



St Ronan's Presbyterian Church
Eastbourne

Record

September 2021

5 September	Graeme Munro.....	9.30am
12 September	Reg Weeks'.....	9.30am
19 September	TBA.....	9.30am
26 September	Lionel Nunns.....	9.30am
3 October	Graeme Munro.....	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

Head and Heart...

You can't live long in the world without recognising that people are different, but we tend to assume that most reasonable people will see the world the way we do. We certainly expect that in our children, and much heartache and tension can develop when they don't.



Sometime before World War Two, an American mother and daughter had a hobby of people-watching and noting personality differences. This became really focussed when the work of Karl Jung became available in English, and they recognised the close similarity between his theories and their observations. But it was the advent of the war that drove the daughter, Isobel Briggs Myers to develop a personality type assessment, in the vain hope that it would assist the armed forces to place people in positions according to their strengths.

However, over the years the often-misused and regularly-denigrated Myers-Briggs Type Indicator has become one of the most-successful and widely-used classifications of personality type. We are probably all familiar with one or other of the polarities described - for example that of 'extraversion' and 'introversion', or between 'organised decision-makers' and those who prefer to 'go with the flow'.

The various combinations of these aspects are what make certain occupations more attractive to people of similar personalities. Whether we know anything about 'type theory' or not, we soon learn how to get along with people who are different from ourselves. However, a knowledge of why people may act the way they do can make life much easier in times of added stress - such as when locked up for long periods in inescapable bubbles...!

And it seems to me that Joy Cowley has written a rather delightful reflection on one of the key personality polarities, which she has titled *Head and Heart*¹

Head said, "*I contain the law.*" Heart said, "*I am full of feeling.*"

Head said, "*I am logic. I am structure. I am the stake which supports the young plant.*"

Heart said, "*I am love. I am mystery. I am the creative force of life.*"

Then Head and Heart began to quarrel.

Head said, "*You are emotional and irrational you live in a world of chaos!*"

Heart replied, "*You are cold and unfeeling, you don't live at all!*"

So, Head and Heart went to God and asked if they could be separated. God laughed at them and said...

¹ Head and Heart, #42, AOTEAROA PSALMS, Joy Cowley, 5th ed. December 1992.

"Not even God can do that. You two belong together. Apart, I'm afraid, you are nothing.

Head, you are the container. Heart, you are the contents.

The container without the contents is as hollow as a drum, all noise and no substance.

The contents without the container will disperse and be wasted, good for nothing at all.

There's no way you can be separate and live useful lives."

Head and Heart grew anxious. *"But we're so different. How can we find peace?"*

God said,

"Draw close and become lovers. Respect each other; nurture each other; help each other to be equal. You will come together as one, and when you are one, a truly amazing thing will happen."

Head and Heart sat up at that. *"What kind of thing?"* they asked.

But God only smiled and said, *"Wait and see."*

Joy has highlighted something which holds true for all differences in personality.

It's always worth remembering that treating each other with respect, nurturing each other, and treating each other as equals, goes a long way in effectively dealing with difference.

Reg Weeks

Clerk's corner...

Teething problems: Early hiccups with our new HCC bins.

Someone put **their** greenwaste in **our** greenwaste bin 😞

Someone put **their** lawn clippings on **our** lawn clipping pile 😞

Someone pinched **our** landfill bin 😞 (but we got it back) 😊

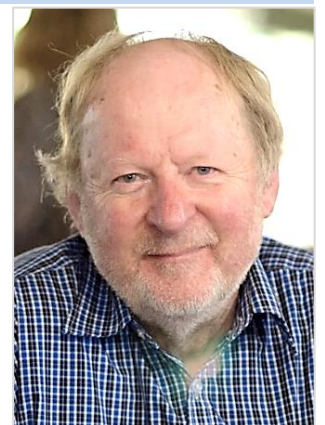
All our bins are now bike-chained to the fence...

Let's see how it goes next week...

COVID: First Level 4, now Level 3, what Level next week?

Been here before, uncertain times for us all. A time when faith is an anchor. At such times I think of Psalm 23:4

Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff — they comfort me.



