

# THE APOSTLE

Easter 2025



St Aidan's   
Anglican Church

Farewell to Louise pg 4-5

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Pancake Day pg 8

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The Big Mission Home pg 11

# The Vicar Writes...

*Jesus said: We do not live by bread alone.*

What else might we need to nourish our souls? And help us keep all the stones we juggle balanced in our lives?

This has been the focus of our Lenten journey.

Inspired by a wonderful resource from the Methodist Church of the UK, we have been exploring all the things that sustain and nourish our life and faith as individuals and as a faith community. Things like food and water, a safe home, rest, love and forgiveness, companionship, music and creativity.

Together these gifts help us to find strength we need to navigate the joys and challenges of our lives. As we receive God's bountiful blessings, are inspired to share with others the gifts we have ourselves received.

In this edition of 'The Apostle' Barbara Weir beautifully describes our faith as an ever-changing tide. The incoming tide, draws us into closer communion with the Spirit of God. The outgoing tide sends us forth to act for justice and love (p. 6)

Isobell, Anne and I hope that this edition of 'The Apostle' (my first as your Vicar) will be for you "Soul Food". It is full of your stories. Stories of God's action in the life of our church. Stories of the groups and activities which nourish our hearts, minds, bodies and souls, and inspire our mission. Reminders of the ways God draws us into communion and example of the countless ways God send us out into the world.

Our youngest parishioners share the things that feed their hearts and minds (p. 6). Treasurer Kumar Mather shares his family's story of coming to St Aidan's in 1997, finding a welcoming community and a continuing sense of home (p. 10). His story echoes my own arrival as a single 20-year old three years later and those many of you have shared with me. In Baptism Frankie Deuss has

also become part of this endless story of God's loving action in our church community (p. 14). Each of these stories reflects the warmth of God's welcome to all people.

People's Warden, Lynne Trenwith, shares some suggestions on how to keep ourselves well as we care for others (p. 12). Choristers Jeanette Wong and Karel Lee reflect on the gift of music in our lives. mainly music families remind us that music can speak to the hearts of every generation (p. 18-19). The Reverends Christina Turner and Anne Priestley invite us to pause and reflect on the theological and spiritual significance of Christ's death (p. 20) and resurrection (p. 22) in our lives.

Within these pages you will also read about some of the many ways we share the Good News of Jesus with those around us – in word and action. Sharing food through our Pataka Kai (p. 7); helping others find a safe home by supporting the Auckland City Mission's 'Big Mission Home' (p. 11); campaigning for the rights of others in advocacy (p. 15); and as we cultivate intergenerational relationships (p. 9 & 23) to name just a few.

As we journey through Holy Week toward Jesus death and resurrection, may the Living God so fill our hearts with joy and hope that we simply cannot keep the good news of God's love and forgiveness to ourselves. †

Yours in Christ,

**Sarah**



## St Aidan's Anglican Church

5 Ascot Avenue, Remuera 1050

[office@staidans.co.nz](mailto:office@staidans.co.nz)

(09) 929 4670 ext. 1

'The Apostle' magazine is published on behalf of St Aidan's Anglican Church, Remuera. All articles printed in the Parish Magazine are at the discretion of the editor. Content and size may be edited to fit publication. For permission to reproduce any material in this magazine, please contact our office.

We welcome your contributions and photos for the St Aidan's Day edition of 'The Apostle' magazine. Deadline: 31<sup>st</sup> July 2025.

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# EASTER

## at St Aidan's, Remuera

Monday 14th April - Sunday 20th April 2025

<b>Holy Week (Mon-Wed)</b>	7pm	Half Hour Reflective Services
<b>Maundy Thursday</b>	7pm	Holy Communion and Foot Washing
<b>Good Friday</b>	9:30am	Intergenerational Service
<b>Easter Sunday</b>	8am	Holy Communion
	9:30am	Intergenerational Holy Communion



**Soul Support:** How are we nourished when times are tough?



**Soul Stories:** Having been fed, how do we tell our stories?



Methodist Church in Great Britain (copyright TMCP) [www.methodist.org.uk/SoulFood](http://www.methodist.org.uk/SoulFood)

## REGULAR MINISTRIES

<b>Sunday Services</b>	8am	Holy Communion.
	9:30am	Family Service with Holy Communion.
<b>Mid-Week Service</b>	11:30am	Holy Communion on the 1 <sup>st</sup> Wednesday of each month.
<b>Weekly Prayer</b>	Thursday mornings in the Gathering Area at 9:15am. Come along or join <a href="#">via Zoom</a> . Enter the Zoom online meeting ID: 959 1932 0025, or phone: +64 9 884 6780 and enter Passcode 1 #.	
<b>AFG - Afternoon Fellowship Group</b>	<i>(formerly AAW)</i> A women's afternoon fellowship group. Meets monthly on 1 <sup>st</sup> Tuesday at 1:30pm. Contact Mary Parkinson.	
<b>ASTA - Advocacy at St Aidan's</b>	<i>(formerly the Writing Group)</i> Meets on the last Friday of every month at 10am. Contact Anne Priestley.	
<b>Choir Practice</b>	Saturdays at 9am in the Church. New members welcome. Contact Antoinette Pope.	
<b>Coffee &amp; K's</b>	Meets for a walk and coffee on the 4 <sup>th</sup> Saturday of each month. Contact Annette McGrevy.	
<b>Contemplative Prayer</b>	Meets each Wednesday at 9:45am <a href="#">via Zoom</a> . Contact Anne Priestley.	
<b>EF - Evening Fellowship</b>	<i>(formerly WEF)</i> An evening fellowship group, all welcome. Meets monthly on 3 <sup>rd</sup> Tuesday at 7:30pm. Contact Jan Evans.	
<b>Kids' Church</b>	All children ages 3-10 during the 9:30am Sunday service. Contact Izzi.	
<b>mainly music</b>	Wednesdays during term time at 9:30am. Music and play for families with pre-school aged children. Contact Hannah Scharf.	
<b>Men's Ministry</b>	Meets for breakfast, last Thursday of the month at 7:30am. Contact John Priestley.	
<b>Pins &amp; Needles</b>	Meets monthly on 2 <sup>nd</sup> Monday of the month. Contact Gail Hodder.	
<b>Small Groups</b>	Contact Sarah or Christina for more information.	
<b>Vestry</b>	Our governing body currently meets monthly on the 4 <sup>th</sup> Tuesday. Contact Sarah.	
<b>Young Adults</b>	Meets every 2 <sup>nd</sup> Sunday 4:30pm-6:30pm plus occasional social events. Contact Isobell.	
<b>Youth</b>	Ages 11+ during the 9:30am Sunday service. Contact Nic.	

# The Rev'd Louise Anderson's Retirement Farewell

**With tears in our eyes and love in our hearts the St Aidan's community bid a fond farewell to our Vicar, The Reverend Louise Anderson on Sunday February 23.** Our worship included many of Louise's favourite hymns and songs before we shared a generous spread of homemade finger food, treats and pizza. Thirteen speakers from a wide variety of parish groups reflected on Louise's 6 1/2 years, first as Priest Associate and then Vicar, giving thanks for her care and compassion, wisdom, insight, excellent communication, and leadership through Covid-19.

## **Compassionate Leadership**

Former Vicar's Warden, James Parkinson, thanked Louise for her gentle leadership style.

"Firstly, thank you for your leadership in this place. You have contributed so much to the life of St Aidan's during your time here. Thank you for your insightful and gently challenging, yet compassionate and inspiringly practical sermons. Thank you for your energy and focus on driving the right solution for the gathering area kitchen to completion, we are all benefitting greatly. These are only a couple of examples of your faithful and gently determined leadership. Thank you!"

"Secondly, and perhaps even more significant, was the beautiful way you carried out your ministry in this place, selflessly, genuinely, always thinking of people first, your heartfelt caring approach to serving people in our Parish was never-ending and beyond all expectations. Your generous caring and giving blessed us all incredibly. Thank you!"

## **Creative Gifts**

Kids' Church children presented Louise with a candle, and a posy of flowers, which Elsa Stephen chose especially from her family's own garden. A photo memory book, which included several pages of messages from St Aidan's parishioners, was also presented. Charlotte Rudkin created another beautiful and delicious cake for the occasion, using the dove stained-glass window design.

## **Best Wishes**

Gratitude was also a theme of current Vicar's Warden Juli Mercer's tribute.

"It's wonderful today to reflect and celebrate your faithful ministry at St Aidan's, and I wholeheartedly thank you. With God you have decided that now is the right time to move on from this place. "

"We share in your excitement for what will be your own kind of retirement life ahead and yet you will be greatly and deeply missed. We reflect with you on the abundant blessings of your ministry during your time at St Aidan's."



