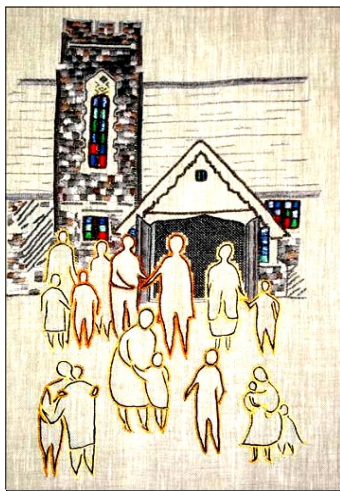


Cashmere Connection

Cashmere Presbyterian Church—The Stone Church on the Hill
Linking with its community since 1928

Issue number one hundred and thirteen—Autumn 2024



From the Minister

What's the Point?

I write this in the wake of the news that the Russian opposition leader Alexei Navalny died in the subzero environs of an Arctic penal colony. He is now one of many Putin enemies to end up "suddenly dead." After he survived poisoning in 2020, he recuperated in Europe. However, he then made the courageous decision to go back to Russia despite knowing what he would face. Why did he go back when it was so dangerous to do so? The answer has to do with purpose and resolve that was, in significant part, shaped by his Christian faith. In talking about his dissent and willingness to bear the consequences he often referenced his Christian faith. Specifically, Navalny said, he was motivated by the words of Jesus: "Blessed are those who hunger and thirst for righteousness, for they will be satisfied" (Matt. 5:6).

It seems to me that his noble and sacrificial actions and death mirror something that happened 2,000 years ago when Jesus resolutely set his face toward Jerusalem despite growing opposition from the

history is neither meaningless nor purposeless, but rather moves towards a goal

powers that be. He did it because he understood that he was part of a big plan. He had a purpose and it was to fit into the will of his heavenly father to conquer sin, death and the forces of evil with death and resurrection. All these years later we still celebrate that around the world at Easter, remembering Jesus and what he did, not the oppressive powers of evil who sought to repress him.

Did Navalny and Jesus die in vain? Or is there a bigger purpose being worked out here? In Ephesians 1 Paul talks

about a plan concocted by God before creation, before time as we know it began, that will come to hope-filled fruition in the fullness of time. It is a message that history is neither meaningless nor purposeless, but rather moves towards a goal.

This is the overarching message of Easter, reflected in the faith and actions of Navalny and Jesus, the writings of Paul and summed up by Martin Luther King when he said:

"The arc of the moral universe is long, but it bends towards justice."

Hamish

Services for Easter

Palm Sunday - 24th March

Morning Worship at 10am

Maundy Thursday - 28th March

Service at 7pm at Cashmere Presbyterian

Good Friday - 29th March

Gather at Cashmere Presbyterian at 8am to walk the Cross down to St Augustine's, with the service following morning tea.

Easter Day—Sunday 31st March

Communion Service at 10am

Deadlines for this year's Cashmere Connections

Winter edition: deadline 24th May

Spring edition—deadline 23rd August

Summer edition—deadline 22nd November

Material to be submitted by email to cashmere.church@xtra.co.nz



What is the purpose of our Cashmere Connection Newsletter?

The Cashmere Connection states its purpose clearly on its title page, "Cashmere Presbyterian Church—The Stone Church on the Hill; Linking with its Community since 1928". Niki and Ira have volunteered to step up alongside Gail Weaver so that Cashmere Connection can continue to fulfil its purpose in 2024.

Cashmere Connection connects the members of its Parish with news of services and other activities. The front page profiles the Minister's message and key services. The back page is designed "for the young and young at heart". In between articles describe the activities of our parish that enhance our community, including stories of service beyond Cashmere and occasionally beyond Aotearoa New Zealand. Cashmere Connection also connects well beyond our parish because it is published on the web, including Facebook.

