



THE MOORING POST

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

Having Faith: Good for Your Health

You may have known this instinctively, but there is a growing body of scientific evidence that demonstrates the benefits of religious faith on human health. In 2006, researchers Andrew Clark and Orsolya Lelkes surveyed hundreds of studies that investigated the link between religion and health and found that believing in God made people happier than those who didn't. They showed that activities like prayer and attending public worship served to improve our sense of well-being and our overall health.

A 2011 report by a group of doctors, based on evidence from over 1,200 studies and 400 reviews, found that 'The overwhelming majority of scientific studies highlight the positive health benefits of faith, including protection from illness, coping with illness, and faster recovery from it.' They highlighted one study which showed regular churchgoers had a life expectancy of up to 14 years longer than those who did not attend services!

Those who try and refute these

findings usually claim that the subjects already come from some correlation of faith; for example religious people tend to have more friends and smoke less. While this is hardly a bad thing, researchers have controlled for these factors and so have statistically eliminated them.

So why does faith play such a positive role in our health? 1) Having faith in God gives us a world view that is essentially optimistic and hopeful; 2) Prayer is a means of grace and enables us to access the healing offered by God; 3) Scripture offers us positive role models that show us how to respond when we do suffer from ill health; 4) The Church is a caring community that offers practical help, support and prayer for those who do experience ill health.

In the last 12 months our parish has established two new elder care ministries designed to support the senior members in our area and enable them to participate in positive communities – CAMEO and the Selwyn Centre. CAMEO has been

going for 12 months now and is a friendship ministry that grew out of Monday Munch. It is coordinated by Rev Philip Robinson and supported by a large number of volunteers. Around 30 come each week. The Selwyn Centre begins Monday 4 November with Ruth Harwood as paid, part time coordinator. This is a joint venture with St Mary's Merivale and aims to invite seniors who are isolated in the community and would benefit from health advice, gentle exercise and a stimulating community to belong to.

The message of Jesus is essentially a message of freedom – freedom from sin, conflict, alienation, and illness – and freedom to love God and neighbour. Our Christian calling is to share the freedom of Jesus with others – and this is done in practical ways through CAMEO and the Selwyn Centre. This is practical Christianity and a tangible expression of faith. 'Good health' to those involved!

Rev. Mark Chamberlain

Come to our 'Country Fair in the City': Sat 12 October, 9am – 1pm

PARISH FAIR
ST BARNABAS | FENDALTON

Come with the family for a great day out, lots of bargains, entertainment, meet up with friends, enjoy good food, and be welcomed by Hilary Muir of 'The Breeze', our guest MC.

White Elephant, Entertainment, Deli, Toys, Baking, Good China, Kitchen Items, Sweets, Face Painting, Plants, BBQ, Food, Arts & Crafts, Books, Re-Gifts, Bouncy Castle, Games Arcade, Fun, Games, Devonshire Teas and more!

'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 new website – www.stbarnabas.org.nz



Tongan Cultural Night

Youth Ministry at St. Barnabas

Contact Chris Spark on 351 7064


Youth Group: Christian youth community! Friday nights in the hall. Angels for yrs 7 – 9 meets from 7pm – 8.40pm. BAIT for yrs 10-13 meets from 8.15 – 10pm.

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



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FUNDRAISING UPDATE

Well done to all of you who supported the Winter Concert Series - and wasn't it worthwhile!

Ali Harper, fresh from her trip to the USA, presented a polished one hour show in her typically cheerful and professional manner, featuring stage and theatre favourites, along with some of her recent original songs. Her show was entertaining and a sell-out!

Elizabeth Braggins showed her dexterity on piano and finesse in vocals in her memorable concert. She also entertained with an abridged version of 'Tall Tales and True from a Legendary Past' - or something similar (yes, all true). Another highly successful event and a sell-out.



Fundraising Team: Cam Moore, Steve Johnston, Patsy Wardell, Laura Murray, Mark Chamberlain and Sandra Bird

Denis Guyan followed with a spectacular recital on the Chapel organ at Christ's College. Images of the console were projected onto a big screen, mesmerising us with his skill and the amazing variety of chosen pieces. Once again well over 100 parishioners and friends attended, enjoying a professional performance.

A few weekends ago we were privileged to have the amazing support of the local Tongan community, led of course by Kofe and Leni Havea together with their family and friends. Traditional Tongan dancing and singing by the Havea children and local church group was followed by a 'unique' performance by Ashley Tonga - loud, humorous, in-your-face, loud and...loud!

Including the Quiz night in February and the Bridge Tournament these events have raised well over \$10,000 for the buildings Trust. Thanks to all those who have supported these events through your attendance and of course the generosity of those who performed.