It's easy enough to continue with our e-Services. So, taking my lead from Anne (see next this issue), I offer you...

DELTA

*Oh dear
e-Service?
Seems to meet the need
Brings St Ronan's to your home
But nicer to meet
Vaccinate
We Hope*

Rev Graeme Munro: You will meet Graeme for the first time in his e-Service this week (5 September).

Since you can't meet him in person just yet, here's a brief bio to help you put a face and a name to his words.

The Rev Graeme Munro is a Presbyterian Minister who has served in three parishes since his ordination in 1974. He has recently relocated to Woburn, Lower Hutt, from Dunedin where he fulfilled an 'active retirement' within the Presbytery.



Graeme's back with us again on 3 October – Maybe we'll get to meet him face to face at St Ronan's that day...?

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Sandy Lang

Therapy through poetry...

Two months ago, in the days when lockdown seemed to be a thing of the past, I attended a workshop in Eastbourne on writing 'seminaria' poetry. This is a mindfulness practice which helps one record events or process feelings through the discipline of using 27 syllables only. It is a little like haiku poetry, the centuries-old Japanese art that uses 17 syllables, arranged in three lines of five, seven and five syllables, respectively.

I have had a bit of fun, and perhaps some therapy, using this form of expression. Our tutor, Gaylene Denford-Wood, described the tool as a kind of poetry 'app' that we all have within us. It uses a form that is shorter than a sonnet but more comprehensive than haiku. With seminaria, you are allowed seven lines, the first with two syllables, the next with three, then five, seven, five, three and two. You can set it out in a diamond pattern, like this...

Title

*Dum dee
Dum dee dum
Dum dee dum dee dum
Dum dee dum dee dum dee dum
Dum dee dum dee dum
Dum dee dum
Dum dee*



Will Clannachan, Elspeth and Anne rehearse one of their scenes

Of course, the challenge is to say something worthwhile in seven lines, and in so very few words. Ideally, you introduce a subject, then give it some depth, look at the implications and provide a resolution – all in 27 syllables...! Sounds like a sermon outline, doesn't it? For the writer of our next reflection, perhaps...?

I was moved to put pen to paper during our long rehearsal period for the latest Butterfly Creek Theatre Troupe play, *It Runs in the Family*. We began rehearsing this in April and performed it in mid-August. I must say our faith that it would ever be performed was seriously tested at times, as cast members left and had to be replaced.

Others fell ill, some went out of town, and the lead struggled to learn his lines. To be fair, he'd never had so many to learn before.

By a miracle, our farce did finally reach an audience and to almost universal acclaim! Elspeth Cotsilinis and I, two of the female leads, were both incredibly relieved and grateful. Gratitude continued following our final night, as the country went into lockdown and theatre throughout the country was cancelled.

So, here are my seminaria reflections on this experience. By the way, in the first, Florence (McFarlane) was our director.

July 22

Cold hall

Rehearsals

Who'll be late this time?

Florence tries to keep her cool

We fumble for lines

Miss the cues

Mess up

August 12

First night

Butterflies

Will we make it through?

Audience laughter buoys us

Slight stumbles slide by

Applause builds

Triumph!

Another good subject for a seminary reflection could be the experience of lockdown. Here's one of my recent efforts. Perhaps you'd like to have a go too?

Lockdown blues

Strange times

Mask-shielded

Numbers keep on climbing

What's good on tellie tonight?

We look for escape

Walk alone

Fearful

Anne Manchester

Mainly music musings...

I have a few favourite times of the week, each week... Do you?

One of my favourite times is my allocated 'parent sleep-in Saturday morning'. I don't need to be on parent duty that morning and I switch to lazy mode. I enjoy a delivered cuppa (Earl Grey tea, weak with extra milk, "Thanks Hubby.") and stay cosily reading in bed.

Another favourite time of my week is Thursday mornings - aka *Mainly Music* morning. A morning session of 30 minutes of music and movement for pre-schoolers and their families, followed by a catch-up over morning tea and playtime.

- You might imagine it's the delicious, mouth-watering home-made delicacies which seal the deal?
- You might imagine it's the chance to assemble a fabulous dancing ensemble, and break out some dance moves?
- You might imagine it's the opportunity to catch up with friends (young and not quite so young – mature even) and make new friends?



