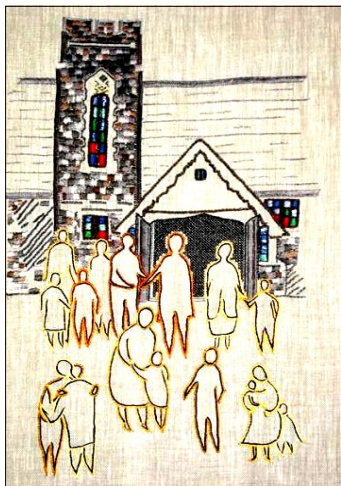


# Cashmere Connection

Cashmere Presbyterian Church—linking with its community

Issue Number ninety—Summer 2017



## *From the Minister: Small and Simple—Reflecting on Christmas*

Some people just love Christmas, all the fluff and kerfuffle of it. It's great if you have gift-giving as one of your love languages. Some people love to put a lot of thought and preparation into choosing just the right gift for the right person, beautifully wrapped and presented. I'm just not sure that's me. I do like making things each Christmas. I tend to pick a project and everyone gets the same, whether it's my special spice mix or a homemade candle. It doesn't quite feel like Christmas until I have made some things to give away.

I do love Christmas. I love each of my Christmas decorations, and I love hanging them carefully on the tree. I love picking a colour theme for the table. But what I love most are the smallest things, a tiny nativity carved out of wood that my friend brought me back from Madagascar, a coil of lights in a glass jar.

My gift to you with this issue of Cashmere

Connection is a small and simple booklet of Christmas readings and carols. It invites you to draw aside with God for a few minutes every day, to read a short Bible verse, to find simple things that draw your attention to Christ.

The parties and the preparation are wonderful and I hope you thoroughly enjoy it all this year. But treat yourself to some space with God this Christmas. Appreciate the small and simple things.

*Silvia*



## *A Celtic Christmas*

Written by Mary Earle: [www.explorefaith.org](http://www.explorefaith.org)

Historically, at this time of the year, the peoples of the Celtic lands (Scotland, Ireland, Wales, Brittany, Cornwall, Isle of Man, Galicia) marked the natural rhythm as autumn turned to winter. This was a time for watching for the light's return, even in the midst of darkness. This was a time for pondering endings and beginnings. As Christianity came to these lands, perhaps as early as the first century, there was a ready embracing of the proclamation that Jesus was the Son of God.

The Celtic peoples celebrated the natural world as shot through with divine presence. For them, the divine becoming human was plausible, welcome and true. Incarnation was not a stumbling block as it was to the Greeks. This faith that had a central story of a man who came from God and returned to God, a man who was God's Son, did not seem so far-fetched to the Celtic mind.

In every Welsh nativity scene, a washerwoman accompanies Mary, Joseph and Jesus at the manger. For the Welsh tradition, if Jesus isn't born daily into the common household, then there's really no point of celebrating the birth at Bethlehem. Jesus' birth, singular as it is, also shows us the sacredness of each child, knit together in the mother's womb by God's own Spirit. Jesus' birth reminds us that each household is dear to God.

We celebrate the deep compatibility of the divine and the human as we rejoice in the Incarnation—in God's life being revealed to us in the baby boy born at Bethlehem, God being birthed into human life, taking on human nature from the inside out.

As an old Welsh poem states:

*Mary nurtures a Son in her womb:*

*His birth a blessing to those who discover him.*

*He goes forth like the sun,*

*great is the number of his company.*



## Christian World Service Christmas Appeal



Today 65.6 million people have been forced from their homes. They have fled home and country because they are afraid. More than half of the 22.6 million who fled their countries last year were children—under 18 years old.

Refugees are not the only people who fear for the future. Small farmers who live on what they grow are struggling with unforgiving weather, rising expense and failed crops. Women face violence on a daily basis. Children work because there is no money for school.

Many people worry that the world feels a little more fragile and conflict or poverty could be around the corner. There is no denying it.

CWS believe in a responsibility to our neighbours in need. When climate change, the plight of refugees and threats of violence are global issues, they choose to take action.

