



St Ronan's Presbyterian Church
Eastbourne

Record

September 2020

6 Sept	Worship with Ross Scott	9.30am
13 Sept	Worship with Reg Weeks	9.30am
20 Sept	Worship with Norman Wilkins	9.30am
27 Sept	Worship with Lionel Nunns	9.30am
4 Oct	Worship with John Harris	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

It's all in your mind

I recently came across an insightful comment by a South African child psychologist, Dr Melodie de Jager, in which she made an important point. It's one of those things I wish I had said myself, and is particularly apt in a time when anxiety levels are high and mental health issues are to the forefront of our thinking.



Tennis great, Martina Navratilova, was once asked: "How do you maintain your focus, physique and sharp game even at the age of 43...?" She gave a humble reply, "The ball doesn't know how old I am".

Melodie de Jager says, You need to stop yourself from stopping yourself. Every game in life is actually played on a 6-inch ground – the space between your two ears. We don't live in bungalows, duplexes or flats. We live in the unlimited area of our mind.

Life is great when things are sorted and uncluttered there. Allowing the mind to become messy with hatred growing on the table, regrets piling up in the corner, expectations boiling in the kitchen, secrets stuffed under the carpet, and worries littered everywhere, ruin this real home.

The key factor in performing well in life, and in every arena, is the ability to control the quality and quantity of your *internal dialogue*... Live in peace, not in pieces...

It's worth noting that the Hebrew word for peace, shalom, means much more than the cessation of conflict. It means wholeness of life, just and harmonious relationships, well-being if you will.

I believe the apostle Paul had this in mind when he wrote in his letter to the endangered little Christian fellowship in Rome: *If it is possible, so far as it depends on you, live peaceably with all.* Romans 12:18.



In much the same way Francis of Assisi saw the whole of God's creation in terms of family relationships; singing of 'brother sun' and 'sister moon'; taming a wild wolf and introducing him to the terrified villagers as brother wolf; even speaking of sister death. And so it was quite natural the other day at a meeting of Franciscans for someone to refer to the virus that has so disrupted our lives as 'brother Covid'. That is not in any way to minimise the danger, but rather than living in fear and anxiety, we can choose to regard it as a reality of the created order, to which we ourselves belong, and with which we must learn to live. It's all a matter of perception.

Reg Weeks

Clerk's corner

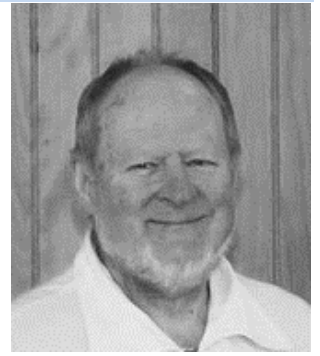
Church leaks: These are now history thanks to Simon's efforts – that's until next time. The church's steep-pitched roof will be next. Over half a century is a long life for a steel roof beside the sea.

Dates:

1. *Annual General Meeting* – Our 2019/2020 AGM will be after the service on **20 September** – that's about two weeks away.
2. *Church Chat* – So the AGM runs through as quickly and smoothly as possible we will limit discussion to the scope of the Annual Report document. For the other stuff, we have Church Chats a few times each year when these other matters can be raised and discussed without the pressure of having to do all the formal stuff of an AGM too. The next Church Chat will be after the service on **13 September** – that's about one week away.
3. *Annual Report* – So I can have the Annual Report printed and in your hands by 13 September (7 days ahead of the AGM), I need the content to me by **6 September** (this gives me 7 days to put it all together). As I write, I've heard from about half of those who are due to report – 6 September is just a couple of days away.

