

# THE MOORING POST

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

## THE PARADOX OF ALTRUISM

Late last year a young member of our parish was walking past a blind person begging for money on the street. Motivated by a sense of empathy and not content to simply walk on by, the young lad urged his mother to give the man \$20. They placed it in the begging bowl and continued on. However he turned back to tell the man there was money in the bowl and to be careful with it and just for good measure returned later with some food and drink.

Where do these feelings of compassion come from? Empathy for those in need is part of our humanity and has been an integral value in societies through the ages. It's alive and well in our own community today. Another recent incident involved a 15 year old girl on her boogie board. She rescued a man three times her size who was caught in a rip north of Kerikeri. The man was going under and becoming unresponsive, but she kept cool and in spite of her own exhaustion held him up for 20 minutes until a boat arrived. Stories abound of people putting their lives at risk for a stranger in need.

However this kind of behaviour poses a puzzle for atheists who usually have a utilitarian approach to human behaviour. Charles Darwin was also baffled by this phenomenon which seemed to contradict his fundamental thesis. His theory suggested that the ruthless would more likely survive and altruists – helping without the prospect of reward - would tend to die before passing on their genes to the next generation.



Today neuroscientists have partly explained these feelings of compassion. It turns out we have 'mirror neurons' that make us feel pain when we see others suffering. It seems that we are 'hard-wired' for empathy. This commitment to those in need is a crucial component when it comes to building community. Healthy communities rely on individuals responding to human need and investing in the common good. In this way altruism runs counter to the individualism that characterises so much of Western society and is the cause of much disintegration of social, moral and environmental capital.

The Church itself is set up to enhance and develop our natural feelings of altruism. As we read the scriptures week by week, pray and hear the words of our faith, the value of altruism is reinforced and what begins as an indistinct urge becomes more and more a culture of caring. 'A Good Samaritan' begins to be formed within us and compassion becomes 'second nature.'

The Christian faith offers a means by which individuals are bound together through these altruistic habits. We are first joined to Christ and then through worship we learn a new compassionate and communal way of life. Let 2013 be a year of nurturing our sense of compassion.

— Rev Mark Chamberlain

## Parish of Fendalton AGM

**Wednesday 27 February, 2013 – please note change of date! 7pm in the Parish Hall.**

The booklet containing reports from the Vicar, Wardens, Treasurer and Ministry Leaders will be available from Sunday 10 February.

If you would like to nominate a person for People's Warden or Vestry (there will be some vacancies) please use the nomination form which will be available from the Parish Office or Hall Foyer from 3 February. The requirements for these positions are included on the form.



In conjunction with YMCA and with CERA sponsorship, all are invited to a 'Summer of Fun' day for all the family. Bring the family and a picnic and enjoy the entertainment and activities. There will be a bouncy castle, archery, face painting, balloon animals, sausage sizzle, old time races, tug-o-war and 'The Amazing Race' to finish the day. From the stage there will be live bands, Ceroc Dancing and Taiko Drumming – something for everyone!

*'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.*

'Following Jesus and extending God's love' – [www.stbarnabas.org.nz](http://www.stbarnabas.org.nz)



**Children's Christmas Pageant**



**Vestry Staff Christmas Party**



**Men's Group at Robbies**



**Garden Tour Team**



**Making Christingles**



**Advent Purple**



**Wafer Room Party**





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**2013 RE:START DATES @ ST BARNABAS**

**Mainly Music:** Friday 8 February

**Fridayzone:** Friday 8 February

**Kidzone:** Sunday 10 February

**Antioch:** Sunday 10 February

**Mens Group:** Tuesday 12 February

**Playgroup:** Wednesday 13 February

**CAMEO:** Thursday 14 February

**Youth Group:** Friday 15 February

Contact Parish Office for details of the start dates for other groups

## CONSIDER JOINING A LENTEN STUDY GROUP FOR 2013

*Lent is a time for intentional spiritual growth – learn about prayer form Luke's Gospel this Lent.*

In response to the Bishop's call for a year of prayer and study, the Standing Committee invited Theology House to write a series of studies on prayer. The series is entitled 'The Praying Life: Through Lent with Luke' and are intended to be used in Lent Study Groups. The material has been written by Lynda Patterson of the Cathedral and Peter Carrell – Director of Theology House. The studies have been produced for our own journey as a Diocese and will contain much to both challenge and console us in these days of post-earthquake reconstruction.

