



St Ronan's Presbyterian Church  
Eastbourne

# Record

## July 2020

<b>5 July</b>	Worship with Ray Coats .....	9.30am
<b>12 July</b>	Worship with Reg Weeks .....	9.30am
<b>19 July</b>	Worship with Norman Wilkins .....	9.30am
<b>26 July</b>	Worship with Liz Barrow .....	9.30am
<b>2 Aug</b>	Worship with Ross Scott .....	9.30am

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**Power Hour & Wiggly Church – 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**

## ***Smartphones – how smart they are...!***

When I last wrote, we were in the middle of lockdown, and that impacted most on the over 70s. Even though we are now enjoying a sense of freedom undreamt of back then, there is still for them a sense of uncertainty. Although the news of medical developments is heartening the threat remains and is likely to do so until a Covid vaccine is developed - maybe sometime next year. So what have we discovered during lockdown that might help us cope with the so-called new normal? Surely it's more than remembering to wash our hands or scanning the nearest QR poster.



Are we going to quietly slip back into the patterns of the past that have served us well, or will we recognise that the situation has changed in fundamental ways, with creative forms of communication and the ability to meet electronically? This developing digital environment has been sneaking up on us for some time and the urgent pressure brought on by the lockdown forced us to find all sorts of applications

(even Apps) that are likely to be as revolutionary as the advent of the printing press was at the time of the Reformation, or the smartphone in our day.

We are now challenged to explore new ways of being church in a digital age. I'm sure if I could conduct a poll, I would find that you and many of our readers have smartphones and use them regularly. Apps there are for almost any conceivable use, most common of which (apart from actually using it as a phone) is the ability to receive and respond to emails and search the world-wide web by asking Mr Google. Also, if you are a little more adventurous, is the opportunity to entertain yourself or find useful instruction videos on YouTube.

Meeting electronically and working from home during the lockdown have uncovered ways of working and communicating that now open up new possibilities of forming community and sharing the Good News. As well as meeting clients over a cup of coffee both Diane and I regularly have hour-long mentoring sessions with clients on Zoom.

Just recently Knox Centre for Ministry and Learning held a nation-wide series of hour-long studies where two presenters dealt with a class of 45 people who could see each other, respond in real time to questionnaires, and be broken out into small groups for deeper discussion. Like business, schools and universities, many congregations have experimented with online worship, study groups and prayer.

Once a week I join about ten members of the Franciscan Order to which I belong for an hour-long Bible study by Zoom; most are in the States, spread from New York to San Francisco. And they met on Tuesday evening but for two of us in New Zealand that turns out to be lunch time on Wednesday. We reflect on the Gospel passage set in the Lectionary for the coming Sunday. I join in each week by clicking on a link in an email – very simple, and great to

regularly see and share with folk whom I wouldn't otherwise have the opportunity to meet, face to face, more than once in twelve months.

Although some people are uncomfortable with Facebook, I now have 'friends' native to Gambia, Kenya, the Philippines and Pakistan, who thankfully all speak English! I contact them on my smartphone. Facebook, Zoom and YouTube are all as close as your smartphone, and many congregations are now connecting with people from all over the place who wouldn't normally come to the church. While the challenges of coming to grips with the technology can be difficult there is always someone who can guide you through it.

However we use this technology, we need to do so in ways that are distinctly relational, in ways not limited by old geographical boundaries, in ways that continue to feed us with words, images and music, in ways that build us up in the faith and build us into a lively community with a strong sense of belonging.

**Reg Weeks**

### **Clerk's corner**

**Church leaks:** See Simon's article below – thanks Simon...! We've replaced the failed internal gutter that caused the major inundation of a couple of weeks ago.

Turns out we've also got lesser leaks in the narrow roofs just above the two (north and south) side aisles. 50+ years is not bad for a metal roof in a marine environment. We've got to do this new roofing too – then we'll be watertight. This is urgent, with mounting consequential damage. Then there's the covered walkway and carport roofs.

All this re-roofing (a bit less than \$50,000) requires a church meeting to approve the release of our reserve funds. By the time you read this that church meeting will already have occurred – via email. Reg advises that if done carefully an 'email church meeting' should satisfy the Book of Order requirements.

**e-Services:** These will continue for the foreseeable future. But now you all have the chance to come to church, I will email these out just *after* the church service, rather than before it. *e-Services* will allow you to stay in touch if you are unwell or on holiday. Also, you can take another look at a prayer or the reflection if your mind wandered at the time – mine sometimes does! If you are not on the distribution list for *e-Services*, drop me a line and I'll add you in.