e: slang@xtra.co.nz t:562 8752 m:021 222 0383

Sandy Lang

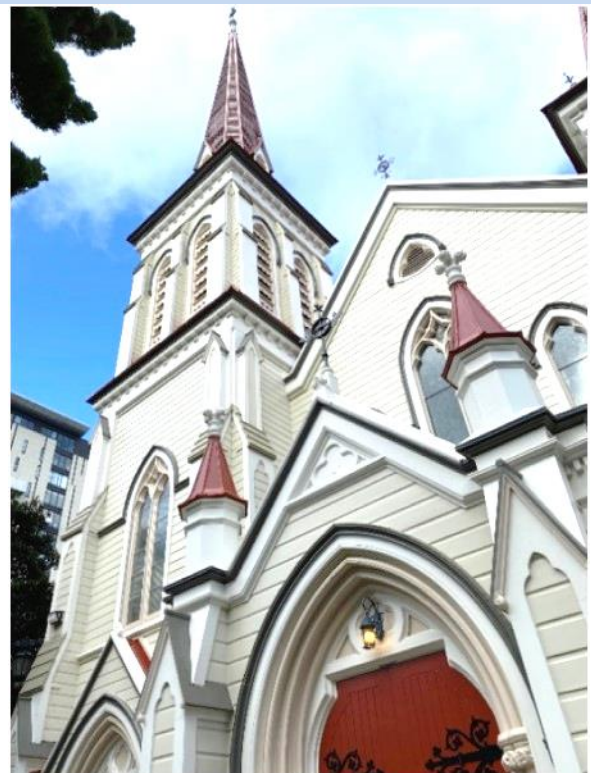


St John's in the City reopening

On Sunday 9 August, St John's celebrated the reopening of their historic church after completing a big seismic strengthening and refurbishment project.

Following a light breakfast in the hall we were piped into the church after the doors had been ceremoniously opened by the Mayor. The communion service was uplifted by three trumpeters playing from the gallery and a sermon delivered by the Moderator, Rt Rev Fakaofu Kaio. Then it was back to the hall for morning tea and cutting of a cake in the shape of the church and some thank-you speeches.

The church was designed by the notable architect Thomas Turnbull and built in 1885. It has a *Heritage NZ Category 1* classification and is built from kauri, totara and rimu timbers. The bell tower is topped by a spire reaching 43 m above the ground.





Seismic strengthening work included new perimeter concrete foundation beams, supported on new bored concrete piles. Concrete tie beams beneath the floor connecting the new perimeter beams, were also added. This work required a lot of hand-excavation in confined spaces.

Other work included replacing rotten timbers and corroded fittings as well as external painting. All of the many layers of existing paint were stripped off, another major exercise.

LT McGuinness was the main contractor and came to the St John's site shortly after completing the strengthening and restoration of St Mary of the Angels. Its same construction team has now moved on to the strengthening of the Metropolitan Cathedral of the Sacred Heart,

aka the Basilica, in Hill Street.

The original project budget was \$4.2m and the final cost is \$6.5m, highlighting the challenges of working on old, historic buildings. The congregation has heroically raised \$3.2m to date and continues with active fund raising. The order of service contained two different appeal leaflets.

All the strengthening work is now invisible, but the new paint work, a pleasing blend of suitable heritage colours, is very impressive. St John's is now strengthened and upgraded to last for many years to come.

Simon Shaw

Disease may not be in your DNA – but in your DiNner...

That's not to say we can't let loose once in a while - but it's what we do every day that matters.



It's believed diseases can be related to our genes. The reason I'm writing about this is my sister died from bowel cancer when she was 32, and this can have a link in families. That was 39 years ago and since then I have spent my life questioning why New Zealanders have the highest rate of bowel cancer. It's not a badge we need to wear!

14 Kiwis are diagnosed with a gut cancer every day - over 5,000 a year, making gut cancers the most common cancers in NZ.

Gut cancers are cancers of the digestive tract: oesophageal, stomach, liver, gallbladder, pancreatic and bowel. Gut Cancer Foundation, NZ

Bowel cancer is the most common gut cancer and we are lucky the Hutt Valley is one of the areas piloting the bowel screening programme

Our bodies are very complex, and we are living in a world that is changing very fast. Along with this are the food choices we have.

At the turn of the nineteenth century, food was food; there was not the processed and packaged food we have today. After WW2, food began to

change with the industrial revolution, and now with commercialism.

We now have so many chemicals added to our food (flavourings, additives, preservatives) as well chemicals added to the growing food (fertilisers, insecticides). Also, aflatoxins (produced by types of mould that can grow on stored grain). The residues of these chemicals can be present in our food. Many of these are harmless but for some we do not know the long-term effects on the body.

Food is only one aspect that relates to our health and disease rates. But, according to Dr Mark Hayman, it's the one that determines 90% of our risk of disease. He suggests 80-90% of diseases are due to our environment and only 10-20% to our genes. But our genes certainly determine our propensity to certain diseases such as diabetes, heart disease, cancer and many more...

