lecturer in computer science, UU)  
“God: myth or majesty?”

20th Michael Shaw (assistant pastor, Strandtown Baptist)  
“Jesus: good man or God-as-man?”

27th Dr Paul Coulter (medic, theologian, pastor)  
“Religion: poison or cure?”



Online is available on Lowe's YouTube station and Facebook Details: log into either Youtube or Facebook and search for Lowe Church Belfast.

Alternatively, register with us and we'll send you a weekly link. Email [admin@lowe.church](mailto:admin@lowe.church) for more details.

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## OCTOBER MORNINGS

4th If we're going to Walk Together there'll be Moments of Surrender (John 14)

11th If we're going to Walk Together let's have times of Refreshment and Joy (Luke 15)

18th If we're going to Walk Together what about Care and Attention? (John 4;10)

25th Walking Together Beyond a Pandemic (John 10)

## OCTOBER EVENINGS ONLINE

**KURIAKOS – it's Who we are**  
Rediscovering the New Testament Church for a 21st Century people

4th KURIAKOS

11th KURIAKOS

18th KURIAKOS

25th KURIAKOS



JOIN US FOR

# ONLINE EVENTS



**Sunday 10.00am – 10.40am**

All Primary Kids Welcome

The zoom link is sent out weekly –  
please register via [admin@lowe.de](mailto:admin@lowe.de)

This is a time for kids to connect, hear a story, do a quiz,  
share thoughts and experiences.

# Re:Load

FOR TEENS ON SUNDAY MORNINGS

**Sunday 11.15am – 11.55am**

**Come and join the fun! Anyone secondary school aged is welcome.**

Missing everyone during lockdown? This is your time to come and have a laugh, learn something new and be challenged about what's really important.

Contact Alice Stopczynski: [youth@lowe.church](mailto:youth@lowe.church), or [admin@lowe.church](mailto:admin@lowe.church) for the weekly zoom link and we'll see you soon :-)



## Contact Groups

**Join our Fellowship and Bible Study Groups online via Zoom**

You are very welcome!

For Zoom details, email [admin@lowe.church](mailto:admin@lowe.church)



# Prayer Gathering

Tuesday nights at 7.30 – 8pm  
(Zoom opens at 7.15pm.)

To join this led prayer event, please email [admin@lowe.church](mailto:admin@lowe.church)

Like to send in Prayer Requests?

Just email: [admin@lowe.church](mailto:admin@lowe.church)



## Christians Against Poverty (CAP)

is an award-winning charity committed to helping people who have problems which could cause poverty. Lowe, in partnership with CAP, runs services for debt, unemployment and addiction. All services are free.

weighed down by  
**debt?**

Free debt counselling in your  
community from  
Belfast Finaghy Debt Centre  
[capdebthelp.org](http://capdebthelp.org)

CALL FREE ON **0800 328 0006**



# Unemployed?

BELFAST  
FINAGHY

# JOB CLUB

PHONE FOR FURTHER INFORMATION

CALL FREE ON **0800 328 0006** Calls are free from landlines  
and mobiles in the UK

OR **07704 218 560** Speak to Dave

## fresh start

from Christians Against Poverty

**Fresh Start is an 8-week course held at LOWE CHURCH to help you change your habits and find freedom from life-controlling dependencies.**

Is there something that you just can't stop doing even though you want to? Maybe it's smoking, binge drinking, gambling or an Internet addiction? Do you feel it's just too hard to tackle on your own? If you would like help to break free, then Fresh Start is for you. The 8-week course provides a safe and confidential place within a group, where you can tackle your dependency right at its core to break free and stay free.

Contact Fresh Start Manager Matthew Gault: **07458302371**  
[matthewgault@capfreshstart.org](mailto:matthewgault@capfreshstart.org)



## **CAP MONEY COURSE: Budget, Save, Spend Well**

Contact [admin@lowe.church](mailto:admin@lowe.church)  
or book directly at [capmoney.org](http://capmoney.org) and put in  
postcode BT10 0LL

A large, vibrant rainbow arching across the middle of the page.

**We are still open  
online at [www.Lowe.church](http://www.Lowe.church)**



Online services, prayer, pastoral support,  
debt advice. Why not join an online alpha



E-mail: [admin@lowe.church](mailto:admin@lowe.church) for info

For pastoral support contact [pastoral@lowe.church](mailto:pastoral@lowe.church)



[Admin@lowe.church](mailto:Admin@lowe.church) Church office 90626561