

Seamen's Christian Friend Society Belfast

COWAN'S LOG

FROM BELFAST

Issue 21 Winter 2012

Dear Praying Friends, Pauline and I thought it would be nice to include this short update with our Christmas card to our faithful supporters. We also hope that in the new year we will be able to send out more regular "Cowan's Log" as we see our health improve.

CHRISTMAS WRAP

Once again Pauline and I have been overwhelmed by your generous support with our Christmas Wrap Appeal for the seafarers at Christmas time.

On Saturday 24th November 2012, we had once again over 40 adults and children from our home church, helping to make the presents and wrap them up. We are also very grateful to those who brought vans down to help transport the presents to the storage facilities we have in Mallusk. The pictures will help you see just what happens on the day. At the end of the day we are very thankful that around 700 presents were made up.

Can we please ask you to pray for the presents as they are

given out that God will give us opportunities to talk about the "Reason for the Season?"



CE MISSIONARY PROJECT

From September 2012 SCFS has been selected as the Missionary Project for the CE Movement. This is a great privilege as we once again forge links with the CE, as two of our past Port Missionaries in Belfast and Dublin had links with the Floating CE and CE groups before they joined SCFS.

It has been really encouraging to attend some groups and share with them the ministry among the seafarers. This has been more so with Junior groups who have had very interesting questions to ask.

Please pray for these meetings that what is shared will be interesting for the young people, yet challenging for the



Senior groups.

FAMILY HEALTH

Our thanks go to so many of you who have been praying for us and for those who have rung our home to gain up-dates on Pauline's back pain and my own breathlessness.

By the time you receive this I will have seen the consultant again for the results of the ECG and the blood tests done four weeks ago. This combined with the breathing tests that I have been doing should give her more to go on. She is currently

thinking asthma or angina. Pauline will hopefully have started physio on her slipped disc which is pressing on her spinal cord, while awaiting an MRI scan.

We are thankful that movement is being made, even while it is slow, but we trust that soon we will know much improvement in our health.

Please continue to pray for our health concerns as we also plan to travel around the harbour to give out the Christmas presents.

Can we thank you for your

faithful support to us over this year and may we, wish you and your families a blessed Christmas Season and a Happy New Year.

Please contact Pauline or me if we can attend your Church, Ladies or Young Peoples groups to share about the work.

Thank you for your continued support and as you pray with us, we pray that the Lord will bless you and your family. Yours in the Lord's Service

Samuel, Pauline, Grace and Daniel Cowan

Contact Details

Samuel Cowan
11 Stratford Road
Bangor, Co Down
BT19 6ZN

TN: 028 9127 1499
Fax: 028 9127 4731
Mob: 07711 826338
E-Mail: sam.cowan@scfs.org

Office Address:
SCFS
218 York Street.
Belfast
BT15

SCFS Head Office
PO Box 629
Macclesfield,
Cheshire,
SK10 9JY

SCFS is a registered Charity
No: 209133