



St Ronan's Presbyterian Church  
Eastbourne

# Record

## November 2020

<b>1 November</b>	Worship with John Howell .....	9.30am
<b>8 November</b>	Worship with Reg Weeks .....	9.30am
<b>15 November</b>	Worship with Norman Wilkins .....	9.30am
<b>22 November</b>	Worship with Liz Barrow .....	9.30am
<b>29 November</b>	Worship with Doug Rogers + Children's nativity .....	9.30am
<b>6 December</b>	Worship with Jenny Dawson (CWS) .....	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**

## ***Wear the jersey...***

Last month I wrote about St Paul challenging his readers and us, to *"run with resolution the race set before us."* But there's probably a more important, and in his day unintended, sporting metaphor in his challenge to the Christians in Galatia, as one translation puts it, to *"put on Christ like a garment."*



New Zealand is a sporting nation, and we're quite rightly proud of the number of elite athletes whose performances have made the silver fern so widely known around the world, and in such a variety of sporting codes. But of even more significance in the sporting arena is the performance of our national teams, whether it be cycling or the rugby sevens, the netball Silver Ferns, the All Blacks and their famous haka, or Team New Zealand and the America's Cup. Each has won world renown, such that many, many Kiwis delight in wearing the team jersey (or the polo shirt etc) to show their support



It was just this widespread community identification with our sporting teams that gave substance and reality to the phrase *'team of 5 million'* coined by our Prime Minister in calling for a united response to the threat of COVID-19.

A writer for 'The Daily Blog' said this: *If Covid taught New Zealanders just one thing, it's that selfishness is a potentially deadly affliction... We also learned the virtues of collectivism: rediscovering the simple truth that the well-being of each of us, and the well-being of all of us, are goals that can only be achieved by working together.*

Sadly, the long history of Christianity has been bedevilled by disputes and polarisation over issues that do need to be wrestled with, and a way forward found, but without rancour. There needs to be a willingness to listen, to try to see the issue from each other's point of view rather than to allow robust discussion and respectful debate, to degenerate into increased intolerance and a them-and-us attitude.

Paul spent much of his writing dealing with warring factions in the early church, taking the words of Jesus at the Last Supper to draw out the implications of the

body metaphor – *"The eye cannot say to the hand "I don't need you!" and the head cannot say to the feet "I don't need you!" so that there should be no division in the body, but its parts have an equal concern for each other."*  
1 Corinthians 12:21 ff.

Again, in his letter to the Colossians 3:8-17 he uses clothing as a metaphor and lists the attitudes and actions that are appropriate to those who would follow in the footsteps of Jesus. In this comprehensive statement of what behaviours, attitudes and actions are characteristic of the new life in Christ he says *"clothe yourselves with compassion, kindness, humility, meekness, and patience"* and, further on, he uses the garment metaphor again: *"Above all, clothe yourself with love"*.

**Reg Weeks**



### **Clerk's corner**

Following on from our 'Church Chat' of 13 September we now have a new...

**Data projector:** We've ordered a new data projector for the church. The old one is just not able to do the job. It has led to some embarrassing moments in recent years, when an image that is easily-legible and attractive on the PC - but is almost unreadable and with a really great photo appearing miscoloured and washed out when projected on the church screen. In part, the old machine is in decline (it's old and it's tired) and in part its technology is outdated (people expect more these days). Top-class audiovisuals are the norm we are used to at public lectures, on TV and at the movies. We put a lot of effort into our audiovisuals at St R's (mainly Reg) and we source some superb local images of our wildlife, sky, bush and sea (mainly Phil).



You will see the difference, immediately. The new projector offers much better image quality (higher resolution, truer colour, greater brightness and greater contrast) and it also has x/y 'keystone' adjustment which allows it to be positioned to one side and out of the way of the centre aisle. The cost of the new projector is covered by a recent special donation.