Our 'Exposome' represents the totality of exposures we face throughout our lives and includes the food we ingest, the air we breathe, the objects we touch, the psychological stresses we face, and the activities in which we engage.

Food Additives: Uses & Health Concerns		
Chemical	Food-Related Use	Selected Health Concerns
Bisphenol A (BPA)	<ul style="list-style-type: none"> • Hardens plastic containers • Prevents rust on metal food and beverage cans 	<ul style="list-style-type: none"> • Can act like estrogen in the body and may change the timing of puberty, decrease fertility, increase body fat, and possibly affect the nervous and immune systems
Phthalates	<ul style="list-style-type: none"> • Makes plastic and vinyl flexible for use in plastic tubing • Used in industrial food production 	<ul style="list-style-type: none"> • Can affect male genital development increase childhood obesity and metabolic function, and may affect the cardiovascular system
Perfluoroalkyl chemicals (PFCs)	<ul style="list-style-type: none"> • Creates grease-proof paper and cardboard in food packaging 	<ul style="list-style-type: none"> • Can reduce immune response, birth weight, and fertility • May also cause changes to the thyroid hormone system, which is crucial for metabolism, digestion, muscle control, brain development, and bone strength
Perchlorate	<ul style="list-style-type: none"> • Controls static electricity in some dry food packaging 	<ul style="list-style-type: none"> • May interfere with thyroid hormone, affecting early life brain development and growth
Synthetic artificial food colors (AFCs)	<ul style="list-style-type: none"> • Helps improve the appearance of processed foods and beverages— common in children's food products 	<ul style="list-style-type: none"> • Can sometimes act as substitute for nutritious ingredients, such as in fruit juice drinks that contain little or no actual fruit • May have effects on child behavior and attention
Nitrates/nitrites	<ul style="list-style-type: none"> • Preservative and color enhancer—especially to cured and processed meats, fish, and cheese 	<ul style="list-style-type: none"> • Linked with tumors in the digestive and nervous system, as well as thyroid problems • Can cause methemoglobinemia in infants and toddlers • Can interfere with the blood's ability to deliver oxygen in the body

In some ways this comes as a relief; especially if you take a look at your family and don't particularly like what you see. It wasn't all signed, sealed and delivered the moment the sperm and egg fused at your conception. You've been left with a huge amount of control over your destiny. You're not just riding a genetic rollercoaster.

Of course, this now leaves you with an enormous responsibility to do the right stuff to protect your health. Because your genes may not be causing the disease *per se*, but your genes definitely interact with your lifestyle. What works for one person may not work for the next, because they do not have the same genes. You may have inherited a predisposition to a problem - but it isn't a signed and sealed contract. Even small changes can decrease the odds of your exhibiting the diseases of your parents and grandparents.

Look at the food on your plate. Ask, "Will this nourish my beautiful body?" 😊

Annette J Davidson
BN RN Nutritional Consultant

There are more things in heaven and earth...

*There are more things in heaven and earth, Horatio,
Than are dreamt of in your philosophy.*

William Shakespeare (Hamlet)

A few weeks ago, the funeral of local man Louis Tóth was held at St Ronan's. It fell to me to liaise with the family about the service, and to Diane to lead the service. In his tribute, son of the deceased, Gábor Tóth, related how that –

"On Friday last week, 31st July 2020, the day of my father's funeral, something happened to me that was so strange that if someone had told me it had happened to them, I may have struggled to believe them.

Back in the early 1980s my mother purchased a beautiful, vintage 1960s, 18c gold Omega Seamaster watch. It was worn both by my mother and my father. Then, about 15 years ago, it was passed on to me. I last wore it in late 2019, after which I placed in our household safe. Being an automatic watch, after a couple of days it would have wound down and stopped.

I was getting dressed for the funeral and I thought it would be appropriate to wear the Omega rather than my daily 'dive-watch'. I got it out of the safe and was about to wind it before putting it on when I checked the time. It read 10.09 on the 26th day of the month. I was stunned. It was as if the watch had had a premonition – this was the exact time and day of the month that my father had died.

