

Feel free to pass this Newsletter on to others who may be interested in what is going on. It can also be viewed on our website (<http://www.cashmerechurch.org.nz/news.html>), or contact the church office to pick up or have posted a hard copy - call Gail: 332 7129 or email cashmere.church@xtra.co.nz

Minister's Musings - from Silvia Purdie

What are you allergic to?

One of my friends starts swelling up and vomiting if she eats even the tiniest bit of gluten. Each time I have been stung by a bee I react more to it – I had to rush to A&E when I got stung on my face & I was not a pretty sight! My eldest son loved peanut butter sandwiches when he was young, until we realized that after eating one he would get all grumpy and fly off the handle!

We understand about our body's allergic reaction. But what about our minds? Can we be allergic to situations or feelings? What can we not handle?

Last week I went to an excellent training seminar for church leaders about exactly this question. Richard Black led it; he works in Christchurch providing therapy and supervision especially for pastors. His challenge to us was simple: remember who you are in Christ and live out of that with a healthy heart and mind and soul.

Simple? Yeah right! Why do we find this so hard? Why do we over-react to things? Richard described how our brains easily flick into a "I can't handle this!" reaction when something triggers off our memories of when we were afraid or hurt in the past.

Which feelings do you just hate to feel? What sparks in you a flash of anger? What makes you feel terrible about yourself? When do you feel insulted? Which worries are waiting for you when you wake up in the morning? Each of these is fuelled by bad experiences you had long ago.

Richard's teaching is that when we feel unsafe as children this creates a 'question mark' over our lives. Am I loved? Am I safe? Do I matter? Do I belong? He believes that it is only Jesus Christ who can answer these questions for us once and for all. Yes, we are loved by God. Yes, we are held safe in Christ. Yes, we matter in the Kingdom. Yes, we belong in God's family. Growing in faith is an ongoing process of learning to live out of who we truly are. To do that we have to be honest with ourselves, and God, about the things that trigger an 'allergic reaction' in us.

If I truly knew myself as loved and safe, would I get so stressed about the possibility that other people might get cross with me sometimes? If I truly knew myself as treasured in the eyes of God no matter what, would I work so hard to please others?

The wonderful thing about our loving God is that every part of us and our lives matters to him. Christ is always calling us and feeding us and drawing us into relationship with him. Taking time to pray and worship heals us from the inside out. So we become less reactive to other people, less afraid of our own emotions, and more grounded. Less allergic.

I'm very happy to talk with you about things that stress you out. That's what I'm here for!

Silvia Purdie

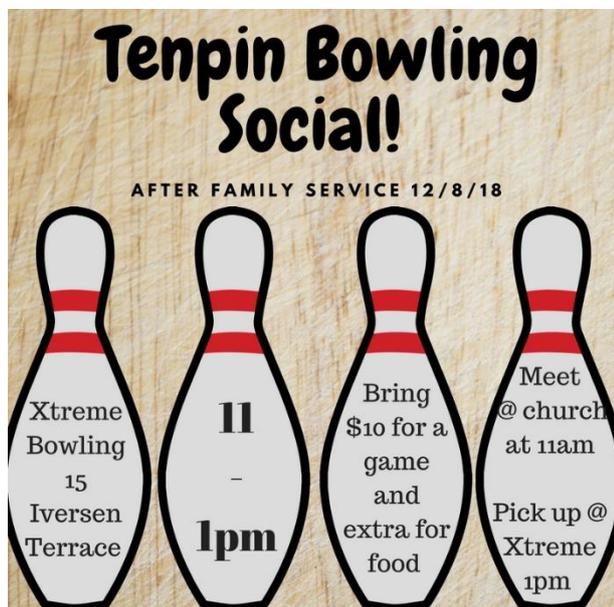
(The training event was run by New Wine NZ. Find out more at www.newwine.org.nz)

King David Series

At Cashmere we have completed a substantial series working through the books of 1st and 2nd Samuel, and delving into the life of King David. Silvia and others have preached on these rich stories, and Silvia has written several discussion papers on curious aspects in more depth. All of these can be found on her website in the Word section:

www.conversations.net.nz/samuel-david.html

Worth checking out if you missed a piece or want to re-read.