For over a decade the editor of Cashmere Connection has been David Troughton, in collaboration with Office Administrator Gail Weaver. We acknowledge David's service, energy and ability; Cashmere Connection has been only one aspect of his service! Niki and Ira joined this parish some years ago. In 2023 Niki became co-chair of our Church and Society committee, as Elder Jay Lee stepped up to replace David. Niki enjoys supporting Pre-school Music occasionally. Niki's grandfather was Dean of Christ Church Cathedral (in Dublin) and her academic experience includes editing. Language is also part of Ira's professional career but, more than that, she has a heart for the parish and is looking forward getting involved in editing, writing and thereby reflecting the character and developments of this special congregation.

The origin of Cashmere Connection was back in 1997 prompted by the discontinuation of Communion Cards, which had been used like an "old time entry ticket" to restrict access to Holy Communion. Rev Michael Greer, as Minister of Cashmere Hills Presbyterian Church, explained that the General Assembly was encouraging parishes to consider more frequent services of Holy Communion and "extending [the invitation] to the whole community of faith, including children". The whānau style communion of our church is delightful, so

it was fascinating to read about its emergence over 20 years ago. By explaining the proposed changes in that first issue Cashmere Connection will have supported parishioners to become comfortable with changes in their church. That remains a purpose for Cashmere Connection today.

Back in 1997 the lead article noted that "the priority to be visiting homes throughout the year should not be lost". (Communion Cards had been delivered each month by hand). In December 2024, when Niki took over the coordination of Cashmere Connection deliveries, she did not know the purpose of visiting parishioner homes. Her spiritual mentor, Anne Shave, gently explained why we are very grateful to our volunteers who make time to deliver a paper copy of Cashmere Connection to the parishioners who request it. Each delivery makes a strong connection between our church for that community member, some of whom find it too challenging to come to church on a regular basis. Karen, who reports on Pastoral matters to the Parish Council, also linked spiritual wellbeing with this delivery.

It is interesting to see more similarities with the first issue of Cashmere Connection. For example, our congregation appreciates Anne's leadership of bible study, and that was noted back in the first issue too:

Youth Group and Bible Class

So quiet you could imagine they're not around – but they are. And they made their presence felt in April and May with the musical 'It's cool in the furnace'. Under Anne Shave's leadership the youth group and bible class are a significant component of our Church family. We appreciate you!
(Cashmere Connection, issue 1, 1997)



With the 2024 Winter Edition Cashmere Connection will reach its 27th birthday. In keeping with its purpose Cashmere Connection will be helping our community adjust to the changes in our world, while also aiming to voice our concerns in a way that can inform progress.

Karakia Tīmatatanga

He honore	Honour
He kororia ki te Atua	and glory to God
He maungarongo ki te whenua	Peace throughout the land and
He whakaaro pai	goodwill
ki ngā tangata katoa	to all people
Ake ake Ake ake	Forever and ever
Āmine	Amen

This prayer was the beginning of all four sessions of 'Te Toi Tu Tiriti' that Niki attended in Linwood's Union Church during March. Led by Minister Johnathon Barb, Niki and around 50 others shared our learning through a Christian lens focused on the Treaty of Waitangi and related history. We all valued the significance and uniqueness of the kōrero, the time and discussion together. Niki's experience will inform our parish's support of the reemerging Iona Parish in East Christchurch.

AUTUMN GARDEN TOUR

On Saturday 2nd March over 120 people took the opportunity to visit a variety of gardens on our Autumn Garden Tour.

From small-but-beautifully-formed gardens, to an award-winning garden encompassing around 5,600 m² of grounds, there was something to interest all sorts of garden enthusiasts.

One of the highlights was Park Hill in Tai Tapu. The block was once part of Sir Heaton Rhodes' Otahuna Eastate and has four hectares of native planting! It also features one of the original estate ponds with a Kahikatie now established in the centre on a small island.

A huge 'thank-you' to all our garden hosts, all the volunteers on gate duty, and especially to Kathleen Anderson who took on the bulk of the organisation. All this work resulted in close to \$6,000 being raised for the church.

Supporting PSUSI

In December Presbyterian Support Upper South Island asked whether we would help them by supplying a small gift for those attending their Harakeke Club, which provides day activity programmes for people diagnosed with cognitive impairment/dementia.

Members of the congregation generously supplied chocolates, Gail sewed the hankies to wrap them in, and Kathleen helped to wrap them all up.