*During the service, The Reverend Christina Turner anointed Louise and we prayed:*

**Loving God,**

**We now entrust Louise into your care and ask your blessing upon her as she continues on her journey, knowing that you are always the faithful traveller and companion on the way.**

**Shelter and protect her from all harm and anxiety.**

**Grant her courage to meet the future and grace to let go into new life.**

**May the power of your presence bless this final time together in community.**

**May we all go in peace, for our God goes with us all.**

**This we ask through Jesus Christ our Saviour. Amen.**



**Final Message from Louise**

Thank you for your amazing farewell.

I was overwhelmed by not only the generosity of hugs and kind words on my departure but also the donations for a farewell gift. I am at a loss for words!!! Thank you!

As I didn't get a chance to share with you how this might be spent this is an update on my plans. An order for the recliner/rocker chair has been made and will be arriving in the coming weeks. I am now looking at getting a suite to replace my existing couch which is 20+ years old.

My intention is to also use some of the money to take up art classes, which had felt a little out of my reach but now is achievable thanks to your wonderful gift. A new computer is also on my shopping list, but at the moment, I am enjoying taking my time with the decision-making.

I am easing into retirement, by taking long walks on the beach, enjoying time in the garden and reading books that have been waiting for this opportunity.

The photo book has taken pride of place and will always be a treasured memento of our ministry together.

Blessings to you all as you continue your walk with Christ.

With love, Louise



# Soul Food

All the things that nourish us



Hōmai ki a mātou āiane he taro mā mātou mō tēnei rā.  
Give us today our daily bread.

**Kids' Church Reflections**

**What feeds your belly?**

- Food
- Water
- Chocolate
- Mum's cooking

**What feeds your mind?**

- School
- Reading
- Books

**What feeds your heart?**

- Family
- Friends
- Holidays

**What does home look like?**

- Familiar
- Safe
- Trust
- Fun

**Do you have any toys that make you feel safe?**

- Teddy
- Doll house
- Matchbox cat
- Doggy

**What do you like about being part of our church family?**

- Fun
- Community
- Kids' Church
- Events

## Faith like the Ebb & Flow of the Tides

As a way of making sense of my faith journey in my daily living, I like to hold in my mind's eye an image of the sea with its ever-changing tides. The incoming tide draws me into closer communion with the Spirit of God who is love and compassion. On the outgoing tide God, who is the Spirit of justice and peace, sends me forth, renewed, into the world.

Some of my favourite sources of Soul Food for this faith journey are two books which I keep permanently on my bedside cabinet. Firstly, a collection of poems by the American poet, Mary Oliver, and secondly a book of reflections, prayers and blessings from the Iona Community. Mary Oliver's poems, my incoming tide, help me to hold in wonderment the God Mystery that is all around us and in the depths of that Mystery, to find spiritual nourishment. Let me share her poem:

### Praying

*It doesn't have to be  
the blue iris, it could be  
weeds in a vacant lot, or a few  
small stones; just  
pay attention, then patch*

*a few words together and don't try  
to make them elaborate, this isn't  
a contest but the doorway*

*into thanks, and a silence in which  
another voice may speak.*

© Mary Oliver

The Iona readings, my outgoing tide, remind me that I am an instrument of God's purpose, called to work for justice and peace in this troubled world of ours.

Let me share a reflection from the founder of the Iona Community - 'Glory to God in the High Street'.

"A boy threw a stone at the stained-glass window of the Incarnation. It nicked out the 'E' in the word HIGHEST in the text GLORY TO GOD IN THE HIGHEST. Thus, till it was mended, it read GLORY TO GOD IN THE HIGH ST. Such is the genius and the offence of the Christian revelation. Holiness, salvation, glory all come down to earth in Jesus Christ, our Lord.

"Truth is found in the constant interaction of the claim that the apex of the Divine Majesty is declared in Christ's humanity. The Word of God cannot be dissociated from the Action of God. As the blood courses through the body, so the spiritual is alone kept healthy in its interaction in the High Street."  
*George MacLeod*

May my Soul Food books always be within reach no matter where life takes me. †



## The Pātaka Kai Movement

One couple's vision to support their community has seen an entire network of Pātaka Kai stands created around New Zealand. Swanie Nelson, and her husband Terry, are the instigators of the Pātaka Kai Open Street Pantry movement. Pātaka Kai, which means storehouse or pantry in te reo Māori, is a place where people can leave food for other people to take free.

Swanie knew about the 'little free pantries' initiative in the USA where small wooden pantries were put up outside of people's houses where food could be donated and taken by the community. Because food sharing is already a part of Māori and Pasifika culture, she thought that the model of the Pātaka Kai would work well in South Auckland, but with bigger pantries than the American model.

They built a pantry and put it up outside their house and got another member of the community, who lived nearby, to also put one up. Swanie felt that there needed to be at least two pantries to start a movement. It wasn't long before there were 10 pantries in Otara alone.

The ethos surrounding the pantries is "take what you need, leave what you can" and they are managed by local residents, known as the Kaitiaki or guardians. They foster a sense of community whereby people can help support their neighbours.

Swanie says that the key to the Pātaka Kai success is that there is no judgement involved. Anyone can take or leave food without being seen by other members of the community, so it removes any sense of shame or embarrassment from the situation.

[Excerpt from an article written by Bethany Whiteland, Love Food Hate Waste lovefoodhatewaste.co.nz/pataka-kai-free-pantries/](https://lovefoodhatewaste.co.nz/pataka-kai-free-pantries/)

There are many reasons why we are proud to have a Pātaka Kai Sharing Cupboard here at St Aidan's. The article written by Bethany tells of one story - sharing food for those in need. But, not only does the cupboard provide a safe space for people to access food that they need, it also helps towards our sustainability goals. You're invited to bring in food that you don't think you'll use, or kai growing in your garden that you have an abundance of.

The estimated value of food waste per household is about \$1,520 per year, and nationally equates to \$3.1 billion of food waste.\*

The Pātaka Kai helps reduce some of this waste and brings our community together.

How might you get involved and join the movement? †

Isobell Tregoweth

### Top 10 foods Kiwis throw out every year

Food types	Tonnes	National cost
Bread	15,174	\$62,589,440
Leftovers	12,901	\$140,374,320
Oranges and mandarins	6302	\$20,516,361
Apples	5117	\$14,818,152
Bananas	4844	\$12,933,883
Potatoes	4767	\$8,323,120
Poultry	4083	\$50,279,800
Rice	4076	\$2,675,883
Lettuce	3754	\$13,225,023
Beef	3208	\$45,825,926

Source: Love Food Hate Waste / Herald Network graphic

[\\*NZ Herald article, "Cost of living crisis: New Zealand households wasting over \\$1500 a year on uneaten food"](#)

## Two Ingredient Dough

### INGREDIENTS

- ▶ 1 cup plain Greek Yogurt
- ▶ 2 cups self raising flour

*Or any amount with ratio 1:2 Greek yoghurt/SR flour.*

### METHOD

Mix the flour and yogurt together in a bowl with a wooden spoon or spatula until just combined, then use your hands to knead the dough a few times until smooth and comes together.

If you find the dough is too sticky, you can add a tablespoon of flour into the dough at a time until it's smooth. The dough should be a bit sticky though and soft, so when you work with it, make sure you flour your work surface and your hands really well.

**Dinner Rolls** – Form into balls and bake in a moderate oven 180°C for about 25 minutes until golden brown.

**Flatbread** – Roll out a piece to your desired size and shape. Cook both sides in a frying pan with a little olive oil on med-high heat until browned and bubbly.

**Pizza base** - Roll the dough out to your desired pizza crust thickness. Add your sauce, cheese, and toppings, then bake at 220°C for 12-18 minutes.



Shrove Tuesday pancakes.  
See page 8 for more photos

# Shrove Tuesday Pancake Day

Shrove Tuesday, aka Pancake Day, is always a fun and festive occasion, and this year was no different. It was a truly intergenerational event. We shared and enjoyed a wide and wonderful variety of toppings with our pancakes. We even had a special birthday pancake for Sophia with a candle on it!

It is a joy to come together and share in this carefree way before we begin the 'serious business' of Lent.

Many thanks to the staff team who did the kitchen duty - flipping, serving, and cleaning up. Sincere thanks too, for everyone who donated to 'The Big Mission Home' koha, kicking off our team fundraising with \$180.

If you haven't attended a Shrove Tuesday pancake evening, I recommend you put it in your diary for next year (17<sup>th</sup> February 2026), and join us for thanksgiving, laughter, fellowship, and, of course, some yummy pancakes! †



## Strategically Intergenerational – why would we do it?

Our 2024 Parish profile expresses the desire to be a sustainable, intergenerational, active and diverse church. What is this intergenerational ministry we keep hearing so much about? And why is it so important?

