

The Messenger

November 2023



Monthly magazine of St Peter's Terrace End
Website: <https://www.stpeterspn.org.nz>

ST PETER'S ANGLICAN CHURCH

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Yvonne Rae (People's) 358 3962

Hon Priest Associates

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Rev Faye Davenport027 636 5165

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Endowment Trust 357 3970

Flower Guild 350 3082

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Missions 027 408 1637

Pastoral Care 358 5403

Messenger Editors

Yvonne & Allan Rae 358 3962

NOVEMBER CALENDAR

Services & Regular Events

Sundays 5, 12, 19, & 26 November

8:00am Holy Communion (BCP)

10:00am Eucharist

Sunday 26 November

5:00pm Taizé service

Sundays 12 & 26 November

5:00pm Youth Group

Mondays 6, 13, 20, & 27 November

12:00pm Silent Prayer- Lady Chapel

Thursdays 9 & 23 November

7:00pm Craft Group @ the Vicarage

Other Events

Wednesday 1 November

10.30am Morning Eucharist

11:00am AAW

Thursday 2 November

7:00pm All Souls Service

Sunday 5 November

12:00am Mystery Lunch

Monday 6 November

10:00am Seeking the Light Group

Tuesday 7 November

12.15pm Lunchtime concert

Crystal Yuan, Piano

Wednesday 8 November

11.30pm Morning Eucharist

12.15pm Luscious Lunch

Saturday 11 November

9:00am St Peter's Market

Tuesday November 28

5:00pm Ordination of Lynda Whitwell

Wednesday November 29

7:00pm Blessing of Advent Wreaths

Note from the Editors: Our thanks to Ingrid Vlieg who has helped with the production of the Messenger over the past few months when Allan was not well.

From the Vicar

As I write this we are being treated to a feast (or glut?) of sport on television as the Rugby World Cup in particular gets seemingly endless coverage and analysis. I have considerable admiration for the physical strength, agility, stamina and skill demonstrated by the athletes taking part in these events, and the mental resilience to cope with the huge weight of expectation riding on each performance.

But it isn't just their performance on the day that makes them athletes. Each has spent years training to get to this point. The training is not just about practising their particular event; it involves a complete orientation of their lives to the needs of their sport – their diets, specific forms of exercise, patterns of rest and relaxation, mental disciplines.

Similar discipline is shown by a musician. A musician rehearses scales over and over again, not so that they can deliver a public recital of those scales, but to develop the skills and habits of performance that enable them to effortlessly play the pieces that give joy to both performer and listener.

So it is with following Christ. Paul says,

“Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.” 1 Corinthians 9: 25-27

Paul is not talking about earning our salvation – we cannot earn it; Christ has done that for us – but he is talking about the way we work out the implications of our salvation and the quality of our saved life. It is all about following the way of Christ. Following Christ is not just about belief and it is not just about doing good. In addition to those things, it is about disciplining ourselves, so that rather than putting our energies into forms of self-indulgence – whether that be indulging our appetites for food, sex, gossip, praise from others, or whatever – we put our energies into the things of God. Spiritual disciplines, such as prayer, fasting, silence, study, etc, are helpful in training our bodies wherever our appetites are getting the better of us. In spiritual disciplines we work at opening ourselves to the forming influence of the Spirit, so that we more automatically perform in conformity to the ways of Christ.

Regular Bible reading – not merely dipping in to find a passage that seems to speak to us right now; but reading over and over again, reading for understanding of both the details of the passage and how it fits with God's overall story, reading together

with others, and reading together with the ancient Church Fathers and recent scholars – is a vital discipline for growing more and more Christ-like.

“How is it that so many of us can hear the Gospel read out again and again, with so little emotion? Because they haven’t got the spirit of Christ; that is why. If you want to understand Christ’s words fully, and relish the flavour of them, then try to fashion your whole life on Christ’s model.”

(Thomas à Kempis, *The Imitation of Christ*).

