



St Ronan's Presbyterian Church
Eastbourne

Record

May 2021

2 May	Ross Scott.....	9.30am
9 May	Reg Weeks.....	9.30am
16 May	Norman Wilkins.....	9.30am
23 May	Lionel Nunns.....	9.30am
30 May	Doug Rogers.....	9.30am
6 June	John Harris.....	9.30am

In this issue

<i>Oversupply of churches</i>	<i>2</i>
<i>Clerk's corner.....</i>	<i>4</i>
<i>Tea and tripping with the Duke</i>	<i>5</i>
<i>Blood pressure and diabetes</i>	<i>8</i>
<i>Rood Screen – A tree of 40 fruit</i>	<i>10</i>
<i>Phil's photo – ANZACs & the MYC</i>	<i>11</i>
<i>Children's Power Hour</i>	<i>13</i>
<i>Church chairs.....</i>	<i>15</i>

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

'oversupply of churches' - an open letter to friends of St Ronan's...

Many of you will have read the opinion piece of this title by Ross Jamieson in the recent Eastbourne Herald and few would have cause to argue with his opening paragraphs.



In fact, the church council of St Ronan's raised this issue with the other two churches several years ago but the talks were abandoned because one church wanted to go its own way and the other was part of a much larger reshaping which has yet to be resolved.

Mr Jamieson then goes on to give a thumbnail sketch of the three churches with a potted history and a current assessment based, apparently, on a visit to a recent service at each of them.

I cannot speak for the other two churches (and apparently St Alban's will have a right-of-reply next month) but on behalf of St Ronan's, the first thing I want to say is, the idea that the primary activities and life of our faith community is what happens in the church on a Sunday is a perspective we left behind toward the end of the last century - in the late 1980s or thereabouts.

That's when we initiated the Toy Library and its community-based Trust, which continues to provide a welcome service to young families from St Ronan's hall. It was also about that time we employed a full-time youth worker, which led in due course to the establishment of the community youth group.



And, it's a pity Mr Jamieson didn't visit us on a Thursday morning when Mainly Music is in full swing with 25 to 30 toddlers and their caregivers enjoying a great time of activity followed by fellowship over a cuppa and cake provided by volunteers.

Mainly Music is a Ministry of Education registered Play Group and Cath, our part-time family

worker, also takes charge of the Anglican, Pop-in-and-Play held at St Ronan's on a Friday morning (also a Ministry of Education registered Play Group).

Both groups make full use of our education block (much more than just a hall, and also widely used by numerous community organisations). We even managed to keep Mainly Music operating during Level 3 lock-down with a modified programme and social distancing. We have full audio-visual facilities

in the education block and in the church, so we are not confined by hymn books or prayerbook.

So, St Ronan's focus is on supporting young families and, before lockdown, we ran a series of parenting classes during the winter evenings. Meanwhile, a small group of us have for several years offered remedial reading at Randwick School, Moera. Though many of our folk are aging, they relish being known in Presbyterian circles as an 'M&M' congregation – Mature and Marvellous.



While we may not have a pipe organ, the organ we have serves us very well and we also have an electronic pianola which allows for a whole service of music to be pre-recorded by the pianist and then played back as required. The kids just love to watch the keys and the pedals moving.

As for funerals, they are not likely to stop happening any time soon, so our 150 seats are needed quite often, and the funeral directors know that our buildings are available for any community funeral.

Now about ministry. There are two resident ministers in our congregation; one who is Moderator (unpaid chairperson) of Presbytery Central, a region of 80 congregations stretching from Wellington to New Plymouth and across to Gisborne. The other is a member of St Ronan's five-strong Local Ministry Team which officially takes over the tasks originally done by a solo minister. We are led in worship each Sunday by one of a number of visiting and local preachers, who are paid on a per-service basis.

While grants are occasionally available for special projects, our regular running costs are met entirely from local member giving and fundraising. And we pay local gardeners to look after our little 'community park' and pre-school playground, created with the help of local community organisations and the Council.