The Auckland Anglican Diocesan website explains it like this:

*"Intergenerational ministry seeks to bring all people, all ages and stages of life and faith into the gathered community. When we intentionally gather every generation together to worship, pray, serve, learn and share our faith, we are all strengthened in our own faith journey."*

With intergenerational ministry everybody wins. God's Spirit is present in every generation. Older people may be energised by the passion and enthusiasm of younger community members. This can fuel faith and prevent stagnation in discipleship, helping to keep faith active, living and alive. They might be helped with technological skills which are essential for modern living.

National Geographic Explorer and journalist, Dan Buettner, identified intergenerational community as one essential element of 'Blue Zones', geographic regions across the world where residents experience extraordinarily high vitality and longevity.

Intergenerational community can add years to our life expectancy.

Younger people may experience mentoring, role modelling, and encouragement as they are given permission and support to step up and serve and lead, or try new things and pioneer innovation. They might learn traditional skills which are essential for sustainable living.

Around the time that I came to St Aidan's in the 2000s, the Fuller Youth Institute set out to explore why roughly 50% of American teenagers walk away from church when they leave high school. Their research has become known as 'Sticky Faith', resources designed to help young people and churches remain connected. The key to young people developing a mature faith - a faith that lasts beyond youth group into adult life - is adults in the church community (who are not their parents and not a paid youth worker) investing in them. The ideal ratio is five adults to every one young person. Five adults taking the time to connect with and invest in every young person will help them remain connected within the church and to grow their faith. A wonderful reminder that the responsibility for building lifegiving relationships within our church belongs to us all. †

Sarah Stevens-Cross



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)

# Soul Shelter

All nourished by a safe home



## Finding a Home at St Aidan's

Shivanti, Rukshan (then 7) and I migrated to New Zealand from Sri Lanka in 1997. We visited a few churches on Sundays to see where we would feel most comfortable. We still recollect walking into St Aidan's and warmly welcomed by the late Ken Grenney. His inclusive, unconditional welcome continued every week after that. Being migrants, with a distinctive tan, we were nervous walking into a predominantly silver grey haired distinguish looking congregation in an affluent area. We didn't know how to approach these people. The welcome we received and the inclusion we experienced helped us to overcome our concerns and feel right at home. We soon knew that this was our church.

We have been actively involved at St Aidan's for over 27 years now. The Reverend Michael Smart appointed me as the first migrant Vicar's Warden and I have served on Vestry for many years and currently serve as Parish Treasurer. My wife Shivanti is also involved in various activities in the church. Our son Rukshan served as an altar server under the guidance of Rosemary Atkins.

Our active involvement at St Aidan's has helped to continue this sense of belonging in the church. If you are wondering if this is place you too might be welcomed, I would strongly suggest you volunteer your unique skills and participate however you feel called. This is when you feel you belong to the church family.

We found St Aidan's to be truly a family of believers, especially when we were in need of support. St Aidan's parishioners have always been there for us and likewise we have had the privilege of supporting others. Many years after Ken welcomed us with open arms we were able to support him when his beloved wife Kate died.



One special person for us at St Aidan's was the late Bishop Peter Atkins. He always had time for us and went out of his way to support me during my corporate career and guiding our son with his university career. This is a wonderful example of intergenerational ministry – relationships built within the church family.

We have formed many long-lasting friendships at St Aidan's. This community has become our family. Our passion is to see St Aidan's continue to be as a very welcoming place for all – just as it was for us. A multicultural community where everyone is welcome in Christ's name. †

Kumar Mather

### Matthew 7:24-27

*In this passage Jesus tells the story of two builders who built houses, one on sand and one on rock, as a metaphor for their faith.*

*Sand can be packed together quite nicely so that it looks like a real foundation. Rock not only looks solid, it is solid. At first both houses look the same.*

*But when the storm comes, the mask is torn away and our real self surfaces. Where is your heart when the storms of life come? Will your faith still be left standing? What kind of foundation have you built your shelter on?*



# The Big Mission Home

A total of 24 team members walked part or all of the 17km route from St Aidan's to HomeGround on Saturday 22<sup>nd</sup> March.

Our target of \$10,000 was a little tongue in cheek, aiming to knock other Anglican teams off the top of the leaderboard, so a more realistic target of \$5,000 was set as our official team goal. However, we were absolutely blown away by the tremendous response from you, our church family. **The final total of donations was \$8,757 making us #2 on the fundraising leaderboard!** Special congratulations to Ev McGowan and Anne Priestley who both raised over \$1,000 each.

One group set out at 6am, avoiding the heat of the day, and finishing together at 11:30am. Another group left St Aidan's at 9am, picking up extra walkers along the way - including the Coffee & K's 'cheer squad' who joined in along Tamaki Drive - and reaching HomeGround at around 1:30pm.

'Activations' around the city offered a little rest, and respite from the heat of the day, as walkers were able to follow an art trail, learn some things about the history of Auckland and its architecture, and even receive some treats from supporting businesses.



The 'Activation' in Albert Park invited us to look around and consider, if we were homeless ourselves, where would we sleep? How would we stay warm and dry, get proper rest, wash ourselves and launder our few clothes? Where could we keep our possessions safe from theft and damage, and ourselves safe from assault and abuse? Many choose to walk the city overnight and sleep during the day, and there were some people doing just that as we walked through. It was a very sobering insight into the daily lives of so many homeless people in our city, and reminder of the key purpose of the walk.

Thank you to all of our wonderful walkers and donors, supporting the work of the Auckland City Mission - Te Tāpui Atawhai, one of many organisations helping to bring a safe home to all. Ka pai everyone. †

Anne Godman-Funaki



# Soul Rest

Nourished by patience and slowness



## Self-Care When Caring for Others

Learned from my own experience, being a 24/7 carer brings a whole myriad of emotions and experiences. Two constants are living with grief, and living with exhaustion – physical, mental and emotional.

How do you survive it all? Here are some ideas which I offer in the hope they might help. Ideas which might nurture you and nourish you mentally and emotionally and provide a prompt or an opportunity for you to chat to others in a carer role about their helpful strategies.

- ⌘ Talk to your GP about coping mechanisms for you, the carer, plus what practical help is available from different agencies on a daily/weekly basis.
- ⌘ Good friends - real friends offer real help, not platitudes and they are there for the long haul. Even in the most challenging times, we can draw strength and resilience from close friends (and from strangers) who look out for us and look after us. Their real support and kindness continues to provide encouragement and hope, reminding me that we are never truly alone in our struggles. They are the faces of God.
- ⌘ Tell the people around you what you need from them and how they can help.
- ⌘ When you react to everyday annoyances as if the world has just come to an end, it's a signal for you to explore and seek help from a psychologist or a counsellor. Many organisations provide this service e.g. Cancer Society, or speak to your own doctor. A grief counsellor helped me reframe my grief into something positive.
- ⌘ What are the activities that are 'life-giving' for you? Make sure you do one of those activities at least weekly - meditation, going for a walk, planting some bulbs and watching them grow, singing as you make the dinner, etc. Make time to nourish yourself and feed your own soul.

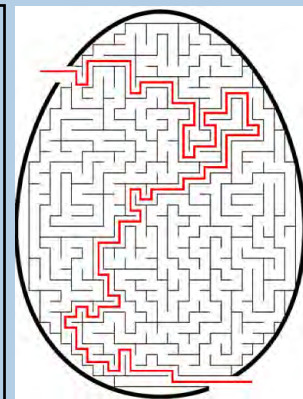
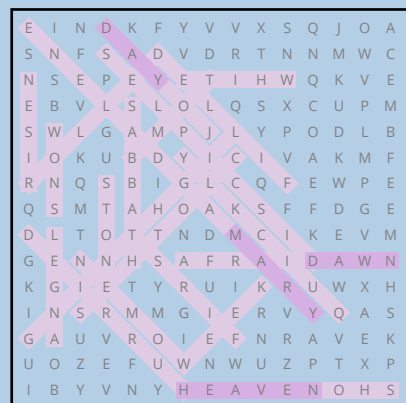
- ⌘ The book 'Sleeping with Bread – Holding onto what gives you life', by the Linn Brothers, invites you to take five minutes of quietness at the end of each day and think about two questions - What moment of today am I most grateful for? AND What moment of today am I least grateful for? A copy is available from the office.
- ⌘ The expression, 'Carpe Diem', to 'seize the day', encourages us to live each moment fully, appreciating God's gifts, and focusing on the present while trusting in God's plan for the future, rather than being consumed by worry about tomorrow. Hard to do at times, but worth a try.
- ⌘ Illness, death and dying remind us to notice, to cherish, to make better use of our finite days. Our sojourn on earth is a brief one. How can it be best spent? We all need many kinds of nourishment beyond just food – what are the things that can sustain your heart, mind and spirit? Take time to reflect on what truly feeds you. †

Lynne Trenwith

Some useful websites for carers for support and help:

- ⌘ [www.disabilitysupport.govt.nz/carers](http://www.disabilitysupport.govt.nz/carers)
- ⌘ [www.workandincome.govt.nz](http://www.workandincome.govt.nz)
- ⌘ [www.care4thecaregivers.org](http://www.care4thecaregivers.org)
- ⌘ [www.carers.net.nz](http://www.carers.net.nz)
- ⌘ [Te Whatu Ora Health NZ](http://TeWhatuOraHealthNZ)

Puzzle solutions from page 26



# PĀTAKA KAI

## FOOD SHARING CUPBOARD

TAKE WHAT YOU NEED, SHARE WHAT YOU CAN  
BE MINDFUL OF OTHERS



# NEWCOMERS LUNCH

Sunday 4th May at 11am

All new members of the Parish are welcome!