It is not always easy to practice spiritual disciplines I know: I too find it hard at times. But, like the work of preparation for athletes or musicians, being easy is not the point. And unlike sport or music, success in achieving them is not the point either. There is much to learn in noticing and reflecting on our failures and hardships in keeping spiritual disciplines, because this reflection sheds light on our usual habits and preferences. What drives us – our appetites, wants, and fears ... and indeed our deep idolatries – are exposed by our struggle in spiritual disciplines.

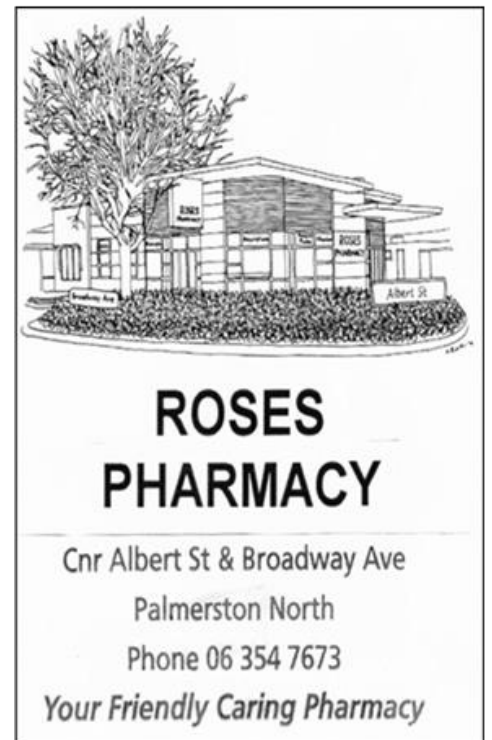
As I have said before, we were made to be bearers of the image of God for the sake of the world. Now the job of an image is to faithfully, accurately, represent the one whose image it bears. The job of humans as God’s image-bearers was to faithfully rule the world for God’s purposes, and to be representatives so that God would be known on earth. So it seems to me that the second commandment’s prohibition on the making of images and the worship of them is not just because idol worship dishonours God, but is also because it represents a corruption of humankind’s proper role of being image-bearers. To worship a manmade thing is to say that one’s god is represented in the *thing*, whereas God made human beings to represent *God* himself.

Spiritual disciplines help us more faithfully reflect the image of God made known to us in Jesus Christ, acting against the forces of the world that would seek to corrupt that image or make us image bearers of someone or something else.

And we all, who with unveiled faces contemplate the Lord’s glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

(2 Corinthians 3:18)

Stuart



In Memoriam – Alison Munford

Alison was a determined woman who battled her age and infirmity to come to church and then eventually to attend the Zoom services. She and her husband Neville became parishioners at St Peters in 1969, when they moved here from Napier. They both participated in many parish activities and Alison felt that church matters were her life. Her faith had been strong always but she had the opportunity to really become involved in church life once she came to Palmerston North.



Following her mother's death when Alison was only three, her early life was happily spent with relatives in the Coromandel then she moved to live in quite primitive conditions in the King Country with her father where he was a mining engineer. Schools were many miles away and transport was mostly walking, sometimes along the railway lines. At the age of 18, Alison went to Wellington with a girlfriend and found work at Charles Begg & Co. This helped her pursue her music interests and she studied piano from a very noted pianist who was the resident solo pianist with the (then) National Orchestra.

Alison met Neville at Beggs, and they were married in 1952. With their two children, they lived in Upper Hutt where Alison taught piano before they moved to Napier for Neville's work. Her piano playing seemed to end with that move. With the shift to Palmerston North her long association with the parish of St Peters began.

Alison didn't let cancer surgery stop her some 50 years ago and while in hospital she heard about a Community Nursing course. At the age of 45, she signed up and having come top of her class, enjoyed working in the Public Hospital and Southern Cross Hospital.