Please find below a list of leaders, times and places where Lent Study Groups will take place. New groups may also begin depending on the demand.

Monday	7.30pm	Anne Shave	339 7300	4 Jane Deans Close
Tuesday	9.30am	Pip Chamberlain	351 7392	St Barnabas Hall
Tuesday	2pm	Adrienne Robinson	351 8213	30a Taylors Avenue
Tuesday	7.30pm	Carole Acheson	348 3260	37 Jacksons Road
Wednesday	10am	Kathleen Laycock	359 1286	157 Clyde Road
Wednesday	7.30pm	Ben Truman (men)	351 3288	Youth Room, St Barnabas Hall
Wednesday	7.30pm	Wendy Kington	3844183	208A Clyde Road
Thursday	7.30pm	Peter Mills	358 2230	47 Eastling Street

### Something about the authors:

- Lynda Patterson** is Acting Dean of Christchurch Cathedral and led Bible studies at the recent Anglican Consultative Council meeting in Auckland, NZ.
- Peter Carrell** is Director of Theology House, Christchurch and has recently taught Luke's Gospel at Laidlaw College, Christchurch.

Fendalton Parish will be using this series in Lent from the week beginning 11 February. There will be a charge of \$5 per person for the study book. For those who wish to take part please register by calling the Parish Office on 351 7064. If the times and days don't suit you or you would like to begin another group please speak with the Vicar.

## 2013 Easter Art Installation

For the past few years the parish has engaged with the community using art at Easter – in 2011 we named the event 'Rubble to Resurrection' and hundreds of people came and were moved by what they saw and experienced. We even made a labyrinth on the lawn and invited people to find some peace in the midst of the brokenness. Some families became part of the St Barnabas community as a result.

This year we will again offer a creative expression of life and faith and invite the community to come and participate. We need a team of people who have ideas and technical, artistic or practical skills to help develop this year's event. It may include a series of reflective and interactive areas within the Hall or church grounds. Please text or contact Megan to offer help or to find out more on 021 165 9498.

## DIRECTORY

### PARISH OFFICE

Secretary: Marion Cook  
8 Tui Street, Christchurch  
Ph: 351 7064, Fax: 351 6374  
Hours: 9am- 3pm  
www.stbarnabas.org.nz  
stbarnabas@xtra.co.nz

### VICAR

The Rev Mark Chamberlain  
Ph 351 7392  
mark@stbarnabas.org.nz

### PRIEST ASSISTANT

The Rev Philip Robinson  
Ph 351 8213 or 027 420 3504  
philip@stbarnabas.org.nz

### CURATE

The Rev Chris Spark  
Ph 351 4930  
chris@stbarnabas.org.nz

### CHURCH WARDENS

Don Mackenzie (Vicar's Warden)  
Ph 351 9247  
DWMackenzie@xtra.co.nz

Mary Cropp (People's Warden)  
Ph 355 3787  
emjaycee59@gmail.com

### TREASURER

David Page  
Ph 351 5910  
davidpage@xtra.co.nz

### CARETAKER/VERGER

Greg Brown  
Ph 351 3442  
verge@stbarnabas.org.nz

### MINISTRY ASSISTANT

Kofé Havea  
Ph 027 200 7460  
kofe@stbarnabas.org.nz

### CHILDREN'S MINISTRY

Angela Brown  
Ph 351 3442  
brown\_holmwood@xtra.co.nz

### ORGANIST & CHOIRMASTER

Denis Guyan  
Ph 343 4074  
denis@guyan.co.nz

## 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. 1st Sunday – All Age worship
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 Thursday & 4th Wednesday in the month.