Please continue to support the other events that have been planned for the remainder of the year. These include the Fair (12 Oct) the Raffle (drawn 29 Oct) and the Garden Tour (late Nov).

Steve Johnston

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. Mary Cropp 355 3787.

Fridayzone: Christian after-school club for children 5 - 10 yrs 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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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

Marquee for Christmas: Vestry decided to use a portion of the parish's likely business interruption insurance payout to hire a marquee for the Christmas period. The marquee is necessary to welcome everyone to our Christmas services. It is also a sign to the wider community that our parish is alive and well!

New Curate for 2014: Vestry received a report from the Employment group, tasked with interviewing two candidates for a Young Adults ministry position, as Rev Chris Spark will be moving on to a new appointment next year. The successful candidate, Sam Knight, is to be ordained Deacon on Saturday 2 November. Sam will provide leadership for our Young Adults and the Lifestreams congregation and we will welcome Sam and his wife Kim to our parish in February next year.

New Parish Database: A small task group have been investigating alternative Databases to be used by the parish as support for our current system ends soon. After a thorough review of alternatives, it has been decided to ask a company from the US called 'Church Community Builder' for a costed proposal. **Welcome Booklet:** The Communications Team have made a great job of the new parish website, which is constantly being developed with photos, resources and information. They are also in the process of producing a Newcomers Booklet which profiles the parish and gives information about the ways people can get involved.

Small Group Resources: Richard Neville and Ben Truman have been researching suitable resources to be available for the parish's seven Study Groups. These resources are mainly in the form of Bible study guides but there are also some DVDs. They will be listed and made available to our Small Group leaders.

REGISTER

Baptisms

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

September

15 Theodore Ferris Read
Wilfred Otis Read
Jasper Elliott Read

Funerals

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

September

2 Rae Colina McMullen
12 Rachel Mary Bain
14 David Russell Batten
20 John Geary Smart
26 Shirley Hill

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"Adam & Eve were not ashamed of being naked until they reached middle age and that's when God told them to cover up."

Deadline for Nov. issue:

Friday 18 Oct.

Selwyn Centre Meeting Community Needs

The new Selwyn Centre due to open on 4 November is a new parish outreach seeded with funds from the Selwyn Foundation and in cooperation with the Diocese and St Mary's Merivale. It's an initiative that meets an important need in our community – enabling people to socialise and maintain their health and wellbeing.

The Selwyn Centre will begin at St Barnabas on Monday 4 November at 1pm. The centre will provide senior members of the community with an opportunity to meet in a caring, friendly and relaxed environment. A varied programme will take place each week as well as the opportunity to participate in gentle exercises, social activities, hear speakers and have lots of fun.

A vital part of the group will be the volunteers so if you are willing to give 3 hours of your time once or twice a month or provide afternoon tea, please let us know.

If you would like to be part of this brand new ministry please contact the Parish office on 351 7064 or for more information ring Ruth Harwood on 354 1428.

Woodcraft at the Fair

A range of handmade recycled NZ native wood treasures will be offered at the fair this year which will include cutting boards, cheese boards, crosses, children's toys, St Barnabas coasters, tissue boxes, pen caddies and much more – look out for the stall.

There will also be a selection of workshop hand tools for sale. If you have any workshop tools (hammers, chisels, saws etc) that are not now used and you would like to donate them to the fair, Ron Newton would be happy to come and collect them. Phone Ron on 351 5778.



Great Raffle Prizes

A major raffle is currently underway at St Barnabas with over \$6,000 worth of prizes! These include a bed and mattress, fridge, wrist watch, photo frame, travel, accommodation and department store vouchers. Thank you to our sponsors for your generosity – Brownies Mattress Direct, Robert and Barbara Stewart Charitable Trust, Petersens Jewelers, Paul's Camera Shop, Adventure Travel, Scenic Hotels, Ballantynes and Quinns Fashions.

See the Parish Office if you would like to buy a ticket (\$10 each) or help sell some tickets.

OBITUARY FOR JOHN GEARY SMART

Born in Christchurch June 26, 1937, John Smart was a true Cantabrian. He was brought up on the family farm at Whitecliffs, attending South Malvern Primary School, Cathedral Grammar and St Andrew's College. Graduating with a BSc. in Zoology and Botany reflected his life-long interest in the natural world.

John joined the Canterbury Malting Company in 1960 as maltster and later became chief chemist, R&D manager and later oversaw the establishment of the Maltings at Marton. He presented papers at many brewers conferences in Australia and the US. John retired in 1998.

