

# THE APOSTLE

Easter 2022



**Introducing the Rev'd**

**Kerry Davis pg 3**

Our new Priest Associate

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**Reducing, Reusing,**

**Recycling pg 6**

by Kaelyn Maclean

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**Easter Crafts pg 18**

St Aidan's   
Anglican Church

# Vicar's Foreword

Warm Greetings for Holy Week 2022.

Sustainability is our theme for this magazine. As Christians we are called to attend to the needs of our environment. See Lynne Trenwith's article (page 16) if you need reminding how important this is to God. You will also find in this publication David Cotton's helpful tips for recycling items such as polystyrene, and he answers the question of *'What difference will one person make?'* I am excited by parishioners' ideas for new emerging projects such as Isobell's Pātaka Kai (page 8), an open street pantry, which having vestry's approval she and her team will establish in our grounds. For those who like to plan ahead, note the Waiata Tree Planting Day on the 18<sup>th</sup> June, more details toward the back of the magazine. I hope you find this edition gives you an opportunity to reflect on your practices and the impact you are having on the planet.

I am anticipating you will receive this magazine at the start of Holy Week, as we journey towards the great celebration of Christ's resurrection on Easter Day. We are hopeful it won't be too long before we can resurrect the hospitality, open door and parish activities we all value as a church family. Know that I respect the various reasons why many of us are choosing carefully when to return to church in person. I am gratefully encouraged by those who have continued to participate with us through our online worship opportunities. My hope is you are all actively finding ways to ensure that your spiritual health is being nurtured and maintained. If you are feeling a little isolated, please contact someone on our pastoral team to see how we can support you.

God's mission continues and we at St Aidan's are part of that. It has been wonderful to welcome a number of new parishioners in our midst over the last few months who join our parish family. Do watch out for them at our services and make them welcome. Last but not least, we were delighted to celebrate the arrival of our new associate priest Kerry Davis. He and his wife Vaoa were welcomed at the services on Sunday 20<sup>th</sup> March and he is up and running! You won't be surprised to know I personally think it is wonderful to have a second full time priest join the staff team as we support you, the parishioners, in your work in the vineyard. †

Blessings,

*Louise*

Rev'd Louise Anderson

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on [Instagram](#) and [Facebook](#)



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# Introducing the Rev'd Kerry Davis

**Ko Puketohunua me Ruapehu ngā maunga  
Ko Taumarere me Whanganui ngā awa  
Ko Ngāpuhi me Te Āti Haunui-a-Pāpārangī ōku iwi  
Ko Ngāti Manu me Ngāti Rangi ōku hapū  
Ko Ngāti Manu me Te Puke ōku marae  
Ko Kerry Davis tōku ingoa  
Tēnā tātou katoa.**

It is so nice to once again be amongst the good people of St Aidan's. Last Sunday at the 8am and 9:30am services Vaoa, Pia and I were formally welcomed to the parish as a family. During the service various symbols of the church were presented to me as reminder of the sacred and pastoral responsibility my role as Priest Associate holds in serving this parish. They are responsibilities that with God's help I will endeavor to fulfill as I undertake my calling to be priest, friend, prayer partner and confidant. Let me know at any time if I can help or pray for you or just be present with you.

Where are you from and where were you raised?

My father's tribal areas are Ngāpuhi and Ngāti Manu in Northland. My mother was from the small central North Island township of Raetihi, so I am Te Āti Haunui-a-Pāpārangī and Ngāti Rangi on her side. I was born in Kawakawa and baptized there at St Paul's Church. I was confirmed at St Stephens School, Bombay. As the youngest of three siblings we were raised in the Anglican faith tradition by parents who were active in the church. Our father was an ordained priest but his career was as a Railway administrator so we often relocated. We lived in Kawakawa, Avondale, Otira, Blenheim and Wellington. In each of these locations we were part of the local church community. Sunday worship and daily prayer was a normal part of my upbringing and remains to this day. My parents were the biggest influences on my Christian life. They were called to their reward in heaven in 1987 and 2018 but left for us a sound model on which to build a life pleasing to God.

What was your background before coming to St Aidan's?

Prior to God's call on my life into fulltime church ministry I was a career diplomat in the Ministry of Foreign Affairs and Trade. I served at the New Zealand Embassy/High Commission in Papua New Guinea, Japan, Solomon Islands and New York. I was responsible for the administration, security and financial control of the mission as well as the care of New Zealand nationals requiring consular or medical assistance. In 2013 after our posting to New York

we returned to New Zealand where I commenced theological study nearby at St John's College. After completing my studies I was appointed Missioner at Te Mīhana Māori o Tāmaki Makaurau- the Auckland Anglican Māori Mission based at the Church of the Holy Sepulchre in Grafton.

Why is St Aidan's so special to you?

Finding a church is always a top priority for us as family. St Aidan's made a strong positive impression upon us in 2013 when we arrived in Auckland. We were warmly greeted and made to feel so welcome. There was no need for us to search elsewhere – the Holy Spirit had directed us to a faith community and place of worship that we could call home. We were invited to participate in the various ministries and before long we were helping to welcome new faces. Pia was confirmed here by Bishop Ross and when I became a Deacon and then Priest a number of the St Aidan's faithful came to my service of ordination. There is a lovely wairua that surrounds St Aidan's that is testament to the caring and supportive nature of its people. That is the reason I felt called to serve here as Priest Associate.

Tell us about your family

Serving abroad as a diplomatic officer I worked closely with people of different cultures and ethnicities. In Papua New Guinea I met Vaoa to whom I am married. She is from the Central Province of PNG. Her parents were also committed church people with her father serving as a deacon and her grandparents active as missionaries. Vaoa and I have a daughter Pia who was born to us when we were posted to Tokyo. She is currently in Dunedin studying law at Otago University.

(Continued next page)



# Introducing the Rev'd Kerry Davis (Continued)

What do you do in your spare time?

I run to keep fit and as a time for thought and reflection. My personal challenge this year is to run my 10th Auckland Marathon and 20th marathon overall. I also enjoy cycling and completed a 9 day ride from Auckland to Cape Reinga and back in 2015. I did it as a prayer pilgrimage passing through and praying in each of the pastorates of Te Hui Amorangi o Te Taitokerau. I was also inspired by Bishop Jim White who paddled his kayak from Mission Bay to Oihi in the Bay of Islands to commemorate the bicentenary of the Gospel's arrival in 2014. I have found that the scripture *"I can do all things through Christ, who gives me strength"* (Phil. 4:13) is not only appropriate for helping overcoming physical challenges but dealing with all issues that confront us.

What is your favourite song, food, quote?

Secular Song: - *"What the World Needs Now... is Love sweet Love."* This composition by Burt Bacharach & Hal David, and recorded by various artists over the decades, is a timeless classic which speaks to our humanness reminding us that love, more than anything, is needed in our lives, communities and across the world. Jesus emphasised this same message.