PSUSI tell us "our clients loved the wee packages with the hanky. One of our clients brings the hanky every time she comes.

Some comments when we gave them out:

Oh how lovely

How very kind thank you

What a lovely thought

I like the handkerchief

I love the chocolates

It's so nice of people to think of us

Yummy!

Whilst the above may not sound like much, I know the club members reactions would have said a thousand words. They would have had big smiles, been overwhelmed that someone out there thought of them and they certainly would have been surprised."



Above: Fiona, Annie, Nicoli and Kate surrounded by yellow dahlias at the Moffatts homestead. These have been planted by the current owners, with the flower heads being harvested, dried and used in a product to assist brain and heart health and particularly diabetes.



The owners of Park Hill have done extensive native planting over the last three and a half years. Their desire is to return the native flora and fauna to the property.



The basket of hanky-wrapped chocolates all ready for delivery to the Harakeke Club.

Keys to a Purposeful and Long Life

Here at Cashmere we are amid a sermon series called “*Living Long in the Land*”, a phrase that comes from Deuteronomy 11:5 where Moses links the keeping of the commandments to living long in the land. And the series is inspired by a Netflix documentary called *The Blue Zone* which looks at places in the world where there is higher than average life expectancy and causal connections. The casual factors include this one—if you belong to a faith community, on average, life expectancy increases by a whopping 7 years!

“People in blue zones tend to belong to a faith-based community. Individuals of faith who regularly attend a faith-based service live 4 to 14 years longer than their counterparts who do not. In the original blue zones, all but five of the 263 centenarians we interviewed belonged to some faith-based community. Research shows that attending faith-based services just four times per month will add 4 to 14 years of life expectancy—and denomination doesn’t seem to matter. People who pay attention to their spiritual side have lower rates of cardiovascular disease, depression, stress, and suicide, and their immune systems seem to work better ... To a certain extent, adherence to a religion allows them to relinquish the stresses of everyday life to a higher power,” says Dan Buettner, Blue Zones founder and National Geographic Fellow.

Reading that made me think – why is that? While acknowledging that life is fickle and there is no foolproof plan for a long life, I have come up with 8 faith factors that I think do increase the chances of long life. Based on biblical teaching, scientific research and over 40 years ministry experience I think the 8 factors are captured in this diagram (right):

One of those 8 factors is the theme of this Cashmere Connection, purpose. Dan Buettner writes ‘People in the Blue Zones don’t wake up feeling rudderless ...they’re driven by meaning and purpose’

And this is such a dominant and central theme of Christian faith as well. Christians lives are based on the belief that this is a meaningful and purpose driven universe. It is the result of the master plan of a loving creator. And that, in the words of Jeremiah: “For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.” (Jeremiah 29:11)



January Retreat Day

A small group of parishioners gathered at the ACTS School, Greenpark, on Saturday 27th January to pray and think about the year ahead. We enjoyed a mix of time together to discuss ideas and quiet time apart. In addition to a gospel reading (Matthew 6:24-34) two key resources helped shape the day for us.

The first was an on-line article by Joseph Porcellini called “Waving in 2024: Embracing Christian Values for a Fulfilling Life”. This article encouraged us to ponder how we might live out five core values in our lives this year:

- * doing good for others
- * living ethically
- * practising gratitude
- * practising discernment
- * showing love

The second was a reflection from the start of the Spiritual Exercises of St Ignatius, called “The Principle and Foundation” of the Exercises. This is a challenging and inspiring statement (which can easily be found on-line). In summary:

“Ignatius’s first principle is that all creation is a gift, coming from God and leading toward God. Furthermore, “all the things in this world are ... presented to us so that we can know God more easily and make a return of love more readily.” This means that God is *in* this creation. The choices we make in our daily life in this world push us away from God or draw us closer to him. Ignatius sees God as present, not remote or detached. He is involved in the details of our life. Our daily lives in this world matter. The Principle and Foundation is a **life vision**. It asks, “what is life all about?” It is a vision that directs us to the source of life.” [Excerpt from *What Is Ignatian Spirituality?* by David L. Fleming, SJ.]