Friendships and Emotions

Why do our children these days struggle with their own emotions and the emotions of others? Up at Cashmere Primary te pae kereru Paige Wilke is working with groups of children around accountability for their actions and caring for others and themselves. Each week on average Paige works with 25 children ranging from ages 5-12. The topic changes depending on the group but the main theme is taking responsibility for themselves and their actions, then forward thinking as to how that makes others feel. "It has been wonderful to watch the children grow in how they interact with each other, the relationship we have formed and the joy that comes from both sides when seeing each other makes it a very rewarding opportunity to have. The staff and teachers have been so welcoming and know the children in their spaces so well which makes it easy to communicate around plans and what is working and what isn't."

Thank you to all those involved and I look forward to the things we will do together in the future.

(Paige)

PLANTARAMA
@
Cashmere Presbyterian Centre
Cnr. Dyers Pass Rd & MacMillan Ave
Saturday 13th October 2018
9am to 12 noon

Plants for the vegetable garden, plants for the flower garden, and tools to help with the process!

For more info. contact the Church office: 332 7129

Our second annual Plantarama will be held on **Saturday 13 October**.

There will be a good variety of plants for sale, and a selection of ornamental pots, garden gnomes & garden art. EFTPOS will be available.

RICH LIVING

EXPLORING SUSTAINABILITY AND CHRISTIAN FAITH

How does caring for creation enrich our lives? How can the church respond to the crucial issues of our time? What does the Bible teach about the earth? How can our daily choices and actions be most effective to protect and restore the environment?

FRIDAY SEPT 28TH – SUNDAY SEPT 30TH 2018

www.arocha.org.nz/events



+++ SOUTH WEST BAPTIST CHURCH

"Rich Living" Seminar on sustainability and Christian Faith

Cashmere Presbyterian Church has a proud tradition of holding a 'public issues' conference each year. 2018 has seen a unique partnership between three very different churches, drawn together out of a concern for God's creation. We are working with Grace Vineyard and SouthWest Baptist Church, together with international Christian organisation A Rocha, dedicated to environmental protection.

10 Reasons why you should come to 'Rich Living' seminar on Saturday 29 September:

- **It's practical.** The problems facing the world seem to be overwhelming, when we hear about our oceans getting filled with plastic, our climate warming, storms and pollution and burning forests. The 'Rich Living' day will be positive and practical. It's not about guilt or information overload. Workshops will help you take action that makes a difference.
- **It's spiritual.** God cares about the world! This is a faith event that will make the connection between how we live and what we believe. Living 'richly' is about living right with God, the world, and each other.
- **It's social.** We need friends. Come to connect with other people who care. Networking and meeting people is vital.
- **It's local.** We are proud to be hosting this at Cashmere, and keen to promote local issues and projects. Meet the people who have formed the Ernle Clark reserve and transformed the hillside above Governor's Bay. Let's start a group to look after the Purau reserve just down the hill from us.
- **It's ecumenical;** Christian people working together from across the spectrum of churches.
- **It's global.** Caring for creation takes us all the way from literally our own back yard to the vast issues of the planet. One particular concern we share as Christians is for the poor and vulnerable in the world.
- **It's prayerful.** As well as the talk there will be time for prayer and creativity.
- **It's healthy – and delicious!** Excellent vegetarian food will be served.
- **It's affordable.** Coming to Rich Living is practically free; the minimal cost is basically just for your meals.
- **It's important!!**

To register, and for more information, go to the A Rocha website: www.arocha.org.nz and follow the links to Events.

The programme is here: <http://www.arocha.org.nz/rlc-programme/>. Or phone Gail in the church office (332 7129) and she will put your name down.

Scripture Cake

Thanks to Robert Aitken for supplying this recipe.
If you give it a go, let us know how it turns out
(with pictures!)