Worship Song - *"The Servant Song"*, by Richard Gillard. For me, verse 2 summarises beautifully our lives as Christians, *"We are pilgrims on a journey, and*

*companions on the road; we are here to help each other walk the mile and bear the load."*

Food: Japanese - We lived in Tokyo for four years and were intrigued by the care and attention that Japanese people take in the preparation and presentation of their food. It looks spectacular and tastes delicious plus it is very nutritious reflecting Japanese longevity.

Quote: *"Whether you think you can, or you think you can't – you're right"*. A Henry Ford quote emphasizing the power of attitude in determining one's success or failure.

What is your biggest passion in ministry (and why)?

Helping and supporting people and our church community in placing God as top priority in their lives. In doing so, together we fulfil the commandment of Jesus as found in Matthew 6:33 *"Seek first the kingdom of God and his righteousness, and all these things will be given to you as well"*.

What are you most looking forward to as you start?

I am really looking forward to connecting with the various ministries offered at St Aidan's to witness firsthand the very good work that each of these groups performs in growing the church and furthering God's work in our communities. †

## Easter Services

### Holy Week (Mon-Wed)

7pm Reflective Services

### Maundy Thursday

7pm Traditional Holy Communion Service

### Good Friday

9:30am Reflective Service

12pm - 3pm Church open for quiet reflection

### Easter Sunday

8am Holy Communion

9:30am Family Service & Holy Communion





# Recent Events



Carol singing in the community 2021



Young Adults home group picnic session



Church Family Picnic at Cornwall Park



Official welcome for Rev'd Kerry Davis and whānau



AAW visit to Vaughan Park



# Reducing, Reusing, Recycling

## Worm farming and composting

One wonderful option for the natural disposal of food scraps is worm farming. Most things can be put in a worm farm including paper and cardboard, fruit cores, eggshells, and most skins and peelings. This is the cycle of a worm farm: the scraps are put into the worm farm, then the worms eat the scraps, and create worm wee and castings. The wee is then collected in a tray underneath the bin and you can tip it on your plants as liquid fertiliser. The worm castings are collected in the bottom compartment and can be removed and used as fertiliser as well. A similar way of doing this is composting. Some of the scraps the worms do not like as much, such as citrus, can be put in the compost.

## Recycling

Recycling is slightly different as it is for different materials that get turned into many different things.

Materials that can be recycled include paper, cardboard, tin and aluminum cans, glass, and hard plastics. To make sure check for the recycling symbol.

Numbers 1 or 2 are easily recycled - you are good to go to put it in your bin! However, numbers 3, 4, 5, 6, and 7, are not recycled easily and not commonly wanted in your roadside bin. To recycle soft plastics, take any scrunchable plastic (e.g. plastic bags) to the supermarket and put your collection in the special green bin.



Here are two of our reuse craft projects

During lockdown we made some planter boxes with wood left over from a construction project at a park where we go for bike rides. For our first lot of plants, we grew lettuce, spinach, and marigolds which all succeeded! Now lettuce, 'bee pasture' flowers and an impatiens flower are growing.

Another cool craft is to make a piñata! Simply paint an old cardboard box and fill it with lollies! They last for exactly the right amount of time and are always an enormous success! †

Kaelyn Maclean

Left: Our Planter Boxes

Above: Our 'Hungry Bin' worm farm

## Auckland Flooding

We thought that, since this issue of the magazine is about the environment, it would be interesting to share a couple of images from the morning of Monday 21<sup>st</sup> March when Auckland experienced flooding. These photos from the Greenlane Community Facebook page are of the Greenlane West and Great South Road intersection. Louise and I also became rather soaked urgently trying to unclog drains and remove leaves at St Aidan's to prevent inundation into the Gathering Area! Did you have flooding at your place? †

Anne Godman



Interested in how you can financially help St Aidan's?

Generations of St Aidan's parishioners have given so much to their church in so many ways. Without their faith and generosity of spirit, St Aidan's would not exist today.



Open the camera app on your phone and hover over the QR code. Click on the web link for more information on giving at St Aidan's.

The donations we receive are crucial to the running of our parish. Your support is very much appreciated.

## Sustainability and Recycling

**Sustainability and recycling are prominent terms of late and are becoming more important than ever with the increasing consumption of the world's finite resources.** On a local, country and global scale, it may appear unlikely that any one individual can make a significant difference. However, if even some people make an effort then the net effect does become worthwhile

One easy avenue for sustainability and recycling is right outside your back door, and this is the blue-lid wheelie bin. A wide range of materials can go into this bin and includes paper, cardboard (boxes should be flat), plastics, glass and tins. Please note that anything going into the wheelie bin should be clean! One contaminated item can lead to the entire bin-load being rejected at the recycling station, and in a severe case, the entire vehicle load can be rejected. In these situations, the load just goes to landfill.

Further information is available at [www.makethemostofwaste.co.nz](http://www.makethemostofwaste.co.nz) on using the blue-top recycling bin (or see page 11).

Alternatives to the recycling bin are available for some plastics. One such is expanded polystyrene which is often used as protective packaging for domestic appliances. It is identifiable by its extremely lightweight and white appearance. It is also surprisingly strong and inflexible when attempting to break it into smaller fragments. This material can be recycled at Mitre 10 stores, usually via a large bin in the Trade section. The material is recycled into sheets of under-floor insulation for housing.

Soft food wrapping plastic can now be recycled at The Warehouse (and at various supermarkets), usually via a bin in the entranceway. These plastics need to be 'soft' – if you can crumple them by hand then they can go into these collection points. Since starting this particular recycling I'm amazed at how much soft food-wrap plastic I accumulate in a week. Note it still needs to be clean. These plastics are used to manufacture fence posts, plastic pallets and similar items where strength, durability & longevity are required.

Overall, sustainability and recycling is a lengthy topic and space here is limited, but if we all play our part we can reduce our impact on this planet by a substantial margin. †

David Cotton



# Sustainability & Care for God's Creation

What a lovely time of year to think about Creation - to celebrate the Earth, the garden planet God has chosen as God's sanctuary and as our home - and to focus on what that means for us as people of faith in God.

Archbishop Justin Welby, Archbishop of Canterbury said this:

*"The Season of Creation is a way to love our neighbour and to steward the gift of creation. Different expressions of the Christian faith are freshly united around the need to care for our common home. The Catholic, Anglican and Orthodox Churches come together with the World Council of Churches to celebrate a Season of Creation. People all around the globe pray and act to address climate change and to protect the earth. People of faith have a unique call to address the causes of climate change. Let us act together in ways that will safeguard our shared gift of creation - and the lives of those who will inherit it from us."*

As people of faith, we don't just state our beliefs - we live them out - and how we think about creation is tied to how we think about other people/species and our relationships with them.

A community that is faithful to the Word also cares for the sick, both humans and the land.

Throughout the Old Testament, God blesses both humans and creatures. God blessed creatures at the beginning so that they would live in harmony with humans. It can be hard to understand the implications of being connected to every other person and being in creation and we are still learning how to do this, with God.

