



St Ronan's Presbyterian Church  
Eastbourne

# Record

## August 2020

<b>2 Aug</b>	Worship with Ross Scott .....	9.30am
<b>9 Aug</b>	Worship with Sandy Lang & Liz Barrow .....	9.30am
<b>16 Aug</b>	Worship with John Howell .....	9.30am
<b>23 Aug</b>	Worship with John Harris .....	9.30am
<b>30 Aug</b>	Worship with Doug Rogers .....	9.30am
<b>6 Sept</b>	Worship with Ross Scott .....	9.30am

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**Power Hour – Sundays 9.30am**  
**Breakfast Prayer – Tuesdays 7.30am**  
**Mainly Music – Thursdays 9.15-11.15am**

### St Ronan's Pastoral Care

For pastoral care needs, please contact our Pastoral Care Co-ordinators,  
**Colin Dalziel 562 7238 or Mary Williams 568 3216**

## ***Beauty is in the eye of the beholder***

A quote from Shakespeare do you think? I certainly did when it popped into my head after reading a poem by Joy Cowley entitled 'Treasure'.

But I was wrong; the phrase was coined by English author, Margaret Wolfe Hungerford in her novel "Molly Bawn" - made into a silent movie in 1916.

Perhaps it's because of the film that the saying became so popular, and for me it was prompted, as I said, by Joy Cowley's words:

*One fine morning, the child stood on a lawn covered with daisies & dandelions,  
and hardly dared breathe for beauty.  
The grass was thick around her ankles and in it,  
as far as she could see,  
were jewels laid out on spring green velvet.  
Each daisy was a perfect yellow cushion  
edged with white petals, some blushed tinted.  
Every dandelion was made from sunshine,  
and some had on their faces with diamonds that shivered and glittered  
when they rolled onto the child's fingers.  
She took a bunch of this perfect treasure into her father  
and he admired every flower  
his eyes growing soft with memory.  
Together they put them in a glass on the kitchen  
windowsill  
which instantly became a shrine to beauty.  
Later that day someone said "nice lawn.  
It's a pity there are so many weeds in it.  
I have a spray that will get rid of them."  
At that moment the child learned that  
when a treasure is judged a weed  
it has no value at all.*



Jesus told many stories in order to teach what would characterise the reign of God in human affairs – 'parables of the kingdom' they are called. Many of them feature in the Sunday readings this last month, and several speak of the kingdom as 'treasure'.

But I think, like beauty, the treasure of the kingdom is in the eye of the beholder, and maybe it takes a child-like innocence to recognise it. In the Contemporary English Translation of the gospel of Matthew Jesus says:  
"I promise you this. If you don't change and become like a child, you will never get into (recognise) the kingdom of heaven".

**Reg Weeks**

*'Treasure' p64 Psalms For The Road, Joy Cowley, Pleroma Press:with permission*

## Clerk's corner

**Church roof leaks:** As many of you will know, we have applied to use our capital funds <\$50,000 to pay for this work. For this we required (1) parish council approval and (2) church meeting approval. We've gained both these. Then (3) Presbytery approval and (4) the Church Property Trustee approval. Both have now approved this action. The scaffolding is up. All we need now is the weather and the roofer and the roof!



**AGM:** Another year has rolled past. At our last parish council meeting we set the date for our 2019/2020 AGM - after the service on **20 September** (that's seven weeks away). Two things arise...

**1. Church Chat** – So that the AGM runs through as quickly and smoothly as possible we will, as usual, limit discussion at the AGM to the scope of the Annual Report document. For the other stuff, we have our 'Church Chats' a few times each year when these other matters can be raised and discussed without the pressure of having to do all the formal stuff of the AGM. With COVID-19 there's been a bit of a gap in our Church Chats. I suggest **13 September** – a week before the AGM.