It was lovely to be together in the tranquil environment of the former Greenpark School and to have time to reflect and pray about these important themes at the start of the year.

Anne Shave

The next Retreat Day will be on Saturday 22nd June at Te Waiora House. Contact Anne for details.

Closure of the Foot Clinic

For more than 15 years a Foot Clinic has been run here at Cashmere Presbyterian Church, offering toe-nail cutting and foot massage to those who find it too difficult to do themselves. Over that time we have had many volunteers giving of their time and skills to provide this service, but, with the march of time, their numbers decreased and it was decided that we were no longer able to continue with this outreach.

The last Foot Clinic was held on Tuesday 12th December 2023, and was followed by a lunch for all those currently and previously involved. Here is what current convenor of the group, Judith Waters, had to say:

“Welcome. Thank you all for making time at this busy time of the year to share lunch and look back over the 16 years since Joy Coster initiated the idea to set up the Foot Clinic group here in 2007.

A little bit of history for those who have joined the group since then. Joy encouraged our church to set up the Foot Clinic group and attended a group in Ilam to be shown foot massage and how they ran their group. It was developing outreach in the churches. Interestingly, we had many nurses in the congregation at that time who came on board. Initially we had enough cutters to have two mornings every 6 weeks which later changed to morning and afternoon on the same day. Since June 2020 we have had mornings only, with usually between 16 and 22 attending. People attend from far and wide, the majority from outside the Parish. One chap came from Rangiora. The parish has been very supportive, enabling the group to continue, helping with cleaning the foot baths, their hospitality and care. Initially it was \$5 and put up to \$10 in 2020.

Thank you for your input Gail. You will notice the difference next year, with less phone calls and less interrupted mornings every 6 weeks.

Thank you, David Coster and Hamish Galloway, for your support. Those attending and the volunteers appreciate your calling in when you are able.

With everyone working together the team has been able to fulfil a need in the community and assist our senior citizens.

Thank you to the team past and present – you are all a marvellous group. All the best and hope there will be a group when our feet need a little TLC or when we have difficulty reaching our feet!!”



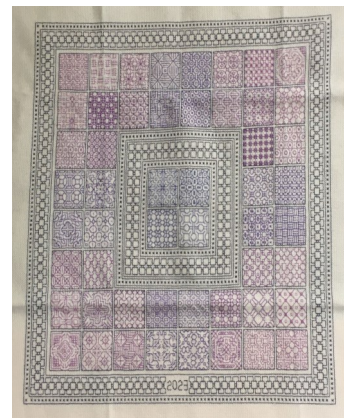
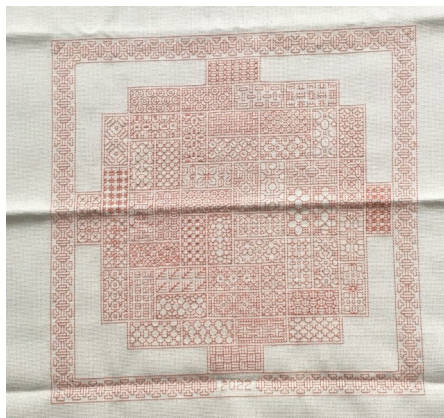
*Photos (from top):
Some of the original Foot Clinic volunteers;
One of our early “patients” - at that time the Foot Clinic was held in the Kowhai Lounge;
More recent “patients” in the Rata lounge;
The Farewell Lunch was attended by past and present volunteers.*

Quilts & Crafts

These photos are of some of the pieces made by the wonderfully talented ladies who come along to the Quilts & Crafts Group. Believe it or not, that tartan rug is actually crochet!

Quilts & Crafts meets every Tuesday morning, 9am to 12noon, in the Rata Lounge. All are welcome, whatever your skill level—they are always more than happy to give encouragement and guidance when asked.

Tea, coffee and biscuits supplied; gold coin donation requested.