Those who follow Christ are not rulers, but servants. And that is true for our relationships with creation as well as our relationship with other humans. By focussing on God's creation and our relationship with creation, we can seek ways to heal rather than exploit creation and people, we can find ways to care for our planet home rather than destroy it. Theology and ethics draw us into service of those who face injustice and suffering in this climate-distorted world.

**We are charged by our creator with taking good care of creation, for as we care for creation, creation also cares for us! †**

Lynne Trenwith

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# Yes please!



plastic bottles



plastic bottles  
from the bathroom  
and laundry



plastic  
containers



clear  
plastic food  
containers



glass bottles  
and jars



aluminium cans  
and empty aerosols



milk and juice cartons  
e.g Tetra Pak®  
cartons



steel and tin cans



advertising mail  
and envelopes



newspapers  
and magazines



paper and  
cardboard  
packaging



egg cartons

# No thanks!



plastic bags  
(full or empty)



food and  
garden waste



hazardous waste  
and chemicals



polystyrene meat  
trays and packaging



all types of  
batteries



nappies



clothing, shoes  
and textiles



window glass, mirror  
glass and lightbulbs



cookware, Pyrex  
and drinking  
glasses



electronic and  
electrical items



building waste



medical waste

## PĀTAKA KAI

### FREE OPEN STREET PANTRIES

Vestry has approved my idea of having a "pātaka kai" at church. Have you ever seen one?

*"The (Pātaka Kai) Open Street Pantry Movement is a resident led, grassroots, crowd sourced solution to immediate and local need, rescuing food and encouraging the co-sharing between neighbours to strengthen communities. Whether a need for food or a need to give, the Open Street Pantry Movement facilitates neighbours helping neighbours, building community."*

I am in a neighbourhood Facebook group for my area (I don't live in Remuera), and there has been an increase in both the number of people asking for kai (food), often struggling from COVID-related issues, and also people who have too much kai, often with trees abundant with fruit or leftover unpurchased bread that needs eating, and the common answer for these people is the local pātaka kai.

***Nā tō rourou, nā taku rourou ka ora ai te iwi***  
***With your basket and my basket, we will sustain the people***

Once our pātaka kai is open, I will add our location to the official website, so people know that our church has one. I will also be changing our current [St Aidan's Mission Shop](#) Facebook page to also include the pātaka kai, meaning people are able to post pictures of food they have recently dropped off. There will be nicely designed signs made up so people know how it all works - but essentially, it's this: *take what you need, bring what you can.*

<https://www.patakai.co.nz/>

I am keen to put in the hard mahi (work) to get this up and running, so I am on the lookout for a good quality cupboard that can withstand being outdoors. It doesn't have to be a specific type of cupboard, but it has to be big enough to house some food and ideally has a shelf or two. Otherwise, I am looking at making one by hand - but that will be costly! Take a look at the pātaka kai website for examples of what gets used at other locations. My absolute ideal cupboard would be one with semi-see-through doors. Thank you! †

Isobell Tregoweth

## St Aidan's Mission Shop



During January a group of volunteers met on Thursdays to change the winter clothes still on the racks from the lockdown last August to summer in anticipation of reopening at the normal time in February.

Because the Omicron variant then took hold it was decided to open just one day a week, and the volunteers should work only two hour shifts. At the time of writing this is working well, and very few customers have been turned away for not producing a Vaccine Pass.

We have been blessed with some new and not so new parishioners who have offered to work in the Mission shop so our volunteer numbers remain steady. When we are open normally again, we look forward to accommodating some local college students who are wanting to do community service hours. We have found these students very willing and helpful in the past. †

Jenny Haggitt

## ABM: Update on Tonga Appeal

Since the volcanic eruption in Tonga, emergency relief supplies from two Fijian shipping containers have been distributed to those in need. Four more containers are on their way from Auckland with more supplies and building materials. Some of these containers will stay in Tonga as emergency relief supply sites.

Longer-term we plan to repair churches and associated buildings (often needed as evacuation centres); provide psycho-social support; repair and build water tanks; and help reestablish gardens and agriculture. †





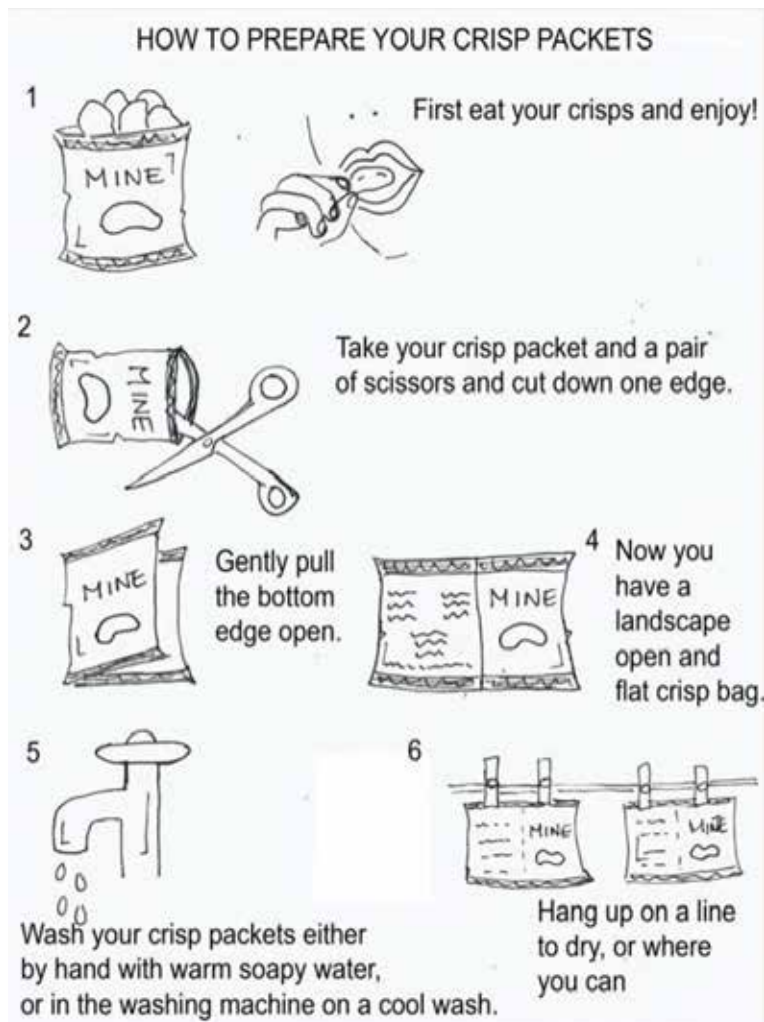
# Chip Packet Project New Zealand (CPPNZ)

An Auckland-based organisation is helping in the most unlikely of ways – with empty potato chip packets. "Chip Packet Project NZ" reuses your empty foil packets and creates survival sheets (thermal blankets) for the city's most vulnerable people. The organisation started in September 2021 and is a spin-off of the UK-based "Crisp Packet Project". CPP now operates internationally!