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

## Vestry News

- **Staff Changes:** Vestry received an update of progress regarding staff changes for 2012. Michael Cropp has accepted the position of Media Assistant working 8 hours per week on PowerPoint and Mooring Post preparation and Facebook and Website maintenance. With his remaining time Michael will be updating other publicity material used by the parish for example the Newcomers Brochure and Children and Family flyers. Michael will begin this ministry on February 1st. Angela Brown's hours have increased by five per week so that further pastoral care can be offered. Mainly Music, Play Group and once a term a Creative Family Programme can be offered. Vestry was also informed that the position of Lifestreams Band Coordinator is vacant from the 1st of January and a replacement was being sought.
- **Outreach Giving:** Vestry resolved to meet at the end of January or early February to have a formal discussion regarding how much money the parish should give away to parishes in need. The discussion will also include the ways we could offer practical help to struggling parishes.
- **Insurance Claims:** Vestry noted that the parish had not received over \$55,000 worth of its insurance claims. These include the contribution to Admin Toilet repairs, Data Projectors for the hall, deposit on the marquee for the 2011 Confirmation service and our Loss of Income claim. Vestry believes that it is not reasonable to withhold these claims and will be pursuing CPT on this matter.
- **Insurance Premiums:** Vestry agreed to include a figure of \$50,000 in the 2013 budget as an estimate of our insurance premium. However following the Vestry meeting it was learned that the insurance cover being offered will be about double pre-quake levels but will not include earthquake cover for 2013. This comes to a figure of about \$32,000 for our parish. Vestry will be seeking a meeting with insurance brokers to gauge the premium that would be required for earthquake cover to be included.

## REGISTER

### Baptisms

The parish welcomed into the family of the Church:

### December

- 22 George Ernest Keene Elley
- 22 Reuben James Paton Elley
- 30 Jenessa Lyndal Carrick

### Funerals

We offer our deepest sympathy to the families and friends of those who have died recently:

### November

- 26 George Vincent Orange

### December

- 20 Peggy Mills
- 21 Win Nicholson
- January
- 11 Irene May Morrison

### WAFER ROOM BAKER NEEDED

A baker for every second Monday afternoon and or Friday afternoons. Training will be provided. This is an enjoyable task with a fun group serving God and supporting the parish.

Please contact the Wafer Room Managers: Charles and Shirley-Anne Collins on 343 6263

Deadline for March issue:  
**Friday 8 February**

# Quiz Night and Market Day Continue Fundraising Efforts

Fundraising activities finished on a high last year with a very successful Garden Tour. The weather was perfect and because of some good advertising in The Press numbers of ‘tourists’ were very high. A profit of around \$5,000 was achieved by the hard working team.

A full range of activities are again planned for 2013 with the goal of raising funds for the St Barnabas Fendalton Trust and giving members of the parish and beyond an opportunity to have a lot of fun and support a worthy cause. The committee are looking for a few more people to join them so that events can be planned effectively and the work load spread – please give Chairman Cam Moore a call on 351 5915 if you would like to help. The emphasis is on fellowship, fun and supporting the work of the Trust.

February and March Events: A Quiz Night will take place on Saturday 16 February at 7pm in the hall. Get a team together and brush up on your general knowledge! Don’t forget to include a good range of ages in your team if you can – questions will be for both young and old! On Saturday 2 March there will be a Market Day on the Church grounds.

Further activities planned for the next few months include a Car Rally & Picnic, Court Theatre Show and Sponsored Walk.

