

# THE MOORING POST

ANGLICAN PARISH OF FENDALTON – ST BARNABAS AND ST THOMAS  
The Anglican Church in Aotearoa, New Zealand & Polynesia – Diocese of Christchurch

## Resurrection – a ridiculous belief?

Well-known British comedian Ricky Gervais once said 'You should respect a person's right to hold a belief. You don't need to respect the actual belief. Ridiculous beliefs should be ridiculed.' As a confirmed atheist, Gervais was probably thinking that the resurrection of Jesus should be ridiculed. Actually I agree with him – it does seem rather farfetched, even to those who have been brought up with it.

However, New Testament scholarship has changed dramatically over the last 40 years. Many scholars now believe that the empty tomb and the bodily resurrection of Jesus cannot be discounted out of hand just because they seem farfetched. In fact you don't even have to believe that the Bible is a particularly special book to come to the conclusion that the bodily resurrection of Jesus is the best explanation of the data it contains.

Celebrated ancient historian Michael Grant, who was not

himself a Christian, once said 'The historian cannot justifiably deny the empty tomb. If we apply the same sort of criteria that we would apply to any other ancient literary sources, the evidence is firm and plausible...'

One of the reasons historians and theologians have moved to this more conservative position was a re-examination of the testimony of St Paul. Even by modern standards, Paul is a credible witness. Because of his letters we know a lot about him. He was a well trained scholar and a skeptic toward the Christian faith. But his life and beliefs were turned upside down when he met the risen Christ on the road to Damascus and became a Christian.

In about 55 AD, after a 25 year missionary career, Paul wrote first Corinthians and shared the basic gospel message that had been passed on to him by the early disciples – including a belief in the resurrection of Christ. Most importantly, this basic Christian

creed goes back to the first generation of disciples and the discussions that Paul had with them in about 35 AD – soon after his conversion.

This timing is significant because it means that Paul's message can be traced back to within a few years of Jesus. And this is far, far closer than for any other figure whom we know about from antiquity.

Let me close with another quote from Ricky Gervais. He said, 'The truth, however shocking or uncomfortable, in the end leads to liberation and dignity.' To me that sounds a lot like John 8:32 where Jesus says 'You shall know the truth and the truth will make you free!'

The truth of the resurrection is at the heart of our faith. It validates all that Jesus said. It confirms him to be Lord of all. And even now his living, risen presence can be experienced by all who call upon him. Christ is risen! He is risen indeed!

Rev. Mark Chamberlain

## 'Death has lost its sting – Alleluia'

Come & Celebrate Easter at St Barnabas  
Monday 14 – Sunday 20 April

### Monday – Wednesday

7.30pm Reflective Communion in the Makora Room each night

### Maundy Thursday

10am BCP Eucharist  
11am Eucharist at Holly Lea  
7.30pm Eucharist & Foot Washing  
8.30pm Tenebrae – Service of Shadows until 9pm

### Good Friday

9am Devotions around the cross at St Thomas', Procession to St Barnabas, with the Stations of the Cross  
9.45am Placing of the Cross at St B's  
10.30am Lifestreams contemporary service  
12 Noon Vigil & reflections in the hall

### Easter Sunday

8am ANZPB Eucharist with hymns  
9 & 10am Festive Eucharist with Choir  
11am Lifestreams contemporary service  
5pm Evensong with Choir  
7pm Antioch – Contemporary worship



'The Mooring Post' is a phrase from p479 in A New Zealand Prayer Book/He Karakia Mihinare o Aotearoa. Christ is described as the single mooring post for many waka – Ko te Karaiti te pou herenga waka. Christ is the one who unites us.

Explore our website and like us on Facebook – [www.stbarnabas.org.nz](http://www.stbarnabas.org.nz) | [www.facebook.com/st.barnabas.nz](https://www.facebook.com/st.barnabas.nz)

## Mainly Music Water Play



## Youth Formal Dinner



## Lifestreams Women's Retreat



## Staff Breakfast

## Children's Ministry at St. Barnabas

**St Barnabas Playgroup:** Creative play for pre-schoolers on Wednesdays from 9.15 – 11.30am in the hall.  
Helen Wakefield 351 3595.

**Mainly Music:** Music and movement for pre-schoolers and their caregivers, Fridays 10 – 10.30am followed by morning tea. Becky George 357 1363

**Fridayzone:** Christian after-school club for Primary School children. Fridays 3.30 – 5.30pm.  
Angela Brown 027 335 0105


**Kidzone:** Creative Sunday School for children 5 – 13 yrs  
Sundays 10.30am. Angela Brown 027 335 0105





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# 'Remember your Creator in the days of your youth!'