A chip packet can take 80 years to decompose in landfill. Turning them into something useful reduces waste and provides comfort to those in need. Each survival sheet uses 44 chip packets. That's 3520 recycling years!

The organisation collects freshly-washed chip packets, or any foil-wrapped food item, before fusing them together with an iron to create a "survival sheet" for Aucklanders in need.

CPPNZ has partnered with Lifewise and Housing First to make sure the survival sheets get to Kiwis who desperately need them. ↑

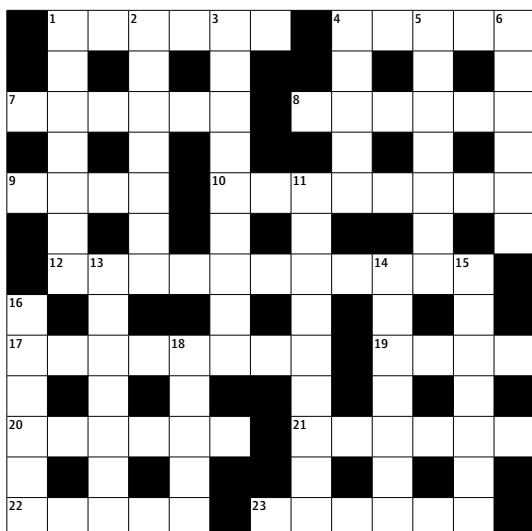


## Local Collection Point:

Jenny Haggitt is happy to collect these at St Aidan's, or they can be given directly to:  
St Heliers CPPNZ Fusion Group (in partnership with St Philips Anglican Church)  
92 St Heliers Bay Road, Auckland

Check out their Facebook page for more locations:  
<https://www.facebook.com/chippacketprojectnz/>

## Quick Crossword



### Across

- 1 Send-up (6)
- 4 Cut meat, stone or wood (5)
- 7 Coming together of businesses (6)
- 8 Slender and graceful (6)
- 9 One gets over it as one gets older (4)
- 10 Underground energy source (4,4)
- 12 Regains Mali (anag) – place on the sidelines (11)
- 17 And so on (2,6)
- 19 Debatable (4)
- 20 Support for photography (6)
- 21 Line around an area to prevent entry (6)
- 22 Object used in playing chess (5)
- 23 Mixture of things from different sources (6)

### Down

- 1 Extra cost (7)
- 2 One often found in pub? (7)
- 3 Order issued from above (9)
- 4 Nit-pick (5)
- 5 Recovers in health or morale (7)
- 6 Time for a mid-morning something? (6)
- 11 Sudden appearance of an overwhelming mass (9)
- 13 Record store (7)
- 14 Degenerate (7)
- 15 Thrift (7)
- 16 Repressed (4-2)
- 18 Common theme (5)

# Pins & Needles

As I now take the reins of the St Aidan's Pins and Needles knitting group from Marie Taylor, I would like to thank Marie, who has from the beginning in 2016 led this group. We started with 6-8 members and we have now grown to 43 ladies including many outworkers. We have been able to donate many, many articles for those in need – mainly children and new-borns but also for the elderly. We are grateful to Marie for having the insight to create this lovely group of ladies who enjoy knitting as a relaxing pastime whilst fulfilling a community need. Marie has set us up well and we will endeavour to continue in future what she had the foresight to start.

It is my privilege to report on what this group of very active knitters and crocheters have been doing and what they have achieved during these difficult COVID times.

We were able to meet for the first time in February this year, the previous meeting having been in August 2021. Fourteen members joined us for morning tea and then we showed just how much we had all achieved throughout lockdown. There was an enormous pile of beautiful knitting which was all sorted and distributed the next week.

In the lockdown time we were able to keep members supplied with yarn and it is with grateful thanks to Mike from Mike's Emporium in Howick who kept topping up our supplies by delivering all that we needed.

All the yarn was processed into a large number of garments for those in need of a warm blanket, jumper, beanie, scarf and many other items. We have women who specialise in certain things to knit – beautiful baby sets of jacket, beanie and booties, jumpers and cardigans for toddlers and children, beautiful teddies which many children at ATWC receive, and so many blankets for babies, older children and even older folk for knee rugs. All these items are very much appreciated by the recipients.

*"It is my privilege to report on what this group of very active knitters and crocheters have been doing"*

From Anglican Trust for Women and Children:

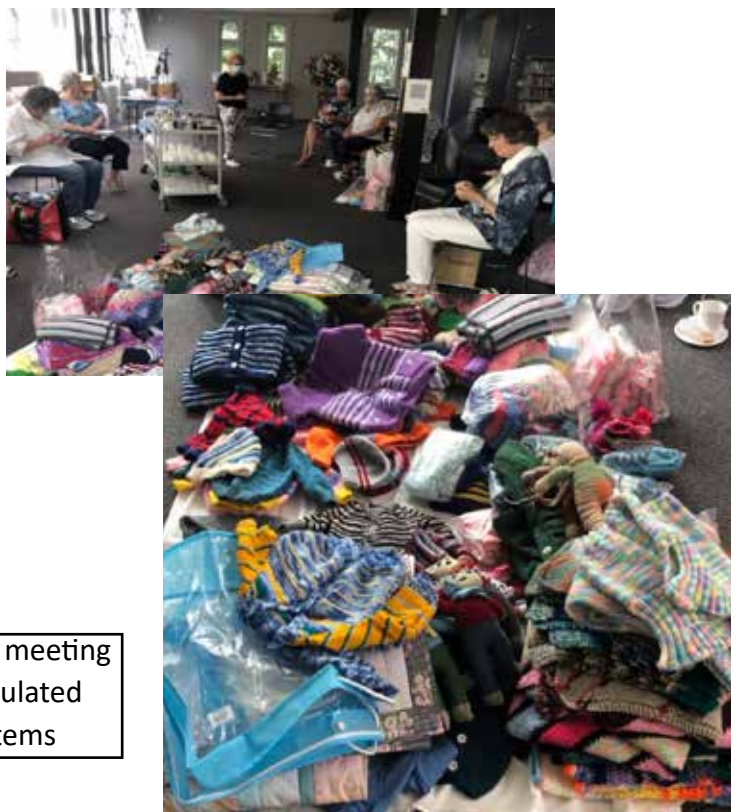
*"A big thank you for the wonderful donation of a magnificent assortment of hand knitted baby and toddler garments – jumpers, cardigans in beautiful colours, patterns with delightful buttons (animals, toys, and bright colours), beanies and lovely soft toys you very kindly gifted. Your generosity and thoughtfulness to ATWC helps us in assisting whanau & tamariki."*

A thank you from the Counties Manukau Community Midwives who go into the homes to look after new-born babies and who often see a need for warm clothing for toddlers in those homes and can let us know what items would be helpful.