## RETREAT IN DAILY LIFE

(formerly called Week of Guided Prayer)

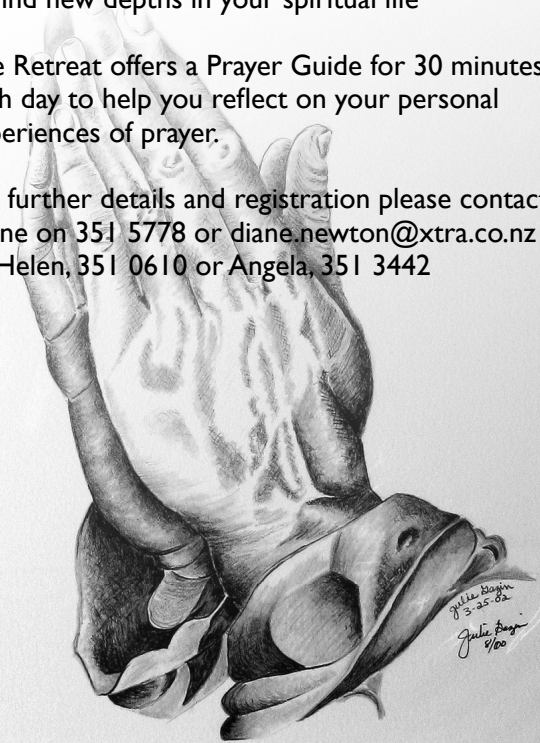
Sunday 10 – Friday 16 March

Take this opportunity to:

- Learn about different ways of praying
- Find new depths in your spiritual life

The Retreat offers a Prayer Guide for 30 minutes each day to help you reflect on your personal experiences of prayer.

For further details and registration please contact Diane on 351 5778 or [diane.newton@xtra.co.nz](mailto:diane.newton@xtra.co.nz) or Helen, 351 0610 or Angela, 351 3442



## INTRODUCING... JUSTIN PORTAL WELBY

### OUR NEXT ARCHBISHOP OF CANTERBURY

#### Eight facts of life that have shaped Justin Welby for this new appointment

**Baptised as an Adult:** This happened while he was a student at Trinity College. His involvement in the Cambridge Intercollegiate Christian Union brought him to personal faith in Christ in the mid – ‘70s.

**Conflict Resolution:** As an oil industry executive over an 11 year period he frequently travelled to Nigeria in peace and reconciliation negotiations in the troubled Niger delta and Islamic north. A quarter of the world’s 80 million Anglicans are today located in West Africa.

**Holy Trinity Brompton Roots:** HTB is a vibrant charismatic, evangelical church in Kensington, London, and the home of the ALPHA programme for outreach of the gospel. Justin Welby served here at one point in lay ministry leadership.

**Evangelical Theology:** He is conservative in his beliefs but radical in application - very much in support of the ordination of women while not supportive of same-sex marriage,

and (in Welby’s own words) ‘utterly optimistic’ about the Church’s future.

**Father of Six:** In 1983 his eldest daughter was tragically killed in a traffic accident. This led to a re-evaluation of his life and opened his heart to a call from God to be ordained.

**Anti-Capitalism Capitalist:** A critic of corporate excess, in 1992 he wrote a book called ‘Can Companies Sin?’ More recently he supported the sit-in of protesters at St Paul’s Cathedral.

**Minimal Episcopal Conditioning:** Surprisingly he has only had one year’s experience as a bishop (of Durham, in succession to Bishop Tom Wright). Prior to that he was Dean of Liverpool from 2007. He is aged 56.

**Self-Deprecating Style:** Though schooled at Eton and Cambridge he carries none of the pomposity or snobbishness often found in some with his kind of family and education

background. He relates easily with all – his learning and skills under wraps.

Bishop Justin will become Archbishop of Canterbury at a legal ceremony at St Paul’s Cathedral on 4th February 2013 and his public ministry will be inaugurated at Canterbury Cathedral on 21st March 2013.