Any of those imaginings would be correct, but there's even more to treasure about *Mainly Music*. For me *Mainly Music* is also a place to reconnect; to gather and pray, offer support and be supported, with treasured team members and families as we journey this roller-coaster adventure called life, alongside one-another.

One Mum recently shared her appreciation of *Mainly Music* with Reg after her daughter 'graduated' from the *Mainly Music* whanau to start school. "We went to several pre-school activities over the years and *Mainly Music* has been a consistent highlight. I don't go to church, but this (*Mainly Music*) is what I think a healthy church would be like: good company, good fun, a place to make real friends and, of course", she added with a twinkle in her eye, "with great food too!" (She had brought some of her own home baking to share that particular morning 😊).

Another Mum, when asked how she had met her treasured 'Mum friends', shared with us... "We've only recently met through *Mainly Music*. That's how all of us 'new-comers to the neighbourhood' meet, through these community groups like *Mainly Music* and *Pop In and Play*."

Several grandmothers have volunteered how much they appreciate having a group in the community they can take their grandchildren along to when they visit.

Families often share their gratitude for the St Ronan's facilities and playground that caters to the younger members in our area.



There is a real team effort that contributes to *Mainly Music* in such a variety of ways: baking, praying, morning-tea roster co-ordination, hot drinks and dishes duty, set-up and pack up, building and grounds maintenance. Our *Mainly Music* families often pass on their appreciation to the *Mainly Music* team on Thursdays.

Now, on behalf of the *Mainly Music* team, I'd like to pass on many, many thanks to all those in the community who generously help us out... We value you! You have all helped entertain and minister to over 30 children and their adults each session on our busiest days (though those numbers are often smaller in winter and they have been since COVID-19 visited Aotearoa).

There are many reasons why Thursday mornings are one of my favourite times of the week. My personal main reason is, I get to sing, dance and catch up with many of my favourite people - from 8 days old to 80+ years young. The delicious baking to accompany my Earl Grey tea ('weak and extra milky - thanks') is the cherry on the top!

Arohanui, **Cath Loudon-Sim**
aka 'Blue Auntie' the lady in the blue *Mainly Music* T-shirt

The River of Life...

What is Life?

Is Life the Force of Love, the Life Force that drives us and unites us? I have been thinking a good deal how we are united by love, how we flow with that force. Can it be likened to a river?

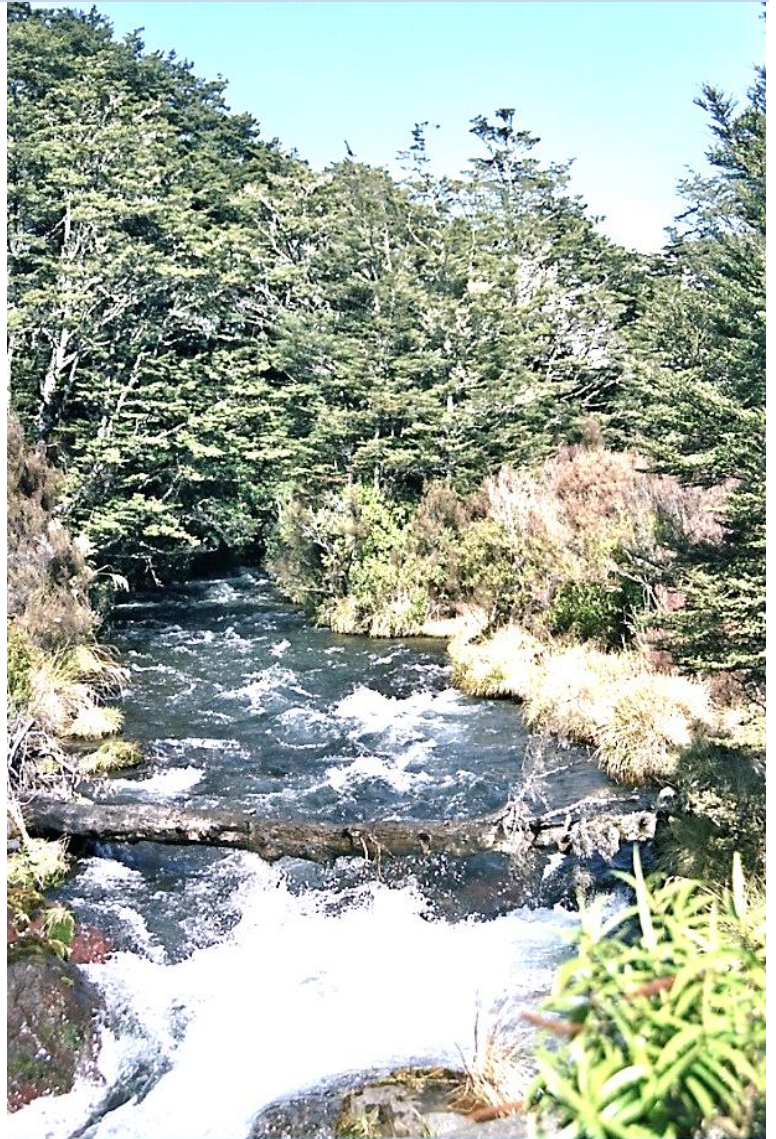
The drips from a seepage high in the hills joining other seepages, growing, becoming a stream, leaping, bounding along in its youthfulness. Spreading out as it issues on to a valley floor. As we grow we flow through still pools deep and silent. There are eddies along its banks where trout can hide. Then a ripple, a cascade, a break in its gradient that causes excitement and challenge, something that must be overcome.