# QUIZ NIGHT

Hearts 4 Kids

Caring for hearts of the Pacific



Friday 8th August | 6:30pm for 7pm start  
5 Ascot Avenue, Remuera

\$20 per person - Tables of up to 8 people

Fundraising for flights and equipment for Heart 4 Kids  
operating visit to Fiji in October

Pick a profession for your table. Prizes for best  
dressed!



# MATARIKI HĪKOI & KAI

Thursday 19th June

6am start at Ōhinerau/Mt Hobson  
7am breakfast in the Gathering Area



# Soul Repair

Nourished by unconditional love and forgiveness



## Frankie's Baptism

Reflecting back on Frankie's baptism at St Aidan's was for us, as her parents, not just about her individual spiritual milestone, but about how the church community plays a vital role in nourishing and supporting her faith journey. Her baptism marks the beginning of a relationship with others who share the same faith. The love, guidance, and support from that community will continue to nourish and uplift her. It helps to also remind Maarten and I that her faith isn't a solitary journey; it's a shared experience. We are strengthened by others and we are all interconnected, part of a larger family that helps us grow and thrive spiritually.

We are all nourished by such experiences. This nourishment comes in the form of recognizing how sacred moments like baptism connect us to something greater than ourselves. It feeds the soul with a sense of belonging, hope, and purpose.

My own experience of baptism was also about relationship with the church family, the love that surrounded me during that time through prayer, encouragement and simply presence. We wanted to provide Frankie with that same nourishment. To invite her into the love, grace, and support that I experienced to complete the beautiful cycle of being nourished, and then using that nourishment to spread love and hope to her.

### Our baptism prayer for Frankie:

Heavenly Father,

We thank you for this precious gift of Frankie that you have entrusted to us.

Please protect her and watch over her as she grows.

Bless her with a happy and healthy life and with the grace to live her days without regret. Grant her the courage to be curious, ambitious and adventurous. Give her the imagination to know that anything is possible and the kindness to treat others as she would like to be treated. Inspire her to be a listening presence, a calming influence and a source of joy as we share new experiences together.

We pray for patience and forgiveness! We ask for your goodness and guidance as we nurture and love Frankie and pray that she always knows your love and grace. Amen. †

Storm & Maarten Deuss



**ABOVE:** Maarty, the Rev'd Di Woods, Frankie & Storm  
**BELOW:** Maarty, Frankie & Storm, with Frankie's godparents Isobell, Gail & Murray



*"Walk in the faith of Christ crucified and risen.  
Shine with the light of Christ."*

APBNZ HKMOA



Ash Wednesday: Burning 'briars and thorns' - regrets, sorrows, sin and pain - so that we might leave them behind, embracing Christ's forgiveness and healing

## Love in Action

### Advocacy @ St Aidan's (ASTA)

The Advocacy at St Aidan's (ASTA) group recently received some amazing news. Rocky Myers, a prisoner on death row for over 30 years, is not going to be executed! He has been granted clemency – though he is going to spend the rest of his life in prison, without the possibility of parole.

The legal proceedings against Rocky, a Black man with an intellectual disability, were flawed. There was no evidence which directly linked him to the crime with which he was charged. But he was convicted and sentenced to death in 1994. Finally, recently, the state of Alabama began the process to set a date for his execution.

In November 2023, ASTA members wrote to Governor Kay Ivey on Rocky's behalf. At the same time, hundreds of thousands of people around the world also petitioned Governor Ivey. Many of us also sent cards to Rocky, to help lift his spirits that Christmas.

And we heard nothing... until March this year brought the good news.

Since 1976, Rocky is the first man – and the first black person on death row – to receive clemency in Alabama.

It might not have happened, except that so many people acted together for him. We did not know him, we'll never meet him, but he is a human being just like you and me, made in the image of God, loved by Jesus, same as us.

ASTA started over two years ago. From small beginnings it has grown to about a dozen people. We come from different places, some of us from

St Aidan's, some from elsewhere. Some of us are Christian, but not all. We share a hope that advocacy can be effective. We meet around a candle flame, a symbol of light which all of us can recognise.

We've sent letters and emails to many places. We regularly write for people in very difficult circumstances, thanks to information from Amnesty International. We also write on other matters: for instance, care of creation (sustainable packaging) and social justice (funding for food banks).

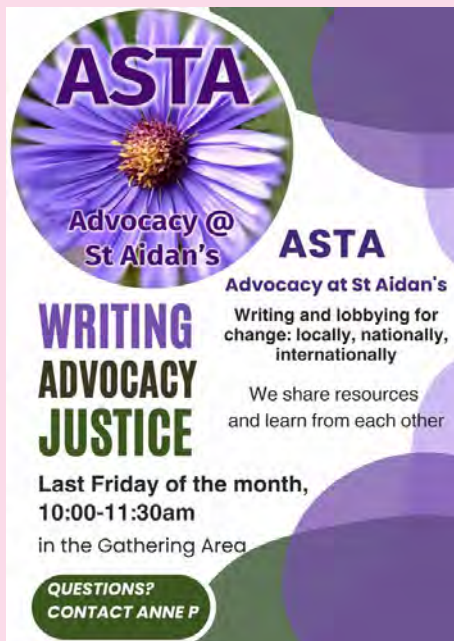
All this is very obviously mission, springing from a desire to take part in God's work of renewing the earth. We also share something of God's love through our work, especially as the year nears its end. That's the time when we send cards to people in prison, bringing a message of hope and loving care. They will know that they are remembered, connected to the outside world.

The work isn't easy. Some of the stories are so sad. Pardons are few, and people with power rarely acknowledge mistakes.

But by working together, group members help each other. Together, we learn how to write better letters. Good news stories encourage us!

And quite soon, we'll hold our first retreat, where those who wish can seek the peace of God together, mending us, heart and soul. How much we need God's help and strength, to give us power to share in Christ's redeeming work! †

Anne Priestley



### Prison Ministry

Prison is a challenging environment, many of the people are desperate for support and external engagement.

It is rewarding to reassure them that a normal life awaits, and people care about them regardless of their situation.

The conditions are stark and jarring to the senses, it's easy to understand how people can become withdrawn and lose hope.

Small gestures of connection and faith can be transformational. †

Andrew Maclean



# Soul Mates

Nourished by companionship



## Afternoon Fellowship Group

The first Tuesday in March saw our group gathered together for an afternoon of fellowship. It is always wonderful to get together after the long summer break and there was much chatter amongst all those present.

We began with a service in the church, ably led by Christine Kennedy and Antoinette Pope playing the organ for our hymns. As usual, we adjourned to the Gathering Area for our meeting and the chance to purchase items from the trading table run by Terrie Hawley and Ruth Backhouse.

The speaker at this first meeting was The Reverend Sarah Stevens-Cross, our new Vicar at St Aidan's. Sarah enlightened us on her life journey from the time she was a member of the St Aidan's congregation in her early 20's, her entry into the ministry, and to her eventual arrival back in the parish as our vicar. Her story was very interesting and we all enjoyed learning more about Sarah as a person.

On 1<sup>st</sup> April, James Parkinson talked about his Te Araroa Trail walk on the South Island last year.

As usual our meetings concluded with fellowship as we all enjoyed our 'world famous at St Aidan's' afternoon tea.