– Brian Carrell



## What’s Coming Up?

### St Barnabas Community Fun Day:

This event combines with our parish picnic on the front lawn of the church and will include bouncy castle, archery, sausage sizzle, games and The Amazing Race! 12 noon – 3pm

SUNDAY **10**  
FEBRUARY

### Lenten Bible Studies:

Join up with a Study Group this Lent and learn about prayer from Luke’s gospel. Written specially by Diocesan staff for the Bishop’s ‘Year of Prayer and Study.’ Phone the Parish Office to sign up or offer to host a group.

MONDAY **11**  
FEBRUARY

### Ash Wednesday Service:

This year we will be combining with the Catholics at Holy Trinity Church at the corner of Idris and Jeffries Rd. The service will include the imposition of ashes and begins at 7pm.

WEDNESDAY **13**  
FEBRUARY

### Quiz Night:

Get a team together for this fun fundraiser. 7pm in the hall.

SATURDAY **16**  
FEBRUARY

### Parish AGM:

2013 AGM will be in the Hall beginning @ 7 pm. Agenda will include reports, finances & election of officers. Ministry and Team leaders to have reports to the Parish Office by 28 January.

WEDNESDAY **27**  
FEBRUARY

### Harvest Thanksgiving:

Bring your fruit, vegetables and other food gifts to this special service where we thank God for the bounty of the earth. All food will be donated to the City Mission.

SUNDAY **10**  
MARCH

## FROM SHADOW TO REALITY – Youth Leadership Conference 7-11 January 2013

YLC is an inspiring and challenging week of bible teaching and group workshops held in Kaiapoi, with the aim of equipping people of all ages and skills to lead bible based groups.

Last year, as a first timer, I was in Strand One and studied the book of James. Each day there were two talks and a workshop. The talks were engaging and challenging. I really enjoyed hearing the whole book of James throughout the week in the talks and it helped me get the big idea of the book. First timers this year will be looking at the book of Hebrews. It is always a book in the New Testament.

During the workshops we were guided in a methodical way to get to grips with a bible passage. We were allowed to work through the passage at our own pace but

the strand leaders were there to help if we needed it. There were clear steps to follow and by the end we had written and presented a bible study!

What do I love about YLC? It offers strong biblical teaching, engaging speakers and great food! Being with a group of like-minded Christians who are as enthusiastic about biblical teaching as I am is encouraging to my faith.

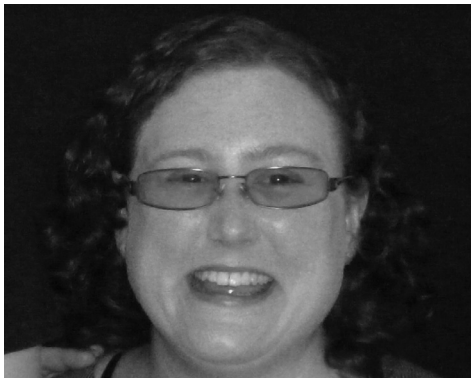
This year I’m in Strand Two and will be looking at the book of Genesis. I’ll be practicing the same method of biblical analysis as Strand One but will also be given more tools to read and understand the Old Testament in the light of Jesus.

I would recommend this Conference to anyone over 18 who would like:

- To grow in their knowledge of God, his plans and purposes for us.
- Be more equipped to read the Bible better, understand what God is saying and teach others faithfully and clearly.
- To grow in obedience to God through the encouragement of the Scriptures.

– Anna Abrams

Youth Group leader St Barnabas and member of Antioch





## 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*

### AAW Sunday

Sunday 3 February  
A Service of Hymns of Praise @ 5pm with commissioning of Leaders and Committees, in the Hall. Followed by a shared tea. All welcome.

### Afternoon Group

Thursday 14 February  
Annual trip to Ellesmere AAW Group. Members please meet in the carpark @ 4.15pm to car pool.