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

**Sandy Lang**

## ***The microscopic inhabitants inside (your microbiome)...***

When we talk about bacteria, most people screw up their noses – yuk...! But, without bacteria and other microbes, human and animal life would not exist. Huge numbers of microbes (our microbiome weighs about 1.5 kg) have a symbiotic relationship with us - they need us, we need them. We need them for digestion, for sleep quality, for production of hormones and for neurotransmitters (chemical messengers that transmit messages from a nerve cell to another nerve cell, or to a muscle cell, or to a gland cell).

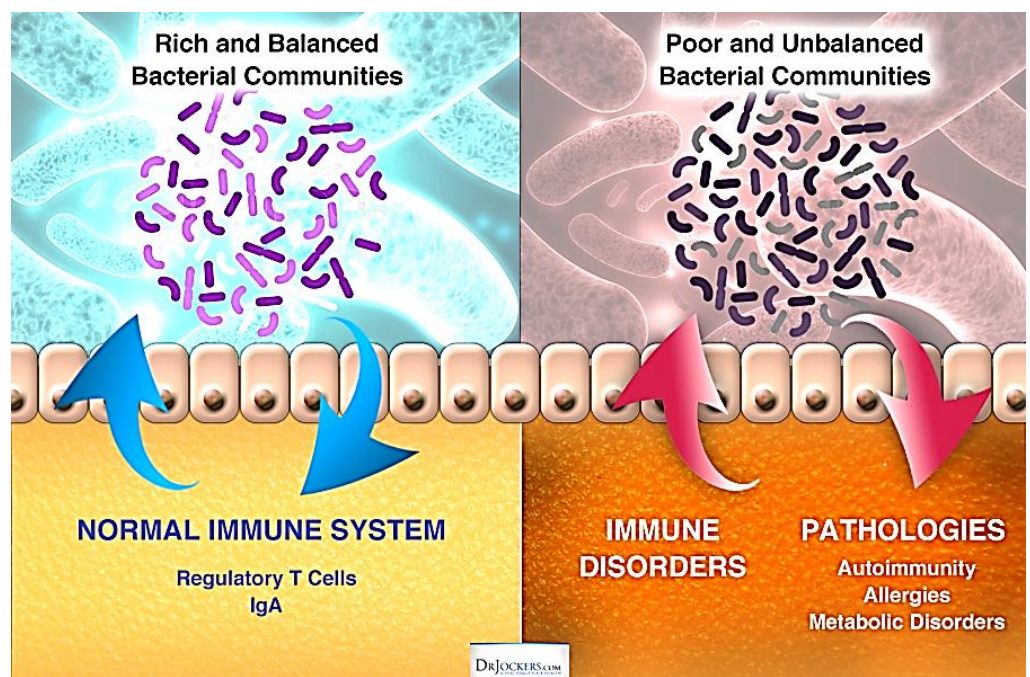


Along with symbiotic microbes, we also harbour pathogenic microbes - needed when we die to take us back to the soil. It's important to keep up the populations symbiotic microbes and to keep down the populations of pathogenic microbes – life's a delicate balance...

Most pathogenic microbes are anaerobic (don't need oxygen). Another reason to exercise and to eat healthy fresh vegetables, as both put lots of oxygen into our bodies as these foods promote the symbiotic microbes. When we stop breathing (no oxygen) the anaerobic microbes flourish to break down our bodies...

Serotonin (the 'happy hormone' and a neurotransmitter) is one of the chemicals produced by our gastrointestinal cells. Its production is stimulated by microbial chemicals. Around 80-90% of serotonin is found in the gut, and a much smaller percentage in our brains. Serotonin is also a precursor for melatonin - needed for a good night's sleep.

When Dr David Pearlmutter (neurologist) was researching mental health problems, he looked initially in the brain. But then he realised most neurotransmitters are associated with gut microbes. They form a feedback system that stimulates human cells to produce neurotransmitters. In his book 'Grain Brain' he shows that the fate of your brain is not so much in your genes but in your food. Your food determines your gut microbiome. His research shows that excessive carbs cause



inflammation, and can result in dementia, depression, ADHD, epilepsy, anxiety, chronic headaches, decreased energy and worse.