1 cup butter	Judges 5:25
3½ cups flour	1 Kings 4:22
2 cups sugar	Jeremiah 6:20
2 cups raisins	1 Samuel 30:12
2 cups figs	1 Samuel 30:12
1 cup water	Genesis 24:17
1 cup almonds	Genesis 43:11
Half dozen eggs	Isaiah 10:14
Tablespoon of honey	Exodus 16:21
A pinch of salt	Leviticus 2:13
Spices to taste	1 Kings 10:10
½ teaspoon soda	Matthew 13:33
1 teaspoon cream tartar	Matthew 13:33
Solomon's advise for making good boys.	Proverbs 23:13

House Hunting

Our Minister, Silvia, is looking for a new rental property, as the one she is in currently is going to be sold. If you are able to suggest a suitable property, please contact the Church Office.

Requirements are for a 4-bedroom house with double garage, 2 living/lounge/dining areas, within biking distance of Cashmere High School and with access to bus routes. Being on the south side of Cashmere would be helpful (i.e. Westmorland, Aidanfield or closer to Cashmere). Silvia has a preference to be near some green space/river or view.

Parish Annual General Meeting

Sunday 23 September, after the morning service
(at approx. 11.30am).

If there is anyone who wishes at that time to formally accept membership of Cashmere Presbyterian Church, please speak to Rev Silvia Purdie.

Sunday Worship

All at 10am unless otherwise noted

5 August	Morning Worship
<i>5.00pm</i>	<i>Spiritual Health</i>
12 August	Family Service
19 August	Morning Worship
<i>11.30am</i>	<i>Healing Service</i>
26 August	Morning Worship: <i>Rev Hugh Perry</i>
2 September	Communion
9 September	Family Service
16 September	Morning Worship
<i>11.30am</i>	<i>Healing Service</i>
23 September	Morning Worship <i>followed by AGM</i>
30 September	Morning Worship

Healing Services

Healing Services are held each month, usually on the third Sunday, at 11.30am, and include communion.

All are welcome to attend this service, to come and pray for your own needs, or those of others.

Favourite Poems

This month, Ian French-Wright shares one of his favourite poems with us. This, and other poems by Leigh Hunt, can be found at the Poetry Foundation website: www.poetryfoundation.org/poems/44433

[/abou-ben-adhem](http://www.poetryfoundation.org/poems/44433)

About Ben Adhem

BY LEIGH HUNT

Abou Ben Adhem (may his tribe increase!)
Awoke one night from a deep dream of peace,
And saw, within the moonlight in his room,
Making it rich, and like a lily in bloom,
An angel writing in a book of gold:—
Exceeding peace had made Ben Adhem bold,
And to the presence in the room he said,
"What writest thou?"
—The vision raised its head,
And with a look made of all sweet accord,
Answered, "The names of those who
love the Lord."
"And is mine one?" said Abou. "Nay, not so,"
Replied the angel. Abou spoke more low,
But cheerly still; and said, "I pray thee, then,
Write me as one that loves his fellow men."

The angel wrote, and vanished. The next night
It came again with a great wakening light,
And showed the names whom love
of God had blest,
And lo! Ben Adhem's name led all the rest.

"Spiritual Health" evening for medical professionals

All over the world, people becoming doctors commit to something called the 'Declaration of Geneva', of the World Medical Association. They swear an oath:

"As a member of the medical profession I solemnly pledge to dedicate my life to the service of humanity".

Doctors promise to hold "the utmost respect" for their patients, no matter their age, race or politics or sexuality, holding confidences and upholding colleagues and best practice.

Last year, the New Zealand delegation to the World Medical Association successfully argued for a new section to be added to the Declaration, the commitment to self-care. This reads:

"I will attend to my own health, well-being, and abilities in order to provide care of the highest standard".

We all know how hard doctors work, and the Church and Society Committee of Cashmere Presbyterian Church wanted to honour and support medical professionals in their self-care. This came out of the conviction that prayer and worship of the living God is a profoundly effective way to 'attend to our own well-being'.

David Troughton and Ruth Spearing brought together a team of people to lead a gathering for medical professionals and their partners, on Sunday 5 August. Called 'Spiritual Health', it included speakers and musicians in a multi-media and deeply prayerful celebration of faith, medicine and music.

As Ruth introduced the evening she advocated for three components:

- **Mind health:** Our mental well being
- **Compassion:** The joy we gain from the human interaction we have in our work
- **Spiritual health:** The strength we obtain from our faith

A good old-fashioned 'pot-luck meal' rounded off an inspiring evening of encouragement and networking. People left saying "Let's do this again next year!"