In the end it is people that matter, and the One we follow makes it very clear that serving the community is an important part of our reason for being.



Community Fridge

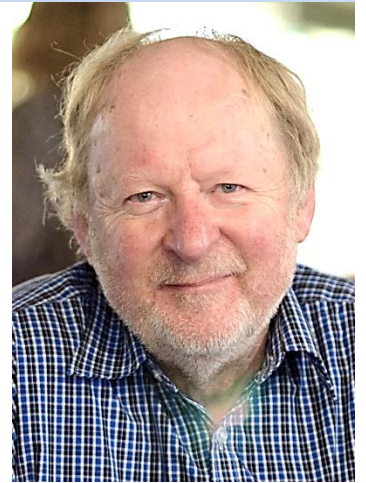
But all this is spelled out with great pics on our website. Why not check it out? www.stronans.org.nz

Reg Weeks

Note: While this is a personal response, our Local Ministry Team fully concurs with the views expressed here.

Clerk's corner...

Church Chat: Our church chat was held in the Fellowship Room after the service on 11 April. The only substantive matter raised at this periodic, informal, church meeting was a desire to engage more frequently in 'Combined' services with our friends of St Alban's and San Antonio congregations. This perspective emerged following a memorable and very meaningful 'Combined' service on Good Friday, 2 April) at St Ronan's (this year) led by Rev Reg Weeks, with participation by Msgr Charles Cooper (San Antonio) and Rev John Hughes (St Alban's). At grass-roots level, we are but one people...



Malcolm Burdan: Most will be aware by now that Malcolm Burdan died recently on 15 April at his home in Bob Scott. Malcolm's funeral will be at St Ronan's on Saturday 22 May at 2pm. Malcolm's wife Shirley, died only nine weeks earlier, on 8 February.

Malcolm and Shirley were St Ronan's most venerable members - each having been born in Eastbourne, baptised at St Ronan's and, later, married at St Ronan's. I've asked Anne to prepare an obituary for Malcolm, which should appear in the June Record.

Malcolm was my go-to person for design work. He designed St Ronan's weekly Order of Service (for colour), the Record (for colour), many of the signs you see periodically on the road-side of the church. Even the 'do not touch' covers to keep fiddly fingers away from the balance controls on St Ronan's sound desk. Malcolm it was who organised the 'gallery' of past St Ronan's ministers in the church foyer.

Norman and Linda: On 16 May, Norman will take his last service at St Ronan's. He and Linda have now sold their Petone home and will be moving to Christchurch to be closer to their son and family. Because Norman is an 'old friend' of St Ronan's having served us faithfully for many years not only in the pulpit but also, latterly, as our Interim Moderator. We owe these two far more than you will probably appreciate...! After the service on 16 May we will have a pot luck lunch – **please bring a plate of finger food to share** – at which we will make brief speeches and a presentation. Do try to be present on this special occasion...!

Community fridge: The community fridge is a community outreach – initiated and operated *by* the community, *for* the community. St Ronan's contributes just the site and the power. But it would seem the community does not clean the fridge as often as might be desirable. I remove empty bags and boxes most weeks. But fresh vegetable produce (especially) tends to come with associated detritus which accumulates on the fridge floor. **Is there anyone out there who would please contribute a little love to the community by giving it a periodic wash out...?** Warm water, a cloth, and 5 minutes a fortnight is all that's required.

Handrail: Thanks to Simon for installing a sturdy handrail to assist the wobbly to reach the lectern safely. Using steps, unsupported, is a potential hazard both for our members and also for our visitors (e.g., at funerals).

St Ronan's donation receipts: Thanks to our treasurer and accountant I had the information for issuing your 'donation receipt' for FY 20/21 on 12 April – pretty efficient. Unfortunately, 12 April was also the day I went away for three weeks holiday in the S Island. The receipts were printed on my return on 3 May, were signed on 4 May and are now being distributed.