So, once again, we come back to issues associated with our diet, which contains too many highly processed foods, too much refined grain, too much sugar. Our modern diet is a little like putting rocket fuel in a motor scooter! Not only does such a diet make your digestive system largely redundant, and so sluggish, but it upsets the balance between good (aerobic) microbes and bad (anaerobic) microbes with associated ill effects.

Sandy will tell you the microbial world is also important for plants. Without lots of free-living soil microbes, and a further lot symbiotically associated with plant roots (a plant microbiome), plants wouldn't thrive, and we couldn't grow enough food.

In a nutshell, your gut microbiome must be healthy if you are to be healthy...!



Look at the food in your hand before you put it in your mouth to feed your beautiful, complex, extraordinary body. Ask yourself, will this nourish me and my microbiome...?

Yours in good health! 😊

**Annette J Davidson**  
BN RN Nutritional Consultant

### ***The old hill climber...***

*What if I live no more those queenly days?  
Their night sleeps with me still.  
I dream my feet are upon the starry ways;  
My heart rests on the hill.  
I may not grudge the little left undone;  
I hold the heights, I keep the dreams I won.*

After Geoffrey Winthrop-Young (1876-1958)



*Echoes of what I am feeling now...*

**Jan Heine**

## Phil's photo – It took us 20 years...

In 2000, three of us locals - Wal Loudon, Colin Dalziel and I - established a non-profit, possum-trapping venture. We had a number of reasons for this...

- Possums were rampaging out of control in the *East Harbour Park* and were having a devastating effect on the bush,
- The rata flowers were stripped as they appeared,
- The birdlife was near annihilated and,
- The bush is a good place for an adventure.

Thus was born the internationally famous *Possum Trappers of Eastbourne*. Celebrated in rhyme<sup>1</sup> and rum. At the start, we had some help from *MIRO*<sup>2</sup> and *WRC*<sup>3</sup> - 22 possum traps.

So, off we trotted. The first thing we noticed was the lack of birds. Sad to go in the bush and hear no chirping. Had to fix that...

It took 8 months to get our first 100 possies. It took 20 years to get 1,000. It took 3½ years to get our last 100. There're not too many to be had there these days<sup>4</sup>. The life of a trapper is tough.

The original trapper group grew. One of our recruit's is Colin Hinton (resides Yorkshire, UK). He now ensures no possums run rampant over the Yorkshire Moors. We sometimes take overseas visitors on our trips. We introduce them to the rich life we share in Godzone.



There is only one guiding rule – our trips must be happy - no matter what's going on in the world of man. *A cheerful heart is good medicine*<sup>5</sup>.

So, what do we get up to, far away from the memsaabs...?

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<sup>1</sup> *Salute to the great possum hunters of Eastbourne*, Colin Webster-Watson, p243 in *Eastbourne* : an anthology, Mākarō Press 2013

<sup>2</sup> Mainland Island Restoration Operation

<sup>3</sup> Wellington Regional Council

<sup>4</sup> There're other trapper groups working there too; and MIRO also traps; and there're occasional 1080 drops

<sup>5</sup> Proverbs 17:22

- Trips into the bush are on Thursdays. If the weather's too bad, we trek to the Hive Café for a management meeting.
- We've played both cricket and hockey in the bush.
- Our office is at Elbow Creek (1¼ km north of Butterfly Creek picnic ground). Here the trees were already ancient when J Cook 'discovered' NZ.
- At lunch times we toast Admiral Lord Nelson with navy rum. This ensures our body engines are in working order and our aging limbs keep moving.
- We also toast 'milestone' birthdays - they come up increasingly often.
- On summer solstices we swim in Gollans Stream.
- We see how high we can jump if we stand on an eel - big ones lurk there.
- And the dogs gained national recognition on Jim Hickey's TVNZ1 Weather.
- And we kayak to Ward Island to see if there're possies there.
- And we celebrate Queen Elizabeth's monarchy with a display of flags.