Leader: Yvonne Cummins 358 2153

### In Betweens Group

Tuesday 21 February, Meeting @ 7.30pm in the Hall  
Speaker: Valda Thornley who is a District Port Officer at the airport – 'A Day at the Airport'

### Tuesday 21 March

Meeting @ 7.30pm in the Hall  
Speaker: Anne Russell-Brighty, Diocesan Elder Care Project Co-ordinator about her work and its application for us all. Followed by Night Prayer.

Leader: Mary Mills 358 2230

# ST BARNABAS FENDALTON TRUST LAUNCHED IN DECEMBER

*The St Barnabas Fendalton Trust was launched on Friday 14 December on the front lawn of the church – below are excerpts from the Vicar's speech.*

Everywhere I go in the community people ask me what's happening to our church. There are many people in our community who've had a long association with St Barnabas, who view it with great affection and who are both interested and committed to seeing it repaired and strengthened...

Having a church at the centre of our community, says something about the values we hold and the kind of lives we aspire to. A church speaks of human values like loving your neighbour as yourself, forgiveness, compassion, looking out for the needy and serving the common good. Without the church here, our lives would shrink down to personal goals and aspirations, and as good as they may be, don't represent an overarching ethic or higher sense of vocation and accountability. The church here on Fendalton Rd reminds people of the central importance of worshiping God and loving our neighbours...

The parish of Fendalton is a large and diverse community of Christians of all ages and stages. There are six congregations, well over 300 people who attend worship in a given week and 1,000 families who receive our monthly magazine representing 2,500 people who call St Barnabas their parish church. We have groups for young children, older children, teens, young adults, families, men, women, seniors – we have a group that helps children read at Glenmoor School, groups that visit the elderly and groups that undertake social action projects to name just a few.

As well as parish groups there are over 40 community groups who use our facilities. There are 5 different AA groups alone as well as groups like Musica Balkanica, the Japanese Choir, gardening groups, girl guides, embroidery, 'Soccer for Tots' and senior activities for example. St Barnabas is a bustling hub and contributes significantly to the positive fabric of our community...

I come now to the St Barnabas Fendalton Trust...The Trustees are Richard Ballantyne our chair, Corinne Haines, Steve Wakefield, Cam Moore and myself and we are seeking to raise \$1 million to repair and strengthen the church and to attend to other building maintenance.

Now although the Trust may only apply its income to St Barnabas buildings, the Vestry will be supporting people, parishes and agencies who are in need and with whom we could partner. We recognise that St Barnabas may have resources that other parishes do not have, but we are committed to helping them as Christ has blessed and helped us...

On that note I urge everyone present to consider making a donation to the St Barnabas Fendalton Trust! It will be spent wisely on parish buildings so they can be repaired, strengthened and used for the purposes of carrying forward the mission of our Lord Jesus Christ; to build a compassionate community, to tell others the good news of Christ, to partner with others of good will and to work together for the rebuilding of our city and the strengthening of our community.



# A WHOLE YEAR OF PRAYER?

My New Year's Resolution list was already full when Bishop Victoria urged us to keep 2013 as a year of 'Prayer and Study'. However, it did seem slightly easier than giving up fish 'n' chips, and much less expensive than a gym membership, so I was happy to revise my list and make 2013 more about witness than fitness.

Hopefully you are more blessed with the gift of self-control than I am, but I find my resolutions often start with a bang, continue with a fizzle and end with complete failure. So, in an effort to improve my endurance with this year's resolutions, I've compiled a few hints for myself that may be useful for you as well.

Just do it: Prayer is first and foremost a conversation. While some times and environments are better for deep and meaningful conversations, it doesn't mean you should limit prayer to perfect conditions. Lots of little prayers are good!

Experiment: In his book on the subject, Richard Foster names 21 different

types of prayer: Simple prayer, prayer of tears, prayer of relinquishment, formation prayer, prayer of adoration, prayer of rest, sacramental prayer, unceasing prayer, radical prayer and the list goes on. I frequently use the teaspoon prayer - TSP stands for Thanks, Sorry and Please. It helps me to remember that prayer is more than a list of requests.