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Sandy Lang

Tea and tripping with the Duke of Edinburgh...

The recent passing of HRH Prince Philip, the Duke of Edinburgh, brought back memories of a most eventful little chapter in my public service career, when I was shoulder-tapped by my boss, the D-G of Conservation, to accompany HRH around the wilds of southwest NZ as his conservation guide.



It was February 1990, our sesquicentennial (150 years) celebration of the signing to the Treaty of Waitangi. A 'Royal Visit' was scheduled and the Duke - who had achieved international respect during the previous decade as President both of the *World Wildlife Fund* (WWF) UK and of *WWF International*, requested the opportunity to learn at first-hand what the new *Department of Conservation* (DOC) was doing to protect NZ's unique (and singularly endangered) indigenous wildlife.

Upon its formation in 1987, DOC subsumed the functions of the former *Wildlife Service* which had already earned international acclaim in having saved the Chatham Island black robin from extinction.

Another of NZ's 'living treasures', Don Merton, had been a key figure in that saga and, by 1990, Don was actively involved in an even greater challenge for DOC – rescuing the few remaining iconic kākāpō – the extraordinary flightless 'night parrot' – from their last retreat in Fiordland and SE Stewart Island where they were under siege from feral cats.

In addition, 1990 was a landmark year for the conservation of NZ's indigenous forest heritage, for the David Lange government had finally 'bitten the bullet' after decades of bitter argument with the West Coast timber and farming industries. The 300,000 ha of magnificent, unlogged podocarp forests of South Westland had just been passed to DOC, providing the jewel in the crown of what was to become one of the world's outstanding natural *World Heritage* sites later that year. This was the 2.6 M hectare *Te Wāhipounamu* (SW NZ) *World Heritage Area*, encompassing some 10% of NZ's total land area and listed by UNESCO in December 1990.

So, it was the ideal time to organise an ambitious two-day helicopter, minibus and boat itinerary for the Duke, encompassing kākāpō and kiwi, Don Merton and his dedicated co-workers, and the wilderness of mountain, forest and fiords which made *Te Wāhipounamu* of such international significance.

For me it was a rather daunting mission; not only was HRH a knowledgeable bird-lover but he was also known not to suffer fools gladly (especially police and security). But I needn't have worried, for the Duke was gracious and keenly interested in our work. However, as a fledgling department, DOC was not entirely trusted to get it right by other parts of the government. So, we had to do field rehearsals with officials from Buckingham Palace, safety checks with the police and civil aviation, satisfying the wishes of politicians, liaising with Māori hosting 'tea' during the South Westland leg of the tour, etc.

There were many funny incidents. One of the most memorable was during our dummy jetboat run up the scenic Wilkin River in Mt Aspiring National Park. On this trip the palace party included one of the Queen's ladies-in-waiting who, unfortunately, was the victim of a low-flying paradise shelduck which chose her as a celebrity target for his high-speed toileting foray. And then one of the jetboats caught fire mid-stream and a lone and lame palace official who couldn't escape the burning boat, was rescued after being doused with buckets



**HRH Prince Philip discussing DOC's efforts to save the kākāpō with Don Merton (holding the kākāpō).
Masons Bay, Stewart Island, Feb 1990**

of river water, while the air was blue with very un-British 'cussing' from the distraught boat owner.

That evening the leader of the palace contingent quietly suggested to me that we might best drop the Wilkin part of the tour since "I don't think his highness would find it very interesting"!!

Eventually, the big day arrived. The Duke and his private secretary (another avid bird-lover) joined us on the Air Force flight to Invercargill. By this time, I was joined by my friend and co-guide Tipene O'Regan, whose Ngāi Tahu rohe encompassed the whole of Te Wāhipounamu. From there we helicoptered to Mason's Bay on the far side of Stewart Island



to meet Don and the rest of the DOC scientists, some of whom had slept the previous night, far away in the montane scrub next to a tagged kākāpō, who little realised he was going to meet royalty the next morning, before being conducted to safe haven, offshore on Codfish Island (Whenua Hou).