*The Case for Bible in Schools*

It's a powerful admonishment. It can even be read as a basic instruction like: 'Don't leave the house in the morning without getting dressed and cleaning your teeth.'

Where can that 'Remember your Creator' piece of advice be found? It's from the Bible – Ecclesiastes 12:1 to be exact. If I were to stand at the supermarket or library and hand out that verse on strips of paper, people might think I'm crazy or a religious zealot. One response might be, 'How can she be so sure we've been created? I don't believe in the theory of creation.'

That stance is a popular one, but it's also one which takes an enormous amount of faith. The known science of the history of the world and humankind continually evolves to discover facts which explain the 'hows' of the universe. But children are also hard-wired to ask the 'whys?'

So are adults, too, if you dig deep. Sometimes it takes a normal yet tragic event to confront what life's reasons are. When a normal flight on a normal day of a normal and trusted airline disappears off all radar screens, there's no end to the questions and the investigations surrounding the reason 'why?'

But how many of us stop to ask, or to debate with our children why we're here in the first place? Is there a Creator? Is that why we have the nagging sense that there has to be a spiritual side of life... that it's not all a pragmatic series of events like working, paying for things, occasionally having fun in the sea and lying on a beach and then dying?



Why is it that when you thank God for some great people and circumstances, or pray for God's help in certain difficult situations, you have a peaceful sense of God's reality and presence with you?

And if there is a Creator God who has chosen to create the people we see around us, shouldn't they have a chance to learn about this God through the Bible?

A couple of generations ago, even those who professed no faith, valued the Bible because it contained the Ten Commandments. These were universally seen as a common-sense basis for morality and 'golden' societal rules such as 'Treat others as you'd like to be treated'. Many people still want that sort of thing taught in schools. And even if their reasons for children being able to learn about the Bible stop there, that's reason enough for the validity of Bible in Schools. It's a great initiative and deserves our support.

*Liesl Johnstone*

## Youth Ministry at St. Barnabas

Contact Lynda Davies on 351 7064

**Youth Group:** Christian youth community! Friday nights in the hall. Open to years 7 – 13, from 7 - 9pm

**The Revs:** Christian group for high school age young people. Meets on Sundays during Lifestreams at 10.30am.

## DIRECTORY

### PARISH OFFICE

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### MOORING POST DESIGN

Michael Cropp  
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## SUNDAY WORSHIP

### ST BARNABAS (in the hall)

8.00am Eucharist, followed by breakfast (Tui Room)

9.00am Sung Eucharist followed by morning tea (Tui Room)

10.30am **Lifestreams Eucharist** with children's & youth programmes followed by morning tea. For All Age services, check online

5.00pm 1st & 3rd Sundays – *Evensong*  
2nd Sunday – *Choral Night Prayer*  
4th Sunday – *Eucharist*

7.00pm *Antioch* in the hall for students/ young adults but all welcome

### MID-WEEK WORSHIP

8.45am Tuesday to Friday – *Morning Prayer*  
Wednesday – *Eucharist* all welcome in the Makora Room or Prayer Room at east end of hall.

10.00am Thursdays – *Eucharist*  
1st Thursday – *Prayer and Healing*

### ALSO OFFERED...

Home Communion:  
Each 2nd & 4th Wednesday in the month.

Communion is also provided at Fendalton Retirement Village fortnightly and St Winifred's & Holly Lea monthly.

## VESTRY NEWS

**Parish Income:** The Finance Team raised concerns that the financial giving of the parish was falling behind budget even at this early stage of the year.

**Sprinkler System:** Vestry had a lengthy debate about the benefits of having a sprinkler system installed as part of the St Barnabas Church repairs. A motion asking for a sprinkler system to be included in our Building Consent was passed.

**Vicar's Sabbatical Leave:** Vestry discussed arrangements for the Vicar's Sabbatical Leave which is from 1 July through to 30 September this year. Rev Philip Robinson will be priest-in-charge. The Vicar will liaise with the Bishop to secure a locum tenens (fill-in priest).

**Lifestreams Women's Retreat:** 20 women attended the Hanmer retreat. Vestry received a very positive report from the Retreat's organisers saying there was a tremendous sense of fellowship, spiritual growth and learning.

**Oversight Groups:** Vestry rationalised some of the parish Oversight Teams for the year. The Discipleship Team now includes Evangelism, convened by Mary Cropp. Pastoral Care and Outreach Team convened by Alison Tait now includes Overseas Mission. The EQ Team is now part of the Works Team, convened by Chris Wilson. These changes streamline a number of areas of ministry.