In retirement, she and Neville enjoyed tramping, world travel and her deep involvement with St Peters. Alison served on the vestry, sang in the choir, helped out with catering, fundraising events and in particular her involvement with the AAW. She was always involved in church matters and her input was invaluable. Alison was a regular attender at 10am on Sunday and in later years determinedly used her walker to come from her home in Heretaunga Street to church.

St Peter's church family misses her greatly.

St Peter's Market

On 11th November at 9am there will be the first St Peter's market. Of course this is just the Fair with a new name, but as we don't have games and competitions, the name far more accurately reflects what is happening.

All the usual stalls will be there. Craft, Sausage Sizzle, Collectibles, Trash and Treasures, Pete's Pantry, Cakes, Jumble, Jewellery and a return for summer of the Plant Stall. Books will be saved for Winter. Of course there will be raffles. The usual yummy Christmas Cake, a Garden Accessory hamper, a Doll, Ham and various supermarket vouchers. There have been some lovely items from estates donated this year too.

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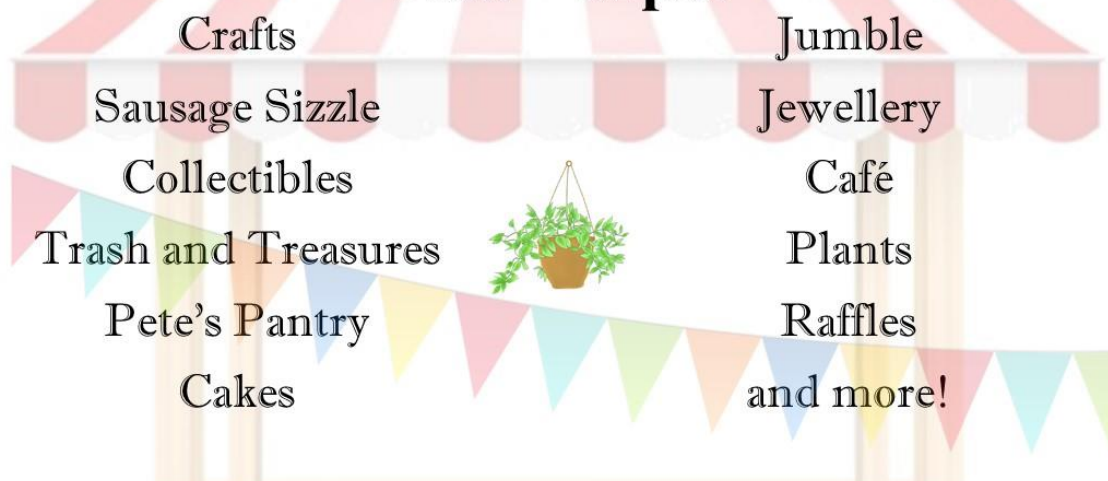
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Robert Cleaver, as always, will be providing melodious accompaniment for the bargain hunters.

The Café will be ready to provide tasty sustenance with tea or coffee.

So mark the date – **11th November 9am Come and give your support**

St Peter's Market – 11th November 9am – 12pm



Pet Service

The first Sunday in October is always the celebration of St Francis of Assisi with a Pet Service. This year, the service was conducted by Rev Faye Davenport and the guest speaker was Gaye Fell who talked about the wonderful value that animals gave to us all. The rapport between dogs who visited rest homes or helped students and children with various learning problems by helping them to relax. This was not news to any of the pet owners in the congregation!

This year there were two lovely chickens in a cage and three cats, a couple looked a bit doubtful about the whole thing. The greatest number of pets present were dogs of all shapes and sizes, 20 to be exact. They were all pleased to meet each other and it was a real tail wagers club. Most were very well behaved with only the odd bark but one little one got over excited and was taken out to the car.

The service was quite short and included "All Things Bright and Beautiful". None of the animals seemed bothered by the organ. The highlight of the service was when owners took their pets up to the chancel steps to be blessed by Faye with help from Lynda. It was a wonderful procession of the animals who are so precious to their owners. The other very moving part of the service is when people can come forward to light a candle to remember pets they have lost. There were some rather teary eyes as people came back down the aisle as they remembered the love their pets had given them.