The river flows on steadily again until the next challenge is reached. This time a mighty drop, a waterfall, needing a leap of faith to get past.

The plunge pool, of turbulent aerated water that could drag you to the bottom and despair. Or you bottom-out and clamber back to the surface, strengthened by the experience.

So, we travel throughout our lives, growing, maturing, widening our horizons until we issue into our estuary and face our meeting with the boundless sea. We are now governed by the tides and the moon. We dissolve becoming part of the sea and slip away, hopefully surrounded with a blanket of love. And so, we become part of the force of Life.

Jan Heine



Rood screen - It seemed such a good idea at the time...

Recently, I read a delightful article on business *faux pas* (the plural is the same as the singular but pronounced differently by the French). Regrettably, the article was American, so some brand names are unfamiliar. Nevertheless, there are a few stories well worth the retelling. With the benefit of hindsight, they are all kind of funny but, as we were not in the boardroom at the time, perhaps we ought not to be too hasty to cast stones.

•Stories like that in 1998, *Yahoo* turned down an offer to buy *Google* for \$1 million. Oops...!



Incredible but true! AMAZING NEW CANDY WAY TAKES OFF UGLY FAT!

Just imagine! A new reducing method that has you eat candy to grow thin! So you actually *enjoy* losing weight this wonderfully pleasant way. Absolutely harmless. No drugs, no exercise, no laxatives, no massage.

Using the AYDS Candy Plan, you don't give up bread, butter, potatoes, meat, desserts, etc. Taking delicious, nutritious AYDS Vitamin Candy as directed automatically curbs your appetite. So you eat less. Thus you lose weight *naturally*.

Proof Positive Found By Scientific Tests! There are no weakening effects. AYDS Candy is a doctor's wonderful new formula, low in calories and fortified with essential vitamins and minerals for energy, nourishment. You feel fine while extra pounds and inches seem to melt away.

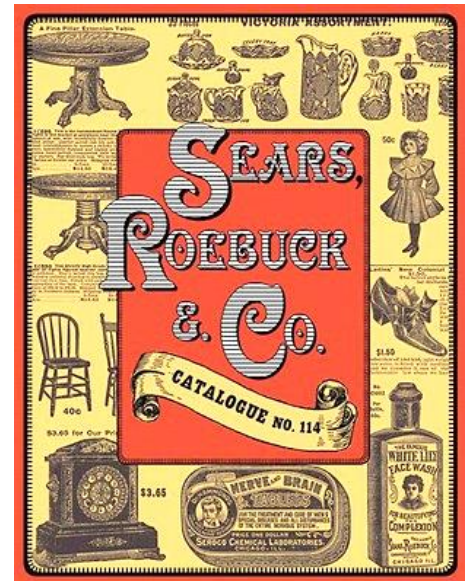
In clinical tests by eminent scientists, over 100 people lost 14 to 15 pounds average, in a few weeks, the safe AYDS Candy way. Millions of users of the AYDS Plan, the country over, prove its amazing benefits. Ask your doctor how effective it is.