And the rata flowers once more,  
And the hills are alive (once more) with the sound of (bird) music,  
And we remain fit and well-medicated in our souls...

***Phil Bengie***



## Rood Screen – One very scary frog...

Even though we may not be able to quote them in chronological order, we are all reasonably familiar with the story of the ten plagues of Egypt. Just in case, let me remind you of the second plague, as described in Exodus.

*8<sup>1</sup>Then the Lord said to Moses, "Go to Pharaoh and say to him, 'This is what the Lord says: Let my people go, so that they may worship me. <sup>2</sup>If you refuse to let them go, I will send a plague of frogs on your whole country. <sup>3</sup>The Nile will teem with frogs. They will come up into your palace and your bedroom and onto your bed, into the houses of your officials and on your people, and into your ovens and kneading troughs. <sup>4</sup>The frogs will come up on you and your people and all your officials.'"*

I'm not a student of Hebrew, but I'm told by those who are, that the Torah uses the word *tzefardeah* (= frog) rather than *tzefard'im* (= frogs).



**The Goliath Frog**  
*Conraua goliath*

"So what?" You well may ask. Well, it seems that if we are to take the ancient Hebrew text literally, Egypt was plagued by just one, huge, solitary, frog...! It's fun imagining just how big this frog must have been to have terrorised an entire nation. Or could it be that some poor overworked scribe made a teeny, weeny transcription error?

Over the years, there have been a host of errors and omissions in the English Bibles we rely on. And English is just one language of many. Here are a few...

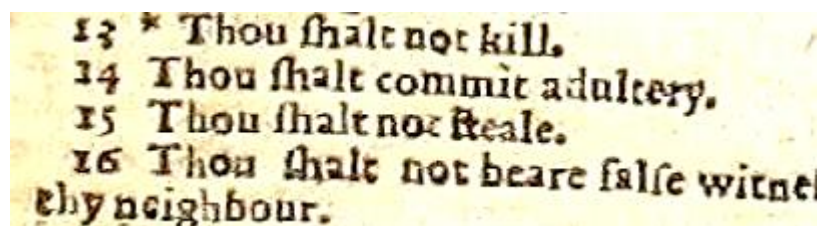
**Place-makers Bible** (Geneva, 1562): In the second edition of the Geneva Bible, Matthew 5:9 reads "Blessed are the placemakers: for they shall be called the children of God." (peacemakers)

**Printers' Bible** (KJV, 1612): Psalm 119:161 reads "Printers have persecuted me without a cause." (Princes)

**Adulterers' Bible** (KJV, 1631):

The word "not" is missing from the seventh commandment in Exodus 20:14, rendering it

"Thou shalt commit adultery." (The printers were fined £300 and most of the copies were recalled, 11 copies are known today)



**Unrighteous Bible** (KJV, 1653; Cambridge Press): I Corinthians 6:9 lacks the word "not" and reads "Know ye not that the unrighteous shall inherit the kingdom of God?"

**Sinners Bible or Sin On Bible** (KJV, 1716): John 8:11 reads "Go and sin on more" rather than "Go and sin no more".

**The Fools Bible** (KJV, 1763): Psalm 14:1 reads "the fool hath said in his heart there is a God", rather than "...there is no God". The printers were fined £3,000 and all copies ordered destroyed.

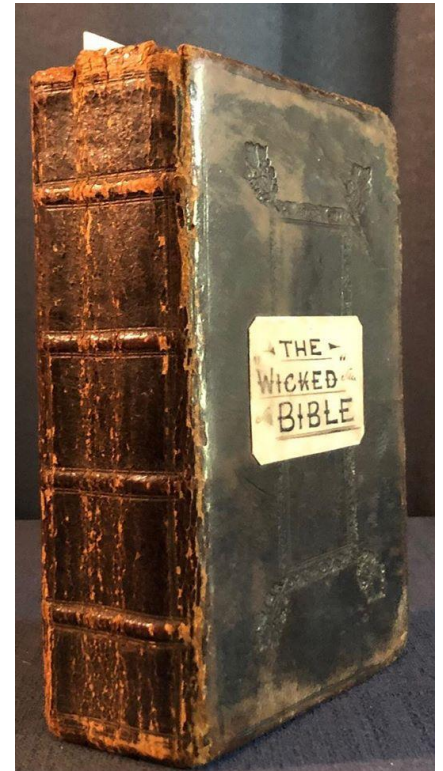
**The Large-family Bible** (KJV, 1820): Isaiah 66:9 reads: "Shall I bring to birth and not cease to bring forth?" rather than "Shall I bring to birth and not cause to bring forth?".