In large and small communities, there are people working to a different agenda. Where there is poverty, they see a way out. When disaster strikes, they rally their knowledge and international expertise to help. Local partners are on the job—they know who needs help first, regardless of race, religion or where they are from. CWS works with them because they know they treat people with respect and are determined they have food, water, dignity and justice.

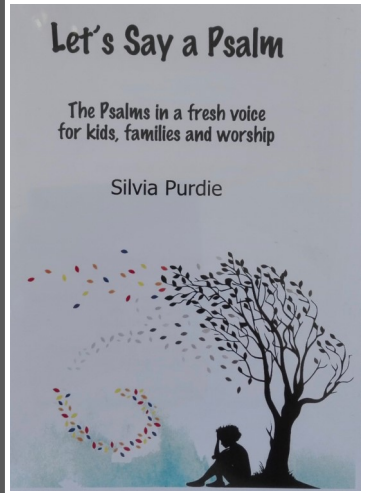
Your gift to the Christmas Appeal will make sure the CWS local partners can continue to lead people out of the misery and despair of poverty with new skills, a better income, and a more secure future. People will not have to face the future alone but will find the strength that comes from communities working together.

The CWS appeal envelope is enclosed with this copy of the Cashmere Connection. You can place it in the offering plate any Sunday in December, leave it at the church office, or post direct to CWS. Online donations are also available—visit [christmasappeal.org.nz](http://christmasappeal.org.nz)

*CWS is the international aid and development agency of Protestant Churches of New Zealand. Established in 1945 to help in war-torn Europe, CWS has been doing a world of good ever since. They have 70 year's experience of helping communities survive disaster and overcome poverty. The Christmas Appeal, which is their major fundraiser of the year, funds this vital work.*

## “Let’s Say a Psalm”

Silvia’s book of 150 Psalms for children and families is now published and available for sale for \$10 from the church office. It would make a lovely Christmas gift.



## Coming up ... Sundays @ Cashmere

<b>Sunday 12 November</b>	10am	Family Service
<b>Sunday 19 November</b>	10am	Morning Worship
	11.30am	Healing Service
<b>Sunday 26 November</b>	10am	Morning Worship
<b>Sunday 3 December</b>	10am	Christmas Communion Service
<b>Sunday 10 December</b>	10am	Children’s Nativity Service
<b>Sunday 17 December</b>	10am	Christmas Music with the choir
	11.30am	Healing Service
<b>Sunday 24 December</b>	10am	Morning Worship
	11.30pm	Candlelit service.
<b>Monday 25 December</b>	9.30am	Christmas Day Worship
<b>Sunday 7 January</b>	10am	Morning Worship
<b>Sunday 14 January</b>	10am	Morning Worship
<b>Sunday 21 January</b>	10am	Morning Worship
	11.30am	Healing Service
<b>Sunday 28 January</b>	10am	Morning Worship
<b>Sunday 4 February</b>	10am	Morning Worship

## Healing Services

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

In every act of worship, the Church celebrates the grace of God who desires wholeness of body, mind and spirit for all people. At a service of healing, we focus on that aspect of God's character. We bring to God our own frailty and brokenness, felt not just in physical illness, but in guilt, anxiety and all the burdens which weigh us down. We also bring our concerns for others and for the world. Above all, we come to the God who knows our needs before we ask, and whose love revealed in Jesus Christ is stronger than suffering and death. All are welcome to attend this service, to come and pray for your own needs, or those of others.

## Christmas at Cashmere Presbyterian

### Carols in the Garden

Sunday 17 December, 5.00pm  
Community Carols at 1 Macmillan Avenue  
Bring a picnic & rug.

### Quiet Space at Christmas

Drop in to the church to rest and pray  
Friday 1 December, 9.30-10.30am  
and on Christmas Eve,  
Sunday 24 December, 11am – 6pm



Sunday services at 10am:

3 December: **Advent Communion**

10 December: **Children's Nativity**  
**with Christmas lunch**

17 December: **Carol Service**

24 December: **Morning Worship**



**Christmas Eve**  
**Candlelit Service**  
Sunday 24 December 11.30pm

**Christmas Morning, 9.30am**  
Family-friendly celebration

## Celtic Christmas Blessings

God send us a happy Christmas!  
His blessing be on our home.  
His love be around our loved ones  
wherever they may roam.