**Insurance Settlement:** Vestry received a report of a meeting between representatives of the Church Property Trustees, our Project Manager RCP and the parish. Information about the final payout will not be available until CPT confirms the apportionment model in May.

## REGISTER

### Baptisms

*The Parish welcome into the family of the Church through Baptism:*

#### February

23 Arthur Mackenzie Viles

#### March

16 Amelia Elizabeth Elsie Grieg

16 Emily May Toon

### Funerals

*We offer our deepest sympathy to the relatives of those who have died:*

#### March

4 John William Richardson

#### April

1 Peter Cracroft Grigg



**Our resolution last year could have been "less fruit", but no... we went with "trust people more".**

We'd love to feature your thoughts, musings, and creativity in the Mooring Post. Contact Rev. Mark for more info.  
May articles due by

**Friday 11 April**

## Dinners for Eight Friends–Food–Fun–Fellowship

Between the months of June and October the parish will again be running the ‘Dinners for Eight’ programme. Once a month for four months you’re invited out for a meal with three other couples – both singles and married couples are invited to take part. It’s great fun and a neat way to meet new people and feel more at home at St Barnabas.

This is a preliminary notice with dates:

- **June** Friday 20 or Saturday 21
- **July** Friday 18 or Saturday 19
- **August** Friday 15 or Saturday 16
- **September** Friday 19 or Saturday 20

The Final dinner in the Parish Hall will be on Saturday 11 October

Look for a registration form in the coming weeks - and join up to join in! For more information contact the coordinators Robyn Gopperth 351 8097 and Pamela Chapman 322 9409.



## Golden Oldies: Mission to Fiji

Ever wanted to go on a Missions Trip? This could be your opportunity! View and experience Mission projects in Fiji, with support from NZCMS and the Anglican Missions Board. These successful, non-denominational tours have run for several years for youth/students but also for our 60+ aged group called the ‘Golden Oldies’. Visit an orphanage in remote villages where there are mission projects to improve housing, sanitation and education. See medical centres and woman’s ministries and much more, including a bit of rest and recreation at a tourist resort!



**Golden Oldies Mission:** 16-25 August – applications close at end of April. For inquiries contact Graeme Mitchell, phone or email for no obligation Mission Info Sheet - 021 460 338, email [graeme@archervillage.org.nz](mailto:graeme@archervillage.org.nz) or check out [www.goldenoldiesmission.com](http://www.goldenoldiesmission.com)

## ANTIOCH Cradle and Launchpad

St Barnabas’ Sunday night service named ‘Antioch’ was born from the inspiration of John-Luke Day in 2006. The name ‘Antioch’ originated from the ancient Greek city near the modern city of Antakya, Turkey. The city’s geographic location, benefited its occupants, and eventually rivalled Alexandria as the chief city of the Near East. As a city it played a pivotal role in the emergence of Hellenistic Judaism and Early Christianity. Antioch was therefore called ‘The Cradle of Christianity.’

Cradles can be places of beginning, of growth, of refreshing and renewal - also of sleep but not in this instance! We could even say it was a launch pad to follow Jesus and extend God’s love in discipleship and mission. The community of believers were stepping out on the next stage of a journey. It’s something like the Antioch in the book of Acts - a

worshipping congregation that was planted on the fringes.

2014 has well and truly begun in a spirit that carries the legacy of this previous vision facilitated by the solid work of the Vision Team. We meet together to sing God’s praises, hear from Scripture and grow in Jesus. We pray together, eat together and even have a beer together at No 4 in Merivale monthly. Antioch is a contemporary Anglican service with a focus toward young adults, whilst open to anyone. This is a place to come with questions, burdens and expectations. A place to come as you are, to engage with God and his people as we meet together and encourage one another.

In going forward, ‘Antioch’ has seen the introduction of cafe nights with real espresso, more ‘Bite Sized’ testimonies of God’s goodness,



ministry of the Spirit and relevant interactive messages for today’s missional disciples. All are welcome to be part of this faith community that was planted on the foundations of the early church fringes.

Rev. Sam Knight

You can check Antioch out online through St Barnabas Young Adults’ social media. Just search for SBYA NZ on twitter, facebook, or instagram.

## What’s Coming Up?

### Church Working Bee

Bring your hedge trimmers, shovels, forks and cleaning gear to help tidy up the church grounds and clean our parish facilities. Begins at 9am, finishing at 12 noon with a good morning tea!

SATURDAY **5**  
APRIL

### Easter Camp

All young people are invited to the annual Easter Camp for 13 – 18 year olds. This is a Christian camp with a chilled out vibe, music, worship, teaching, crafts, movies, street art, cafes and water slides. Contact Lynda or Jordan for info.