*"What a fantastic supply of knitting!! I have noticed a real change in the weather so autumn is coming and these knits will be put to much use and surely be appreciated. Please pass on our thanks again to all the knitters and crocheters for all their hard work and ongoing support"*

We have a selection of knitting which we sell to make money to buy more yarn and we have also received donation of funds from the St Aidan's Mission Shop through the Charitable Purposes Group and others which helps to keep the group going. Should anyone like to purchase a garment please contact me and I can arrange to meet - donations to purchase yarn are always gratefully received. †

Gail Hodder



Right: March meeting and accumulated knitted items





# HomeGround is OPEN!

## New beginnings

In a year like no other, despite unprecedented delays, on Christmas Eve practical completion of the HomeGround building was achieved and the keys were officially handed over to our Manutaki.

Developed to be a welcoming, warm and safe space to all who walk through its doors – whether an apartment resident or a neighbour passing through – good-quality, attractive materials and furnishings help instil a sense of dignity and pride in all who step inside the building.

We are now well underway with training our staff members and introducing them to the space – and before you know it, we will be able to welcome you too.

## Blessing the Building

We gathered at dawn along with representatives from Ngāti Whātua Ōrākei to bless Auckland's new building; to awhi the wairua of this special place in the heart of Tāmaki Makaurau, and to speak its name into being. It has been a vision more than a decade in the making, with hundreds of thousands of hands having worked tirelessly and courageously to make that vision a reality.

From architects to builders to engineers and many, many others who worked behind the scenes, to those who raised the money, to the staff of Te Tāpui Atawhai, and the people of Auckland... the list is long, but you each know who you are and we genuinely, and deeply, thank you.

## Haeata

The new and improved Haeata is a bright and spacious place for people to gather and enjoy a hot, nutritious morning meal as well as a takeaway bag of food for lunch. The kitchen is open seven days a week and has the capacity to feed over 300 people a day!

There are indoor and outdoor seating options, both of which provide a space for Mission staff to connect with clients, to check how they are and find out if they need any specific support on any given day. All of the doors open which, when combined with the community spaces, creates a big, welcoming area. †



Extract from Mission News Autumn 2022

"No matter who a person is, when they walk through the doors [of HomeGround] they will be greeted with aroha and in a way that keeps their mana intact and makes them feel safe and assured."

– Front of House Manager, Kylie Tipene.



# WELLBEING TIPS

THESE TIPS ARE DESIGNED TO HELP GET YOU THINKING ABOUT WHAT WILL HELP YOUR MENTAL WELLBEING AT THE MOMENT. THESE SIMPLE ACTIONS ARE BIG MOOD BOOSTERS – FIND WHAT WORKS FOR YOU AND KEEP AT IT!



## TAKE NOTICE – ME ARO TONU

Notice the things that make you feel good and do them more often! It could be your morning coffee, a walk around the block or playing games with your tamariki/children.



## GIVE – ĀWHINA

Think about a skill you have you could share with your whānau, offer to pick groceries up for elderly neighbours or simply give a compliment to a loved one!



## GET MOVING – KIA KORI

Regular movement and exercise helps release tension and stress and gives you an energy boost!



## CONNECT – TŪHONO

Keep in touch with your friends, whānau and colleagues on the phone, through social media, video chats and text.



## STAY CURIOUS – ME WHAI WHAKAARO

Learning new things helps to focus your mind and gives you a sense of purpose. It could be learning a language, a craft, or even mastering a tricky recipe.



## STICK TO A ROUTINE – WHAI MAHERE

It will help you get through each day and adjust to regular life when it goes back to normal.



## RELAX – MAURI TAU

Find ways to rest, switch off and recharge. Reading, mindfulness, yoga and deep breathing are all great ways to unwind.

# GETTING THROUGH TOGETHER

WHĀIA E TĀTOU TE PĀE TAWHITI

## ALL RIGHT?

 Mental Health Foundation  
mauri tū, mauri era OF NEW ZEALAND



# A Statement from the Archbishops of the Anglican Church in Aotearoa, New Zealand and Polynesia

## The invasion of the Ukraine

*Rangimārie! Rangimārie! Ahakoa te utu!  
Peace! Peace! No matter what the cost!*

This was Archdeacon Tiki Raumati's oft repeated kōrero, speaking out of his people's lived experience of the intergenerational impact of naked aggression and the greed for land.

As the Russian army invades Ukraine without provocation, the world must again defend the innocent. We call on all Christians to pray for the people and leaders of Ukraine and for the people and leaders of Russia. This act of war will create suffering and destruction and will win nothing. We must pray for, and support, world leaders in responding with wisdom, compassion, and resolution for the protection of the innocent and the restoration of justice and peace.

We also encourage you to pray daily for the Ukraine and to participate with the wider church in Pope Francis's call to make Ash Wednesday a day of prayer and fasting for peace. †

*Published on 1<sup>st</sup> March 2022*

## A Prayer for Ukraine

Eternal Creator,  
You have made us in your image,  
though we often obscure it;  
You have made us stewards of the earth  
and guardians of one another.  
Give the people of Ukraine your protection,  
strength, and assurance,  
Give us the courage to support and defend  
our Ukrainian brothers and sisters, and  
Give world leaders wisdom, compassion,  
and resolution in their decisions.  
In this crisis, remind us again of the need  
to always strive for peace,  
that the people of Ukraine may once again know  
peace and justice, and  
that all your children may know the perfect  
freedom found in serving one another.

Amen.

### Normal and abnormal memory loss

Forgetting where you left your cheque book	Forgetting which bank you use
Repeating a story to a friend or spouse	Repeating a story over and over on the same day to the same person
Forgetting what you had for breakfast yesterday	Forgetting what you had for breakfast 15 minutes ago
Using calendars and lists to remind you to do things	Forgetting to use calendars and lists and not understanding the use of either of these
Being disoriented for a moment waking up in a strange motel room while travelling	Getting lost in your own home where you have lived for several years
Sometimes forgetting where you parked the car	Forgetting that you drove to the shops or that you have a car
Forgetting the details of a holiday 10 years ago	Forgetting that you went for a trip last week
Worrying you have memory problems	Becoming unaware and uncaring that you have memory loss

## Women's Evening Fellowship

How fortunate we all felt that our first meeting for the year in February was able to go ahead. Angela Caughey spoke to us about dealing daily with dementia.

What an enlightening evening it was listening to and discussing Angela's words of wisdom. Unfortunately, dementia is something we are involved with or have contact with friends who are dealing with it so Angela's talk was reassuring, helpful and constructive for us all. †

Left: From Angela's book, "Dealing Daily With Dementia"

# JESUS FOCUSED FAMILY FUN!

WONDERING HOW TO PUT JESUS INTO EASTER THIS YEAR?

HERE IS A FUN FAITH FILLED RESURRECTION EASTER EGG CHALLENGE FOR YOU TO ENJOY WITH YOUR KIDS.

