

Cuise Centre Activity Report for January 2017 to April 2017

Irish Mission Executive Committee, 7 May 2017

Bless the Lord, O my soul; And all that is within me, bless His holy name! Who satisfies your mouth with good things, So that your youth is renewed like the eagle's Psalm 103: 1, 5.

Stories: Steven, Martin, Hanan

Programs and Services Q1 2017

1. Ranelagh Community Prayer Meeting, twice a month

1. 6-8 attendees/meeting, 4 new

2. Pulses of Life Cooking class, twice a month

1. 8-17 attendees/class, 15 new

3. Drop-In and Health Checks: twice a week, information requests, book sales, health checks, registration for services.

1. 25 returns
2. 17 new (Dublin residents)
3. 13 new (Adventist Easter holiday makers, 13 April 2017)
4. 6 service people - plumbers, delivery, heating, fire safety

4. Full Plate Diet - 8-week seminar

1. 4 attended introductory session
2. 2 completed the seminar

5. Building a healthy self-esteem, Nave Ndhlovu, 3 sessions, Saturday 3.15pm

1. 6-14 persons/class
2. 3 community guests

6. Counselling services, Nave Ndhlovu, Thursday afternoon, prebooked

1. 5 sessions, 2 new service-users

7. Seniors group, Last Thursday of the Month

1. Session 1: Topic CPR/AED, 3 seniors, 6 volunteers
2. Session 2: cancelled, 4 dropped by, missed message
3. Session 3: Topic Fit for Life, 6 seniors, 3 volunteers

8. Knit and Knatter, twice a month

1. 3-5 attendees

9. Ranelagh Ramblers

1. February, Howth, 10 ramblers, 1 new
2. April, Bray, 16 ramblers, 6 new

10. Massage Therapy, Nomsa Gusha-Zinyemba,

1. 4 sessions

11. CREATION health, Saturday 3.15pm

1. 10-14 attendees, 1 community contact

12. Inter-Adventist Church connections.

1. Derry, Prehen Lifestyle Centre, banners
2. Holidaying Family
3. London family (Mother and Daughter)
4. Health talks, Coolmine church, Theda - equipment borrowed
5. Health Expo, Newmarket-On-Fergus, Nomsa M, equipment borrowed

Going Forward -2017

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|---------------------------------------|-----------------------------------|
| 1. CPR/AED training | 5. Summer "Gala Dinner" July 2017 |
| 2. Vacation Bible School, July 2017 | 6. Handover - continuity |
| 3. Summer Kids' Activities, July/ Aug | 7. Media Library |
| 4. Summer "Open" Week, July 2017 | 1. Cooking Class Videos |
| | 2. Events reports |
| | 3. Podcasts |

Long Term Plans

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|---------------------|-----------------------------|
| 1. Bookshop | 2. Sunday programs 10am-2pm |
| 1. cafe | 1. Fitness group |
| 2. book-club | 2. Breakfast service |
| 3. visiting authors | 3. Evening talks |
| 4. Children's books | 3. Pop-up restaurant |

Cuisle Centre Report to the Emerald Foundation - March 2017

Since the last newsletter, God has continued to bless the activities at the Cuisle Centre. We have transitioned from a quiet winter period and are now busier.

In December we invited our Cuisle Centre friends to an evening of Christmas carols, music and Bible readings followed by a small reception. This was in place of the annual Christmas dinner which we could not hold this year. Joanne, a woman who has frequently attended our programs for the past two years, readily accepted to read one of the scripture passages. She invited her friends to witness the reading one of whom included a minister of another Christian denomination. These and many other guests enjoyed the program, particularly the chance to join in singing the familiar carols. For a number of our guests this was one of the few intimate Christmas celebrations they would have due to estrangement from family or bereavement. We hope to resume our annual Christmas dinner in 2017 as requested by many.

To kick off the new year and our cooking class series, guest cook Ilona Rajki gave a stirring presentation while filling the room with Hungarian aromas. Ilona shared a personal testimony of healing from asthma and severe seasonal allergies that plagued her into adulthood. When she learned about the potential benefits of a diet free from animal products, she switched over in faith and no longer suffers from asthma. Ilona also shared about her interest in permaculture and showed us produce from her farm in Hungary. Our guests stayed well past our usual closing time to chat more with Ilona and eat the delicious meal.

Ilona lives Hungary but frequently visits Ireland with her husband. They are involved with evangelism projects in Hungary and recently introduced the Glow tract ministry to our church. We have witnessed many visitors to the centre pick these up from our literature stand. One regular attendee expressed how she gained great peace through reading the tract on prayer before going to bed.

Juan, a Spanish man who has been living in Dublin, recently discovered the Sabbath and began attending Ranelagh Church services. He was furthermore

spurred on after reading about our church's emphasis on healthy living. Juan, joined us on our first Ranelagh Rambler's walk of this year to Howth Summit and welcomed the unique fellowship and closeness. The fresh air and nature seem to work together to accelerate friendships. Along the walks, many share personal details and concerns that they would otherwise have kept to themselves and we can give encouragement from scripture and personal experience. We look forward to more outdoor activities as the weather warms up and pray for another dry summer this year.

In February, we launched our first printed Cuisle Centre brochure. Previously, we had used individual flyers to advertise our programs. The brochure was well-received by our church members and the public. We received three responses to the free book offer and an increase in email and telephone queries about our programs. Our church members have eagerly taken copies to share with their friends and joined in distributing the brochure around Ranelagh on Sabbath afternoons. We aim to produce a quarterly brochure that not only informs people about our programs, but also includes health and spiritual articles.

In the next quarter, we will be having a repeat series of the Depression Recovery program, children's activities over their spring break and increase our services for senior citizens. Thank you for your prayers.