**2. Annual Report** – So I can have the AR printed and in your hands by 13 September (7 days ahead of the AGM), I need the content to me by **6 September** (this gives me 7 days to put it all together). So, if you've previously written a report for the AR, your job is to sit down and write one for this year too. As far as I'm concerned, the sooner the better, then it's not all to be done in a rush at the end...! 😊

**e-Services:** I checked recently by email that these were valued by at least some of you. And, yes, they are. So, they will continue for the foreseeable future. They allow you to stay in touch if you are unwell or on holiday etc. Also, you can easily take another look at a prayer or at the reflection. If you are not on my email distribution list for the e-Services, just drop me a line and I'll add you in. You don't have to be a St R's member to be part of this – we already have a few 'covert' followers... Also, if you want out – just drop me a line.

**Lower Hutt Foodbank:** St Ronan's has supported this weekly, for many years. Foodbank's 2019/20 AGM is on 27 August at St Mark's Church, Woburn Road. Morning tea 10am, meeting starts 10.30am. Foodbank is seeking volunteers to oversee various aspects of its work. If this could be you, drop me an email and I'll put you in touch with the right person. There's a whole lot of useful stuff goes on behind the scenes – you'd be surprised! There's: Chair; Secretary; Treasurer; Client demand and food purchases; Food suppliers (liaison); Volunteer base (liaison); Accommodation (lease, maintenance etc); Communications (website, Facebook, Neighbourly, newsletters).

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**Sandy Lang**



## **Nutrition – The art of water in the human body**

For most, drinking water is an unconscious activity triggered by thirst to avoid dehydration. As we get older drinking water becomes critical in avoiding health complications in an already-weakened body. We need to be more aware as we age, to drink fluids regularly, so we remain hydrated and healthy.



The outward symptoms and effects of dehydration are fairly obvious, from dry skin and lack of energy to brain fog and muscle cramps if you're exercising without replacing the water you are losing through sweat. But the effects of chronic dehydration reach all the way down into the cells which, like the organs, need enough water to function optimally and remove metabolic waste.

Common causes of dehydration include: •Lifestyle (diet, exercise, activity level, alcohol), •Diabetes, •Stress, •Age, •Hormones, •Medications.

Risk of dehydration increases with age. It's estimated that by age 80, the amount of water in the body has decreased by 20%. There is a decrease in the ability of the kidneys to retain water and the thirst sensation also decreases. So, older persons unknowingly decrease their fluid intake.

Chronic illnesses such as diabetes, dementia and kidney problems compound the problem, along with medications that cause more frequent urination. Those with mobility and continence problems may voluntarily limit water intake due to the inconvenience of getting a drink or going to the bathroom at night. Adults with memory problems can forget when/if they drank, and how much.

It's hard to identify dehydration in older adults as some symptoms are similar to other health conditions, while others aren't so obvious. Below are some mild and severe symptoms of dehydration:

<b>MILD</b>	<b>SEVERE</b>
<ul style="list-style-type: none"><li>• Dry or sticky mouth</li><li>• Infrequent or dark urination</li><li>• Headache</li><li>• Fatigue</li><li>• Constipation</li><li>• Muscle cramping</li></ul>	<ul style="list-style-type: none"><li>• Nausea</li><li>• Dizziness</li><li>• Confusion or disorientation</li><li>• Fainting</li><li>• Fast heart rate and breathing</li><li>• Drop in blood pressure</li><li>• Vomiting</li></ul>

If you have concerns, please discuss your symptoms with your doctor who may schedule a blood test or urinalysis to confirm a diagnosis.

Older adults that lack sufficient body hydration over time can aggravate existing chronic conditions or create more serious health problems including:

- Kidney stones
- Urinary tract infections
- Heat stroke

- Seizures due to in-balanced electrolytes
- Blood clot complications
- Lowered blood volume shock

Prevention is simple. Avoid dehydration. This can be challenging for an older adult with lessened thirst sensation and with health conditions that can lead to fluid depletion. It is important to understand the importance of water, and to consume enough to maintain healthy levels.

