



St Ronan's Presbyterian Church
Eastbourne

Record

June 2023

4 June	Informal worship service.....	9.30am
11 June	Reg Weeks.....	9.30am
18 June	Informal worship service.....	9.30am
25 June	Silvia Purdie.....	9.30am

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Power Hour – Sundays 9.30am
Breakfast Prayer – Tuesdays 7.45am
Mainly Music – Thursdays 9.15-11.15am

For pastoral care needs, please contact one of the Local Ministry Team
Rev Reg Weeks 027 491 5947, Simon Shaw 562 8772, Colin Dalziel 562 7238 or Sandy Lang 562 8753

Memory...

It was great last Sunday to hear Mills McCorkindale introduce and read the prayer used by King Charles at his coronation. Mills is the oldest of the 'Power Hour' (Sunday School) children. This was part of teacher Susan Connell's efforts to encourage children to take active roles in church life, commensurate with their age. She also mentioned that the children regularly commit parts of scripture to memory.



This practice is reminiscent of early Judaism where the village children memorised the first five books of the bible by the time they were ten; the best of the best then went on to learn the rest of the Old Testament by the time they were fourteen!

Advances in technology make such dedicated and strenuous mental effort no longer necessary as any child with a cellphone can now carry many versions of the bible in their pockets. But let's not too quickly dismiss the idea of committing things to memory as being no longer useful.

You see, for most people, the inner world of memory is a tremendous repository of meaning - poetry, songs, favourite bits of the bible - sometimes only half remembered. These are the words that rise up to bless us in times of thankful peace or joy; to reassure us when the road is long and the going tough. Often these memory treasures have been acquired almost by accident. Whether it be the words of a popular song, an oft-repeated soundbite, or a favourite meme on Facebook, these aphorisms just tend to stick in the mind. How much better to be a little more intentional about stocking the storehouse of memory.

Many will recall the story Jesus told about the two housebuilders, one who built on sand and the other on rock. All was fine until the floods came. That story is embedded in our country's recent experience, but I once heard a well-respected teacher interpreting the parable differently. He saw the house as an image of the way we shape our lives.

If our focus is always on the outer world of 'trials and tribulations' particularly in this time of extra stress, we are likely to find it very difficult to cope - we have built our house on sand. Instead, he recommended taking time to go deep into your inner world to find that centre of peace and tranquillity we all have. He saw that as building our house on a rock.

In the stress we all face today, I suggest that it makes good sense to actively commit to memory any new words of meaning in much the same way as perhaps we did at Sunday school. That will surely grow our always accessible source of encouragement and support. It will help keep us grounded and

balanced when each day brings news of growing threats, both world-wide and in our own communities.

Of course, in this wonderful world of internet and smartphone technology, such resources are close at hand. So, whether it's a visit to your bookshelf or a voice-call to Google, we do have access to a vast array of source material right at our fingertips, particularly when our memory becomes a little less reliable.

Why not take a little time each day to build that rock-like sense of stability and security by doing a memory refresh, visiting a favourite webpage, or doing an online search; then saving the best to our favoured form of electronic storage, in the same way we now store our photographs?

NB: I have two 2.5" plug-in, solid-state, hard drives, each of which holds 1 terabyte of storage: Google tells me that one terabyte gives you the option of storing roughly 250,000 photos, or 250 movies, or 6.5 million document pages.

Reg Weeks

Clerk's corner...



Church copier/printer: Our little *Epsom* has got too expensive to run. The church office now has a new *Brother* printer/copier. This should cost us very much less to run and be nicer to use too...

Church chat: On 28 May we had a particularly useful after-church 'Church Chat' with a large number of suggestions made, and items covered off. Thanks to you all for your various inputs.



I've sent out a detailed summary email to all on my email list. If you didn't get my email but would like to have future such emails, please just ask me and I'll add your name to the 'St Ronan's Congregation' group listing... Equally, if you want out, I can easily take your name off the group listing. Again, just ask me.



Parish Council: Rather like a swan's legs beneath the water, your *Parish Council's* little legs are paddling away frenziedly, just out of your sight, ensuring that St Ronan's continues to glide serenely across the lake of life...!

Thanks to Colin, Peter, Reg, me and Simon (alphabetical order). You guys have no idea how much paddling is going on these days. Your sustaining prayers are always welcome...!

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Sandy Lang

Hands-only CPR...

Introduction: One of our congregation is alive and well today because another of us knew how to administer *CPR* (cardiopulmonary resuscitation) - and did it... In similar circumstances I would have failed through ignorance.