God send us a holy Christmas!  
His name be on every mind  
and close to the crib of Bethlehem  
true happiness may we find.

God send us a peaceful Christmas!  
May the sweetness of memories throng  
where we sit at the festive table  
and sing a soothing song.

God send us a merry Christmas  
to us and all we love!  
On our home may the babe of Bethlehem  
smile down from his home above.

*Nollag Shona*  
*Nollaig Chridheil*



The light of the Christmas star to you  
the warmth of home and hearth to you  
the cheer and good will of friends to you  
the love of the Son and God's peace to you

In the light of the Christmas star –  
God bless you  
In your travels, near or far –  
God bless you  
As you celebrate Jesus' birth –  
God bless you  
As you pray for peace on earth –  
God bless you

## Youth Wellbeing Seminar

Each year at Cashmere Presbyterian we hold a public seminar on a topic of wide interest, and this year the topic was Youth Wellbeing and suicide prevention. Friday night, 22<sup>nd</sup> September, was an evening forum especially for parents and grandparents, and Sunday afternoon (24<sup>th</sup>) was a seminar for young people.

### Community Seminar

The Community Seminar on the Friday night was attended by nearly 50 people, including several parents directly concerned for the safety of their teenagers. Also attending were grandparents and community workers. Only a few were church members, most were unknown to us. Most were parents of teenagers. Three presentations covered different aspects.

Juliana Kirwin and Jane Macgregor from the DHB Child, Adolescent and Family Service gave an overview of what their assessment service is seeing. This was a very sobering account of the hundreds of young people who are suffering from suicidal thoughts, self-harm and mental health that pass through our health system each month. CAFS can only 'triage', and pass young people on to other agencies, including emergency hospitalisation. One sad statistic was that kids are presenting with mental health problems at younger ages. Another real concern noted was the decreasing ability of parents to cope.

Michael Hempseed, a trainer with the Collaborative Trust ([collaborative.org.nz](http://collaborative.org.nz)), is a lively and engaging speaker, a young man passionate about helping other young people and educating the wider community about the reality of mental illness. He talked about warning signs and triggers for youth suicide, and he encouraged us to be brave and ask young people if they are considering ending their life.

The presentation by Blair Stirling, a Presbyterian minister at Hope Hornby, who leads the Te Whare Awhero counselling centre, focused on stress levels in response to change. He described it as an escalator; when you get to the top it's a nasty fall over the edge.

There was excellent response from those attending, with lots of discussion afterwards, questions, heart-rending experiences, and a wonderful 'buzz' over supper as people made personal connections. Moments of community support are rare and much appreciated.

### Youth Seminar

The Sunday evening (5-9pm) saw 42 young people, plus 10 adults, spending 4 hours in the Youth Wellbeing Seminar. Those who attended came mostly from local church youth groups. Ruth Troughton, mental health specialist physiotherapist, and Paul Humphreys of Scripture Union shared the presenting. The space was

set up to encourage maximum participation, with seats at round tables and an engaging range of activities. The seminar included a delicious meal, funded by the Rotary Club of Cashmere. This created a sense of 'treat' and abundance which was well received by the young people. Handouts and take-home resources were provided, some from the Mental Health Foundation.



*Presenter Michael Hempseed, with Dr David Troughton, one of the main organisers of the Youth Wellbeing Seminar.*

The youth seminar covered:

- personal safety and wellbeing
- brain development and stress response
- the challenge to talk directly about emotional distress and suicidal thoughts
- friendships, listening and open-ended questions
- relaxation techniques

Paul is a dynamic presenter who connected brilliantly with the young people. Ruth brought a depth of understanding of the human body and brain from her leading-edge work as a mental health physiotherapist. Together they got the participants engaging and learning, with a good balance of hard issues and high-energy games.