THURSDAY **17**  
APRIL

### Workshop with Brian McLaren

Come learn from Brian, writer and provocateur, on ‘Dancing to a New Tune’. This is about the new shapes and modes of church that are emerging. Enquiries to [andrew@kererupublishing.com](mailto:andrew@kererupublishing.com)

WEDNESDAY **23**  
APRIL

### Anzac Day Service

10am - Guest Speaker: Lt Comm Brenden Winder. A community commemoration for all, especially parents and children. Children’s colouring competition – pick up an entry form from parish office. Winners announced at service.

FRIDAY **25**  
APRIL

### Men’s Dinner

All men are invited to our annual Men’s Dinner – in the parish hall from 6pm. Guest speaker, Nic Hill, Headmaster of Boys’ High, will speak on ‘Educating Boy’s in the 21st Century’. Charge is \$25 – tickets from the parish office.

TUESDAY **6**  
MAY

### Bridge Tournament

A Bridge tournament to raise funds for the restoration of St Barnabas will take place at Crockford’s Bridge Club - 10am for a 10.30am start. Mark in your diary. Details to follow.

FRIDAY **16**  
MAY

## Knowing Your Neighbours is a Piece of Cake

*And a delicious piece it is, too!*

On the last weekend of March large numbers of St Barnabas parishioners met with their neighbours over a piece of cake! It was part of a city-wide initiative for people to re-engage with those who live right next door but perhaps don’t see each other much or know each other very well.

Part of Neighbours Day Aotearoa, this is an initiative of the Churches, CERA the City Council and a number of other partners – the idea is that good neighbours make great neighbourhoods! As well as that, Jesus himself taught us to cross the road to look out for our neighbours. The Good Samaritan provides us with a model of how a truly good neighbour behaves!

Some parishioners just took some cake to a neighbour and chatted at the door. Others organised an afternoon tea and invited a group of neighbours over. Either way, people met up with other people and the love and encouragement of Christ was shared.

The earthquakes have made us all much more aware of our neighbours and we have become used to looking out for them. The Good Neighbour initiative is a timely reminder to continue to do what we did during the crisis – that is showing that we care about our neighbours and our neighbourhoods.



## Vicar’s Choice Cake

### Ingredients

3 cups self-raising flour  
2 cups sugar  
1½ tsp vanilla extract  
¾ cup cocoa powder  
2 tsp baking soda, sifted  
200g butter, softened  
1 cup milk or unsweetened yoghurt  
3 large eggs  
1 cup boiling hot coffee

### Method

Set the oven to 160°C and butter/grease a 30cm round cake tin. Mix the ingredients in a food processor or bowl. Bake for 1 hour (or thereabouts – check with a skewer), and leave the cake to cool in its tin. Remove cake & cover in a chocolate ganache. Top with fresh raspberries. Delicious!



## Association of Anglican Women

*Aim: To unite in prayer and participate in the mission of the Church. To promote, safeguard and nurture Christian family life*

### Daytime Group

Wednesday 2 April

Visit to the 'Community of the Sacred Name' in Ashburton. Meet in the St Barnabas Car Park at 10.15am and travel by coach to Ashburton; returning mid-afternoon. Please bring lunch to share.

Leader: Yvonne Cummins 358 2153

### In Betweens' Group

Tuesday 15 April, 7.30pm

St Barnabas' Church Hall

Speaker: Alison Tait – 'Spiritual Journey'

Followed by Choral Night Prayer

All welcome, no Sales Table

Leader: Pam Chapman 322 9409

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## WHY SELF-DENIAL MAY BE GOOD FOR US

In 2012 a BBC documentary entitled 'Eat, Fast and Live Longer' caused a flurry of interest in the potential health benefits of fasting, and led to the publication of the 'Fast Diet' – a UK best-seller in 2013. What makes the Fast Diet different from your typical dietary fad is the extraordinary benefits it claims related to heart disease, diabetes, cancer and other age-related diseases.

Fasting, it claims, can provide these health benefits by forcing the body to switch from 'go mode' to 'repair mode'. In 'go mode' our bodies are working overtime. The advantage of being in 'repair mode' is that the body comes out of overdrive growing new cells and devotes more attention to repairing existing ones. The switch is triggered when the body is deprived of the 'calorific stimulation' of food. Denial of stimulation from food, the claim goes, can actually be good for our overall wellbeing.