**Prostitutes Bible** (NET, 2001): Proverbs 2:16 reads "To deliver you from the adulteress, from the sexually loose woman who speaks flattering words." In the first printing of the New English Translation, there is a footnote at the end of this verse with a freephone 1-800 number. The translator was writing the notes for this verse on his computer when he got a call and, not finding a pen, typed the call-back number in these notes. He forgot to delete them.

It is good to remind ourselves that, although the Bible may be the Word of God, it has been in mankind's care for a long, long time and he hasn't always managed to keep every word and comma and nuance and translation one hundred percent.

We ought first to do a little checking before we rush out saying "The Bible says that..." - it might be only our particular version says that...

**John Harris**

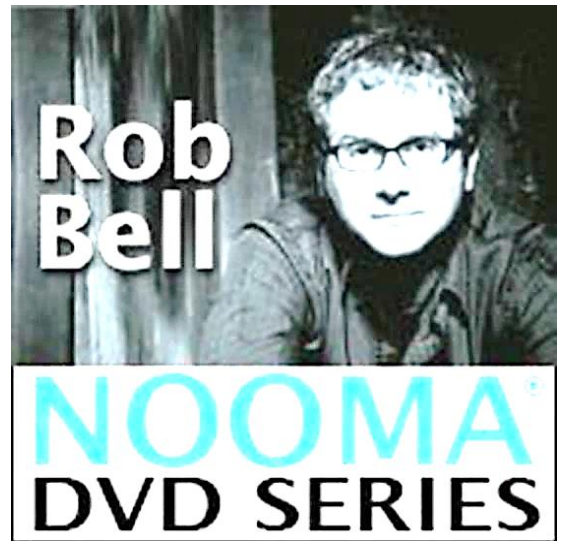


## Weekly study group

The pilot study program for the four Wednesdays in October got off to a good start, the majority of those replying favouring the Nooma videos by Rev Rob Bell. These were produced at the height of his term as teaching pastor at the Mars Hill Bible Church in Michigan which he had established some years before (8,000 at Sunday worship).

The evenings started at 7.00pm with coffee and cake (or gluten-free hummus and crackers) followed by the video for the evening. The discussion focussed on questions arising from the clip, wrapping up at 8.15pm. The response was positive and discussion lively – well worth repeating at a later date.

The four videos chosen from a list of twenty were:



**"Lump"** A delightful story of his young son having done something wrong and lied about it. Rob says "Whatever you've done, wherever you've been, whatever you will do, I mean, God loves you and God always has, and you can't change that."

**"Noise"** With a whole lot of silence focussing on all the 'noise' in our lives and comparing that with where Elijah heard the voice of God on the mountain – not in earthquake, wind, or fire, but in the sound of deep silence.

**"Breathe"** With everything we've got going on every day, how many of us ever think about our breathing? Rob points out that in the Bible the word for 'breath' is the same word for 'spirit'. He explores the implications.

**"Dust"** It's easy for us sometimes to get down on ourselves. To feel 'not good enough' or feel like we don't have what it takes. But maybe if we had more insight into the culture Jesus grew up in, and some of the radical things he did we'd understand the faith God has in all of us.

The Fellowship Room with its comfortable chairs and a good-sized TV screen made for a great environment in which to meet and share our own insights on the evening's topic. Watch this space and join us next time.