Then it was all over and the animals and their owners mingled outside for final greetings. Everyone is looking forward to next year they said.

Guess who's coming to lunch!

A St Peter's Parish Social Event



12pm Sunday November 5

Hosts will not know who their guests are until they arrive!
Guests will not know who the host or other guests will be!

RSVP by October 29

For more information please contact
Christine Goodin on 358 5403



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‘Movember’ - The Mo is calling!

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. 3 John 1:2

New Zealand is a rugby loving nation. One in five Kiwis experience some form of stress, anxiety, or depression. The rugby community is no different and *Mind. Set. Engage.* - is here to help.

Movember proudly unveils an unprecedented partnership between New Zealand Rugby (NZR) and *Te Aka Whai Ora*, the Māori Health Authority, aiming to revolutionise mental health and well-being in New Zealand communities by expanding NZR's renowned program, *Mind. Set. Engage.* - across five regions. Together, they are committed to destigmatising mental health, marking a new era of support and empowerment, and celebrating the invaluable contributions of Movember's dedicated community.

Mark Robinson, CEO of NZR, firmly believes in the profound impact that rugby can have on the mental health and well-being of Kiwis. This pioneering partnership between NZR and Movember unites their shared dedication to becoming a force for good in New Zealand, harnessing the power of sport to promote positive change.

With many New Zealanders experiencing a mental health issue in their lifetime, the success of the *Mind. Set. Engage.* program is both inspiring and crucial. By reducing the stigma surrounding mental health, this program encourages individuals to seek help and support one another, fostering a culture of empathy, understanding, and resilience.

Aaron Lawton, CEO of Counties Manukau Rugby Union, highlights the immense benefits of an expanded rugby-focused mental health and well-being program for the region. Recognising the power of rugby as a means of connection and community building, this partnership promises to leave a lasting impact on the mental health and well-being of individuals and communities in Counties Manukau and beyond.

Movember celebrates this historic partnership, made possible by the unwavering support of its dedicated community. With the collective efforts of passionate supporters, Movember is driving positive change, improving mental health outcomes, and fostering a culture where seeking help is embraced and support is readily available. Together, we can revolutionise mental health and empower individuals and communities across New Zealand. Thank you for making a difference!

Source: <https://nz.movember.com>

Rev Faye Davenport, RN

Lunchtime Concert

The October Lunchtime Concert which took place on October 2 featured the SYLO (Sing Your Lungs Out) Choir.

This choir, conducted by Christine Archer-Lockwood has been in existence for over five years giving considerable help with breathing to people with COPD, asthma and other chronic lung conditions. Singing encourages healthy breathing patterns.

The choir members are always very enthusiastic and enjoy bringing well-known and loved songs to the audience many of whom were spotted singing along.

The programme was bright and tuneful and much appreciated by those present.

The performer on November 7th is Crystal Yuan, a piano student of Guy Donaldson's.



AAW

October was a quiet month for AAW but productive in that it was agreed and approved that a new stainless steel food trolley would be purchased to replace the older style wooden dinner wagon.

Now all of a sudden it is November and time to fill the shoe boxes with Xmas contents. These will be delivered with love and blessings to vulnerable families of Terrace End School (Te Kura Terrace End). Any small gifts or donations to assist with purchases can be taken to the church office before November 1st.

The AAW meeting on November 1st will be the filling and wrapping of the shoe boxes after communion at 10.30am All welcome.

Enquiries to Githa Warrington

0212502811

06 357 3859

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Tracy Ward, Proprietor

Vestry Vibes

The vestry meeting was held on 11th October 2023 in the St Peter's Community Hall. The Bible reading was from Acts 27; 1-26 and vestry members were asked to consider if a character, event or a metaphor spoke to them from this reading.

The teaching moment related to the *Up, In, Out* triangle and which of these is our weakest. To help there was a list of questions relating to these areas and we considered which question stood out and why. Considerable discussion ensued.