People Events

Weddings

We congratulate and extend best wishes to:
Grace Caughley & Benjamin Epton (2 December)
Rachael Irving & Craig Miller (30 December)

Baptisms

We welcome into the family of the church:
Piper Albie Niemand & Liam Reef Niemand,
 children of Morné & Luci Niemand (10 December)

Forthcoming Services

Sunday 17 March	10am	Morning Worship
	11.30am	Healing Service
Sunday 24 March	10am	Morning Worship
<i>For Easter week services, see front page</i>		
Sunday 31 March	10am	Easter Communion
Sunday 7 April	10am	Morning Worship
Sunday 14 April	10am	Family Service
Sunday 21 April	10am	Morning Worship
	11.30am	Healing Service
Sunday 28 April	10am	Morning Worship
Sunday 5 May	10am	Morning Worship
Sunday 12 May	10am	Family Service
Sunday 19 May	10am	Morning Worship
	11.30am	Healing Service
Sunday 26 May	10am	Morning Worship

Healing Services

Healing Services, including Communion, are held each month, usually on the 3rd Sunday, at 11.30am. All are welcome to attend this service, to pray for your own needs, or those of others.



Chef Robert is a Culinary Researcher, with a keen interest in historical recipes and menus. Here is a typical breakfast menu from 1907, together with one of the recipes.

From Wednesday, First week of June 1907

Cherries and Cream
 Cornmeal Mush
 Scrambled Eggs with Fresh Asparagus Tips
 Fish Balls with Bacon
 Chicken Livers Sauté, with Mushrooms
 German Fried Potatoes
 Raisin Cakes

Scrambled Eggs with Fresh Asparagus Tips

Cut the tender parts of a bunch of fresh, ripe asparagus into half-inch pieces, thoroughly wash in cold water and drain well. Place in a small saucepan, with half teaspoon salt, a teaspoon sugar and one quart water, boil twenty-five minutes and drain. Heat a tablespoon butter in a frying pan, add the asparagus tips and cook for two minutes, tossing meanwhile.

Crack eight fresh eggs in a bowl, add a half gill milk, half teaspoon salt and two saltspoons white pepper; sharply beat with fork for one minute, drop eggs into pan and cook for six minutes, gently stirring meanwhile, pour in a deep dish and serve.

A Prayer

by Max Ehrmann

Let me do my work each day; and if the darkened hours of despair overcome me, may I not forget the strength that comforted me in the desolation of other times.

May I still remember the bright hours that found me walking over the silent hills of my childhood, or dreaming on the margin of a quiet river, when a light glowed within me, and I promised my early God to have courage amid the tempests of the changing years.

Spare me from bitterness and from the sharp passions of unguarded moments. May I not forget that poverty and riches are of the spirit.

Though the world knows me not, may my thoughts and actions be such as shall keep me friendly with myself.

Lift up my eyes from the earth, and let me not forget the uses of the stars. Forbid that I should judge others lest I condemn myself.

Let me not follow the clamour of the world, but walk calmly in my path.

Give me a few friends who will love me for what I am; and keep ever burning before my vagrant steps the kindly light of hope.

And though age and infirmity overtake me, and I come not within sight of the castle of my dreams, teach me still to be thankful for life, and for time's olden memories that are good and sweet; and may the evening's twilight find me gentle still.

It's Spring Bulb time!



Daffodils – Springtime Mix



Anemone St Brigid (Doubles)



Daffodil - "King Alfred"



Tulips - Mixed



Freesias - Mix



Ranunculus – Rainbow Mix



Dutch Iris – Super Mix



Sweet Pea – Early Multiflora



Sparaxis – Harlequin Mix

Following on from the success of our Spring Seeds Fundraiser last year, we are pleased to be able to offer you a great selection of bulbs. Everyone enjoys cut flowers in the springtime in their homes, and this is a way to make sure you have a variety in your garden.

Buy them for yourself, or as presents to give away.

An order form is included with this Cashmere Connection, or pick one up from the main foyer of the church.

Order by Friday 22nd March, with delivery around 3rd May.

“The farther backward you can look, the farther forward you can see” (Winston Churchill)

My youngest son rang me from London the other day and said, would I put together a newsletter every couple of weeks. He asked me to write about things that I experienced when I was growing up that he didn't know about.