*Sunday evening's Youth Seminar included a meal funded by the Rotary Club of Cashmere*

2017 saw an explosion of trainings, seminars, conferences and online groups addressing the issue of youth suicide and mental

health. Right now it is very 'trendy', which is great. The problem is that next year it will be 'last year's thing'. But young people's distress is not a passing fad, and will by all accounts continue to be a major part of the lives of many, many families, especially in Christchurch.

A good thing about the huge current interest in the topic is that people have easy access to a wealth of material online. The resources and training material we gathered whilst preparing for this seminar have been put on the website, which also lists several providers of mental health services, both in person and online: <http://cashmereconference.weebly.com>

## ***Cashmere Foot Clinic—celebrating 10 years!***

On Sunday the 15<sup>th</sup> October the Foot Clinic hosted our “loyal attendees” to afternoon tea in the Rata Lounge to celebrate its 10<sup>th</sup> Anniversary.

Kicking off the formalities, Joy Coster spoke of the initiation of the group, and then cut the cake—specially made to mark the occasion by Kirstie McAdam, and beautifully decorated with a pair of feet. On behalf of those who attended, George Scrimshaw spoke kindly of the staff and the gratitude of all who attend. “High tea” was then enjoyed by all present amidst a buzz of conversation.

The setting up of the Foot Clinic was initiated by Joy Coster with the support of David and Rosemary Troughton, Carol Cree and others in the congregation who generously contributed to its launch. The Avonhead Baptist Church invited our team to learn from their group and gave us tuition in foot massage.

Foot Clinic sessions have been held 6 weekly since the start, increasing in 2014 to have both a morning and afternoon session. The dedicated team comprise of cutters, massagers, welcomers, tea makers and foot bath cleaners. It really is a great team, and is an enjoyable time for both those who attend and those who give of their time and talents. With attendees and “staff” from outside the parish, it is a service which meets a need in the community.

*“THANK YOU to all who have served in the foot clinic over the past 10 years!”*

*I deeply appreciate the care and love you have given to those who come to our Foot Clinic, and the high standards that you and the team maintain. Whenever I drop in to Foot Clinic the whole atmosphere is so warm and delightful. It is a humble and practical thing to look after another person’s feet, and you do this in such a respectful way that honours each person and communicates the love of God in a special way.”*

*(Rev. Silvia Purdie, on behalf of Cashmere Presbyterian Church, on the occasion of the 10<sup>th</sup> anniversary of Foot Clinic)*

## ***Aspie Help***

Aspie Help have their office and consulting room upstairs in Church House, and are a peer-support, social-work-based counselling, advocacy and mentoring organisation for people with Asperger Syndrome.

Shown below are co-counsellors Julie McGeorge and Leith McMurray, and office manager Anna Melling. Leith is a registered Social Worker (government gold standard) and is about to receive a Civic Award (presented by the Christchurch City Council in December). Julie is studying for a Diploma in Psychology and Counselling and Anna has a degree in Computer Science.

More information about Aspie Help and the services they provide is available at: [www.aspiehelp.com](http://www.aspiehelp.com)



*Julie McGeorge, Leith McMurray & Anna Melling*



*Above: the delicious cake made by Kirstie McAdam*

*Below: some of the attendees at the celebration afternoon tea.*



## ***People Events***

### **Weddings:**

We congratulate and extend our best wishes to:

**Faith Carag & Ronald Plandes (22 July)**

**Julia Stengs & Courtney Forrest (16 September)**

**Dannielle Hall & Andy Bell (23 September)**

**Maria Brown & Blessing Ndebele (7 October)**

**Samantha Foote & Darren Russ (28 October)**

**Nicola Mauchline & Michael Mansour (4 November)**

### **Deaths:**

We extend our sympathies to the families of:

**Carol Elizabeth Hart (26 August)**

**Adrienne Palmer Webb (31 August)**

**Joyce Lillias Simpson (31 August)**

**Thelma Jessie France (12 October)**

**Richard Arthur France (14 October)**

## CHURCH LIFE

### *Maths at Men's Night!!!*

Our second Men's Night, held 29 October, was another great success—although there was some consternation when calculators were served up to us as we sat at the tables!