I rushed to [wife] Margaret and she quickly photographed it before it advanced (moving it, had started the automatic winding mechanism and it had begun to tick). I then checked the actual current time on the clock in our kitchen – and it also read 10.09 am."

(story quoted here with permission)

Times: This story records three times with differing amounts of information.

(1) A time of death – **10:09pm** on **26 July 2020**, (2) the time the watch stopped **10:09am/pm???** on day **26** month? **2019** and (3) the time on the kitchen clock when the self-winding watch restarted **10.09am 31 July 2020**.

There is nothing particularly remarkable about the minutes, hours, days, months, or years. But there is a remarkable *synchronicity* between the three time records.

Odds: Thus, the odds of (1) and (2) occurring are 1 in 22,320 [*i.e. 31 days in a date-watch month; 24 hours in a day; 60 min in an hour; a 12-hour clock shows the same time twice each day, so $31 \times 24 \times 60 \div 2 = 22,320$*]. The odds (3) that the watch should have been moved (so restarting it) at the exact same time are 1 in 720 [*i.e. 24 h/day, 60 min/hour, two 12-h clock cycles/day, so*



$24 \times 60 \div 2 = 720$]. Combining these three 'synchronous' events, one multiplies the odds, so the odds are 1 in 16,070,400 [$22,320 \times 720 = 16,070,400$].

Looked at another way, in New Zealand (about 33,000 deaths per year) such an event might happen about every 500 years [$16,000,000 / 33,000 = 485$].

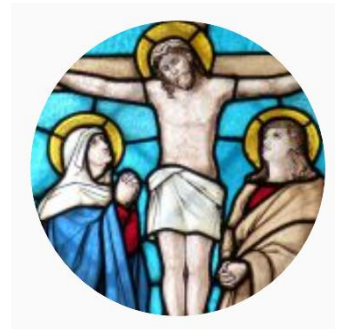
This little story proves nothing, but it does suggest there are dimensions to this world in which we live, which we would be rash to deny too casually. The boundaries between the physical and the spiritual are often thinner at such times.

A Hamlet said...

Sandy Lang

Chaplaincy assistants

The Chaplaincy Department of Wellington Regional Hospital is looking to taking on new volunteers. These special people should be pastoral and with some resilience. The ministry is challenging but the rewards for patients are amazing.



Chaplaincy assistants give around two hours of their time each week. A ten-week training course is offered. Could this be for you?

Mary Minson

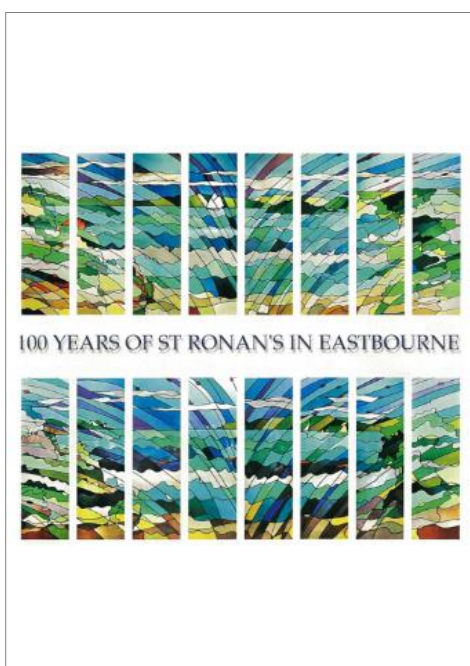
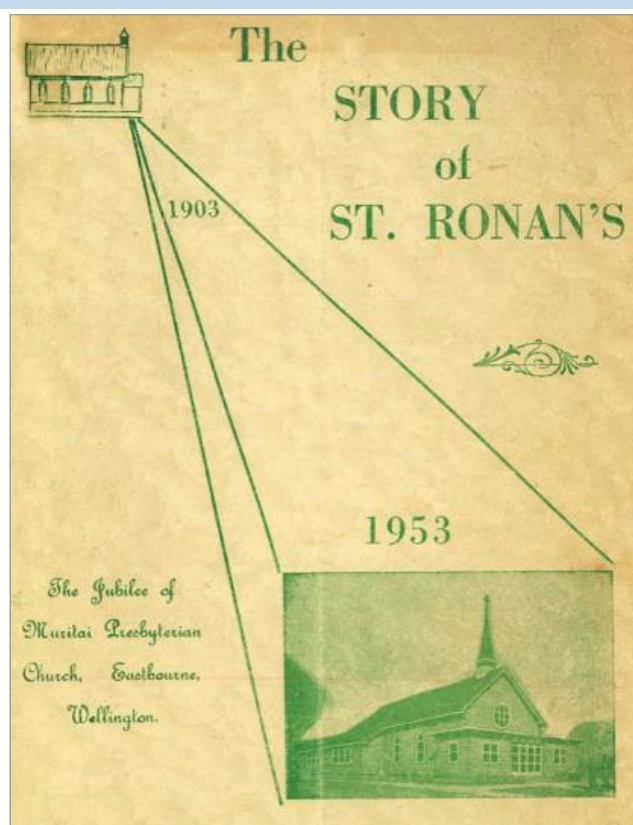
Mary.minson@ccdhb.org.nz