You may have the same glorious results—quickly, easily lose ugly excess fat—regain a slimmer, more youthful figure that men admire and women envy! Get AYDS Candy today. You can take AYDS without anyone's knowledge, at home or away. Full 35-day supply, possibly more than you will need, \$2.89—virtually only 8¢ a day. You must lose weight on the very first box or your money refunded.

AYDS VITAMIN CANDY REDUCING PLAN
FREE DELIVERY—PHONE ANY DEPARTMENT OR DRUG STORE!

•And, back in 1946, the *Carlay Company* started manufacturing an appetite-suppressing candy called 'Ayds'. It was such a good seller, it never occurred to them to rebrand it when the AIDS virus raised its ugly head in the 1980's. Sales plummeted, and the brand no longer exists.

•*Sears, Roebuck and Co* was founded in 1892 and quickly became a household name throughout America. The voluminous *Sears Catalogue* was delivered to most homes. People in the more rural of areas, with no access to large stores, were able to order anything from hubcaps to houses and from lingerie to



lightbulbs via mail order. In 1895 the catalogue was already over 500 pages long..! However, by the 1980's they were facing stiff competition from a proliferation of discount stores such as *Walmart*. In 1993, with sales declining, they decided to end their mail-order business and stopped printing their iconic catalogue. *Amazon* started up in 1994.

•The one that really made me think was *JCPenney*, a large chain of department stores (689 locations). They made a policy decision to end their 'SALES'. Their logic was that most people knew they were not getting '70% off', instead they knew the undiscounted price has been deliberately set artificially high to give the impression of a bargain. *JCPenney* decided no longer to insult their customers' intelligences. They would just offer honest, good prices across the board every day. Their subsequent turnover proved they had seriously overestimated the intelligence of their customers...



•I cannot help but see enormous parallels between *JCPenney* and our faith. There is no discounted way into heaven. Anyone telling you so is insulting your intelligence. Jesus was quite clear when he chatted to Nicodemus in John 3 with the punchline being verse 3... *Very truly I tell you, no one can see the kingdom of God unless they are born again.*



That's the deal. It's there for you and me to accept or reject. Every day - any day - no frills - no small print.

John Harris

Children's Power Hour – Helping them journey with God

Like a long road trip, we may be tempted with our children to wish away their journey of getting there, and just arrive at the destination. However, I have found that children being involved and immersed in the process is where the fun and good buzz lies. They feel alive and moved by the experience. "Oh, do we have to stop now?" The journey is as important as the destination.

Today, in children's ministry, I have observed there are some parents, I am afraid to say, who do wish away their children's journey and hope they will just arrive as faith-filled mature adults. The only way in their children's faith journey is to encourage and enjoy their experiences as they happen.

Congratulations to Power Hour children...! An example of one of Power Hour's long journeys this year has been the children's successful learning of the Lord's Prayer (Matt 6:9-13) as sung in our church services. The prayer is a sound foundation and a good springboard in their relationship with God.



Each week we spent time learning a line and understanding what it was all about. We'd have to unpack words and phrases as well. Then there was explaining symbolism and odd turns of phrase. We approached learning a line by breaking it up into phrases, thoughts, putting the words of a line in order, gaming such as challenging them to provide the right word when the wrong word had been used, e.g., "*Our mother in the house*". Laughter!

On any one day, we went back and forth in learning a line, catching up because the children were not all able to be present every week. Encouragement was a weekly click on their memory-verse card and a mini prize from the mystery box after 10 clicks. Eager counting, "Two clicks to go!"

We talked about where best to put their own laminated copies at home to easily find them; we made extra copies for those who had mislaid theirs. Parents and family were encouraged to listen and prompt them. Awesome teamwork! While each child's journey was a little different, they all got there in the end and were rewarded with a book prize. One child even sang the prayer! Excellent effort! It was a long haul but well worth the effort to have our Lord's Prayer firmly in hand for the rest of their lives.