How do you optimise water consumption? Changing habits is slow for an older person who's set in their ways. Here are some ideas to help increase fluids:

- Carry a water bottle with you to have frequent sips through the day.
- Put a jug of water into the refrigerator or on the bench for ready use.
- Warm or tepid water is sometimes easier to drink.
- Add lemon, cucumber, mint or berries to water - it tastes better.
- Serve soup with lunch or as a snack - I sometimes drink homemade soup for breakfast.
- Make smoothies that combine water, fruit and leafy greens. This adds extra nutrition to your diet, as well as extra fluids.
- Add a protein powder mix (supermarkets / health shops) for a change.
- Have a full glass of water with your medications.
- Dilute sugary drinks with sparkling mineral water.
- Find a favourite herbal tea.
- Eat fruits and vegetables high in water content. About 20% of your fluid comes from food.
- When drinking alcohol, also drink water before or after.

Certain times of the day are more beneficial to the body when drinking water. For example, drinking a glass of water on waking helps turn on the body by activating your internal organs. A glass of water before meals helps with digestion and awakens the taste buds, while moistening the mouth and stomach for food. Water before bed helps prevent leg cramping.

It's estimated we need 30 ml water per kg per day and then an extra litre per hour of exercise. This would mean an average 60 kg person would need to drink 1.8 L, plus an extra 1 L with exercise. Great you are halfway there...! 😊



The benefits you will receive are:

**Enhanced metabolism** – better digestion and absorption, more regular bowel habits.

**Boost brain** – your brain is about 90% water. Mental process can slow as we get older so it's crucial to stay hydrated. If you have a headache, maybe reach for a couple of glasses of water before you reach for the Panadol...!

**Maintain urinary health** – Urinary incontinence often leads to adults not wanting to drink water. However, this exacerbates the problem. We must

maintain healthy drinking habits. Without these we are more susceptible to urinary tract infections.

**Better digestion** - Rehydration is key to good digestive health. All digestion and absorption of nutrients is done in a fluid environment.

**Optimal kidney health** - As we age, kidney function often diminishes and can lead to a decrease in the body's ability to concentrate urine. To boost kidney function, we should drink water throughout the day, even if not thirsty.

Drinking water "*makes you healthy, wealthy and wise!*". Well, two of these are true, anyway!

**Annette J Davidson**

*BN RN Nutritional Consultant*

### ***The spectrum of Christianity...***

When I was very young, I thought Christians were Christians. I thought we were all on the same side. Then as I grew a little older I realised there were different denominations, and a little later I realised there were even different kinds of Christians, called 'liberal Christians'. Then at some point later on I realised there were even more conservative Christians than myself at the time. These conservative Christians got it almost as wrong as the liberal Christians, they believed the King James Bible was the only true Bible and that dancing was wrong.



Then I got to college and realised not only were there hyper-conservative Christians and liberal Christians, but there were also people in the middle who were weak-minded and couldn't stand for anything (I would later join their ranks), and even further there were Christian: Pre, Post and A-Millennialists, Preterists, Futurists, Pacifists, Complementarians, Egalitarians, Calvinists, Arminists, Open Theists, Dispensationalists, and on and on and on. Even within some of those beliefs, Christians break down further over the fine points. What is my point here? The spectrum of Christianity is not simple or short, the spectrum of Christianity is a mile long and you only occupy a centimetre of it. Your best friends, your family, your pastor, you can find some theological issue on which you disagree. Beyond that, Christians differ on how we should respond to modern-day cultural issues in light of scripture. Look at our responses to homosexuality, wealth, immigration, etc.

If you begin judging who is worthy of your fellowship based on minor issues, before long, you'll develop your very own sect of Christianity, that's made in your image, and you'll be very lonely.

Please understand me. I'm not calling on us to form one large body and meet together in a stadium every Sunday. We have some significant differences.

I don't think we have to serve permanently alongside others with whom we differ greatly on secondary issues. Paul and Barnabus serve as examples. Acts 15 tells us how Paul and Barnabus had a "sharp" disagreement about whether or not Mark should join them. I love this passage for what it says; also for what it doesn't say.