Chaplains Office, Wellington Hospital

St Ronan's has a history...

Histories: Maybe you didn't know but St Ronan's 50th jubilee history *The Story of St Ronan's* was compiled in 1953 by various members of the congregation at that time, but principally by the then minister the Rev J Russell Shaw. A very few of us have a hard copy.

Fifty years on, St Ronan's centennial history *100 years of St Ronan's in Eastbourne* was compiled and edited in 2003 by Anne Manchester. Malcolm Burdan was a driving force behind this centennial project, assisting with layout and sourcing many of the photographs. The first section of this document reproduces the 50th jubilee history in facsimile form, with the whole 84-page document providing an easily accessible and fascinating glimpse into, and summary of, some of the main events in our first 100 years, and the people who helped shape them. A few more of us have a hard copy.



Now you: Thanks to the work of a friend¹ at *Wellington City Libraries*, everyone in the world now has their own copy of St Ronan's histories. You may enjoy leafing through these.

1953

<https://wellington.recollect.co.nz/nodes/view/4884>

2003

<https://wellington.recollect.co.nz/nodes/view/5054>

Word search: If you are a historian, you may appreciate the ability to do a word search on the OCR (optical character recognition) text of these e-documents.

You will find links to these on St Ronan's website www.stronans.org.nz

Anne Manchester/Sandy Lang

¹ Gábor Tóth, Local and NZ History Specialist, Wellington City Libraries, Level 9, 79 Boulcott Street, Box 1992, Wellington

Rood Screen – The Carolina reaper

Once upon a long time ago, when a little boy went to listen to Jesus, he conscientiously took with him a lunch pack. When the disciples asked him for food, he must have chuckled at the impossibility of feeding over ten thousand people. But he did as he was asked.

That story came to mind the other day when I was reading about the Carolina Reaper.

If you enjoy adding a little spice to your meal, you may have heard of Scoville Heat Units (SHU). It is a somewhat subjective scale created back in 1912 by an American pharmacist, Wilbur Scoville. In the absence of anything better, it gives you an idea of what you are letting yourself in for. The following is a list of a few well-known chilis to give you an idea of how the scale works.

- Tabasco Garlic Pepper Sauce 1,000 to 2,400
- Jalapeno pepper 2,500 to 5,000
- Tabasco Hot Habanero Sauce 7,000 to 8,000
- Kaitaia Fire Chili Sauce 30,000 to 50,000



Ratings are always given as a range because you are dealing with an organic product that has its own variables.

On this scale, the Carolina Reaper is officially rated at an average of 1,641,183 SHU. To save you doing the mathematics, that is 32 to 55 times hotter than Kaitaia Fire..!

For the record, the hottest of the samples submitted for this test was an eye-watering 2,200,000 SHU. Carolina Reaper has been described as having a fruity taste, with the initial bite being sweet and then immediately turning to "molten lava".

I fail to understand why anyone would voluntarily consume a Carolina Reaper, but I am sure that if you accidentally ate even a teeny-weeny bit of one, you would know all about it.

The point of my story is that you don't always need a lot to make a big difference. The secret is to be willing to trust the Almighty with what you do have. You will be amazed what God can do.

"Little by little, a little becomes a lot"- Tanzanian proverb.



John Harris

Phil's photo – There's even more beyond the horizon...