**Reg Weeks**

## ZAPPO's coming...



On Saturday 31 October at 5.15pm at Muritai School hall, Zappo the magician is coming to help celebrate Eastbourne *Mainly Music's* 18<sup>th</sup> birthday.

The event is being promoted to all Eastbourne's pre-schoolers, plus to their a slightly-older siblings.

Entry will be by koha.



**Cath Louden-Sim**

## Short lecture series...

### **Ethical perspectives on the climate emergency**

#### **Rev John Howell**

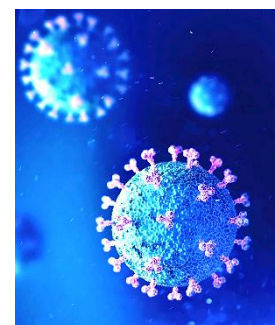
John will give two presentations under the overall title *Ethical perspectives on the climate emergency*. These will be given on two consecutive Sunday afternoons 8 and 15 November 2020 at 3.30pm at St Ronan's, Eastbourne.



#### **I COVID-19 and climate change**

Sunday 8 November 3.30-4.00pm (30 min)

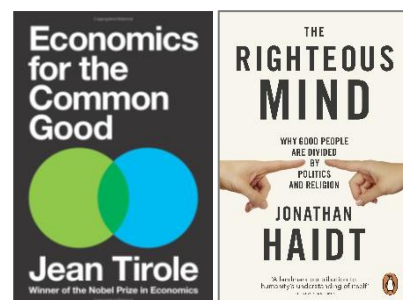
*The New Zealand Government made a number of ethical decisions in its response to the COVID-19 pandemic. My analysis teases these out. I suggest these could provide a basis for dealing with the climate emergency*



#### **II Ethical considerations of climate change using the notion of 'common good'**

Sunday 15 November 3.30-4.30pm (60 min)

*In seeking a moral basis for addressing the challenge of climate change, I will compare two approaches as contained in *Economics for the Common Good* (Jean Tirole) & *The Righteous Mind* – why good people are divided by politics and religion (Jonathan Haidt)*



## Tree chip & Garden Stuff...

**Origins:** Some of you are keen gardeners and so may use Eastbourne's famous tree-chip mulch. This project started off nearly seven years ago in Tuatoru St (near the RSA). It later relocated to just south of the bus barns. Three arborist companies now drop off their tree chip there, for free - so it's available to you, for free. I don't need to remind you (do I?) it's not a place to dump your green-waste - nobody wants that...!



**Regional:** What you may not know is this resource was started for you Eastbournites but now attracts users from all over Wellington and the Hutt Valley. I've had recent contacts from users as far away as Stokes Valley and Seatoun, asking if there's any tree chip there.

This time of year, a couple of truckloads of tree chip can disappear in a couple of days. Often there are two or more cars at the pile, busy filling up their bins and bags and trailers.



**Win-win-win:** Tree chip is good for your sandy soil. It increases its organic content, that increases its retention of minerals and of water. It also acts as a blanket making the upper soil layers less cold on frosty nights and less hot on baking summer's days. Hence, the roots can explore the upper soil layers where they can better grab the water from a light summer shower. The mulch blanket

also helps hold the water in. And it's good for weed suppression under trees (weed seeds need light to germinate).

Lastly, it's good to stop this valuable tree chip from ending up buried in some landfill where it decomposes anaerobically releasing methane ( $\text{CH}_4$ ) - as a greenhouse gas  $\text{CH}_4$  is 23-times worse than carbon dioxide ( $\text{CO}_2$ ). You can read all this at [www.mulchpile.org](http://www.mulchpile.org)

**Garden Stuff:** Some of you may read my monthly *Eastbourne Herald* column, *Garden Stuff*. This is a garden column with a difference - a second chance to learn some basic plant science.