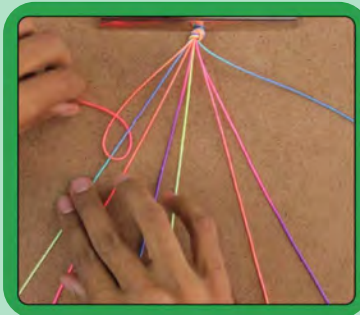
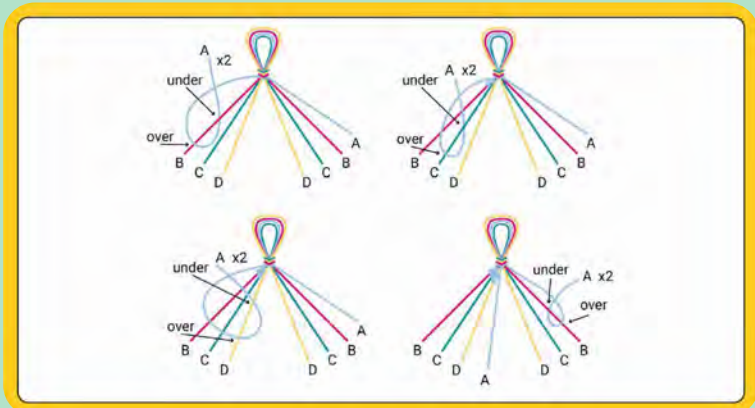
Over the coming months, we have various speakers covering very different topics. May sees Andrea McLeod, CEO of ATWC visiting us to talk about their Winter Programme, and we have Catherine de Courcy coming in June to talk about rare books.

We always welcome new members joining us when we meet on the first Tuesday of each month at 1:30pm. Come and be nourished by companionship. †

Mary, Christine, Sue, Robyn, Gail, Margaret, Desré, Rosemary & Terrie



## How to make Friendship Bracelets



## Coffee & K's

The Coffee & K's group is all about providing an enjoyable opportunity to nurture our bodies and souls via companionship, exercise and appreciation of the ever-changing natural and God given landscapes around us.

We ended our 2024 Coffee & K's with a walk around the Ōrākei basin, followed by lunch at the Ampersand eatery. What a relaxing and companionable way to complete the 2024 programme of walks!

What better way to start the 2025 walks than with a late February walk in the fabulous Botanic Gardens in Manurewa to stroll around the 'sculpture in the gardens' trail followed by a refreshment stop in the coolness of the Gardens café. The sculptures on display prompted lots of comments and chat within the group. Several common themes ran through the sculptures about humanity's relationship with nature and the fragility and beauty of the natural world - God's creation.

We were so pleased that Louise was able to join us on what was her last walk with the group before her retirement. We hope she can join us again for a walk and catch-up later in the year.

On Saturday, 22 March we walked from Mission Bay to Okahu Bay as part of 'the Big Mission Home' walk. We were pleased to raise sponsorship money for our segment of the big walk as part of the overall St Aidan's sponsorship efforts.

The coffee stop after the walk was well timed to coincide with the arrival of the 'big walking group' doing the full 17km walk. We enjoyed our coffee together and then cheered them on their way as they continued on towards HomeGround. †

Annette McGrevy & Ronnie Kay



## Pentecost MULTICULTURAL LUNCH



**Sunday 8th June at 11am**

Please bring a plate to share!

St Aidan's  
Anglican Church

# Soul Songs

Nourished by musical expression



## Sing for Joy

In my early years, singing to me was when my sister and I used to sing pop songs together whilst in bed. It wouldn't be for long though, as our brother in the next room used to bang on the wall!

I started singing in church choir after returning from overseas. I had started attending All Saints Ponsonby, and my elder daughter, who had sung in school choirs, and I were asked to join. I was quite nervous about it, but with much encouragement and help I really enjoyed being part of the choir. I loved the traditionally sung Eucharist services, which I know helped me spiritually, and at times now I can get quite emotional singing certain hymns.

There has been the joy, too, of having the opportunity to join large choirs on special occasions.

After my move I started attending St Aidan's, which led me to the St Aidan's choir, with our few but very dedicated singers. Our choir often give thanks for the gift of music and singing, and this we can show when we sing God's praise.

We are lifted as we say the Chorister's Prayer together before our Sunday morning rehearsals:

*Bless, O Lord,  
us your people who minister in your temple.  
Grant that what we sing with our lips  
we may believe in our hearts  
and what we believe in our hearts  
we may show forth in our lives.  
Through Jesus Christ our Lord. Amen. †*

Jeannette Wong

*I will sing to the Lord as long as I live;  
I will sing praise to my God while I have being.  
Psalm 104:33*

## Music for the Parent and Pre-schoolers Soul

mainly music - the global pre-school phenomenon which began in Aotearoa, New Zealand in 1990 - has been nourishing families at St Aidan's for over 20 years. Grounded in the core values of creativity, connection, celebration, generosity, and honour - mainly music offers a fun and safe space for parents, caregivers and under 5s to sing, dance, learn and build relationship. We meet weekly during school terms at 9:30am on a Wednesday.

I experienced the gift of mainly music first hand when I was struggling with my own mental health, with a one-year-old in a new town. Attending mainly music at St Stephen's Anglican Church, Whangapāroa, I found solace and connection in song, dance and community. The memories of music in our lives last a life time.

St Aidan's Parishioner, Suzie Donovan has been bringing her three children since eldest daughter, now five, was tiny. "When we come to mainly music our school age daughter is always jealous. It is a highlight in the week. We love the music and the dancing. When we leave we feel that we have done something really positive. Sharing special time with your children and like minded caregivers who are interested in caring and nurturing children. We keep singing the songs throughout the week."

Beyond the music there is also the gift of community and a hot drink and baking which someone else has made for you. "Hannah [who leads the St Aidan's mainly music team] is so kind and positive. Jenny at the door, greets you with a smile. The team who serve the morning tea are so lovely. It is a gift having people who are positive in your life. They are there, they smile, and tell you your children are beautiful." That is something every parent loves to hear!



Mum Seralyn also enjoys the opportunity to spend quality time with her daughter Ava (2) doing something fun together every Wednesday morning. *"We are learning as well,"* she said. *"It's great to see the little ones enjoy the rhythm and music. It is good for her body and mind, and for me. Each time she know the movements to the song that she previously didn't know, its great to watch the growth."*

The music also brings back special memories of Seralyn's own childhood. Her mother, a primary and preschool teacher, brought music into their lives throughout her childhood. *"It's nice to be able to share that love of music, with my daughters too."*

Grandmother Jenni has been enjoying bringing two year old Izzi to mainly music just as she did with her older grandchildren. *"It's good to come each week into a faith context and community spending time with other parents and caregivers."* Nourishment for the Soul. †

Sarah Stevens-Cross



**ABOVE LEFT:** Bubbles!

**ABOVE RIGHT:** Suzy, Noelle & Keiran

**BELOW LEFT:** Jenni & Isabella

**BELOW RIGHT:** Seralyn & Ava



## Ministry in Song

I think that singing is good for you - physically, mentally and spiritually. It's quite demanding. It goes back to something that I loved when as a child. I can remember doing some early productions with the school choir. I recall the choir master and the organist, who were both members of a local church, getting us ready to do "Joseph and his Amazing Technicolour Dream Coat", which was quite ambitious.

I really enjoy singing the hymns themselves, knowing who wrote them, the meaning of them and why they were written.

When the choir practices, no matter how I feel when I arrive, it's always uplifting to be at a choir practice. We know each other, and we've known each other for a long time. We always begin with prayer and that is a wonderful introduction.

It's quite hard work, but it's a real collaboration with trust involved, because we all sing different parts and so we have to be really listening to each other and trying to blend our voices. We rely upon each other. There's a long friendship there. I have been involved with St Aidan's choir since joining in 1997.

When we practise, sometimes we'll pray for each other, for needs or things that have come up that

we've arrived with, or other things happening. But there's a discipline in setting it aside and focusing on what we're trying to do. We commit the time to the Lord, and we really focus on helping parishioners be able to worship. We always pray we will be able to lead well, spending that rehearsal time to prepare. In the end, of course, we enjoy contributing to the services, and sometimes we take that out into the community as well - Carolling in the Community and Sibuns' Tribute in Lights for example.

It's a good way to get to know people at church, to belong to a smaller group within the church. I feel it's also something that any parishioner can join in, with a little bit of experience or with no experience at all. There is real training involved. Different choir leaders have definitely given us a lot singing techniques over the years which really help, and that I wouldn't have known on my own - breathing, pronunciation, voice control.

Right now, we are preparing all the Easter music, and it gets me involved more in the life of the church. By putting that effort in, I feel more connected with the seasons of the church through the year, and I think that's wonderful. †

Karel Lee

# Soul Support

Nourished by each other when times are tough



## Good Friday Reflection

Good Friday is, for us, a day when we remember the end. Jesus of Nazareth is crucified on a cross.