So, it was very timely for me to do some homework and, having now done it, to provide you here some basic information in the *Record*. Especially as many of us *Record* readers are of an age when encountering such an event is more likely than in our youth.

Course/Workshop: Ideally, you should attend a *CPR* course. St John www.stjohn.org.nz offers 'Basic Life Support'. This is a half-day course for \$99 which includes *CPR*. An alternative is a cheaper (\$50), shorter (2 hour), 'Workshop' which doesn't give you a certificate but does instruct.



**I've organised a St John's 'Workshop' at St Ronan's
On Tuesday July 18 from 2.30 to 4.30pm.
Email me for a \$50 ticket.**

Talk-through: But, until you get around to doing a course or workshop, here's a quick talk-through so you know the basics and can have a go tonight - should you need to.

What is it... *CPR* is an emergency procedure consisting of:

- (1) rapid chest compressions combined with
- (2) rescue breathing to manually preserve intact brain function in a person who is in cardiac arrest, that is no pulse, not breathing.

Done right, *CPR* will keep their brain alive, otherwise there is permanent brain damage after 5 minutes, and permanent death after 8 minutes. Medical help can take 20 minutes to arrive, so it's up to you until that arrives.

The function of *CPR* is not primarily to restart the heart and lungs but to keep the blood oxygenated and flowing to the brain until a medical person arrives who can restart them (using specialist gear and knowledge). I knew this much before - but I didn't know how to do *CPR*. Not a lot of use...! 😞

HO-CPR: But what I'm about to describe here is '*hands-only CPR*'. It's the chest compressions of *CPR*, without the rescue breathing. *HO-CPR* is nearly as effective as *CPR* for which you really require the training. *HO-CPR* is easier and also more likely to be administered if you find mouth-to-mouth rescue breathing difficult - one can also be put off rescue breathing if there's alcohol involved, or vomit, or bleeding, or COVID etc...

Actions: If the person is unresponsive, has no definite pulse, and is not breathing (or has abnormal breathing that sounds like snoring, snorting, gasping):

- 1) **Ring** 111 for help – and put your phone on 'speaker' so you can immediately start *HO-CPR*.
- 2) **Lie** the patient on their back, on a hard surface, and slightly lift their chin to open their airway. Check and clear their airway by tilting the face to the side - an obstruction may fall away - or you may have to use a finger to dig an obstruction out. This may allow the person to breathe again.
- 3) **Kneel** beside them, lean forward, place the heel of one hand on their breastbone (middle finger in line with their nipple), place your other hand on top of the first and intertwine the fingers. Your shoulders should be above your hands, and your arms straight. You are going to have to push down often and hard - about 50 kg.



- 4) **Push** down hard to compress the chest 2½" (5 to 6 cm) then release the pressure but keep your hands in position on their chest. Repeat rapidly...
Aim for 100 to 120 chest compressions per minute.
That's really fast and it's hard work...

Continue *HO-CPR* until you see signs of life or until medical help arrives and takes over.

Meanwhile, if there's someone else at hand, share the workload, taking turns every couple of minutes to ease fatigue and avoid decreased effectiveness.

Don't stop *HO-CPR* unless you really can't go on any longer. Then you will have failed, but you will have done your best...

NOTES:

- Purpose - Neither *CPR* or *HO-CPR* is likely to restart the heart or the breathing. Their purpose is to restore the flow of blood to the brain and heart (by pressing on the heart) to delay tissue death and so extend the brief window of opportunity for a successful expert resuscitation without permanent brain damage.

- Comes round - If the person regains consciousness while you are doing the *HO-CPR* it may mean your action was unnecessary – after all you are probably not a medical expert. But far better to have taken an unnecessary action than to have failed to take a necessary one, while dithering around in your uncertainty...

- Gender - If you are a man (usually stronger, heavier) working on a woman (usually lighter) you will still have to push down pretty hard to achieve sufficient compression. If you are a woman working on a man, you will likely be pushing down with all your weight. Either way, if you happen to break a rib, so be it. If you are too gentle you will fail to achieve the necessary 2½" compressions.

- Now, re that phone call.

Your 111 call will be answered by a *Spark* operator who will ask which service you want (Police, Fire, Ambulance). Ask for '*Ambulance*' and you will be transferred to the *Clinical Communications Centre*. Your call will next be answered by a *Call Handler* who will ask you questions.

1) The first question is "What's the address of the emergency?" Give as much detail as you can e.g., apartment/unit name, the street, the street number, the suburb and city etc. They won't know you are in Eastbourne, Lower Hutt until you tell them...! You will probably have to spell the street name...

2) The second question is "What's the telephone number you're calling from?"