He was an active member of the University of Canterbury Athletic Club. He also ran several marathons. As vice-chairman of the Athletic Control Organising Committee for the Commonwealth

Games in 1974, he greatly enjoyed the challenges and people he met – for example when Manager of the NZ Cross Country Team to the World Champs in Morocco in 1975 where the men's team won and the women's team came second! He further served as Vice-President (2008–09) then President of Athletics NZ (2009–2010).

St Mary's Merivale Youth Group provided many friends, and was where he met his wife Marjorie. He was actively involved in the parish and after 1968 become involved at St Barnabas. John was married in 1960 and dearly loved his four daughters (one stillborn) and one son and was very proud of them and grandchildren and great-grandchildren.

Marjorie, Rachel, Peter, Victoria, Penelope and family would like to offer their heartfelt thanks to

friends in the parish community. You have been overwhelmingly supportive in your love and care, delicious and abundant food supplies and offers of assistance to John and us over recent months and days. Your prayers and aroha have uplifted us and will strengthen us as we continue our altered lives. Thanks be to God for all our blessings.

Marjorie Smart



What's Coming Up?

Parish Fair

Come to a 'Country Fair in the City', 9am – 1pm. Fun & Games, Deli, Children's Games & Toys, Baking, Good China and Kitchen Items, Sweets, Face Painting, White Elephant, Entertainment, Plants, BBQ & more!

**SATURDAY 12
OCTOBER**

Pet Service

Come to our morning services to celebrate all animals especially God's gift of our pets. All pets welcome!

**SUNDAY 20
OCTOBER**

Operation Christmas Child

Shoe boxes with gifts for children in the Asia-Pacific region to be collected by this date. They will then be sent off to be given to children in need on Christmas Day – what a wonderful ministry of encouragement!

**MONDAY 14
OCTOBER**

Youth Group Begins

This is the first Youth Group meeting for Term 4. All young people welcome to come – meet others, be a community and learn about Jesus together. Please see the back page for more information.

**FRIDAY 18
OCTOBER**

Dinners for Eight Finale

This is the final night of the Dinners for Eight fellowship programme that has been running through the winter. Everyone involved with Dinners for Eight is invited to this final meal with entertainment in the hall.

**SATURDAY 2
NOVEMBER**

Selwyn Centre Begins

All seniors are invited to the launch of this new ministry initiative to support senior members of our community – especially those who feel isolated and in need of support.

**MONDAY 4
NOVEMBER**

Fraser and Perry – Leading Youth Group Lads

One of the greatest assets of any organisation is its people – and this is certainly true of youth ministry. And two of our greatest assets at St Barnabas' Youth Group are our Lad Leaders – Perry Vakameilalo and Fraser Paton. These two young men have joined the leadership team this year – Perry at the start of the year and Fraser a couple of months ago. They have a special responsibility for getting alongside our youth lads. And they also seem to have taken up a responsibility for being the life of our youth group party.

Perry, who was a youth group member himself until last year, has been leading our junior group. "I'd been in youth group two years before, then I got encouraged to think about leading, and have loved doing it" he says. He's been juggling his leadership responsibilities with his other commitments, including studying engineering at CPIT. Fraser, on the other hand, moved from Blenheim this year to continue a building apprenticeship. "I asked God what my purpose was in Christchurch. Youth group got suggested – the rest is history."

The relationships they have with the youth group lads are key for both of them. Fraser speaks of how he has loved getting to know the young guys, and how "Each has

their own unique personality". Perry has enjoyed how the young people have been getting to know him. "When I first started all the lads thought I was a gangsta – they didn't know I was serious about faith. Everyone now knows I am a hard out Christian not a hard out gangsta" he laughs.

Perry also talks about how much leading strengthens his own faith. Fraser is seeing his confidence grow as a leader as time goes on. Both of these Lad Leaders are a vital part of a team that is dedicated to caring for the young people in our youth group. Cheers lads, for the great work!

Rev. Chris Spark



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Association of Anglican Women

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Afternoon Group

2pm Wednesday 2 October
Tui Room

Speaker: Ian Kington (APSNZ)

Ian will present his outstanding and unusual photographs. All welcome

Leader: Yvonne Cummins 358 2153

In Betweens' Group

Tuesday 15 October 7.30pm

St Barnabas' Church Hall

Speaker: Mrs Judy Dodwell

Judy will speak on her life in the Middle East and is a past member of In Betweens. She is now back living in Christchurch after many years in the Middle East. Judy is also the founder and director of Visual Image Academy of Modelling. Do come and hear this interesting and dynamic speaker.

Wednesday 23 October at 7.30pm
AAW Diocesan Festival Communion in the Transitional Cathedral
This will also include the Afternoon Group

Leader: Mary Mills 358 2230



Getting The Word out with Facebook

The use of social media is becoming more and more widespread and is a useful tool for communicating our vision and celebrating what God is doing in our parish. The St Barnabas Facebook Page is frequently updated with events and photos.