## INSTRUCTIONS:

1. GET AN EGG CARTON FOR 12 PLASTIC EGGS
2. NUMBER YOUR EGGS 1 - 12
3. WRITE OUT THE VERSES ON SMALL PIECES OF PAPER TO INSERT INTO EACH CORRESPONDING EGG *(SEE ITEMS AND VERSES >>>>)*
4. GATHER OR MAKE ITEMS AND INSERT THEM INTO THE CORRESPONDING EGGS *(SEE ITEMS AND VERSES >>>>)*
5. HIDE THE EGGS IN THE GARDEN OR IN A SMALL ROOM.
6. HAVE AN EGG HUNT TOGETHER AND FIND ALL THE EGGS BEFORE OPENING TOGETHER AS A FAMILY.

## ITEMS AND VERSES

- |                           |  |
|---------------------------|--|
| 1) PIECE OF BREAD         | <i>(MARK 14:22) – THE LAST SUPPER</i>          |
| 2) 3 SILVER COINS         | <i>(MATTHEW 26: 14-15) - JUDAS' BETRAYAL</i>   |
| 3) FEATHER OR TOY ROOSTER | <i>(MATTHEW 26: 33-35 - PETERS DENIAL</i>      |
| 4) CROWN OF THORNS        | <i>(MARK 15:17)</i>                            |
| 5) DIE OR DICE            | <i>(JOHN 19:23-24) - CAST OF LOTS</i>          |
| 6) CROSS/CRUCIFIX         | <i>(JOHN 19:17-18)</i>                         |
| 7) 3 NAILS                | <i>(MATTHEW 27:31) - JESUS NAILED TO IT</i>    |
| 8) SPONGE                 | <i>(JOHN 19:29) - "I THIRST"</i>               |
| 9) CLOTH/LINEN            | <i>(MATTHEW 27:57-60) JESUS WAS WRAPPED</i>    |
| 10) WHOLE CLOVES          | <i>(MARK 16:1) SPICES FOR ANOINTING</i>        |
| 11) ROCK/STONE            | <i>(MATTHEW 27:62-65) IN FRONT OF THE TOMB</i> |
| 12) EMPTY                 | <i>(MARK 16:5-6) JESUS HAS RISEN!</i>          |



*TOP TIP FROM US: IF YOU DON'T HAVE PLASTIC EGGS YOU CAN USE REAL ONES AND SWAP KIDS WITH THE 'ITEM AND VERSE' WHEN THEY BRING YOU THE EGGS*

<https://www.faith4families.org/>

**FAITH4FAMILIES**  
passing on faith to the next generation

## Regular Events at St Aidan's

Sunday Services	8:00am Holy Communion. 9:30am Family Communion.
Wednesday Service	11:30am Holy Communion without music.
Prayer in the GA	Thursday mornings at 9am. Come along or join via Zoom online or by phone.
Contemplative Prayer	Meets each Wednesday at 9:45am, 276A Victoria Avenue. Contact Anne Priestley.
Kids' Church	All children ages 3-10 during the 9:30am Sunday service. Contact Izzi Hoskyn.
Mainly Music	Wednesdays during term time at 9:30am. Music and play for families with pre-school aged children. Contact Vicki White or the Office.
Youth	Ages 11+ at the 9:30am Sunday service and Friday at 7pm. Contact Nic Mercer.
Young Adults	Meets every 2 <sup>nd</sup> Monday at 7pm plus occasional social events. Contact Isobell.
Choir Practice	Saturdays at 10am in the Bethel Room. New members welcome. Contact Antoinette.
Home Groups	Contact Sheryl Swanevelder or Louise for more information.
AAW	A women's afternoon fellowship group. Meets monthly on 1 <sup>st</sup> Tuesday at 1:30pm. Contact Mary Parkinson.
WEF	A women's evening fellowship group. Meets monthly on 3 <sup>rd</sup> Tuesday at 7:30pm. Contact Jan Evans.
Men's Ministry	Meets last Thursday of the month. Contact Pete Macaulay.
Pins & Needles	Meets monthly on 2 <sup>nd</sup> Monday of the month. Contact Gail Hodder.



# Association of Anglican Women (AAW)

On a glorious summer day some members of our afternoon women's fellowship group drove to Vaughan Park Retreat and Conference Centre. We were greeted warmly by Callie Mead, the Guest Registrar, and invited to partake of morning tea. After this the Director, Lesley Snyman, a friendly and charming woman, showed us around the Conference Centre.

The land was originally given by Thomas Vaughan and family in 1963, whose farm occupied many acres at Long Bay on Auckland's north shore.

Now, as the advertisement on the website states, *"all the buildings face the sun and the wonderful sea views including the place and space, nestled in the gently rolling hills above Long Bay in Auckland"*. Each year Vaughan Park welcomes approximately 12,000 guests through the door. These people maybe Rotary groups, both University and School groups, social groups, various religious groups, and numerous corporate groups, both NZ based as well as international.



After morning tea we gathered in the Thomas Vaughan Conference Room while Lesley gave us an insight into



the Retreat Centre before taking us on a walking tour of the complex. Several groups of buildings, each with six bedrooms, and the seventh being a double, bathrooms and a sitting room. There were three Conference rooms each of different sizes to accommodate different groups. And last but not least we were taken to the chapel where the resident chaplain, Sapati Tima gave a short talk about the building of the chapel and then gave us a prayer and a blessing.

Another highlight was the delicious lunch served in the dining room, which was very much appreciated.

These buildings have won architectural acclaim. As the brochure states *"they offer an inclusive and welcoming oasis of peace, grace and generous hospitality"* which our members thoroughly enjoyed. †

## New Vergers Wanted

- Looking for ways to make a little extra income?
- Do you have some time on your hands during the week, and availability at fairly short notice?
- Have you ever considered becoming a Verger?
- Do you even know what a Verger does???

**Vergers are paid assistants to Clergy for funerals and weddings.** I.e. Preparation, unlocking and locking up, setting up and packing up, AV desk operation. Some computer literacy is required and full training is provided. St Aidan's is in need of more people to call on as Vergers and we will be starting training soon.

Contact Louise if you would like to know more.



# Easter Crafts

## Easter Stained-glass Cross

### You'll need:

- Contact Paper
- Tissue Paper
- Scissors
- Sharpie
- Tape (to hold contact paper down while you work)

### Directions:

Step 1: Take backing off clear contact paper, and lay sticky side up. Secure to counter with tape.

Step 2: Place lots of colorful pieces of tissue paper all over the contact paper.

Step 3: Cut another piece of contact paper that's the same size and place it sticky side down on top of your tissue paper covered contact paper.

Step 4: Draw desired shape on with a permanent marker, and cut out objects.

Step 5: Hang on window for display! (We used scotch tape to stick it on the window) We made eggs and crosses to celebrate Easter, but you could easily do any design you want!

Source: <https://www.confessionsofahomeschooler.com/blog/2010/04/stained-glass-cross-egg-easter-craft.html>



Puzzle solution  
from page 22



Quick Crossword Solution  
from page 9



## Easter Bunny Jar

From the supermarket or \$2 shop you can buy little bunny ears headbands.