Running south from our little village is the road to Pencarrow. The two Pencarrow lighthouses, then the two lakes and, ultimately, the Baring Head Lighthouse. That south-facing ocean beach is such a beautiful, wild place... Local, Parker Jones, has been monitoring the endangered dotterels that return here each year to nest. There are two nesting sites nearby: the closest just across from Greenwood Park, the other on the shingle in the two-lakes area. It was to the latter I went recently with Parker to see the dotterels.

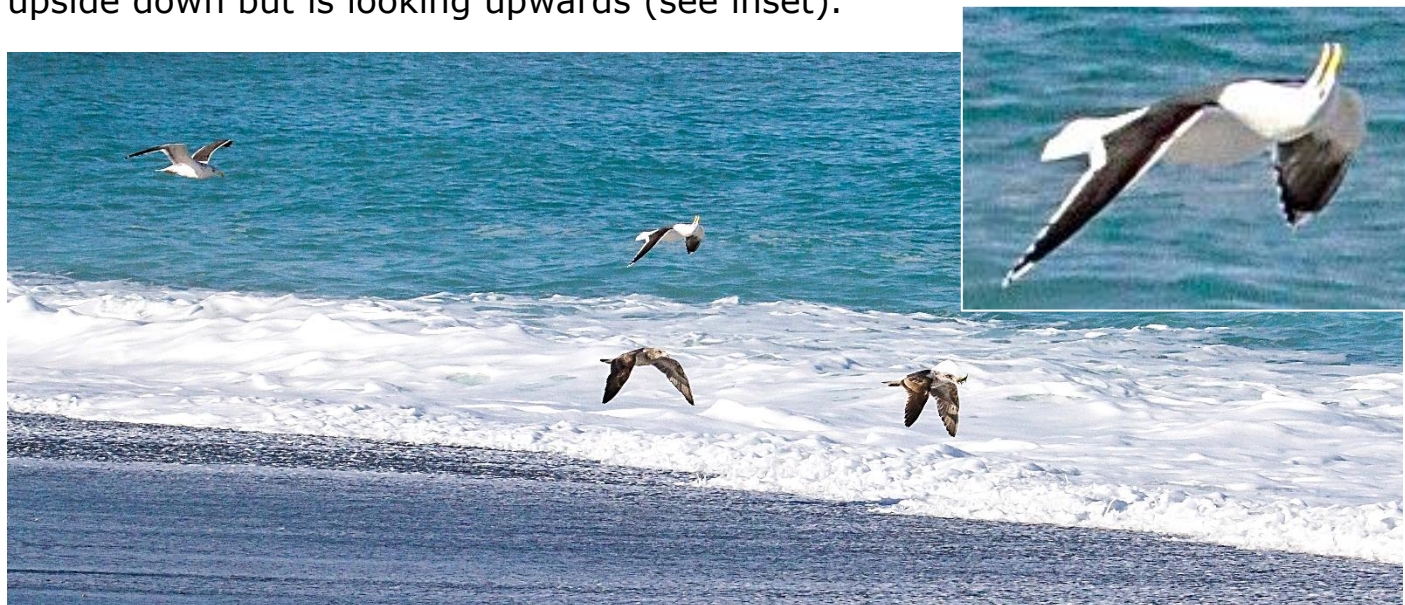


Banded dotterel *Charadrius bicinctus* (male)

The foaming, crashing sea is a master work of sight and sound and smell...



The pounding waves deliver a flotsam breakfast to the seagulls. The young one in front (right) has found a mussel – he's no plans to share it. On closer inspection, another of these magnificent birds (upper, centre) is not flying upside down but is looking upwards (see inset).



One can't help but feel these birds simply are enjoying their absolute mastery of the air, of the sea and of the stormy beach. For us, the horizon is always far away – one might wonder whether these magic birds might actually be able to fly there...



This is the time of year when 1+1 makes about 4. "We're just thinking about it", these two seem to be saying...

That wild stretch of coast, so exposed to the southerly storms, is worth a visit. Either walk (1.5 h each way) or cycle (30 min each way). Remember, the wind is always from the south while you go, and swings to a northerly as you set out to return. And out beyond the horizon there's more - a future yet to be discovered.