I have been thinking about this for a few months now. It came about as I have been working on my family tree. It's amazing what you find out about who your ancestors were. But the sad thing is that you only find out their birth, marriage, sometimes occupation, and death dates. I remember, listening to stories with my mom and auntie and they would talk about their early years, and I thought I would remember the stories, but sadly I can't.

So I would encourage everyone to write your stories down for your children and your grandchildren to enjoy. And, if you're brave enough, set up your cell phone on camera or computer and make a live video of it (you need to save it to your computer so it can be put on a USB disk Drive). It will be delightful for future generations to see you tell your stories. We at Cashmere Church would love to hear some of them as well.

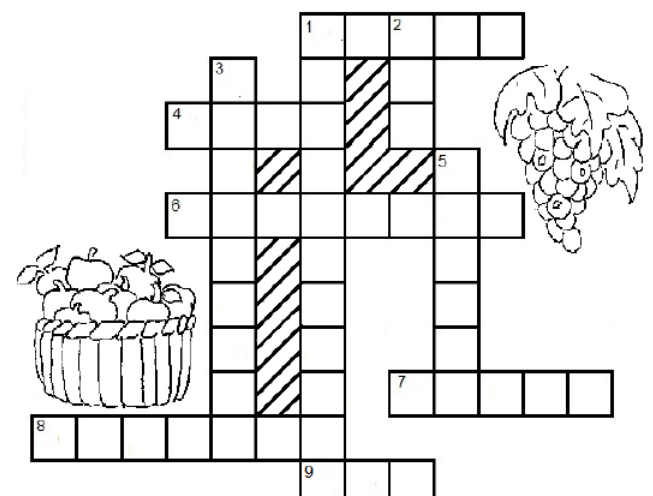
(Ken Austin)

The Back Page—for the young & young at heart

Harvest Festival Word Search & Crossword

VEGETABLES CHURCH FESTIVAL FRUIT HARVEST CROPS TRACTOR WHEAT FARMER CORN

W	H	E	A	T	I	E	L	S	T	S	S
T	Z	E	E	T	O	A	S	U	O	E	T
O	E	V	F	N	V	E	H	H	L	I	C
H	D	H	W	I	S	D	O	B	U	M	O
T	R	S	T	O	W	R	A	R	R	O	R
M	R	S	L	N	T	T	F	E	E	N	N
C	E	A	R	C	E	H	M	R	H	E	T
F	P	A	C	G	H	R	C	R	O	P	S
L	D	M	E	T	A	U	R	I	W	L	I
M	D	V	O	F	O	E	R	I	N	L	P
N	E	E	A	R	N	R	F	C	H	H	M
H	A	R	V	E	S	T	S	E	H	O	H



ACROSS

- Where crops grow
- A measure of time
- A joyful celebration
- What grows in the fields
- Take the fruit off of the plants
- To put seeds in the soil

DOWN

- What we should give God
- Not the beginning
- To joyfully give honor
- To bring together


WORD BANK.
Celebrate the Festival of Harvest with the first-fruits of the crops you sow in your field. Celebrate the Festival of Ingathering at the end of the year, when you gather in your crops from the field. Exodus 23:16 NIV ©

THINGS TO PONDER

- One tequila, two tequila, three tequila, floor.....
- Atheism is a non-prophet organization.
- I went to a bookstore and asked the saleswoman, "Where's the self-help section?" She said if she told me, it would defeat the purpose.
- Why do they lock gas station bathrooms? Are they afraid someone will clean them?
- If one synchronized swimmer drowns, do the rest drown too?
- Can an atheist get insurance against acts of God?

A positive attitude
may not solve all your problems,
but it will annoy enough people to
make it worth the effort.

Unknown



Dr. Riseborough
FIND YOUR
COURAGE
Intuitive Life Strategist



Generous Giving

Cashmere Presbyterian Church depends on the generous giving of members and friends. If you would like to make a donation or support our work through planned giving, please contact the Parish Office. Our Bank Account for donations is:
BNZ 020800-0181604-01

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Your Visitor is:

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Phone.....