**COVID:** You've probably heard enough from me about this, so I won't bore you further. We now all keep a nervous eye on the news about people coming back into NZ bringing in COVID-19 with them. So far, no virus has escaped the NZ quarantine/testing system. No community transfer. So we're sitting pretty safe in a pretty dangerous wider world...!

So, save your anxiety and your prayers for those living in the UK, the USA, Brazil and especially for the world's poorer nations for whom social spacing, clean water and government support for workers in lockdown, just do not exist.

e: [slang@xtra.co.nz](mailto:slang@xtra.co.nz) t:562 8752 m:021 222 0383

**Sandy Lang**





## St George's Church, Thames

Jane and I recently enjoyed a post-lockdown break in the Coromandel. On our way home we spent two days in Thames, taking in the sights and history of this town which at the height of its gold rush in 1868 had a greater population (30,000) than Auckland. Walking around the town we saw many large timber buildings that hinted at Thames' past prosperity and influence.

St George's Anglican Church is a beautiful example of a neo-Gothic church with an impressive kauri interior. On the day we visited the front door was open with a large Welcome sign at the entrance. Inside we were greeted by a curate who was working at a desk in the body of the church. He kindly told us about the church's history and said the kauri timbers groan when the church is buffeted by wind. It has a Category 1 heritage classification and stands on a site gifted by the Maori Chief, Wiropi Hoterini Taipari. It was opened in 1872, replacing an earlier church built in 1868 which quickly became too small.



One of the first ministers was the delightfully named the Rev Vicesimus Lush, so called because he was the 20<sup>th</sup> child in the family! Educated at Corpus Christi College, Cambridge, he took up his position with his wife and four children in 1868. Once the vestry had decided to build a new church Lush wrote to a firm of Auckland architects:



*Sir, At a meeting of the vestry of Saint George's Church on the 27<sup>th</sup> inst., it was resolved that the chairman should write to the architects of Auckland and Shortland to invite them to send to the vestry a design for a Church capable of holding a thousand people. I therefore, in accordance with this resolution, write to you to enquire whether you would kindly take the trouble to prepare a design and estimate for a Church and submit the same to me. The intention of the vestry is to submit the design that may be forwarded to a general meeting of the congregation for their approval. The site is perfectly level, on the flat between Shortland and Grahamstown. It is proposed to build the Church of timber and the spend from £1000 to £1200 not including seats and other internal fittings.*

How straightforward things were in those days! Lush later became the Archdeacon of Waikato and kept a fascinating journal. At Thames he regularly had trouble obtaining his monthly stipend as money was tight. Fortunately he was also a shareholder in a local gold prospecting company which paid regular dividends.

**Simon Shaw**

## **Annette's wellness – Immuno-boosting**

*Boosting your immune system can help COVID-19 prevention and increase your overall wellness.*

Keeping your immune system healthy year-round is key to preventing infection and disease. Making healthy lifestyle choices by consuming nutritious foods and getting enough sleep and exercise are the most important ways to bolster your immune system.

In addition, research has shown that supplementing with certain vitamins, minerals, herbs, and other substances can improve immune response and potentially protect against illness.

The three most important in my book are: vitamin C, vitamin D and zinc.

During the winter season these supplements can help in the following ways...



**15 of the healthiest fruit and vegetables you can eat**

**Vitamin C:** This helps your body in numerous ways and most of us are deficient in this important vitamin. One aspect of Vit C is that it has been shown to reduce the duration and severity of upper respiratory tract infections, including the common cold.

**Vitamin D:** Low Vit D levels are associated with an increased risk of upper respiratory tract infections, including influenza and allergic asthma. Vit D is essential for immune function. Healthy levels of this vitamin may help lower your risk of respiratory infections.

**Zinc:** This is needed for immune cell communication and plays an important role

in inflammatory response. A deficiency results in an increased risk of infection and disease, including pneumonia and common cold. Zinc deficiency affects around 2 billion people worldwide and is very common in older adults.