Phil Bengé

POWER HOUR

THE WAY WE PLAY

I love how children can teach me how to do things and their way. They are super good at integrating their imagination, creativity and replaying out their experiences in ways that make sense to them. The children also are excellent at communicating their stories (real and imaginary) in a clear and simple way, hitting on the high points without getting bogged down in little details.



One other thing, the children can use anything to symbolise or represent whatever they are talking about, e.g. a rock can become a home, or a pebble could be a person or dog.

The very special part about children telling their story is that they are engaged with the story (often experienced in some way) from within themselves driving it outwards and forwards to share in a meaningful way to them. Watch and listen to how they play and say things. You will see this for example in playing with dolls, doll houses and Lego scenes. It is real and now and deep.

Using **Godly Play** in Power Hour parallels the child's style of storytelling. It is such a wonderful opportunity to encourage the child to enter into the Biblical stories: to engage, to wonder, and to relate to their personal experience, and to wonder about God's elusive presence through the story. We use this children's style of expression so we are on the same meaningful page. We will tell the story simply, using the same line as the story and some of the key phrases and with symbols and crafted figurines to represent scenery and characters, e.g. a twisted blue muslin cloth becomes the River Jordan, a card cone covered in plain cloth with a bit of brown fleece for hair on the head (no details of the face) becomes a person.

Do you want to hear what happened last week?!

First, our Godly Play story was the saga of Moses leading God's people to the River Jordan and to the edge of the Promised Land. Joshua takes over the leadership and engages his spies to check out Jericho City which is blocking their way. The spies escape from inside the city with the help of Rahab with a red rope hanging out her window. Rahab negotiates with the spies to remember her when Jericho is taken. Then Joshua has everyone cross the river in a special order. The Ark of Covenant and priest lead and stand in the river first, followed by the soldiers and the people and animals. This safe crossing marked with a pile of stones was a way of thanks to God. For six days, the Ark of Covenant (God) going first, priests with rams horns and silent soldiers encircle once around the city. The seventh day, same thing happens, seven times, but the silence is broken with deafening sounds from all and the city walls came tumbling down. The song "Joshua fit the battle" was sung to conclude the momentous conquering and in God's way.

Second, our children wondered what was to happen at every step and had a feeling that somehow God's presence was everywhere in making the successful conquering. Joshua had also kept his promise of doing things God's way. God works in mysterious ways with us.

Thirdly, the children took their story engagement into different artistic expression through clay modelling or drawing. One child drew how they crossed the river, another clay-modelled the horns and the way the horns could make an effect, and another drew how the spies kept their promise and rescued Rahab. Two teamed up and built the whole city with people in clay and paper. Each expression spoke deeply to each child both in wonderment and personal concern. There was a very personal connection made that day.

Power Hour will take a break during school holidays (27th September to 11th October).

Term 4 will start 18th October. *That Sunday we will bring our Samaritan's Purse Operation Christmas Child (Christmas Shoe Box), to the front of the church to be blessed, along with the other boxes from our church congregation.*

Blessings Susan Connell

Shoe box appeal 2020

For many years St Ronan's has donated Shoe Boxes filled with gifts for children living in and around the Pacific region. Empty Shoe Boxes available at the church from mid-August.



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

Contact me for more information, leaflets and Shoe Boxes.

(562 7238) ***Colin Dalziel***

Eastbourne Needle Group

The Eastbourne Embroidery group started about 40 years ago in 1980 as a division of the *Point Howard Art Society*. In more recent years, this group has been meeting at St Ronan's. It has gradually morphed into a knitting, sewing, embroidery group, hence the name Needle group, but is still going strong and is attracting new members.



You would be welcome to join!

Their meetings were suspended with the arrival of COVID-19 but they plan to restart on Tuesday 1st September. They meet weekly through the year, come rain, come shine, every Tuesday 10am-12noon. It is rumoured a fair bit of friendly conversation is involved, along with tea or coffee and cake. The contact person seems to be

Anne Mills (04) 562 6187



Sandy Lang



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

Directory

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

Local Ministry Team

Rev Reg Weeks	027 491 5947	third.age@xtra.co.nz
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Simon Shaw	562 8772	simonjshaw@xtra.co.nz
Colin Dalziel	562 7238	colinjdalziel@gmail.com
Michelle Bolger	562 8810	ferryroaddb@gmail.com

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 or
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 October 2020
Sunday 27th September 2020**