Cut off the headband part and get an adult to help you hot glue the ears onto the top of a clean jar lid.

Add a little cotton ball to the side of the jar for a tail.

Punch a hole into the corner of a gift tag and tie it around the neck of the jar with ribbon.

Fill the jar with mini Easter eggs or lollies to give to someone you love.



## Easter Cross Watercolour

This is a simple craft for Easter. Colour with white crayon over the cross, then paint stripes or designs over the egg. When dry, cut out the egg shape and write a special Easter message to friends and family.





Proud to be part of  
the St Aidan's community



582 Remuera Road, Remuera, Auckland 1050 | 09 520 3119 | [staff@sibuns.co.nz](mailto:staff@sibuns.co.nz)  
[www.sibuns.co.nz](http://www.sibuns.co.nz)

## Meet the Vestry

In our last 'The Apostle', we asked our Vestry members to introduce themselves by posing a series of questions. Mark Rushton was away at the time, so here are his responses:

**When did you start attending St Aidan's?**  
2019

**What Sunday service do you usually attend?**  
9:30am

**During the week how do you spend your time?**  
Working!

**What hobbies/interests do you have?**  
Riding horses and gaming.

**If you were convincing someone to attend St Aidan's what would be one thing that you would tell them about?**

Genuine care and support for each other.

**What is one thing that you appreciate about St Aidan's?**  
The diversity of the people.



## Save the Date



Waiata Reserve Tree Planting  
18<sup>th</sup> June 2022

*Conservation Volunteers* have asked us if we could provide some volunteers for both digging and running the BBQ! We'd love to see you there.

It's wonderful to feel the fantastic community spirit on the day, as multiple groups get together to help plant trees in our local reserve.

# Community Noticeboard



We all know the value of going green and living lightly and sometimes we need some extra fuel to keep us going. EcoFest North is just that, engage with a thriving community of eco-champions, learn something new, reconnect with nature and refuel your enthusiasm to help create a better, greener tomorrow!

Immerse yourself in nature, learn to compost, create eco art or join a river cleaning crew... Whatever you're into, there's bound to be something for you.

<https://kaipatiki.org.nz/ecofest/> has a full list of events and workshops

## From the Registers

November 2021 to March 2022

### Funerals

Althea Law	Geoffrey Brown
Julie Carr	Neil Phillips
Christopher Gault	Mary Hills
Harold Titter	Cherry Douglas

### Weddings

Aifua Fitu & Samaina Opapo

### Baptisms

Zoe Boyle  
Emma Boyle  
Angus Campbell  
Finn Campbell

All articles printed in the Parish Magazine are at the discretion of the Vicar. Content and size may be edited to fit publication. We welcome your photos. Please email contributions to the office.

Deadline for next Parish Magazine is 1<sup>st</sup> August 2022.

## Easter at Holy Trinity Cathedral

Some alternative Easter services if you're unable to attend the scheduled St Aidan's services:

### **HOLY WEDNESDAY - 13<sup>th</sup> April**

6pm Choral Evensong with Benediction

### **GOOD FRIDAY - 15<sup>th</sup> April**

10am Family Service

3pm Good Friday Service

### **HOLY SATURDAY - 16<sup>th</sup> April**

8pm The Great Easter Vigil

### **EASTER SUNDAY - 17<sup>th</sup> April**

10am Choral Eucharist

5pm Choral Evensong

8pm Taizé Prayer

All information can be found here:

<http://www.holy-trinity.org.nz/spiritual-life>

## Matariki Makers Market

*"Support Māori arts and crafts makers at this pop-*



*up market in celebration of Matariki, the Māori new year. Shop a carefully curated selection of artworks and objects and purchase your own locally made taonga (treasure). While you're at it you can also check out our Matariki exhibitions,*

*join in the art-making activities and buy some yummy kai from our food truck."*

To find out more: <https://www.matarikifestival.org.nz/2021/matariki-makers-market/>

**Suitable for:** All ages

**Cost:** Free

**When:** Saturday 3<sup>rd</sup> July, 10am-2pm

**Where:** Studio One Toi Tū, 1 Ponsonby Road



# Hot Cross Brownies

Not a fan of a plain hot cross bun?  
How about hot cross brownies! This recipe combines two classics... hot cross buns and chocolate!

## Ingredients

### Brownie:

- Dark chocolate - 120 g
- Butter, salted - 120 g
- Sugar - 1/2 cup
- Eggs - 2
- Vanilla essence - 1 tsp
- Self-raising flour - 1/2 cup
- Hot cross buns, torn into small pieces - 3

### Crosses:

- Icing sugar, mixed with 2 tsp water - 1/2 cup



## Method

1. Preheat an oven to 170°C. Line a 20 x 20 cm tin with baking paper.
2. Into a pot, place the chocolate, butter and sugar, heating the mix slowly and stirring until smooth. Remove, cool for 10 minutes then whisk in the eggs. Then add the vanilla, flour and hot cross buns pieces, mixing to combine.
3. Pour the mixture into the tin (leaving it a little rough on the top is fine). Bake for 35 minutes until just set. Remove and cool completely before cutting into squares.
4. To make the crosses drizzle a little icing over each piece.
5. Eat! And share with friends or whānau.

Search 'Hot Cross Brownie' on <https://shop.countdown.co.nz/recipes/> to find the full recipe.

# Bunny Cottontails



## Ingredients

- 1 cup (80g) desiccated coconut
- 2 x240g pkts marshmallows
- 200g white chocolate melts

## Method

1. Line a baking tray with baking paper. Place 1 cup (80g) desiccated coconut on a plate.
2. Separate the white marshmallows from each packet. Place white chocolate melts in a heatproof bowl over a saucepan of simmering water. Stir occasionally with a metal spoon for 5 mins or until chocolate melts. Remove from heat.
3. Use a fork to dip 1 white marshmallow in the chocolate to lightly coat. Gently tap the fork on the side of the bowl to remove excess. Transfer to the coconut and toss to coat. Place on the lined tray. Repeat with the remaining white marshmallows, chocolate and coconut.
4. Set aside for 30 mins or until set.
5. Eat! And share with friends or whānau.

Search 'Bunny Cottontails' on <https://www.taste.com.au/> to find the full recipe.

## mainly music

Wednesdays 9:30am - 10:30am

During the school term in the hall

All are welcome!

A place where tamariki/young children & whānau/their carers find delight in shared experiences through music and play.