Regardless of how robust the science behind this is, there are a number of useful parallels that we can draw between fasting and the wider notion of self-denial. Denial is a deliberate removal of stimulation from an area of our lives. When we stop eating, we deny ourselves calorific stimulation. But stimulation in a wider sense can come from any number of sources: from coffee or alcohol; from watching TV or surfing the Net; from work; from play. Advertising promises us a constant stream of new and exciting stimuli to fill up our lives. Sometimes we can't avoid these stimuli; often though we actively seek them out. The net effect is to set our lives in permanent 'go mode' – constantly consuming and hunting for the next fix.

But, just as with over-stimulated cells, there are potential dangers to over-stimulated souls. Like cells, souls can develop cancer. As with any cancer, 'soul cancer' sees healthy processes become mutated and corrupted. Innocent pleasures become tainted, healthy enjoyment turns to lust and greed for more, things that were once harmless fun become all-consuming addictions.

For our souls, the benefits of self-denial are very much like those claimed by the 'Fast Diet' – a conscious break from stimuli can switch our souls out of non-stop 'go mode' and into 'repair mode'. The process at work when we practice self-denial is quite simple – by creating space in our lives we allow God the chance to go to work within us: repairing and restoring our souls - rejuvenating our spirits.

There is nothing inherently wrong with stimulation - with coffee, TV or going to the gym. We are not called to renounce all pleasures and become ascetics. But there is benefit in self-denial, in deliberately removing stimuli from our lives. By creating 'fasting' periods in our busy lives we allow God the space to enter and perform his healing work within us. During this Lent period I would encourage us all to seek ways to make space for God – to see denial not as an unwelcome duty, but as a welcome means of nurturing our long-term spiritual health.

Peter George



## CHRISTCHURCH CHILDREN IN POVERTY

*"Even in developed countries, disasters have a knack of finding the poor and vulnerable."*

In post-quake Christchurch there are children living in poverty. Immediately after the quake, community agencies like Aviva and the City Mission, saw a dramatic increase in demand for their services. Nicola Shirlaw pointed out in her paper 'Children and the Canterbury Earthquakes' that this demand has continued and it does not appear to be easing anytime soon. Here is a snapshot of why our community is still in pain and some children are almost invisible.

The majority of renters in Christchurch are low income earners, and the loss of 'low-rent' properties is causing many of these problems. When families cannot find a safe and healthy home, living standards drop, and they take what they can find. Poor housing and over-crowded conditions breed the 'third world diseases' many

Christchurch children are now suffering from.

In February last year the Chief Executive of Linwood's Piki Te Ora Health Centre, Cathie Morton, reported to the Press that there was an increase in 'poverty-related illnesses in children.' The list included scabies, impetigo, respiratory disorders, bronchiolitis and sudden infant death syndrome, along with head-lice and asthma.

The University of Canterbury study, 'PTSD symptoms and coping in children beginning school: Preliminary findings' (Liberty, K., Macfarlane, S., Basu, A., Gage, J. and Allan M.) published in November last year found that out of 100 children starting school in 2013 between 14% and 21% displayed symptoms of post-traumatic stress disorder. Schools offer children a stable and familiar



environment which is crucial to their recovery from PTSD. Shirlaw's paper recognised that as schools are submitted to 'site-sharing' or 'shift-sharing' stress among children is compounded. In some cases where schools are cut completely, vulnerable children are left without the support they need most.

So what are the solutions? I was hoping you might be able to help with that!

Nathalie Blakely

## Book Review: 'Matthew for Everyone'

*by the Right Reverend Tom Wright – available in the Prayer Room Library*

In preparation for the Lent Course I have been reading a book by The Right Reverend Tom Wright, ex Bishop of Durham, entitled 'Matthew for Everyone.' By this he means literally 'everyone' as long as they can read! He himself is a great Biblical scholar and has a very easy and informal style of writing. There is a useful glossary in the back for the few words of Greek which he feels are essential for the true meaning of the text.

He is able to depict characters in both their normal first century surroundings and as they would appear today. He uses his own Bible translation inserting the text as he goes along making it unnecessary to refer to your own Bible.

He makes his reader realize how carefully Jesus was preparing the Twelve for discipleship and for the building of the Christian Church. He knew he had chosen well and

that, with one exception, they would all fulfil and obey the Great Commission joyfully and faithfully, despite the great trials and suffering they would have to face.

He emphasises Jesus' unique authority in both His preaching and healing which the ordinary Jew immediately recognized and compared with the style of the Pharisees and Sadducees. He attacked their self-created role as religious leaders and sole interpreters of the Scriptures. Wright carefully leads his readers through their opposition first in Galilee and finally in Jerusalem when they believed they were victorious when they bullied Pilate into crucifying him.

In the twenty-first century the Church of God still exists because his disciples obeyed his last great Commission 'So you must go and make all the nations into disciples.'

Kathleen Laycock

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