3) The third question is "Tell me what happened?" They will then ask several questions relating to the reason for your call. These questions are necessary to arrange the best care for the patient.

4) While the *Call Handler* is taking down all this information you will be getting more and more frustrated but be aware that a *Dispatcher* will already be arranging the most appropriate help. In some cases, an Ambulance may arrive while you are still speaking with the *Call Handler*...!

5) Once all the information has been gathered the *Call Handler* will continue to provide instructions to assist you with your *CPR* until help arrives.

DON'T HANG UP UNTIL THE CALL HANDLER SAYS YOU CAN.

Sandy Lang (with a little help from my friends)

Rood screen – The economy of Gabon...

Gross domestic product (GDP) is a monetary measure of the market value of all the final goods and services produced and sold in a specific time-period (usually one year) by a country or countries.

Tomes of boring literature have been written on the topic, but in its simplest form GDP allows us to compare the richness of one country with another.

Gabon is a country on the West Coast of Africa that just happens to be almost exactly the same size as New Zealand, so makes it easy to compare with us.

These are the 2022 statistics.

	Gabon	New Zealand
Population	2.3 million	5.2 million
Area	268,000 km ²	268,000 km ²
GDP (total)	US\$22 billion	US\$261 billion
GDP (per capita)	US\$10,282	US\$50,851
Religion	76% Christian	37% Christian

You don't need a degree in economics to realise that, based on GDP, Gabon is much poorer than New Zealand.

But 88% of Gabon is covered with tropical rainforests that support: •604 species of birds, •35,000 gorillas, •50,000 forest elephants, •64,000 chimpanzees and a host of endemic (or near endemic) species. And, of course, •all those insects that are all part of the eco system. And, just offshore, is one of the important breeding grounds for humpback whales.

There are also over •7,000 species of native vascular plants, about 22% of which are endemic. New species are still being discovered such as the tree *Cola lizae* N. Hallé (Malvaceae) which was first described in 1987¹.



The fruit of *Cola lizae* N. Hallé.

Even more relevant to us, however, the forests of the Congo Basin are described as the "Second lungs of the Earth after the Amazon". Gabon's 236,000 km² of forests breathe in the carbon dioxide produced by the GDP-rich world and breathe out fresh oxygen.

The irony is that:

- if Gabon cut down its forests and sold them as timber their GDP would rise.
 - If Gabon exploited the minerals beneath its rainforests, its GDP would go up.
 - If Gabon trapped its wildlife and sold it to zoos, its GDP would look better.
- But Gabon knows it would be wrong...

¹ This species was named after Liz Williamson, a researcher at Lopé National Park, Gabon.

Gabon is currently trying to sell carbon credits to the industrialised nations. But why would they pay billions of dollars for what they currently get for free?

So, Gabon remains poor.
But are they really poor...?
Jesus had a lot to say
about riches that matter.
In Matthew 6:19 He told
us...

"Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also."



The huge leaf of *Cola lizae* N. Hallé.

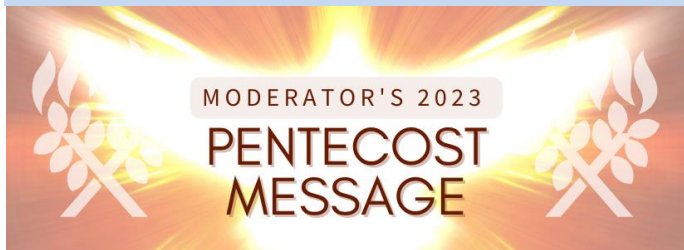


Kermit the frog, famously sang *It isn't easy being green*. And it isn't always easy being a Christian and *doing the right thing*. That is why Jesus also told us the story of the rich young ruler...

Are you rich in the things that matter?

John Harris

Moderator's Pentecost message...



This month, the *Mental Health and Wellbeing Commission* released the results of a new study that speaks about the causes of the high levels of stress, anxiety and social isolation impacting our young people. One of the four causal factors they identified was intergenerational disconnect!

It used to be that the church was a primary place of intergenerational connection in our society. That was certainly my experience as a child and young person at Hoon Hay Presbyterian Church! It was a common story of big Sunday Schools, youth groups and Boys' and Girls' Brigades often led by our

parents – we young people developed special helping connections with the older members of the parish. And this was part of a bigger story in Aotearoa as Presbyterian men and woman, empowered and led by the Holy Spirit, planted this huge network of churches, social service organisations and schools that is the Presbyterian movement in this land.