*If you are on prescription medication, it is important to check with your doctor before taking supplements.*

**Annette Davidson BN**



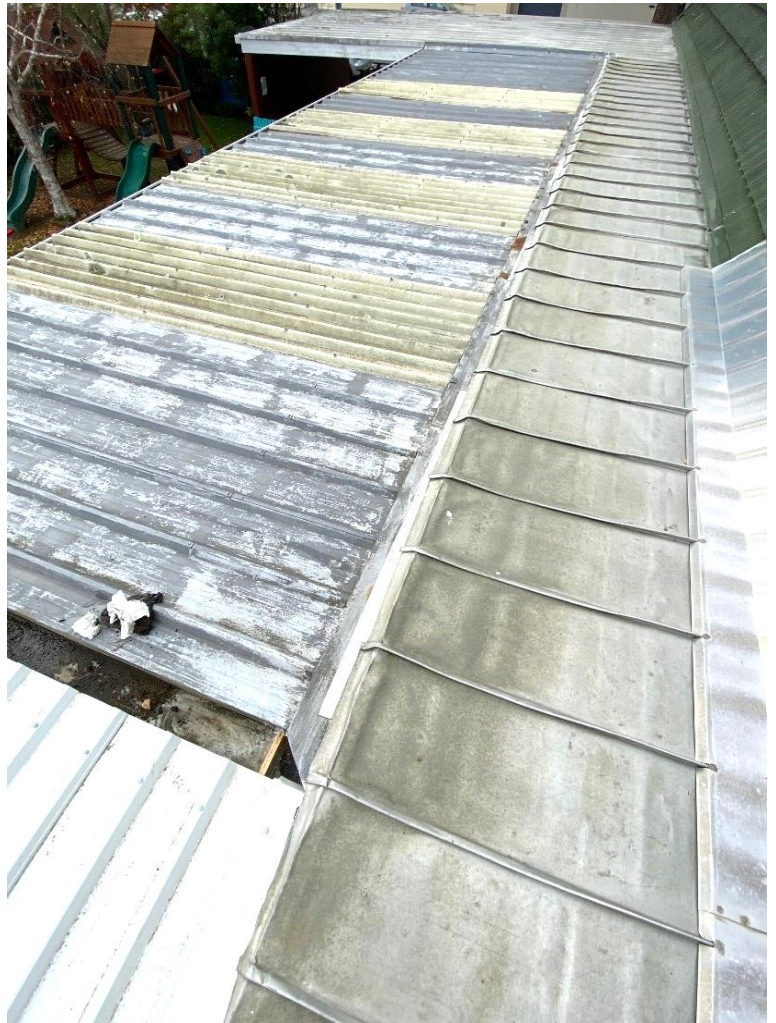
## **Church roof**

Earlier in June a small internal gutter on the north side of the church failed abruptly, damaging the ceiling and wall linings in this area. The internal gutter has now been replaced.

Inspection of the ceiling space around the leak has however confirmed that the flat section of aluminium roof is not fully watertight at several points along its length. This is in part due to its design (flat with little fall) and its age (55 years). The ceiling linings indicate where leaks are occurring on both the north and south sides of the flat roofs.

To provide a good long-term solution we propose replacing the flat roof sections on both sides of the church with new metal roofing (Colorsteel) installed with a greater fall. On the north side the new roofing will continue over the walkway and minister's carpark.

A quote for this work has been received and we are now seeking the congregation's approval to proceed with this work with urgency.



**North side church flat roof (right), covered walkway roof (left) and carport roof (top)**

***Simon Shaw***

## Rood Screen – Loons



At 3pm on 15/6/20

During lockdown, I found it intriguing to look sometimes at the website

[www.flightradar24.com](http://www.flightradar24.com)

It shows the callsign, type, destination and departure point of every commercial aircraft currently in the air, anywhere in the world.

It also tells us an awful lot about how some countries are treating lockdown. On one occasion, when we were all hunkered down at home, there were just four aircraft aloft over the whole of New Zealand. Not so for some countries though.

The icons for most aircraft look like yellow jet liners (there is no differentiation for propeller driven planes) but helicopters are shown with a clever 'pulsating' rotor.

If you look carefully, you will also find some yellow circles, usually over Africa and the Indian Ocean - these are 'Loons' (no, not the water birds *Gavia immer*). These balloons are launched from the west coast of Africa - Gabon (on the equator) or possibly Angola (a few degrees south) and from there they drift slowly eastwards across central Africa.



In New Zealand we take our excellent internet pretty much for granted but in rural Africa, there is simply not the infrastructure – hence the Loon project.

African people have the same needs as we do for news,





education, entertainment and communication and a Loon is designed to float in the stratosphere (18 to 25 km up) - this is way above any commercial aircraft (about 10 km up).