*They took him, carrying the cross by himself, to the Place of the Skull, called Golgotha, and there they crucified him.*

John 19:17

Pilate had walked away. The chief priests had their way. And the people looked on.



As we pause to remember this Good Friday, I wonder where, and with whom it is, that we are called to be?

*Meanwhile standing by the cross of Jesus were his mother, his mother's sister, Mary the wife of Cleopas and Mary Magdalene.*

John 19:25

They were people called to gather amid the cruelty and injustices of this world and bear witness to the pain and the suffering of the one that they loved.

*When Jesus saw his mother and the disciple whom he loved standing beside her he said to his mother, "Here is your son." Then he said to the disciple, "Here is your mother."*

John 19:26-27

They were people called to gather amid their grief and loss and to belong one to another.

*So, they put a sponge full of wine on a branch of hyssop and held it to his mouth.*

John 19:29

They were people called to nourish the one who cried out from thirst.

*They took the body of Jesus and wrapped it with spices in linen cloths... and they laid him in a tomb.*

John 19:40

They were people called to come forward and to show an abundance of love and care at life's end.

As we approach this Good Friday, and remember, I wonder where and with whom it is, that we are called to be? †

Christina Turner

## Aged Care & Caring

As a result of a recent fall at home while drying the simple lunchtime dishes, I am now a resident at Rawhiti Retirement Lifestyle rest home and village. This is, of course, a major change for me, and one I am rapidly learning to adjust to as I join the ranks of the elderly and sightly disabled. How will I cope? Who will I know? How will I fill in my day? As I am no longer medically allowed to drive, how will I get to meetings etc. and be involved with all the groups I have belonged to for so long which are a huge part of my life?

While at Rawhiti, we are blessed to be visited and cared for by the wonderful people at St Aidan's Parish, both clergy and parishioners, who visit us and ring. With communion and services they join with us, listen to us, and pray with us. We feel at home with them as they bring us news of our home parish and people.

These services have introduced me to fellow Christians and likeminded residents. During the service, when we "pass the peace" we particularly feel it is from the heart of God, through them. It brings us closer together, as we confer God's message of love for us all. We are reminded of the comfort and love we can bring to others around us as we share His peace - at mealtimes, in the corridors, as we pass on the stairs, we know who shares His love, His blessing, His care and concern. It brings us together as one, His family.

As our wounds heal, as our minds adapt to our new lives, God brings us closer together to serve each other as we follow His lead. He shows us a new way of service - how we can bring His love and peace to people in different ways and in different circumstances. How we can still serve him but in a different way. May He continue to lead us and show us His way as our lives move forward. †

Marie Taylor



Christina is presented with her stole at Ordination to the priesthood 30 Nov 2024

## Pins & Needles

The Pins & Needles group continues to flourish with many attendees and outworkers contributing lovely knitted, crocheted and sewn garments for those in need of extra support.

As winter approaches, we decided to support the Te Puawai Ora Midwifery Services who are based at the Bay of Islands Hospital in Kawakawa. Our contact there, Wiki Davis, works as a midwife. Wiki is sister to Kerry Davis, our past Priest Associate here at St Aidan's. We have a number of baby garments, blankets, hats, and jumpers stockpiled, waiting for delivery to them.

At our last meeting, group member Stella Wall brought a very special family heirloom to show us - her mother's handmade wedding dress, made by her mother and worn at her wedding on 8<sup>th</sup> May 1935 in Ohakune. It was a beautiful gown of white crushed velvet.

Stella has very kindly donated this gown to Zoya, our special sewer who makes the little angel baby cocoons. It is a lovely donation with a very special meaning, where material from a day of celebration is to be used as a special gift for families going through the tragedy and disappointment of losing a beautiful and valued baby.

This is linked to one of our parishioners, Gretchen Pomare, who is a paediatric pathologist. Gretchen investigates the cause of death for each baby, and likes to return these little souls to their families looking special. It is here that Zoya steps in to make these beautiful cocoons for them.

"My mother would be very happy knowing that her beautiful wedding gown would be converted into the angel baby cocoons - a very special donation for a very special cause," Stella said.

It is amazing to think that this beautiful creation has come such a long way through life, from a celebration of joy and commitment, to sustain, nourish and support those going through a difficult time.

We appreciate the gift so generously given - something beautiful from the past being put to good use creating something special in another way. †

Gail Hodder



*This wedding gown, worn in celebration of marriage, created into something else, also beautiful, and feature at the end of life - for an angel baby to be cocooned within.*



## ANZAC DAY MEMORIAL SERVICE

Friday 25 April at 9:30am

St Aidan's Anglican Church  
5 Ascot Avenue, Remuera



St Aidan's  
Anglican Church



St Aidan's carolers sing at Sibuns' Tribute in Lights

# Soul Stories

So well nourished that we have to share it



## Resurrection – What’s Next?

*I believe in Jesus Christ,  
God’s only Son, our Lord,  
Who... was crucified, died and was buried;  
He descended to the dead.  
On the third day he rose again...  
I believe in...the resurrection of the body,  
And the life everlasting. Amen.*

At some services we say these words together, part of the Apostles’ Creed. We recite our belief in the resurrection of Jesus and in the resurrection of our own mortal body.

Have you said these words?

What do they mean to you?

Let’s take another angle. Suppose there’s an archaeologist, digging, digging away in the Holy Land, who finds the bones of Jesus of Nazareth. Would that discovery affect your faith? Why?

It’s very clear that Jesus really died. It’s also clear that two days later, his followers – could not find his body.

I personally am not anxious about the bones of Jesus. I trust the ‘two men in dazzling white clothes’ who met the women at the tomb and said to them, ‘Why do you look for the living among the dead? He is not here, but has risen.’ (Luke 24:4-5).

We read about God’s great acts in the stories of Scripture. When Jesus was arrested and killed, the disciples were shaken, scared, guilty, horrified, ashamed. When they met the risen Jesus, they were set free to live his life.

Think of Peter, able to say to the lame man, ‘I have no money, but in the power of Jesus Christ, get up and walk’ (Acts 3:1-10)!!

What matters is that God is the Living One, Lord of Life, the great Healer. In Jesus, our God accepts the worst that anyone (you or I) can do. God tends and heals our deepest hurts. And time after time, God still comes again, inviting us all, each one, into deeper, more vibrant life.

I know what God can do, from my own experience... lingering scars from my childhood, illness of body and mind, a deep reluctance to live fully... When I’ve been able to let go my tight grip on such things, a different kind of life has opened up.

Christ has gone before us, into death, and through death. The life he offers us begins now.

There is more right now, ahead of you.

And do you ask, ‘What’s next? - what lies for us beyond the death that waits for us all?’

I can’t tell you exactly. But faith says, ‘God has proved trustworthy in the most unexpected circumstances. I’m prepared to trust the Living One now, for the next step. Christ be my guide for all the steps beyond that.’

God goes with us. We have Jesus as our true friend. He knows the way. He is Life, in all its fullness.

That’s the kind of good news which must be shared.

You have your own story of good news. Think about it. Where do you see God at work in your life? How do you share the news? †

Anne Priestley

## I Made You Wonderfully

This year the World Day of Prayer ecumenical service (which is held worldwide on the first Friday in March) was compiled by the women of The Cook Islands.

The theme of the service, “I Made You Wonderfully”, is taken from Psalm 139, and invited us to recognize that God created each one of us with great attention and loving care. God knows us intimately, and we are special to God in our uniqueness. When we open the doors of our hearts to this truth, we glow from within and we begin treating others as beloved children of God. The theme song, “Wonderfully Made” was repeated regularly through the service along with verses of Psalm 139.

The stories of three women from The Cook Islands and their realisation of God’s care for them were deeply moving, and helped to emphasize the theme of the service. †

Mary Parkinson



Artists Tarani Napa and Tevairangi Napa are a Mother-Daughter artist team from the Cook Islands. They feel honoured to have been able to share this piece of artwork in recognition of their love for their home, their faith, and their heritage.

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World Day of Prayer  
International  
Committee, Inc.



## Godparents: Sharing the Faith

The request came as a surprise: “We admire your values towards life and your faith in God and we hope that you can help us instil those values in Frankie as she navigates through life.” What an honour and privilege to be asked, but our first response was, “We are far too old to fulfil the duty of godparents to Frankie.”

After some discussion and knowing that there is a future plan that has been carefully considered by little Frankie’s parents, it became something that we really wanted to be involved in, and yes, it was definitely possible, even at our age (78 & 80). The question now, was how could we sustain and nourish this beautiful little girl in ways which will inspire and empower her faith from this very early age?