We eventually found ourselves kidded into filling in formulae, and using them to calculate information such as the speeds of cars at accidents. If we used our rusty maths, we could work them out. Some of us were not even using BODMAS as a mnemonic in 'our day', but maths master Bruce Leadbetter knew it well and quickly enlightened the rest of us.

Sergeant Nigel Price, who is in charge of the investigation of serious crashes gave a very informative and well-illustrated session on how they evaluate the accident scenes, and factors that contribute to them. The assessment unit like to be there promptly to check issues, such as road friction at the time of the accident. And they definitely do not like "Tidy Kiwis" who interfere with the debris—leave that to the police when they evaluate the scene. It was a fascinating night; many thanks to Warren and Bruce for arranging it—we look forward to more like them.

Ordering Mathematical Operations					
	B	O	D	M	A
Brackets (...)	Orders $\sqrt{x}$ $x^2$	Division $\div$	Multiplication $\times$	Addition $+$	Subtraction $-$
SKILLS YOU NEED Helping You Succeed in Life Skills					

### *Interactive Church Services*

All our church services have an element of participation in them—some more so than others.

In July the children helped build the "Wall of Jericho" using produce boxes, and at our Pet Blessing Service in October we had a selection of animals boosting the numbers in the congregation, as well as photos of other much-loved pets.



### *Youth Social Night*

A very successful youth social night was held at Labour weekend, hosted by the Campbell family, and 10 young people came along to enjoy a barbecue and spa.

Many thanks to Warren, Andrea, Millie and Lucy for warm and generous hospitality - just look at those fabulous pancakes!!





## ***5 things kids learn from buckets!***

At Cashmere church we have a large stack of coloured buckets. Not because we do lots of mopping but because the children love them, and learn so much every week from the buckets.

### **1. Buckets are great drums, and teach music**

When the kids arrive for preschool music they are often given a bucket and a drum stick. Babies suck the drum stick, toddlers crash wildly and the older children learn to beat the rhythm, and stop when the song says 'stop!'. Some kids like having 3 or 4 buckets, to make a whole drum kit! Drumming also teaches maths, with heaps of ways to practice counting.

### **2. Buckets are great for hiding in, and teach 'object permanence'**

I don't quite understand why, but give a little kid a bucket and the first thing they do is put it on their head! I guess they like that they can do it all by themselves. I guess they like the way it changes the sounds they hear. But it is also such a great game of 'peek-a-boo', which is all about the developing brain coming to grips with the astonishing idea that things continue to exist even when you can't see them. Kids like putting the bucket on mum's head too.

### **3. Buckets are great for catching things, and teach sport skills**

At our preschool music group we often put on some cool dance music and set an activity involving the buckets. A popular game is throw and catch; kids can throw balls or beanbags into a bucket. An adult can hold the bucket and try to catch with it. Kids quickly improve their accuracy and ball skills. And things like this are excellent for prompting adult's creativity about things they can do at home with everyday items.

### **4. Buckets are great for construction, and teach engineering**

What happens when you put buckets together? 'Up' happens! You can stack them up into a high tower (alternating which way up the buckets face) or you can make a wall (bridging layers). You can just see the kids' brains ticking over double time trying to work all this out. And it is very interactive, teaching team work. But the very best bit, of course, is knocking it down! We used this in worship with the story of the wall of Jericho.

### **6. Buckets are great for inventing new ways for using buckets!**

Last month one of our older pre-schoolers looked at the buckets, and carefully put one foot in one bucket and the other foot in another. I watched as she tested out whether she would fall over, and I held her hand as she experimented with walking. To her great delight she discovered that she could slide off across the hall, letting go of my hand. She was ice skating! It took about 3 minutes before all the other children had noticed her and tried it themselves, even the just-walking toddlers. No adult gave instruction; the kids just observed each other and took the initiative trying out this new thing, all by themselves. It was hilarious to watch, and the adults were in awe of how all the kids were learning amazing social skills as well as creativity with their own bodies and the equipment.