From up there, they are able to receive and transmit data over vast areas of the continent, putting millions of people living below in internet contact with the rest of the world.

They are cleverly designed with their own solar recharging and an ability to control their altitude and are able to function for 100 to 200 days. After that, they parachute back to Earth and are recovered.

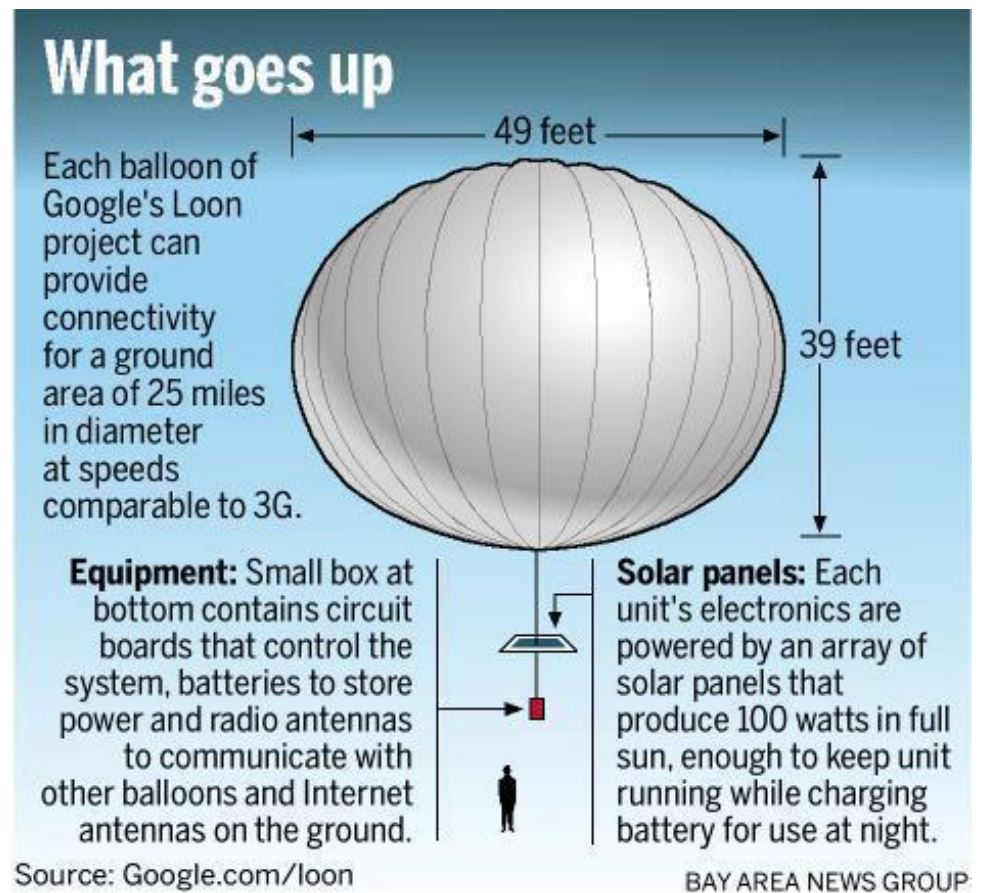
We in New Zealand can feel very proud because much of the original development work for the Loons was done in Otago.

Somehow, the uncertainty and insecurity in most nations of this great continent, their poverty and the absence or fragility of much of their infrastructure (which we in NZ take for granted) has created a need for them to look to the sky for a solution.

And this reminds me of Psalm 121.

*I will lift up mine eyes unto the hills, from whence cometh my help.  
My help cometh from the Lord, which made heaven and earth.  
He will not suffer thy foot to be moved: he that keepeth thee will not slumber.  
Behold, he that keepeth Israel shall neither slumber nor sleep.  
The Lord is thy keeper: the Lord is thy shade upon thy right hand.  
The sun shall not smite thee by day, nor the moon by night.  
The Lord shall preserve thee from all evil: he shall preserve thy soul.  
The Lord shall preserve thy going out and thy coming in from this time forth,  
and even for evermore.*

**John Harris**





## ***Phil's Photo – Back to normal***

From mid-May 2020, after lockdown, life here in 'The Village' started to get back to normal. The change was especially obvious down at the 'Rec', when the footy restarted.



The first games were between selected teams of the Junior Division. With a damp (and in parts a muddy) field these fine young athletes made the most of their first games. How they enjoyed the running, tackling and above all getting muddy. Their parents, grandparents, family friends and club supporters all lined the touch and were delighted to see this Saturday-morning wintery activity restart.