The Duke also got to meet a superb specimen of the Rakiura race of brown kiwi, the southern tokoeka.

Then we were off, flying across the wilderness of Fiordland, boating on Milford Sound, and through the Southern Alps to the névés of the Fox and Franz Josef Glaciers. The next day was his chance to visit the white herons and other wading birds at Ōkārito and Waitangi-roto Lagoon before the long drive through the ancient forests of South Westland. Seated beside him during that journey, I attempted to tell him of the international significance of the geodiversity and biodiversity we were seeing as well as its brief but rich human history (including the many brave activists who fought to safeguard this priceless remnant of our natural heritage). En route, afternoon tea at Mahitahi (Bruce Bay) was a warm and noisy cultural experience which I am sure the Duke enjoyed and would have remembered long after.

And so, for us, it ended the next morning in Wānaka, as Tipene and I farewelled him before he left to re-join her Majesty for the rest of the Royal Visit.

For our efforts we were each given a copy of his newly published book *Down to Earth*. This is a compendium of his many speeches, many outspoken accounts of the folly, stupidity and greed which mankind was wreaking upon wild nature.

Thirty years ago, there was little public concern in the developed nations about global warming or the dangers of pandemics from over-population, mono-culture farming or human consumption of 'bush meat'.

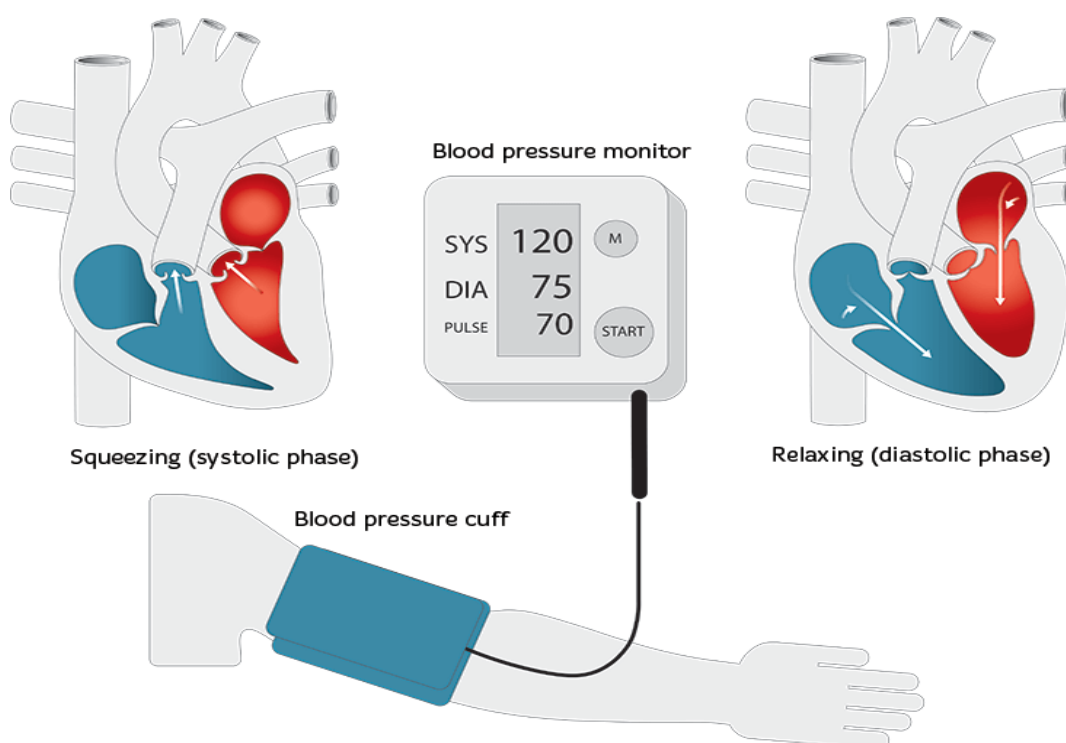
Indeed, Prince Philip was a conservationist and leader ahead of his time. Sometimes the truths he spoke were unpopular in establishment circles but that never seemed to worry him. To me his passing indeed marks the end of an era.