It is not too soon to begin – even now Frankie’s ears and eyes are wide open to her surroundings and she loves to look at bright coloured pictures in the books that Storm and Maarty read to her. So, off to the church shop we went to find a 'child’s first Bible' full of bright and colourful pictures for her to start her journey towards a faith in God.

Between us we now have six godchildren and, although it has been difficult at times to ascertain any knowledge of their individual faith in God, they have all become caring and kind individuals with an acceptance that religion does matter to some degree within their lives, albeit minimal in some instances. Interestingly, of the two girls and three boys we were already godparents to, it is the boys who have stayed reasonably close and communicate with us still. Unfortunately, the girls have moved overseas and we have lost touch. We feel we have failed in our duty as godparents to them.

We feel excitement and great joy to now have another little goddaughter we will have the time and opportunity to support, and inspire to a faith and love of God which will sustain and inspire her into her future. We ask that God gives us the time, skills and opportunity to love and support Frankie on her faith journey. †

Murray & Gail Hodder

## Evening Fellowship: Everyone is Welcome

Late last year, the committee of the *Womens Evening Fellowship* made the decision to change to just *Evening Fellowship* so that anyone could join us each month. We are delighted that some men have taken up the invitation and we look forward to welcoming more.

For our first meeting of 2025 in February, one of our parishioners, Ronnie Kay, spoke on “Tibet: a pictorial journey to the roof of the world – its magnificent mountains and valleys, its monasteries, its sacred lakes and its people”. We loved seeing the great photos and hearing of Ronnie’s tour. One of the highlights was at the Tibetan Everest base camp. They arrived on an extremely windy, cloudy evening and endured a freezing night before awaking to a fantastic view of Mt Everest (*photo below*).

In March, Elisabeth Wilson’s grand-daughter, Rachel Murray, spoke on “My Kenyan adventure living on a conservancy in the bush”. She has recently returned from ten months as a volunteer on a huge property where people and wild animals roam freely. Rachel home-schooled two girls from the family who bought this property in the 1970s. With great feeling she talked of her experiences, and the people she met and came to love.

Look out for more inspirational speakers. †

Christine Roke on behalf of  
Jan Evans, Elisabeth Wilson, Penny Raybould, Terrie  
Hawley & our new committee member Ronnie Kay



# Community Noticeboard

## Boundaries Courses 2025

Good boundaries are essential for healthy and safe ministry.



Foundation courses  
**Saturday 23 August**  
 9.30am-2.30pm  
 Venue to be confirmed

Continuing workshops  
**Saturday 5 July**  
 9.30am-12.30pm  
 Selwyn Library,  
 10 St Stephens Ave, Parnell  
[REGISTER ONLINE](#)

*Boundaries education is compulsory for all laity and clergy who hold a licence in the diocese, including clergy who hold a Permission to Officiate (PTO). Boundaries training is renewable every three years.*

**ST AIDAN'S REMUERA FAMOUS ANNUAL GARAGE SALE**  
**SATURDAY 13TH SEPT, 8AM**  
 5 ASCOT AVENUE, REMUERA

This fundraiser supports our church projects, outreach missions and the maintenance of our facilities for community use.

**ST ANDREW'S CHURCH**  
**Books, Bagels & Banter**  
**BOOKS WANTED!**

**Good quality second-hand books wanted**

St Andrew's Church is accepting donations of good quality books for its annual book fair: 'Books, Bagels & Banter' Friday 23 May to Sunday 25 May.

Books can be dropped off at St Andrew's Church, 100 St Andrew's Road, Epsom Tuesday to Friday morning. For collection of bulk books please email the office: [office@standrewsepsom.org.nz](mailto:office@standrewsepsom.org.nz)

**No magazines, text books or encyclopedias please.**

**Save the Date:**  
 'Books, Bagels & Banter'  
 Friday 23 May to Sunday 25 May.  
 We hope to see you there!

**FRIDAY 23 MAY to SUNDAY 25 MAY, 2025**

## Advertise here



'The Apostle' is a free, full colour A4 magazine distributed to the St Aidan's Anglican Church, Remuera community. Your advertising will be seen in the 120 hardcopies printed per magazine, and also digitally via [staidans.co.nz](http://staidans.co.nz)

Magazines are produced in April, August and November. Adverts must be of high quality and align with our values.

**\$180**  
**A5**  
**21x14.8cm**

**\$50**  
**A7**  
**7.5x5.2cm**

**\$40**  
**5X10.5CM**

**\$90**  
**A6**  
**15X10.5CM**

**\$70**  
**10X10.5CM**

\*ALL PRICES EXCLUSIVE OF GST



**Community of Ordinary Saints (COS)** are discovering together more about what it means to be Anglican and a follower of Jesus Christ in Aotearoa and our world today.

COS is a community of Anglicans in their 20s and 30s in the Diocese of Auckland who embrace the contemplative and sacramental rhythms of faith in order to inform our way of being in the world. Guided by four touchstones: Community, Formation, Action, and Creativity.

If you have any questions, please email The Reverend Sarah West (*Chaplain to Young Adults*) [sarah.west@aucklandanglican.org.nz](mailto:sarah.west@aucklandanglican.org.nz)

Join us for a fun  
**MOVIE NIGHT**

**23 MAY FRIDAY**

5:30pm - 6:30pm drinks & nibbles | 6:30pm movie & pizza

## The Return of the Dinner Party Saturday 10 May | Holy Trinity Cathedral

Get ready for a spectacular Mothers' Day celebration as we bring together two of New Zealand's finest culinary talents to usher in the return of the dinner party! Join chefs Annabelle White and Mark Gregory for dinner party tips and quips, all proceeds benefiting the Anglican Trust for Women & Children (ATWC).

Saturday 10<sup>th</sup> May, 2:30-4:30pm. Doors at 1:30pm.  
General admission tickets \$32.97 (incl. \$2.97 Fee)  
Purchase online at [HolyTrinity.org.nz](http://HolyTrinity.org.nz)



St Aidan's  
Mission Shop

# St Aidan's Mission Shop

Open Thursdays - Saturdays  
10am until 2pm

Quality pre-loved clothing, accessories  
and knick-knacks at reasonable prices.

Money raised through our shop is given to charity and community projects, with a Charitable Purposes Group deciding on where the money goes each year.

**The Hostel of the Holy Name Trust** has grant funding available to support projects which benefit the lives of women and girls of the Anglican Church in the Auckland Diocese. Examples of projects eligible for funding include retreats, workshops, devotional literature, and advocacy relating to issues facing women and girls generally. Applications close twice yearly on 1<sup>st</sup> March and 1<sup>st</sup> September.

Information and forms are available at: [www.aucklandanglican.org.nz/scholarships/hostel-of-the-holy-name/](http://www.aucklandanglican.org.nz/scholarships/hostel-of-the-holy-name/)  
Or contact the Administrator, Anne Godman-Funaki: [hosteloftheholynome@aucklandanglican.org.nz](mailto:hosteloftheholynome@aucklandanglican.org.nz)

## Endowment Trust

Thank you on behalf of future parishioners.

The Endowment Trust was established in 2014 to help secure the financial future of St Aidan's in good times and bad. It is managed by the General Trust Board of the Anglican Diocese of Auckland who ensure that the investment of the capital fund is secure and when appropriate they distribute the income.

A [pamphlet](#) with more details about the Trust can be downloaded from our website, and is also available just inside the church. If you would like to speak to someone further about the Endowment Trust please contact Russell Florence or John Priestley. †



### Giving to St Aidan's

Scan to see your options for supporting the work of St Aidan's financially.

## From the Registers

December 2024 to March 2025

### Baptisms

Frankie Alice Deuss

### Weddings

Ruth Gong & Jeremiah Chong (*Blessing*)

### Funerals

Theresa (Rosalie) Stephenson

John Mace

Barry McGrevy

Kathryn Sandiford

Barbara McIntosh

# Kids' Zone

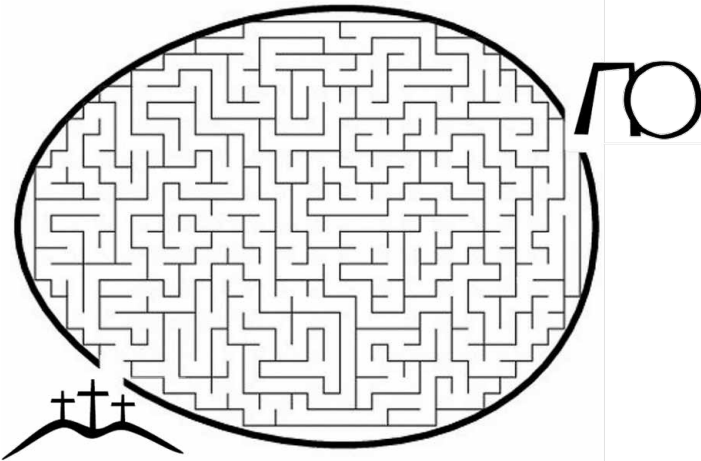


**Kids' Church** is off to a strong start in 2025! We kicked off the new year with a Families BBQ at the Vicarage for a delightful evening of kai, conversation, and fun! It was a lovely opportunity to connect as a community in a relaxed environment before Kids' Church and school started again. Thank you to Sarah and the Cross whānau for welcoming us into their home!