Though back issues of the *Eastbourne Herald* are available on-line, they're not in a format that's easy to access or print. Yet another thing you may not know is I've recently uploaded (with permission) all the *Garden Stuff* back issues on a blog site. If there's something you remember and want to reread, or if you'd like to read all of them again, go to the *Garden Stuff* page at [www.mulchpile.org](http://www.mulchpile.org) and click on the link at the bottom. *Garden Stuff's* been going since November 2016, so there're now 44 of these for you to peruse.

***Sandy Lang***

### ***Family nativity service – 1<sup>st</sup> Sunday in Advent - 29 November...***



This year our nativity service is a bit earlier than usual. Timed to coincide with the first Sunday of Advent.

We will starting Advent by celebrating the birth of Jesus, who came to be the Son of GOD, our Saviour. What a great way this is to start Advent and the Christmas season, well focused on the reason for it...!

Rev Doug Rogers will lead the nativity service and, as usual, the children and congregation will be involved in it. How it will all unfold will be a surprise...! Orchestrating the music will be Colin Dalziel.

Please bring a friend, grandchildren or a relative, a neighbour with whom we may share the spirit of Christmas. You can also invite them to help stir our Christmas Cake at morning tea time.

Morning tea after the service will be special. We'll roll up our sleeves and give our Christmas cake a good stir. In this way we'll be united by putting our hearts, souls and bodies into some thoughtful stirring together.

And while we stir, we can reflect on what Jesus means to us and how his light and word can be lovingly carried by us to others. Perhaps we can think about someone else who is dear to us.

We will get to share our cake at a special Christmas morning tea on Sunday 13 December.

***Susan Connell***

## POWER HOUR – Prayer...

Prayer. Hmmmm. What's that all about? Why spend time teaching children about prayer?

Let's backup a bit. So many great and good leaders amongst us have also a faith in one GOD or One Almighty Being. This faith then plays into how the leaders relate and care for others. I have seen myself the difference when observing other people working with children. So having a faith does impinge on kind living.



Now one of the parts of growing a child's faith is the way in which they connect with GOD. That is, through a direct conversation with GOD. Prayer is that mechanism. Hence teaching about prayer does impact on a child's faith development.

GOD is everywhere. So we can converse with GOD anywhere, and in any way. The only thing we need is to "be still" at that moment with GOD. We don't need to be in a special position to be with GOD (e.g. kneeling with our arms in front, palms held together). You can, but that is only one of many ways. It can happen for example when singing or even when washing the dishes.

Let me give a window of opportunity of a focused stillness we had recently in POWER HOUR to connect with GOD in prayer.

We had been learning about the great leaders of King Artaxerxes of Persia, Jeremiah and Ezra and that they all had a faith in one GOD. Then, we named some leaders in our church and community, and followed with prayers for them: Jumping Prayers! Our prayers went like this:

*Thank you God for (named church leaders).*

*Repeat, Jump ¼ turn*

*Thank you God for (named community leaders)*

*Repeat, Jump ¼ turn*

*Please help our leaders to follow you.*

*Repeat, Jump ¼ turn*

*Please help us to love and respect our leaders.*

*Repeat, Jump ¼ turn*

*Amen*

The whole time the children were quite focused, open and engaged. Would you, as an adult, have thought of this active prayer? The children were happily immersed. The prayers worked! Their faith was incarnating and growing!

***Blessings Susan Connell***

## Shoebox Christmas Appeal 2020...

A BIG THANKYOU to everyone who contributed to the filling of eight shoe boxes with many lovely gifts for children. A special thanks to the Sunday School children who helped with showing off the boxes they'd filled at the 18 October church service at which all St Ronan's boxes were blessed by Gill Burke (thanks Gill).



A couple of days later, I took all the shoeboxes to the Lower Hutt Manna Christian Store for distribution to the NZ processing centre in Auckland. Boxes from NZ are usually sent to areas in and around the Pacific in time for Christmas. I obtained tracking barcode labels online for our two shoe boxes, so the pathway and final destination of these boxes can be advised at a later date.



Thanks to all contributors to this joyful children's outreach.

**Colin Dalziel**



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

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

**And the closing date for our December/January Record  
Sunday 29 November 2020**