Les Molloy

Blood pressure and diabetes...

Monitoring your health is not rocket science. Two of the most important health markers are blood pressure and blood sugar level.

1 Blood pressure (BP): The NZ Heart Foundation says an ideal BP is 120/75 mmHg (or lower). High BP is when it is consistently above 140/90 mmHg. High BP can lead to heart disease and stroke. 20% of Kiwis have high BP - but many don't know it.



In my work I often ask a patient "Do you know what your normal blood pressure is?" Often the reply is "My doctor says it's really good for my age!" "Yes, but what are the numbers?"

The first (top) number is the pressure when your heart beats (the systolic pressure). The second (bottom) number is the pressure when your heart relaxes (the diastolic pressure).

Things that affect BP.

- *Smoking or nicotine vaping* – Over time these damage arteries, increasing risk of heart attack or stroke.
- *Processed foods* – Many of these are high in hydrogenated fats, salt and other harmful chemicals.
- *Too much alcohol, too often* - Can lead to long-term BP increases.
- *Overweight* - Losing just a few kgs can lower BP.
- *Activity* - Moving more / sitting less can lower BP.
- *Stress* - Hormones released when you are stressed, increasing BP.
- *Other risk factors* - Diabetes, kidney disease, your genetics, some medications.

Some say “BP increases with age” but with care you can keep it as it was.

2 Blood sugar level (BSL): is normally very stable (4 to 7.5 mmol/L). The body has hormone regulation systems (insulin and glucagon) to keep the BSL in this range.

Type-2 diabetes is when our body is unable to control its BSL. If you have diabetes, it's likely you'll have a heart condition. Otago University, Professor Jim Mann, says type-2 diabetes is a hidden killer. He wants more dieticians. He would welcome a sugar tax. But most effective would be the reintroduction of a healthy eating programme in schools (like the HEHA programme cut by the National Government).

As our population's rates of obesity and overweight have increased, so too have the rates of pre-diabetes and insulin resistance. These now affect 25% of Kiwis aged 15 and over. Finding you have pre-diabetes is an opportunity to make changes to stop the condition progressing to type-2 diabetes.

I know a 55-year-old man, a lovely person, who used to be a truck driver. But his leg was taken off below the knee because of continual ulcers that wouldn't heal. These days he spends his time zipping about Lower Hutt in his electric wheelchair, chatting to people, enjoying the sun and trying not to feel embarrassed. He said to me “If only I had known some of the risk factors, I might still have my leg.”

Cost of type-2 diabetes:

Money - The NZ health system spends more on diabetes than it does on cancer. Within twenty years, this amount is predicted to rise from the current \$2.1b to \$3.5b.

Suffering - This cost is incalculable. Left untreated the disease can result in renal failure, heart disease and a shortened lifespan (10 years less).

More than 250,000 Kiwis have type-2 diabetes. Doctors see the disease as a 'tidal wave' set to overwhelm our health system. The problem is now reaching crisis proportions. Traditionally, type-2 diabetes has been a disease of the

middle-aged and elderly and related to excess weight, poor diet and lack of physical activity. Increasingly, type-2 diabetes is being found in much younger people.

No matter where you are with your health status there are always little improvements you can make. Keep an eye on those numbers...! 😊

Red Thai bean curry

1-2 Tbsp red curry paste
1 can coconut cream
2 carrots
1 can lentils
1 can cannelloni or butter beans
Bunch of coriander, parsley, basil

In a saucepan add curry paste, coconut cream, carrots and simmer. Add lentils, beans and herbs.