Coincidentally, last May, Rev Lionel Nunns presented us with a primary school version² of the Lord's Prayer, which is easier for a child to understand and say. This version, below, adds depth to their understanding. Later, both versions, could be divided into 'puzzle pieces', put into order and matched. Further, the children could 'translate' and create a Power Hour version. They are beautiful capable souls!

*Our Father in heaven, you are awesome!
Show us who you are and how you want us to be.
Make earth more like heaven.
Please give us what we need to keep going each day.
Help us when we are wrong and clean us up on the inside.
Help us to let other people off and move on.
Keep us from bad stuff.
You're in charge!
You're strong and powerful and always there.
Forever!
Amen*

Susan Connell

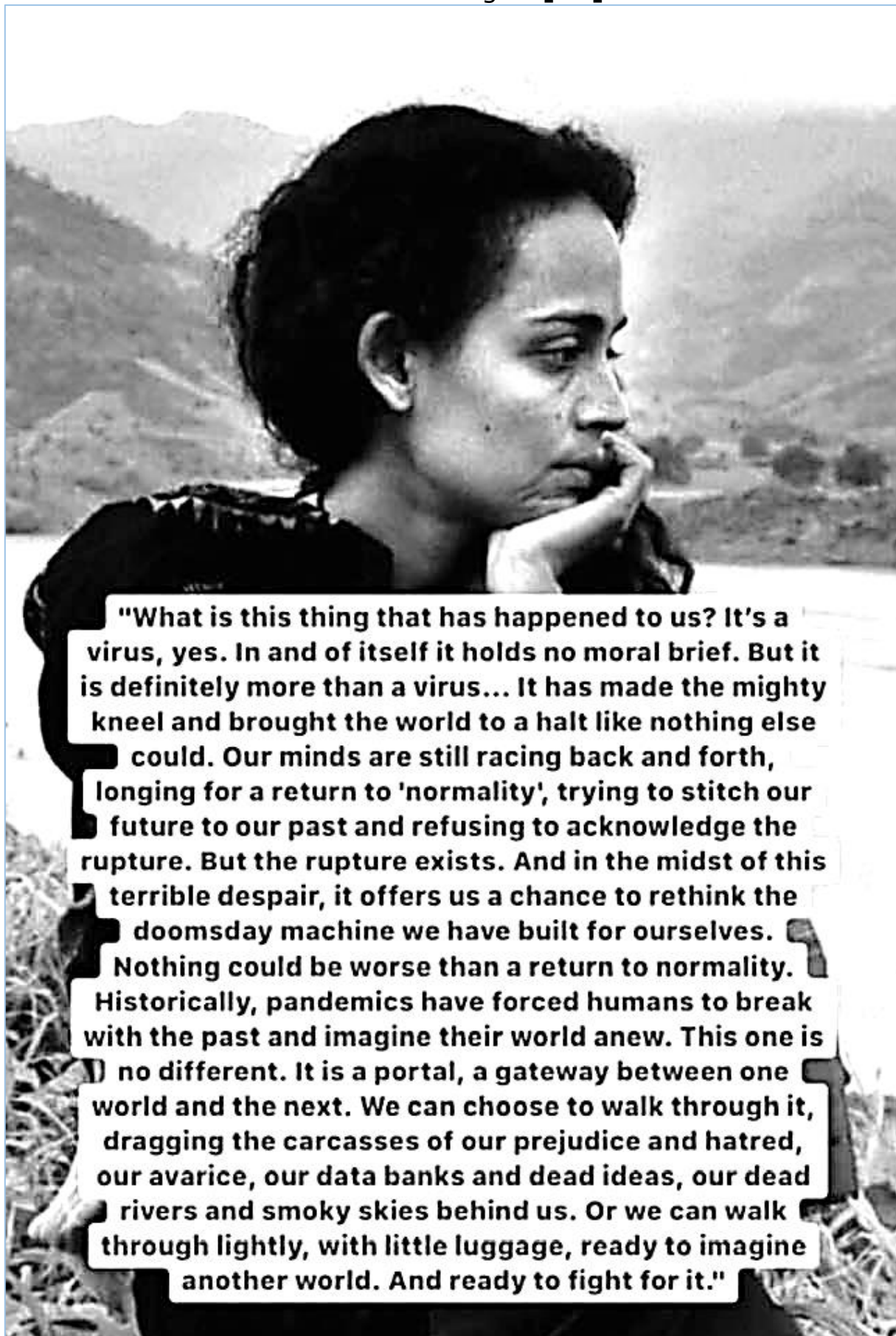
Term 3: 1 Aug to 26 Sept.