A recent posting from the Tongan Cultural Night was viewed by over 350 people! This really is a great way of promoting parish life, making new connections with people and getting the message of Jesus out into the community. We can all get involved in doing this by 'Liking' the St Barnabas page, 'Liking' individual posts, commenting on them and passing them on to others.

www.fb.com/st.barnabas.nz
& www.fb.com/SBYA.NZ

BEN TRUMAN

An interview with Ben who has recently been accepted for ordination training at St John's College, Auckland.

When and how did you feel called to serve God by being ordained? As a young man one afternoon in Greymouth, the then Bishop of Nelson, Derek Eaton (travelling with one Mark Chamberlain I believe) visited our Youth Group to talk about his path to ordination and the joys and challenges he had faced in the vocation. I left that discussion with the faint flicker of a call that has been growing ever since.

What gifts can you offer the Church? Only the gifts God has given me! I thank God for the various situations he has placed me in and the various people he has put around me to mentor and coach me in my faith. I feel that God has blessed me with a gift for communication and a passion for people.

What training have you done for this? I completed a Bachelor's degree in Theology when I was in Dunedin and have tried to keep reading and wrestling with theology since then. I look forward to spending a year at St. John's College to extend and sharpen my liturgical and pastoral skills.

What life experiences have you had that will be helpful? I have been an active member of a worshipping community throughout my life. Having been to a number of churches I have seen when church works and when it doesn't and in my own life I have noticed the ebb and flow of faith and the patterns that influence it.



What are some of your hobbies and interests? I'm looking forward to finding the time to rediscovering what my hobbies and interests are! As a Drama teacher it should come as no surprise that I enjoy watching and participating in quality theatre. I enjoy sharing stories and jokes while eating good food and I love spending time with family in Punakaiki.

What role has St Barnabas played in your journey to ordination? The family at St Barnabas has helped me discern my call to ordination and prepared me for ordained life by giving me opportunities in preaching, leading small groups, shaping liturgy and worship. I thank you all for your encouragement, prayer and guidance so far and ask you to keep me in your thoughts and prayers in the coming years.

How have your friends and family responded to this move? Thankfully with love and support! Many of my friends and most of my family have seen this as a possible path for years. They have supported me with guidance, prayers and a listening ear.

THE CHRISTIAN MANDATE:

Assisting the Community Through EQ Claims

The Canterbury Insurance Assistance Service is now an incorporated trust with principal funding coming from the Christchurch City Council. The service came about through Ali Jones and myself making a deputation to the council on behalf of the community.

The CIAS name needed to be changed from 'advocacy' to 'assistance' as insurance companies and other funding agencies believe 'advocacy' means challenge or even litigation. This is not what CIAS is about. Instead CIAS will assign case facilitators to help vulnerable and struggling people achieve movement in their insurance claims. These facilitators will work with our experts to find fair entitlement for policyholders. They will then work with the policyholder and their insurance company to enable the

claim to be settled fairly. Already the key trustees and members of the steering committee have been working voluntarily taking clients on and progressing claims with EQC or their insurance company.

EQC and the Insurance Council are forming a memorandum of engagement with CIAS so there is agreement between all parties moving forward. CIAS is about to employ a Project Facilitator who will enable the service to be fully professional and well structured. CIAS has a key ethic of wanting to be both professional and caring. This is why we are using case facilitators who can relate and care for the people they work with. There is nothing really like CIAS in the country so this venture is new and exciting and will bring justice for many people throughout our city.

We are looking at avenues of funding as we need to get as many case facilitators working as possible. If you have any ideas on funding options please let me know. This is a hands-on, on the ground, caring venture and it is Christian in every sense. Thank you for all your prayers.

Rev Mike Coleman
Community Priest



Spring Song

*Written in Christchurch, in September 2013,
three years after the 'Quakes began*

Our genteel garden city
Did not realise the depth of feeling, way below soil
Or the waiting for force

Our proud parks and trees
Did not fathom some could simply fall
Or grasp that precious souls walking through
Would come this way no more

Our stellar vision
Did not see the raw inside edges of years,
The indecent exposure of private rooms
Or devastation of memories bound with mortar
Until those brim-full days of tears

Our neighbours like us
Did not understand the aching need for community,
Till the terror that tried and tied us
So totally together
That we could lean in and up; emerge from this

Our delicate pink blossom
Still does not get
That it grows just as flamboyant and fabulous
From roots in the Red Zone and wrong Technical Categories....

by Liesl Johnstone

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