Simmer for a further 10 min and serve with brown rice and plain yogurt mixed with grated cucumber and mint.

Annette J Davidson
BN RN Nutritional Consultant

Rood screen – a tree of 40 fruit...

Sam Van Aken is Associate Professor of Sculpture at Syracuse University. He is both a contemporary artist and a botanist, specialising in grafting. He has combined his two passions by grafting forty types of stone



fruit, all of the genus *Prunus*, onto one tree. These fruits include varieties of almond, apricot, cherry, nectarine, peach and plum.

The fruits ripen sequentially over about four months from July to October (N Hemisphere). The picture shows the tree in blossom. I say 'the' tree, but he's produced sixteen of them.

In Matthew 7:16, Jesus said *By their fruit you will recognise them. Do people pick grapes from thornbushes, or figs from thistles?*

I'm not sure what Jesus would have made of a tree that bears 40 different kinds of fruit - but I'm going to have a go anyway...!

I am guessing there is good reason why van Aken stuck to the genus *Prunus*. Apart from the beautiful blossom array, there is just no way he could have grafted a thistle onto that tree. They are just too different.

1 Corinthians 12 tells us of some of the gifts of the Spirit. I say 'some' because what about serving, loving, caring, mercy, hospitality – even office work. Are these not also gifts of the Spirit?

And whoever said we should limit ourselves to doing only one thing for our Lord?

John Harris

Phil's photo – the ANZACs and the MYC...

This year's ANZAC parade enjoyed a brilliant autumn day as it wound its way through Rimu Street, before assembling at the memorial gates at Muritai School. The following service included all the familiar elements of wreath laying and speeches and a bugle call. As usual it was very moving...





In the afternoon of the same day, the Muritai Yacht Club held its last regatta of the season. The sun was still bright, but the wind was now strong and the sea choppy as the fleet of small boats headed out from the beach. This

combination made for some interesting action shots during launchings and, later, when they returned to shore...

What you may not know, is that more than 50 members of the Muritai Yacht Club were enlisted in the armed forces during WW2 and, of these, seven were killed.

A long-time former resident of Eastbourne, Michael Pether, now living in Auckland, undertook to research the histories of these seven former Muritai Yacht Club members.

That afternoon, Michael gave a very moving presentation, with a history of each serviceman and the circumstances of his death. His research was outstanding. As each man was spoken of, his name on the 'roll of honour' board seemed to come alive. Michael presented the written results of his research to the Muritai Yacht Club - a volume of transcripts and photographs.

ROLL OF HONOUR

Graham Barnard
Richard Egley
Geoffrey Innes
Harry Marsden
Evan Strang
Norman Wansbrough
David White

DURING WW2 OVER 50 CLUB MEMBERS SERVED IN THE
 • FORCES AND THOSE LISTED ABOVE MADE THE SUPREME •
 SACRIFICE IN THE DEFENCE OF THEIR COUNTRY

Perhaps the most moving tribute of all was to Able Seaman Harry Marsden. Harry Marsden died on 19 December 1941 in HMS Neptune, which sank in the Mediterranean after striking a series of mines. There was only one survivor. Of the ship's complement of 765, 150 were NZ Navy seamen. It was the worst single loss of NZ Navy personnel in the war.

But what was so special about Harry Marsden was that, previously, on 13 November 1941, he had recorded a message of greetings with the *NZ Broadcasting Service* for his family back home. In his brief comments he made special mention of his mates at the Muritai Yacht Club. However, because of the HMS Neptune tragedy, and out of respect for his next of kin, the government decided not to play his recording.

However, Michael Pether obtained his recording from the government archives and, for the first time in 80 years, the message from Harry Marsden was played. To hear his cheery voice brought his name to life on the Honours Board. As the recording concluded there was utter silence in the packed club rooms...



For each of the seven Muritai Yacht Club men killed, a memorial trophy is held by the club. In the photo you can see Michael Pether holding one of these trophies.