It reads like a police report, just the facts, no he said, she said, no gossip about how Barnabus or Paul got it wrong - and therefore isn't a true believer or even any less of a minister of the Gospel.

But I see a lot of people trying to take Christianity away from others, simply because they don't occupy the same centimetre of the theological real estate as they do. It's a dangerous thing - judging another man's servant.

When I was in college I started listening to a certain preacher online. His ability to preach and teach was beyond anything I had heard before. I felt God speaking through his sermons. At some point I began to realise something, this pastor was a \_\_\_\_\_ (insert secondary theological position. I won't say what because it would start a debate about the theology itself, and only distract from the focus of this post). Honestly, I was kind of crushed. I stopped listening to his sermons. Whenever someone brought him up I would roll my eyes and criticise him internally. Moreover, I started grouping all believers into their secondary theologies, but what I was really doing was saying "This person is a good guy, this person isn't."

The problem was, I would often meet other believers, and I would like them, a lot. Then I would find out they were on the other side of an issue, and I began to realise, I can't break fellowship with everyone just because they don't occupy the same centimetre as I do. My walk was going to be very lonely if I did that, and it wasn't consistent with Jesus' example, spending most of his time with people who by all accounts had some messed-up thoughts about who Jesus was supposed to be. I also realised some of the greatest wounds I had received inside the church were from others treating me as less of a Christ follower, because of some of my beliefs.

This realisation was freeing. I could now listen to and read people who didn't think just like me, and could sit and have fellowship over a cup of coffee with friends who were \_\_\_\_\_. I no longer have to limit God and dictate to him the ways in which he's allowed to speak to me.

Have you gone through this? Have you had someone write you off because you don't stand in the exact same space? What do you think this is doing to Christianity?

**Shane Blackshear**

*Jesus follower, blogger, speaker & podcast host*

## **Winter...**

- *that magical time of year when the Autumn blends into the Spring.*
- *it's mid-winter, and the outside temperature is a balmy 16°.*
- *the magnolias and the camellias enliven our gardens;*
- *the golden shades of the wattles begin to paint the hillsides in Lowry Bay;*
- *supplemented by the ubiquitous gorse;*
- *daisies are smiling among the lush, green grasses;*
- *the seagulls have foregone their squawking;*
- *they stand demurely in the shallows, singing together in a variety of keys and tones, a resplendent, harmonious and joyful choir.*

**Geoff Mann** 19 July 2020



## Rood Screen – The Ship of Theseus

Theseus' ship is a conundrum discussed by Heraclitus and Plato *et al.* It goes like this:

The ship, in which Theseus and the youth of Athens returned from Crete, had thirty oars. It was preserved by the Athenians until at least the time of Demetrius Phalereus. But the way it was preserved, was by regularly replacing the old planks as they decayed. The philosophers' question was: If, over time, you gradually replace every plank and every nail on Theseus' ship, is it still Theseus' ship?



This got me thinking. One of the pillars of our faith is being 'born again' as Jesus so eloquently explains to Nicodemus in John 3. But what does it mean?



**Jesus and Nicodemus**  
**Henry Ossawa Tanner 1859-1937**

Certainly, there is a new beginning, and this is often announced to the world as such. A 'Christian name' was given to a person when they were baptised. Thus, Saul changed his name to Paul to show he was a 'new person'. An (untrue) urban legend is that priests first turned their collars round to show they had turned their backs on the world. All these signs are meant to show a new beginning.

The wonderful thing is that when we decide to follow Jesus, we are still ostensibly the same. Sure, there may be a few planks urgently in need of replacement (more for some than

others) but God loves us just as we are. As we try to follow in Christ's footsteps however, and as we seek His plan for our lives, we become more aware of more planks that need replacement.

As with Theseus' ship, are we then still the original ship? Or are we the original ship with just a few parts replaced? Or are we completely new beings – that just happen to look the same?

I believe when we look back over the period during which we have tried to follow in Jesus' footsteps, we will discover that we have, little bit by little bit, become a whole new and better ship. And that's what being 'reborn' is all about.