- The synod programme of business and responses to parish profile questions were explained by Stuart and John Freebairn (Synod representative)
- The Youth Group planter boxes are underway.
- The old sterilizer from the kitchen has been delivered to Taihape Parish and they are very grateful.
- The recent "Big Wind" has toppled part of the fence beside the vicarage. Quotes are being obtained and there may be an insurance claim.
- Hall hire income has been affected by the loss of Life Care and the budget will be amended accordingly.
- An insurance renewal email has been received from the Diocese and is to be discussed at the Finance Committee
- The vicar reported on attendance trends which are moving upwards.

- The Pet Service had 47 people, two chickens, three cats and 20 dogs – more animals and fewer people than last year!
- During repairs to the spouting where it had been stolen, it was discovered that two more lots had been taken. This will also be an insurance claim.
- Lynda's ordination will be on 28th November at St Peters. An important date.
- Worship committee has met and started planning for services to the end of the year.
- Synod is on 14th-15th October.
- Report from the Pastoral Care team and Prayer Chain – a very successful initiative
- The Fair name has been changed to St Peter's Market which more accurately reflects what is on offer.

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The meeting closed with the Grace.

The next Vestry meeting will take place on November 8.

From the Parish Register – October 2023

| |
|---|
| <p>In Memoriam</p> <p>Freda Roots 20 October 2023</p> |
|---|

Deacon's Dismissal: Sharing God in the Workplace

I have reflected on and teach nursing students what to have in their 'toolbox' of coping strategies to prevent burnout and compassion fatigue when working in the health field.

Recently, as part of an assignment for a theology paper, I read and wrote about moral injury and moral distress. These were unfamiliar terms to me.

Moral distress is defined as the psychological unease generated where professionals identify an ethically correct action to take but are constrained in their ability to take that action. In other words, the inability to carry out the right thing to do. The outcomes of moral distress toward the self may include anger, self-doubt, diminished self-esteem, depression, burnout; toward the other there may be feelings of anger, bitterness, cynicism, dismay, and frustration. Moral distress in nursing occurs in those

instances where a nurse's desire to deliver professional care to others is compromised by a variety of external contextual constraints.

Moral injury as related to "helping" professions as moral distress resulting from an individual's sense of powerlessness related to the inability to act in a manner they perceive as ethically appropriate. Moral injury can arise where sustained moral distress leads to impaired function or longer-term psychological harm.

There is transgression of deeply moral beliefs, values, and expectations.

Moral injury may be viewed in a contemporary holistic biomedical, psychosocial, and spiritual paradigm. This approach allows consideration of existential, spiritual well-being, as well as self-forgiveness in addition to forgiving others. Treatment of moral distress and injury from a psychological perspective may not get to the depth of the issues. It is not enough to treat the symptoms. Effective treatment needs to get to the soul, to soul care and to healing injury to the soul. How do we repair souls? The healing required is much deeper than the psychological, it is at the spiritual level... there are existential issues. It is at the deep level of the heart and soul, at the core where central beliefs and values lie.

The chaplain is an important member of the multi-disciplinary team in the health care environment. Management and treatment of moral distress and injury can be successfully achieved with collaboration between health professionals and chaplains. While lifestyle factors and self-care strategies are important, there are also psychological and spiritual aspects to address. Spiritual elements may include prayer, use of scripture, ritual, and symbol.

Deacon Faye

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Advent & Christmas 2023

Sunday 26 November 5pm

Advent Themed Taizé Service

Wednesday 29 November 7pm

Blessing of Advent Wreaths

Thursdays November 30, December 21 7pm

Midweek Advent Reflections

Sunday 3 December 7pm

Advent Carol Service

Sunday 24 December

No 8am service

10am Eucharist

11.15pm Carols

11.30pm "Christmas at Midnight" Eucharist

Monday 25 December

8am Holy Communion

10am Christmas Eucharist

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