Thank you, Michael, for your diligence and amazing efforts. These ensure the names on the honours board at the Muritai Yacht Club will be remembered. RIP

Phil Bengel

Children's Power Hour...

"You are a 'Poo Bah!'" or something of a similar nature can be the natural response by a 5-8-year-old who feels suddenly hurt or has been unfairly treated by another child. That other child has now become '*The Enemy*' and one to stay away from. That distancing can vary depending on the seriousness of the discord, frequency, understanding of '*The Enemy's*' behaviour, or willingness to forgive by the injured.



Over time I have found that taking the two children quietly aside and allowing each child to explain their actions creates an opportunity for healing to occur

and strengthens the relationship between the two. There is a magical melting away of the barrier. Also, there is usually a large shift in the mind-set of the other child by allowing this exploring and sharing of oneself to another soul. A new appreciation of 'The Enemy' and 'The Name Caller' has instantly and mutually grown. The new insights allow each child to understand the other's viewpoint and differences. Then being able to say with heads held high and with personal dignity, "I am sorry" is possible. The children have come to feel tenderness for the other. Love in disguise.

At this angelic age where children start to put their feet down on the ground, they are starting to see others for what they are and taking the focus and emotion off themselves. They are building friendships and incorporating others into their realm, sometimes even a 'best friend'. They are also learning that they are not perfect, need self-discipline and perhaps better words to express their feelings. Forgiveness becomes a part of knowing how to love and get on with others.

ANZAC is another case in point of having an 'Enemy' but on a larger scale. ANZAC Day reminds us of so many valiant ones who fought in wars and died. Is war a worthwhile way to relate to others who are deemed to be enemies and kill them just because there are differences? Gandhi, Te Whiti, and Martin Luther King believed there are better peaceful ways to negotiate differences. We can't all be the same but need to accept that differences will exist amongst us all.

There is one very long-standing name, however, which stands out for fostering a peaceful way to live one's life and live with others -- and that is Jesus. Jesus was known as 'The Prince of Peace'. The peace symbol of the dove is also entwined throughout the Bible, eg., Noah at the end of the flood, the baby Jesus taken to the temple, the baptism of Jesus. Jesus said, "Love your enemies, do good to them... and show mercy, just as your Father shows mercy." *Luke 6: 35-36.*



Thus, we encourage our children to apologise to someone whom they have hurt, write a letter of apology, make the first move to mend a damaged relationship with a family member or friend, include in an activity someone who is difficult for them to love, to try and get to know them better. You/Me/We/They might be surprised!

Blessings Susan Connell

(04) 568 5747

Power Hour Term 2: 9 May to 4 July

(No Power Hour on 6 June Queen's Birthday Long Weekend)

Church chairs...

Now for something quite different. For some time we've talked about purchasing a number of chairs (maybe about 20 of them) for use in our church to provide more comfortable seating and also to allow more flexible seating arrangements than those offered by our fixed, wooden pews. The intent is that we would retain most of our pews but replace maybe just the front two on each side.

There are a good number of chair options available on the market. Just one of these is the *Venice Range* chair made by *Chair Solutions*.

This is the chair now in use at Ngaio Union Church. And, as I awaited my flu jab today, I noticed one in use at the Muritai Health Centre...

I've borrowed one of these chairs from the Ngaio Union Church for you to try out - thanks Sue and Geoff Brown...!

The chairs are manufactured in NZ by *Chair Solutions*, Port Road, Lower Hutt, from local and imported components. See www.chairsolutions.co.nz



The Venice Range chairs pictured here come with or without arms, in a range of fabric colours (I'd suggest blueish) and both the armed (~\$340 inc GST) and the armless (~\$320 inc GST) versions will stack six high.

These chairs are manufactured to commercial grade (AFRDI Level 6) and certified to 'Severe Commercial Use'. They come with a 10-year warranty.

What do you think...?

Sandy Lang



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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Local Ministry Team

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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 June 2021
Sunday 30 May 2021**