

# Welcome!

**Grief is hard.  
Death can impact  
all of life.**

7 Sessions of films  
and discussion  
for *anyone bereaved anytime*

The Bereavement  
*Journey*<sup>®</sup>  
a place to talk

**Topics include:**

- Attachment, separation and loss
- The pain and responses of grief
- Anger and guilt
- Coping with others' reactions
- Delayed and suppressed grief
- Adjusting to change
- Moving forward healthily
- Faith questions – a Christian perspective (optional)

Starting Monday 12<sup>th</sup> May  
11am-1pm every week for 6  
weeks (with an optional 7th  
session on Faith).

To register please contact  
Sonya Boal 07796148090  
or email

sonya\_firstcarrickpres@hotmail.com by 28/4/25.

Spaces are limited.

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Sat 26 <sup>th</sup>	9am	Saturday Prayer Meeting
Sun 27 <sup>th</sup>	11am	All Age Service
Tues 29 <sup>th</sup>	9.30am	Tots & Co
Thur 1 <sup>st</sup>	1pm	Thursday Fellowship Lunch
Fri 2 <sup>nd</sup>	10am	Needle & Natter
	6.30pm	Storytelling Workshop
Sat 3 <sup>rd</sup>	9am	Saturday Prayer Meeting

Cecil is currently on sick leave and will be off work for a significant period of time.

Presbytery will oversee our congregation until Cecil is able to return to work.

This will be a difficult time for Cecil and the Grant family. As well as your prayers, the family would also appreciate privacy during this period.

We trust God fully to uphold Cecil, his family and our church family at this time.

*Everyone welcome at*

## MISSION FOCUS

*Sunday 11<sup>th</sup> May 7-8pm in the Upper Room*

with **GOOD NEWS FOR EVERYONE**

(formerly The Gideons)



**'From the rising of the sun, to the place where it sets, the name of the Lord is to be praised'**

**Psalm 113:3**

# Women's Ministry Meetings

Monday 12<sup>th</sup> May Christians Against Poverty

*CAP has been lifting the weight of debt for almost 30 years. Come and hear Jacqui tell us how God is using CAP to help those in need and setting the captives free. Doors open at 7.15pm for a 7.30pm start, Upper Room.*

Monday 19<sup>th</sup> May Carrickfergus Babybank

*Come along to hear Holly and Nichole share the work of the Babybank within the local area - providing emergency baby supplies and more! Doors open 7.15pm.*

Friday 6<sup>th</sup> June

Dinner and A Journey into Writing with Linda Hagan

*Please contact Sonya today to sign up. Cost £18*

## Congratulations Sonya!!

After a very long application process, Sonya received news last week that she has been accepted for training as a deaconess with PCI. We will have an opportunity to acknowledge Sonya's work at a later date, but we are so grateful for all that she has done across the congregation and beyond. She will be sorely missed, but we recognise that God has opened up the next part of her service for him, and we pray God's abundant blessing as she follows in that path.

Cecil

## Welcome Team in May

Tom McFadden  
Ian Conway  
Laura Elliott  
Leslie Oliver  
Rhonda Cherry



## Give Blood in the Town Hall

Tuesday 6<sup>th</sup> May  
1 - 8pm

Wednesday 7<sup>th</sup> May  
12.30 - 7.30pm

**GIVE BLOOD**  
Save Lives

## *Table Quiz!*

**Saturday 31<sup>st</sup> May at 7pm in the Main Hall**



# UCB Coffee Morning

## Saturday 10<sup>th</sup> May 10am

*As this will be our last coffee morning we are having a very special guest David L'Herroux, our CEO who is looking forward to chatting with everyone. Admission free. Come and enjoy refreshments and support the many exhibitors. All money raised for the Ministry of UCB.*



### Tots & Co!

## Tots & Co meet again

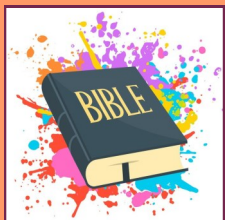
Tuesday 29<sup>th</sup> April 9.45 - 11.30am

*Parents - Grandparents - Carers*

bring along your babies and toddlers for a fun time together.

# HBC Meeting for all Leaders & Helpers

Holiday Bible Club Leaders & Helpers Meeting  
at 7.30pm in the Upper Room  
on Thursday 29<sup>th</sup> May.  
This is for all those involved.  
Please please attend.



It is written: "As surely as I live," says the Lord, 'every knee will bow before me; every tongue will acknowledge God.'" Romans 14:11