Happy Father's Day to our dads on 5 Sept!

² e-Service 23 May 2021, Rev Lionel Nunns, St Ronan's Presbyterian Church, Eastbourne

Dwelling on a new way of life with COVID-19...

A friend recently sent me this thoughtful insight from the Indian novelist, Arundhati Ray. She is best known for winning the Man Booker Prize for Fiction in 1997 for her novel "The God of Small Things". **[Ed]**



"What is this thing that has happened to us? It's a virus, yes. In and of itself it holds no moral brief. But it is definitely more than a virus... It has made the mighty kneel and brought the world to a halt like nothing else could. Our minds are still racing back and forth, longing for a return to 'normality', trying to stitch our future to our past and refusing to acknowledge the rupture. But the rupture exists. And in the midst of this terrible despair, it offers us a chance to rethink the doomsday machine we have built for ourselves. Nothing could be worse than a return to normality. Historically, pandemics have forced humans to break with the past and imagine their world anew. This one is no different. It is a portal, a gateway between one world and the next. We can choose to walk through it, dragging the carcasses of our prejudice and hatred, our avarice, our data banks and dead ideas, our dead rivers and smoky skies behind us. Or we can walk through lightly, with little luggage, ready to imagine another world. And ready to fight for it."

Phil's photo - Eastbourne Zoo... (free entry to locals)

We all enjoy (and sometimes laugh at) the creative imaginations of our small children. But a play of events can sometimes rekindle that childish imagination in us adults too. The Delta variant is just such a play. The Level 4 lockdown has again unsettled us, and it has brought the hustle and bustle of our normal lives to a sudden near-standstill. The uniformity of our 'bubble days' has already made this lockdown seem as long as a month of Sundays...

Down the south end of our seawall there's a thin-patch in reality. Here the world of the imaginary sometimes breaks through into our 21st-century world of the actual. A whole menagerie of strange animals, lives down there...



The first to arrive (millennia ago) was a lion. Looking from the south, we see just his majestic shaggy head, face raised slightly. Risk-prone children just love climbing this jagged lump of rock. Who knows how many 111 calls have been caused by this fearsome brute...?

A little further south, and much more recent (just a few months), is a jolly green frog. He sits on a flat rock by the footpath, patiently awaiting a kiss from some passing princess. Hope on, you slimy amphibian...!



But about a week ago (as I write), there've been some new arrivals.

The first of these was a beautiful lady gnu (aka 'wildebeest' - think biltong). A couple of days later, she gave birth to her calf (just out of the picture). About life-size they've become a source of wonder and delight to children of all ages.

More recently still, and not far to the north, is a very large saltwater crocodile. Keep the kids away from this bad boy. With his deceitful smile and razor-sharp teeth, he'd make short work of a small child who strayed too close. It's rumoured he's a COVID refugee from Queensland.



And then there's this ostrich, with her characteristically dishevelled plumage and slightly superior smile. She's standing just out of reach of the croc.

And, close-by, there's a very large shark, having a 'tummy rub' on the gravel (getting rid of adhering parasites?) before sliding back down into the sea, to continue his search for another wintertime swimmer.



At this stage the orcas have not made it here from Porirua, nor the humpbacks from Kaikōura, but it's only a matter of time till they do too. Neither is an uncommon visitor to our little zoo in the Eastern Bays...

A BIG thank-you to the artists with their childish imaginations...

Phil Bengé



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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Contributions for the 'Record' are most welcome
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They do not necessarily represent those of St Ronan's Church

**And the closing date for our next *Record* for October 2021
Sunday 26 September 2021**