**John Harris**



## ***Phil's photo – Emancipation of women***

Kate Sheppard led NZ's political reform in the late 19<sup>th</sup> century, bringing about a change in legislation – 'Votes for Women' in 1893. A fabulous achievement – something we Kiwis are still proud of. Today one sees Kate's flashing silhouette on the pedestrian lights around the Beehive.



In Wellington there's a fine sculpture of Katherine Mansfield. Another early trendsetter in the world of literature, as she wrote her stories about life in this colony, in the Edwardian era. Her writing still inspires us today.



Now, more than a 100-years on, we see women in positions of high achievement that could only have only been dreamed of then. Prime Minister, Leader of the Opposition, Governor General, Chief Justice.

I'm sure Kate and Katherine would be both delighted and amazed.



I too was both delighted and amazed as I photographed my first women's rugby game at the Hutt Rec (Petone vs. HOBM).







The players were predominantly Māori. Their supporters too, on the side-line to cheer them on. Outstanding. Some were superbly fit. Some maybe still had some work to do. The game brutal and cheerful in its intensity.

After 80 minutes of happily smashing one another about, it was all hugs and kisses – to their own team and the opposition. The supporters too. A delightful time. The true Kiwi spirit. We are so privileged. Women's rugby. Fun to watch. Fun to be there. Make an effort. Go see!

**Phil Bengie**

### ***About a bus, about a boy***

It was a mid-winter Saturday morning and I caught the 9:30am bus to Lower Hutt.

When it stopped in Moera, a number of people climbed aboard. Amongst these was a tall, well-built, well-presented, young man. He purposefully sat down beside me.



"Remember me?" he queried. "You used to help me back there" he added, pointing back down Randwick Road, to the school. He went on to tell me how he was preparing for his driver's licence, how he was looking forward to being a builder, and how was planning to enrol at *We/Tec*.

**Geoff Mann**

### **Randwick School support...**

Geoff's experience is another reminder of how rewarding this support role can be... If you would like to join 'Ronan's Readers' volunteers please contact me. The time commitment is 1½ hours per week and is fairly flexible.

029 278 9947 **Simon Shaw**

### **Shoe box appeal 2020**



For many years St Ronan's has donated Shoe Boxes filled with gifts for children living in and around the Pacific region.

Empty Shoe Boxes will be available at the church from mid-August.

**Gifts?** something to wear, to love, for school, to play with, personal hygiene and something special. For age-specific gift suggestions see the leaflets. Also noted are prohibited items.

Contact me for more information, leaflets and Shoe Boxes.

An envelope donation of \$10 is required with each box to cover freight.

Donations can also be made through the Samaritans Purse website [www.operationchristmaschild.org.nz](http://www.operationchristmaschild.org.nz) where you can download coded labels, follow your box, and be advised of where it has gone.

Bring filled Shoe Boxes to St Ronan's Church by Sunday 18<sup>th</sup> October. After a blessing during the service, they will be delivered to the local Shoe Box drop-off point to continue their journey.

(562 7238) **Colin Dalziel**



## POWER HOUR

Welcome!! Welcome!! This month we are excited to welcome two of the Wiggly Church members to Power Hour as they have now started school. This is great news but there is a sad side to it in that there are no children currently remaining in Wiggly Church. We have also had two great and dedicated teachers in Wiggly Church, Elspeth Cotsilinis and Matt McCorkindale. They have been wonderful to work with. Along with the whole church, I would like to say THANK YOU, for the years of appreciated service given. Everyone really enjoys all the children for their gifts of bringing the messages of angels.



***Praying for Children Week*** - Let's pray for our children, especially during this special (from 2 to 8 August).

It is an initiative to make space, look around and ask questions like, "What would it take to include children who may be a bit different or pose particular challenges? How can we do better?"

*Praying for Children Week* has the theme of sowing seeds of love and being inclusive of all children.