Make it Special: One of my favourite ways to pray is in silence in a darkened room with a solitary candle. For one thing, the slight vanilla scent makes my room a great deal more habitable, but it also helps me focus and after a while I can visibly see the time I've spent with God as the candle burns down. It is time heavy, but could be a weekly treat.

Record: Making a list of things to pray about helps me realise just how often I overlook God's answers to prayer. It also helps keep my wandering brain focussed. And yes, there's an iPhone app for it!

Share: The Bishop called for a year of prayer and study. While I prefer private

prayer, study is something I need to do with others. One way I will be doing this is through the small group Lenten study guides. Sharing keeps me accountable, and makes it more fun! My prayer is that you would join the Diocese in its year of study and prayer, and that you would be blessed with a deeper realisation of God's love for you and presence in your life.

— Ben Truman



# A SOCIAL ACTION GROUP IS BORN

At the Parish Forum meeting in October, Megan Blakie offered to spearhead a Social Action Group – something new for the parish. The work has begun! Recently, a family in need were helped with their garden.

Megan says, 'Offering practical help like this is a way of expressing our faith in God and contributes to our parish vision – 'Following Jesus and extending God's Love'.

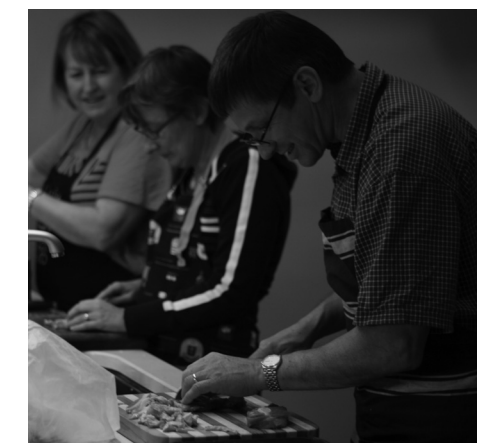
Dates for the group's activities like gardening, odd jobs, preparing meals etc. are: Sunday 24 February and Saturday 23 March.

It just needs an hour or so. It will be team work, so it's FUN! Archbishop John Sentamu was once asked 'What is it to be the Church?' He replied. 'It is worshipping God and infecting his world with the goodness of Jesus Christ.'

The group would appreciate learning of needs – great or small – they are only a phone call away. Contact Megan on 021 165 9498 or the Parish Office 351 7064. All assistance is a 'free-will offering'.

Opportunities for 'action' are available in other ways too. St Christopher's Avonhead have been involved with door-to-door visiting in the eastern suburbs since the 22 February earthquake. Recently they called for more volunteers to help door-knock in the Parish of Avonside.

Also since the February earthquake, volunteer drivers have been collecting bread from various parts of the city and delivering it to Foodbanks. Recently there was a call for more drivers to assist. Contact person for details – Kate Day 027 6357330. It involves a couple of hours at a time on different days of the week.



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[fendaltonpharmacy@ihug.co.nz](mailto:fendaltonpharmacy@ihug.co.nz)

# Learning with Frieda Looser History Ltd

## History Study Tour:

Frieda Looser is taking a tour to the Northern and Western Isles of Scotland from 8 September – 4 October this year. This will include visits to a number of cathedrals, abbeys and other religious sites. She has also secured a weekend on the Island of Iona which will include a service in the Abbey. Email Frieda (address below) if you want more information or want to make a booking.



**Lectures on Ireland:** Although the University is ending Community Education, Frieda will be offering evening history classes through Frieda Looser History Ltd. The first one for the year is on 'Ireland: Exploring the Emerald Isle to 1603' and begins on Monday 28 January. For further information and to enrol email [frieda.looser@gmail.com](mailto:frieda.looser@gmail.com).