A few of the attendees at the Spiritual Health evening



Hospital Chaplain Sandra Wright-Taylor speaking about the importance of self-care for health professionals. She gave a highly engaging presentation including lots of practical suggestions for 'loving yourself so you can love others'.

People Events

Weddings

We congratulate and extend our best wishes to:

Janice Chai Mei Teng & Jason Li Jing Xing (19 May)

Nicole Whanau & Simon Evans (30 June)

Jasmine Webster & Jairus Robb (7 July)

Renee George & Feliuai Liu (13 July)

Deaths

We extend our sympathies to the family of:

Brian Lawson (27 May 2018)

Faith steals upon you like dew: some days you wake and it is there. And like dew, it gets burned off in the rising sun of anxieties, ambitions, distractions.

Christian Wiman

Profile: Meredith Smith

When I convinced Gail to put in a profile of herself into the Cashmere Connection she only acquiesced if I did the same, so here we go.....

Apart from three years in Wellington and four years in London, I have always lived in Christchurch “south of the railway line” as my father always puts it. I attended Somerfield School, Christchurch South Intermediate and Christchurch Girl’s High School. I was quite good at Maths at school, so I decided that a natural progression was into Accountancy – and here I am!



I have a long association with the Church through my maternal family. My Great Grandmother’s name Helen Edith Parsonson can be found on one of the stained glass windows which was installed in her memory. My grandparents and parents were married at Cashmere Presbyterian and in 2001 I married my husband Fergus Smith here. We were married by Michael Thawley and I remember meeting him with the romantic notion of marriage services seen in movies. I asked to see the book of “marriage vows” in the style of an English wedding “to death us do part” etc, Michael looked at both of us before explaining carefully that not only would we have to write our own vows, we would have to memorise them also! Quite a shock.

After I had our first child Oliver, I began working part time from home as an Accountant preparing GST and Income Tax returns for SMEs. This was the perfect work for me as I could fit it in and around children.

In 2011 I started auditing the Church’s accounts. About two years into the role Bruce McAlister planted the seed that “Treasurer” is natural progression for the auditor and then he patiently waited! Last year I took over as Treasurer (with lots of help from Bruce) and I have really enjoyed working with Gail Weaver (the Office whizz) and Ella Gao (the Xero whizz) on the day-to-day operations of the Church. The Finance Committee has also been really invaluable, there are many decisions to be made and it’s great to be able work collaboratively to make those decisions.

In my spare time I play bridge at Crockfords Bridge Club and drive our children Oliver 14, Hermione 13 and Phoebe 11 all over the place to their various hobbies and sports. One thing you won’t know about me is that I can say the Alphabet backwards! “

Meredith Smith took over as Treasurer for Cashmere Presbyterian in August 2017.

Do You Know Your Hymns?

Dentist’s Hymn . . .	Crown Him with Many Crowns.
Weatherman’s Hymn . . .	There Shall Be Showers of Blessings.
Contractor’s Hymn . . .	The Church’s One Foundation.
Tailor’s Hymn . . .	Holy, Holy, Holy.
Golfer’s Hymn . . .	There’s a Green Hill Far Away.
Politician’s Hymn . . .	Standing on the Promises!
Optometrist’s Hymn. . .	Open My Eyes That I Might See.
IRS Agent’s Hymn . . .	I Surrender All.
Gossip’s Hymn . . .	Pass It On.
Electrician’s Hymn . . .	Send The Light..
Shopper’s Hymn . . .	Sweet Bye and Bye.
Realtor’s Hymn . . .	I’ve Got a Mansion, Just Over the Hilltop.
Massage Therapist’s Hymn.	He Touched Me.
AND for those who speed on the highway - a few hymns:	
55 mph . . .	God Will Take Care of You
75 mph . . .	Nearer My God To Thee
85 mph . . .	This World Is Not My Home
95 mph . . .	Lord, I’m Coming Home
100 mph . . .	Precious Memories

Give me a sense of humor, Lord, Give me the grace to see a joke,
To get some humor out of life, And pass it on to other folks.