With the daily prayer, there is a specific focus for each day and you are invited to think and pray about inclusion and nurture of all children in our communities and our homes. You can make a difference to a child by your prayer.

Let's pray for children each day this week..! You can use these phrases...



<i>Sunday</i>	Make space.
<i>Monday</i>	Look around (walk around, notice where are the children near you).
<i>Tuesday</i>	What would it take? (it's important for adults to take time to talk positively about children)
<i>Wednesday</i>	How does it feel? (include all children no matter what their backgrounds. How does a child feel when left out or excluded? And their parents?)
<i>Thursday</i>	Celebrate (take time to recognise the good things about children)
<i>Friday</i>	Let's bother to... (by taking time to learn, to care, the gifts of engagement are often far greater than any difficulties)
<i>Saturday</i>	Let's be better (many times Jesus had plenty to say about the way people behaved towards others and challenged people to 'do better'. Children were often included in his illustrations)



### **Daily Prayer...**

*Today, as we pray for children, we are thinking about (insert one of the seven phrases from above).*

*Open our hearts to welcome and affirm children as Jesus did.*

*Show us ways we can include and nurture all children in our churches, our communities, and in our homes*

*Amen*

*Jesus took a little child in his arms and said, "Anyone who welcomes one of these children in my name, welcomes me" Mark 9:36-37.*

**Seed of love** Plant the seed of love in our children and they will blossom, grow and journey towards the greatest pathway of life. Your word, your action with a child can make a wonderful difference. Plant that seed now...!



Last Friday we had an excellent time sharing St Ronan's children's ministry of activities and venue (Power Hour, Wiggly Church, Toy Library, Mainly Music, Pop-in-and-Play) with Presbyterian Children and Family Ministry Enabler (North Island), Jennie McCulloch.

Jennie brings beautiful kindness and experiences with children. One highlight was the joy of discovering how St Ronan's community mission was very popular and passionately led by Cath Loudon in St Ronan's Mainly Music and St Alban's Pop-in-and-Play. Not only are the children and their families well served but also all the volunteers involved. This has very high community impact.

*Blessings* **Susan Connell**

### **Re-thinking Exodus**

In Exodus 3:14,15 our Bibles tell us that God gave his names as "I AM" and "YHWH". These are scarcely useful or meaningful translations of the original text. The "I AM" has no tense and can be construed in our terms as present, past and future and therefore as "timeless being". YHWH has been rendered as LORD. Jahweh, Yahweh, Jehovah, Yehovah. "Iehova" in modern Hebrew, is the way of saying "I love you". Since modern Hebrew is basically a reactivation of ancient Hebrew why not think that IEHOVA is the original name and meaning of the word. It is consistent with other teachings in the Bible, where in 1 John 4:8 we read that "God is Love".

In Exodus 20 God gives Moses the rules for individuals living in community. I have tried to bring together these fundamental concepts of life, love and community in a reworking of the Ten Commandments in a form appropriate to our 21<sup>st</sup> century world.

Moses asked God: "Who are you?" *ILYU* replied: "I am now, I always have been, I always will be; I am eternal being, without beginning or end; I am the

source and sustainer of all creation; I am the life that energises the universe, that breathes in all the natural world that surrounds you. "The name by which I am to be known through all ages is 'I-LOVE-YOU' because I love you and all life and all I have created."

*ILYU* gave Moses these rules to live by: I am *ILYU* your God. I have made you special, and given you intelligence, strength, independence and freedom, and entrusted to you the world in which you live.

Use these privileges with wisdom and understanding. Put me and my creation always first in all that you do, and do not imagine that your abilities and gifts come from any other source. If you abuse these gifts and privileges the damage you do will perpetuate through countless generations.

Do not treat me or my name or my creation with disdain or contempt, because if you do you will find that you will be unpleasantly punished.

Remember to take a day each week to rest. Do not do any work at all. Ensure that all those who surround you, who work with you, for you, and who are dependent upon you, are likewise well rested.

Honour, look after, and respect your parents and all those of their generation. In this way you will ensure that you live long in the world I have entrusted to you.