But times have changed. Part of that change is the increasing level of hostility in the younger generation towards the church. Certainly, as I move around the country, I see a huge network of Presbyterian churches who are struggling to connect with young people. This is so challenging at many levels.

So, what has Pentecost and the Holy Spirit got to do with that?

Well, the early church context was also hostile and challenging! Yet, fresh from the jaw-dropping spectacle of Jesus risen from the dead, the early Christians had a compelling story for the telling. And then the book of Acts tells of the added injection of the Holy Spirit. Spirit-filled and Spirit-led action dominated the life of the fledgling church - and they met hostility with resilient love that spurred spectacular growth, in spite of the challenges!

We too are people who carry the story of the risen Christ; we are people of the Spirit. As we reflect on the needs of our young, and the exciting narratives of the early church and our Presbyterian heritage in this land, may our hearts cry out for the Holy Spirit do a new thing with us!

The Scripture that most speaks to me about this right now is Ezekiel 37. As the prophet wandered despairingly among the dry bones of his people, the Lord empowered him to bring flesh and breath to those bones. As we survey the dry bones of despair in our youth, may we too listen carefully to the call of God to be bearers of God's hope-inspiring message and life-giving Spirit to a new generation.

Right Rev Hamish Galloway
Moderator Presbyterian Church of Aotearoa New Zealand
moderator@presbyterian.org.nz



The poster is for the 'Operation Refugee' challenge, organized by Christian World Service. It features a red header with the Christian World Service logo and the text 'CHOOSE YOUR CHALLENGE'. Below this, three icons represent the challenges: a pair of yellow boots for 'WINTER WALK', a yellow tent for 'SHELTER CHALLENGE', and a bowl of rice for 'FOOD FOR LIFE'. The central part of the poster has a circular stamp that reads 'OPERATION REFUGEE'. To the right of the stamp, it says '20 JUNE World Refugee Day' and 'GET SPONSORED TO COMPLETE A CHALLENGE STAND WITH REFUGEES'. At the bottom, there is a red banner with the website 'http://OperationRefugee.nz' and a QR code.

Pump Dance...

Eleven-year-old dancers, Kyla and Olive, recently competed at the *Velocity Dance Competition* in Paraparaumu.

They performed a two-minute routine which showcased four different styles of hip hop. They even included two acrobatic tricks in the performance.

These hip hop dancers have been training at St Ronan's for several months and were thrilled to find they were awarded 2nd place in their division.

They have now qualified for the Auckland-based *Velocity National Competition* in October.

The duo, named *KOKO*, are coached by *Pump Dance* instructors, Libby and Jiya, at St Ronan's Hall and have been training twice a week.



Thank you to St Ronan's for generously donating the use of their Hall and Fellowship room for their training sessions.

Libby George

[Ed: Pump Dance hires our Hall for 11½ hr/week. This duo got a free extra!]

A robotic concert...

Since October 2017, our *Yamaha* piano has served us very well week-by-week, providing musical accompaniment to our singing. This, under the talented fingers of our two resident pianists Colin Dalziel (mostly) and Ren Davies (sometimes). Thank you both...!

But in recent months we've also heard it under the extremely nimble fingers of a professional classical pianist, *Rosie Barnes*, playing the complex piano parts alongside the flute and cello parts in a couple of classical chamber music performances by *Trio Muritai*. Though our beloved *Yamaha* is 'not a concert grand' it did the job. And professional pianists can be fussy...

More recently, our *Yamaha* has widened its musical repertoire under the magical fingers of professional jazz pianist *Duncan Haynes*, playing the music of jazz greats *Herbie Hancock* and *Wayne Shorter* alongside a saxophone and a



double bass in a performance by the *Duncan Haynes Trio*. Our *Yamaha* got undressed for this performance...

But what else can this fine instrument do? Our *Yamaha* piano is not only a piano but also a pianola. Not the old sort with a wind-up clockwork mechanism and a punched-paper scroll. No, our *Yamaha* pianola plugs into the mains and it came with a floppy disc drive

on which to record or play back a pianist's key and pedal presses. Very recently we acquired a (new) hard drive to replace the (old) 3½ inch floppy drive and this new drive came preloaded with a whole lot of piano music.



On 11 June it will perform for you a varied selection of this recorded music. So, come and see and hear our *Yamaha* pianola in full 'throat', keys and pedals a-pumping but the invisible pianist is a clever robot. This is *not* an audio recording, this is a robot playing our piano. The sound you hear will be coming from the little felt hammers hitting the taught steel strings. The only difference is that it's robotic 'fingers' that will be driving the little felt hammers. Come along and see and hear for yourself at an after-church performance on **Sunday 11 June** at 11am.