You don't need expensive toys or fancy equipment for children's learning. Children learn by that fabulous interplay between self and others, when they try something and see how other people respond, when they copy and experiment. The great thing about what we do as church is that we create safe space, where little children and mums and dads and grannies feel accepted and free to be themselves. This reminds the adults who come that what matters at home is the relationships, paying attention to each other and playing together.



It is customary to blame secular science and anti-religious philosophy for the eclipse of religion in modern society. It would be more honest to blame religion for its own defeats. Religion declined not because it was refuted, but because it became irrelevant, dull, oppressive, insipid. When faith is completely replaced by creed, worship by discipline, love by habit; when the crisis of today is ignored because of the splendor of the past; when faith becomes an heirloom rather than a living fountain; when religion speaks only in the name of authority rather than with the voice of compassion – its message becomes meaningless.

*God in Search of Man: A Philosophy of Judaism (Abraham Joshua Heschel)*

# The Back Page for the young and young at heart

The Shepherds are running to Bethlehem to see the new-born Jesus. But can you find the twelve differences between the pictures? (answers at bottom of page 3)



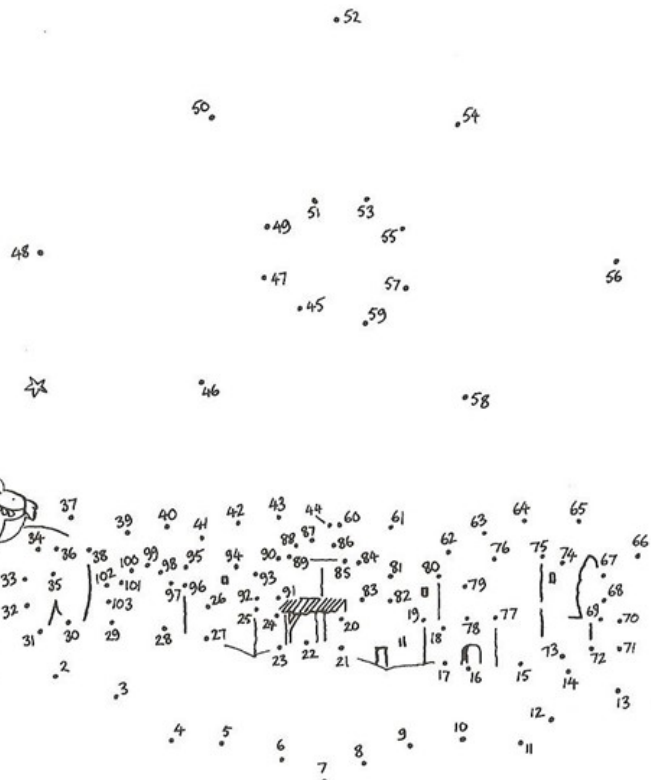
## Nativity Word Scramble

All these words come from the Christmas story. Can you unscramble them?

1. STRA      \_ \_ \_ \_
2. MAGREN      \_ \_ \_ \_ \_
3. MYAR      \_ \_ \_ \_
4. SEPHE      \_ \_ \_ \_ \_
5. DOEYKN      \_ \_ \_ \_ \_
6. AEGLN      \_ \_ \_ \_ \_
7. JPHOES      \_ \_ \_ \_ \_
8. JSSEU      \_ \_ \_ \_ \_
9. KIGSN      \_ \_ \_ \_ \_
10. STBALE      \_ \_ \_ \_ \_



www.ActivityVillage.co.uk - Keeping Kids Busy



How do the three Wise Men find their way?  
Join the dots to find out.

### Minister:

Rev Silvia Purdie BA BTheol  
Phone 027 242 1113

### Parish Office:

Office Administrator: Gail Weaver  
2 MacMillan Ave, Cashmere  
Phone: 332-7129; fax: 332-7130  
email: office@cashmerechurch.org.nz

website: www.cashmerechurch.org.nz

Your Visitor is:

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Phone.....