For its first game, the Eastbourne Senior Team (the under 85s) played against 'Avalon' on 27 June. This day was particularly significant as, before the game, both teams lined up on the halfway for a time of silence to remember recently deceased rugby player, life member and stalwart of more than seven decades, Malcolm Rudman. Malcolm's memorial service had been held at the club rooms that morning and his family stood beneath the northern goal posts. What a great tribute for one of ours who had passed on.







Then the game got under way. As usual when playing 'Avalon', a bit of tension built up and a bit of associated 'biffo'. The larger-than-normal crowd were delighted. We lost by one point, but both teams and the spectators won with the sense of returning normality – as we got back to living again.

Later that day I watched a You Tube film from the US Military about what returning GI's most wanted at the end of WW2. As they picked up their lives once again, they wanted just three things: peace, a place to live and a job.

Now that normality is returning for us, what we all want is pretty much the same: a disease-free country, a good community and sufficient income to not have to worry.

And we all now have something to contribute to make this happen. How exciting to be living here in post-COVID-19 Eastbourne.

***Phil Benga***

## **POWER HOUR AND WIGGLY CHURCH**

### **OUR ACTIONS SPEAK LOUDER THAN WORDS!**

As adults, we don't often think how far-reaching is the simple, kind act of reading to a wee child (such as our own child or grandchild, nestled on our lap) on the reaping of their faith at a later time. So I share Ken Edgcombe's worthy experience about reading to his granddaughter (SUNZ Adventure 6/20, p13).



## ***A grandfather's reflection on bible reading***

*My granddaughter, Bethany, is two and a half. Last Wednesday I read her, at her request, "The Owl and the Pussycat", and at the end I asked, 'Shall we read it again?' I know how her lot regards repetition. But she was firm. 'No', she said, 'I want the Bible book.'*

*So we got it. "Candle Bible for Toddlers", which has been in her family since her big brother was two. It has a mashed up look about it now: her fingers on its pages are not always a gentle thing. I wondered where we should start, but she knows it covers a lot of ground, and she was ready. 'I want baby Jesus, and Mary. And Joseph.' Helpful background here is that, over Christmas, her enthusiasm for our nativity set reached addiction levels. We read about baby Jesus, and Mary. And Joseph.*

*I thought I'd make it sure this was a co-operative thing. At the right place I asked her, 'What were the gifts that the wise men brought?' 'Gold' Very firm. I was about to help her with the hard ones when she beat me to the draw: 'Frankincense. Myrrh.' I am not saying she could spell them. But I am saying she recalled them. And who knows when all that planted seed will result in fruit, or exactly what that fruit will look like?*

*It so happened that my Encounter with God reading that morning had included Hebrews 2:3, 'How shall we escape if we neglect so great salvation?' and was suddenly transported 65 years back to Kaponga Gospel Hall, where my mother took me as a child and on whose wall was a poster with that verse on it, in the King James English above that had defeated my childish efforts to make total clarity of it. But it was still there, sort of gentle on my mind. Seeds planted early.*

*At my present church on Sunday night we had read from Ecclesiastes 3, about the right time for everything and, tellingly, verse 11: 'God has made everything beautiful in its time.' In its time. Someone present told us of her son, schooled early in Christian faith but an adult rejector, who in recent months seems to be mellowing. God's time to reap from the early seeds? She hopes so. The following day the same verse had been useful to me in conversation with a Jehovah's Witness who I think was wanting me to agree with him that the world belonged to the devil, just look around to see why, and I said 'Times and seasons, and God in control'.*

*I do not have a programme to roll out for grandparents to ensure their grandchildren grow up to use the Bible. But I can say that an early and natural exposure to it, in a form they can enjoy, is lovely when the child is on your knee and it gives a chance for the reaping when God's time is right. Next week young Bethany might be back on "The Owl and the Pussycat". But baby Jesus and Mary, and Joseph, are well and truly lodged. Her time is in God's hands.*

*Our Term 2 will finish **5 July** followed by a two-week school break. Enjoy your holidays!! Our Term 3 will begin on **26 July**.*

*Blessings*

***Susan Connell, Elspeth Cotsilinis, Matt McCorkindale***





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>
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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.  
They do not necessarily represent those of St Ronan's Church.

**And the closing date for our next *Record* for August 2020  
Sunday 26<sup>th</sup> July 2020**