## Growing together in God's love!

This year, we are growing together in God's love in Kids' Church! We started this project during a Sunday session, thinking about how we can show God's love to each other and ourselves. We can't wait to continue to add more leaves to our tree and bugs to our sky as we continue to return to church! †

Izzi, Children's Ministry Coordinator



### Find the bee amongst the flowers

Solution on page 5



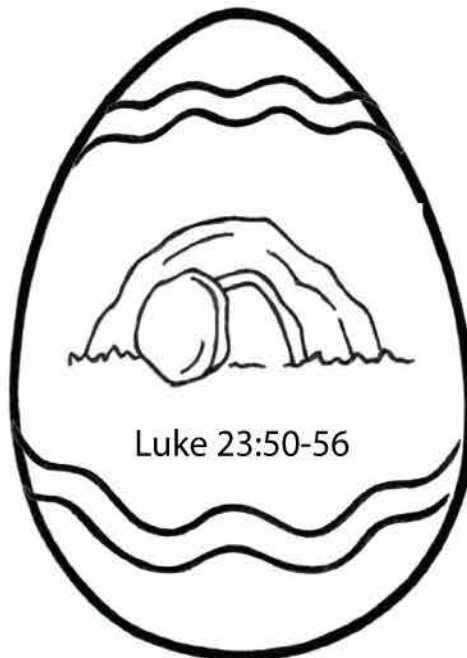
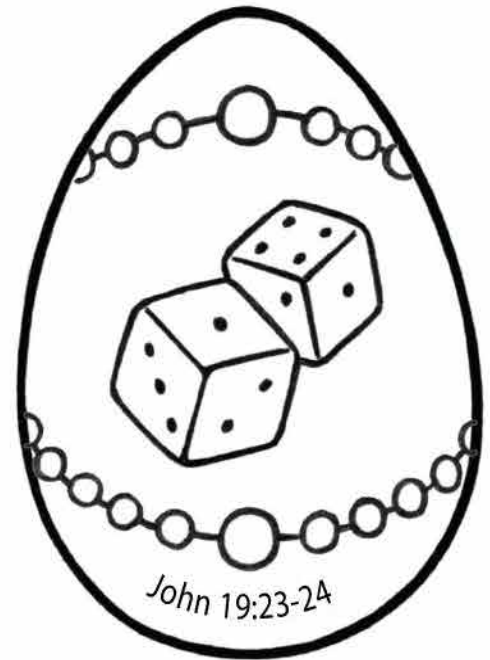
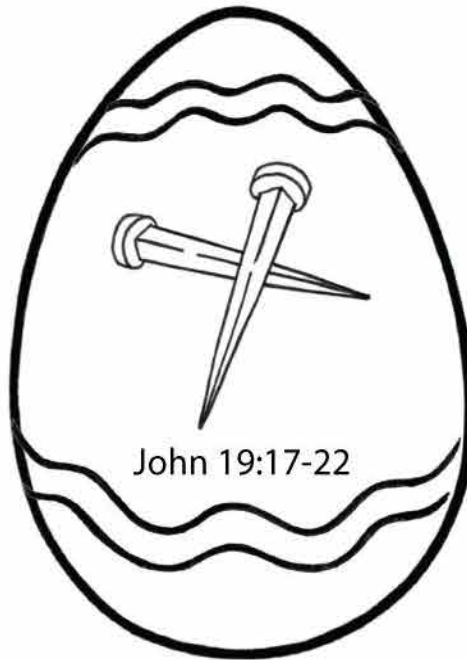
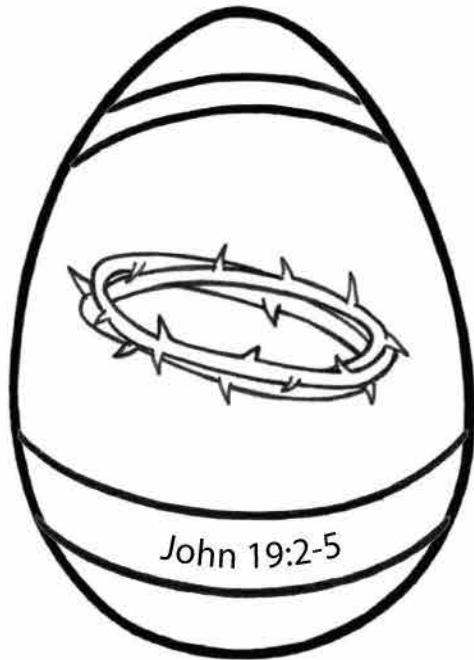
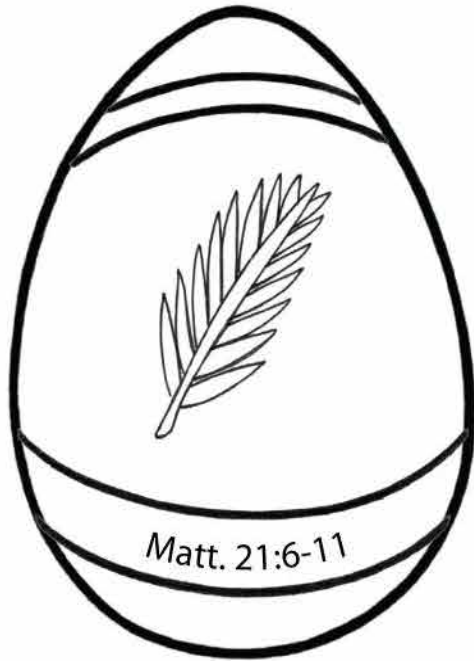
### Jellybean PRAYER

-  Red is for the blood He gave.
-  Green is for the grass He made.
-  Yellow is for the sun so bright.
-  Orange is for the edge of night.
-  Blue is for the sins we made.
-  White is for the grace He gave.
-  Purple is for His hour of sorrow.
-  Pink is for our new tomorrow.

IMAGES FULL COPYRIGHT DANCING CRAYON DESIGNS



# Colour and cut out the Easter story eggs



## Contacts at St Aidan's

**Office**  
Mon-Fri, 9am-3:30pm

Anne Godman  
[office@staidans.co.nz](mailto:office@staidans.co.nz)  
09 929 4670 ext 1

**Vicar**  
Tues pm-Sat am,  
Sunday

The Rev'd Louise Anderson  
[louise@staidans.co.nz](mailto:louise@staidans.co.nz)  
027 448 4467

**Priest Associate**  
Sun-Thur

The Rev'd Kerry Davis  
[kerry@staidans.co.nz](mailto:kerry@staidans.co.nz)  
022 364 9594

**Kids' Church**

Izzi Hoskyn  
[children@staidans.co.nz](mailto:children@staidans.co.nz)

**Mainly Music**

Vicki White  
[staidansmainlymusic@gmail.com](mailto:staidansmainlymusic@gmail.com)

**Youth**

Nic Mercer  
[youth@staidans.co.nz](mailto:youth@staidans.co.nz)

**Young Adults and  
Website & Social Media  
Content Manager**

Isobell Tregoweth  
[staidansremuera@gmail.com](mailto:staidansremuera@gmail.com)

**Vicar's Warden**

James Parkinson

**People's Warden**

Desré Simpson

5 Ascot Avenue, Remuera, Auckland  
[www.staidans.co.nz](http://www.staidans.co.nz)  
[www.facebook.com/staidansremuera](https://www.facebook.com/staidansremuera)  
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