Parish Council

Power Hour – Moses meets God in His Awesome Glory

Imagine having a smile on your face after having worked hard to get a job done and the job being finally done to satisfaction.

I am sure Moses, as the Israelites' leader, felt this way after first being called by God at the burning bush to rescue his people in Egypt, before leading them as an increasingly grumbling group to Mt Sinai, scrounging for food and water on the way and once there consolidating them with God's rules, to live happily together as a community.

Such joy and relief for Moses! Not only did he have a smile on his face but also there was also a bright glow all over it. Fortunately, his steep climb (five times over) up Mt Sinai and the chiselling out of the 'Top Ten' God-Given Commandments (twice) on stone tablets resulted in his people becoming unified and believing in God's glory. And all with God's awesome help throughout these testing times.

He told the people that God really loved them, forgave them for their waywardness, and would come with them to the Promised Land. But they needed to obey God, follow His rules, and call Him “The Lord”. Moses believed deeply in God’s mightiness and supremacy overall. He was utterly convinced of God’s omnipotence amongst his chosen people. Simply said, He was a God of

love, care and forgiveness.
Just like Jesus said.

Then recently, in Power Hour when learning about Moses' meeting with God, we were challenged to create images about what it might have been like when God passed in front of Moses on Mt Sinai. What would it look like? What sounds? Smells? Voices? Why did Moses' face shine? Can you tell when people have spent time with God? Are they different?

Abstract art was employed to express these images (by tearing coloured paper to depict mountains and sky, desert sand at the mountain base, God's thunderstorm, and His Name – 'The Lord').



As seen in this picture of Emma's expression, Moses was covered by God's white hand, a long shard connected upwards to "The Lord" as if talking with God, and God's glorious golden rays shone down in front of Moses with some cloud veiling over top. God had said to Moses, "I will do what you have asked, because I know you very well, and I am pleased with you."

GOD'S TOP TEN

I am your only God

Respect my name

Do not worship idols

Have a weekly holy day (holiday)

Respect your parents

Do not murder

Don't steal

Be faithful in marriage

Don't tell lies

Don't be jealous

Term 2: From 30 April to 25 June 2023 (holiday 4 June)

Term 3: Starts 16 July

Susan Connell

10 REASONS WHY ENGLISH IS WEIRD

- 1) The bandage was wound around the wound.
- 2) The farm was used to produce produce.
- 3) The dump was so full that it had to refuse more refuse.
- 4) We must polish the Polish furniture.
- 5) He could lead if he would get the lead out.
- 6) The soldier decided to desert his dessert in the desert.
- 7) Since there is no time like the present, he thought it was time to present the present.
- 8) A bass was painted on the head of the bass drum.
- 9) When shot at, the dove dove into the bushes.
- 10) I did not object to the object.

Like Wimbledon (except for the Wombles)...

On 3 July the *All-England Lawn Tennis and Croquet Club* will hold their annual tennis tournament *The Wimbledon Championships* (or simply 'Wimbledon'). It's the oldest (1887) tennis tournament in the world and widely regarded as the most prestigious.

[Ed. Did you know Wimbledon was once the home of Association Croquet but tennis ousted it, and the croquet moved down the road to Hurlingham?]



So, what has Wimbledon got to do with Eastbourne? Plenty...!

The Muritai Tennis Club held its finals day (no 'whites' dress code here) and trophy presentation recently, on 7 May. They had a beautiful sunny day for it. One of the main games was the Men's Doubles.

The large crowd was enthusiastic as people yelled support for their favourite players. Wimbledon has its many 'gentle' traditions. One such is silence at the serve. This rule was almost followed at Muritai but then great applause as a fine shot was played.

No strawberries and cream at Muritai but, instead, a fabulous sausage BBQ throughout the afternoon. With all the tomato sauce and sausages many washing machines would have been busy later that day. For those more 'genteel' in their tastes, the snags were supplemented by some top-class home baking (our little village by the sea is home to some magnificent cooks).

The game was played with gladiatorial intensity and the winners well deserved their moment of glory and trophy.

The photo of the day was when a player ran very fast past his back line and hit the ball through his legs and over the net to win a critical point. An amazing 'Wimbledonesque' shot which brought loud cheers from all present.



The Muritai Tennis Club is a wonderful place to learn new skills, play fun games and enjoy a warm family environment. What a great asset to our community...

Phil Benga



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

Directory

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Parish Clerk	Sandy Lang
Hall Bookings	Sandy Lang

Contributions for the 'Record' are most welcome
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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 July 2023
is Sunday 2 July 2023**