Respect and honour the lives of all your fellow men. Do not enslave, exploit or demean any one of them. Ensure that your actions do not lead to, or contribute to, the death or degradation of any one of them.

Respect your husbands and wives. Do not commit adultery or be party to adultery.

Look after, and be satisfied with, what is yours or has been entrusted to you. Do not take anything to which you have no entitlement or seek to exploit any vulnerability of your fellow man.

Always speak truthfully and honestly. Do not give, support or acquiesce to, evidence or witness that is false, untrue, or defamatory.

Do not covet or eye enviously anything that is not yours, be it your neighbour's house, or his spouse, or his possessions, or his business, or his employees, or his land, or the resources on his land or under his land or over his land, or any other asset of any of your neighbours.



## ***Where is the Great I AM***

A man contains all that is needful to his government within himself. He is made a law unto himself. All real good or evil that can befall him must be from himself... The purpose of life seems to be to acquaint man with himself. He is not to live to the future ascribed to him, but to live in the real future by living to the real present, the now. The highest revelation is that God is in every man.

One may come to a sense of the presence of God as a real or living person. Or the sense of presence may come as a merging of the world of nature until one feels caught up in its processes and becomes one with sunlight and wind and birdsong and clouds floating. Or a sense of well-being may flood into the consciousness and irradiate it with a conviction of the sense of goodness – of life, of experience, of friendship and childhood and love. Or the sense of unity with something beyond self. Or one may come simply to a feeling of peace and contentment.

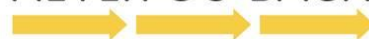
***Jan Heine***

*from Bradford Smith 1963: Meditation: the Inward Art*

## **Living Wage - Hutt Valley Network**

Aotearoa, and the world we live in, is going through a very scary and uncertain time and everyone is impacted. In response to the COVID-19 crisis, our member organisations have made many changes in the past few weeks.

**NEVER GO BACK**



The 2020/2021 NZ Living Wage rate announcement that comes into effect in September has had to be made through media release and social media, not by public celebration. The need for decent wages in this difficult time is greater than ever, remembering that low-paid workers spend nearly all of their incomes supporting their local economies.

*Our commitment to work together for the common good*

Although every country is different, social justice and community-building movements around the world are facing the same crisis. We share the message of our sister organisation, Citizens UK: *"We need to stay together, to listen and take considered action – so while we may have to distance ourselves physically, we increase our social solidarity and our commitment to work together for the common good."*

*Tuia te rangi e tū iho nei, Tuia te papa e takoto nei.*

Join sky above to earth below, just as people join together.

***Jan Heine***



Our God calls us to worship and grow together and to show the love of Christ through serving our community.

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## Directory

St Ronan's Presbyterian Church,  
234 Muritai Road, Eastbourne 5013

### Local Ministry Team

Rev Reg Weeks	027 491 5947	<a href="mailto:third.age@xtra.co.nz">third.age@xtra.co.nz</a>
Sandy Lang	562 8753	<a href="mailto:slang@xtra.co.nz">slang@xtra.co.nz</a>
Simon Shaw	562 8772	<a href="mailto:simonjshaw@xtra.co.nz">simonjshaw@xtra.co.nz</a>
Colin Dalziel	562 7238	<a href="mailto:colinjdalziel@gmail.com">colinjdalziel@gmail.com</a>
Michelle Bolger	562 8810	<a href="mailto:ferryroadddb@gmail.com">ferryroadddb@gmail.com</a>

Parish Clerk	Sandy Lang
Hall Bookings	Sandy Lang
Church info line	562 7583

Contributions for the 'Record' are most welcome.  
Please place them in the Church letterbox or email to [helen.withy@xtra.co.nz](mailto:helen.withy@xtra.co.nz) or  
[janheine@xtra.co.nz](mailto:janheine@xtra.co.nz)

The views and opinions expressed in this publication are those of the authors.  
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**And the closing date for our next *Record* for September 2020  
Sunday 30<sup>th</sup> August 2020**