We're back to our regularly scheduled sessions and shaking things up with monthly Intergenerational services on the second Sunday of each month. It's great to worship together as a big church whānau!

Izzi Hoskyn

Find your way from the cross to the empty tomb  
Solution page 12



## Easter Punny Bunnies

What is a rabbit's favourite music?  
Hip-hop.

What do you get if you cross a frog with a rabbit?  
A bunny ribbit.

What kind of jewelry do rabbits wear?  
18 carrot gold.

How do you know a rabbit is in a good mood?  
He's hoppy.

What do you call a rabbit with fleas?  
Bugs Bunny.

What do you call an unconventional Easter egg?  
Egg-centric.



Read the story below. Find and circle the words that are **underlined**. The words can appear in any direction: horizontally, vertically, diagonally and even backwards.

## The Empty Tomb – Matthew 28:1-8

Solution page 12

The **Sabbath** day was now over. It was **dawn** on the **first day** of the **week**.

**Mary Magdalene** and the other Mary went to look at the **tomb**.

An **angel** of the Lord came down from **heaven** and went to the tomb. He **rolled** back the **stone** and sat on it. His body **shone** like **lightning**. His **clothes** were as **white** as **snow**.

The angel said to the **women**, "Don't be **afraid**. I know that you are looking for Jesus. He is not here! He has **risen** from the dead, just as he said he would! Go **quickly** and tell his **disciples**!

So the women **hurried** away from the tomb. They were afraid, but they were **filled** with **joy**. They ran to tell the disciples.



# Easter Crafts

## Twine Cross

You will need:

- An old picture frame or rectangular piece of wood
- Twine (you can also use wool or ribbon)
- Glue
- Decorations or flowers
- Scissors

Wind twine around the middle of the frame from one side to the opposite side as many times as you need for the cross thickness you want.

Tie the ends together around the whole thickness of twine in the front a little bit up from the centre. Glue to hold in place if needed.

Turn the frame onto its side and repeat the wrapping around process, a little off centre again in line with the already tied section. then tie off again at the centre on the front.

Adjust the position of the centre if needed.

Glue decorations, flowers, etc. to the front centre where the twine cross pieces join.



## Easter Story Stones

Easter Story Stones are small rocks, or stones, painted with symbols from the Easter story.

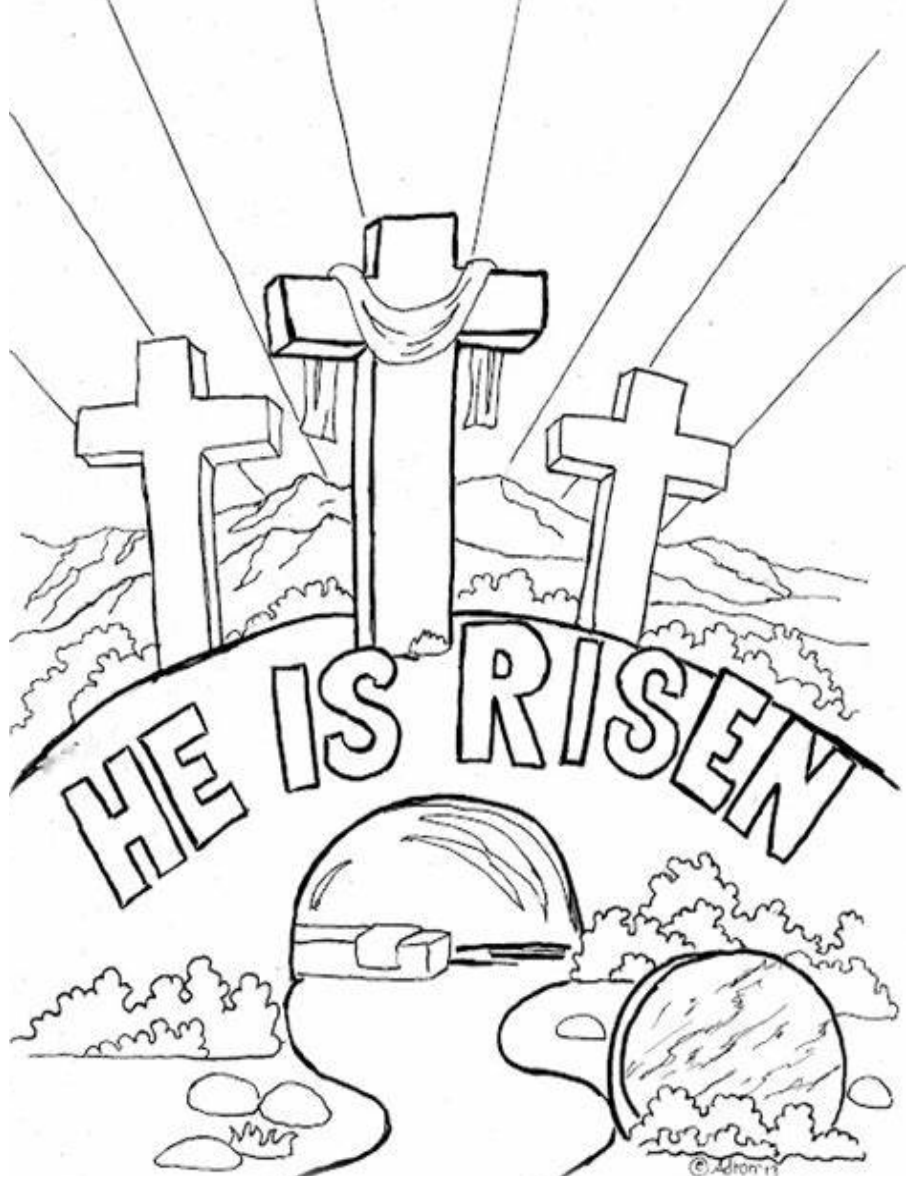
You will need:

- rocks/stones
- white paint if you are using dark stones
- paint pens
- pencil
- fabric bag to store your stones (optional)
- spray sealant or Mod Podge (optional)

Rinse your stones in warm water and let them dry completely. If you have darker stones give them a few coats of white paint as a base once they have dried.

Sketch your symbols onto your stones using a pencil. Use your paint pens to fill in the details of your stones.

To make your stones really pop, outline all the symbols with a black paint pen. †



## Onion Skin Dyed Eggs

You will need:

- 1 dozen eggs
- 3 cups of skins from yellow & red onions
- 2 tsp white vinegar
- 1.5 litres of water
- Herbs or flowers for decoration
- Nylon stocking



Cut the nylon stocking into 15cm squares. Stick a couple of leaves or flowers on each egg with a drop of water, then wrap it gently in the nylon stocking and tie it at each end.

Add the the onion skins and the vinegar to a big pot and cover with water. You can also add sliced red beet for brighter colour. Bring to a boil and simmer for about 10 minutes.

Add the eggs to the boiling water one by one and boil for 8 to 10 minutes to your liking. *At this point you can remove the eggs from the hot water or refrigerate them in the liquid overnight for a deeper colour.*

Once cool enough to handle, transfer each egg to a plate and cut the stocking off with a pair of scissors. Discard the herbs and flowers and pat them dry with a paper towel. For extra shine, rub them with a little olive or coconut oil. †

# Contacts @ St Aidan's

Office Administrator  
Anne Godman  
[office@staidans.co.nz](mailto:office@staidans.co.nz)  
09 929 4670 ext 1  
Office Hours: Mon-Fri 9am-3:30pm

Vicar  
The Revd Sarah Stevens Cross  
[sarah@staidans.co.nz](mailto:sarah@staidans.co.nz)

Curate  
The Rev'd Christina Turner  
[christina@staidans.co.nz](mailto:christina@staidans.co.nz)

Kids' Church Coordinator  
Izzi Hoskyn  
[children@staidans.co.nz](mailto:children@staidans.co.nz)

mainly music Coordinator  
Hannay Scharf  
[mainlymusic@staidans.co.nz](mailto:mainlymusic@staidans.co.nz)

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

Website & Social Media  
Content Manager  
Isobell Tregoweth  
[isobell@staidans.co.nz](mailto:isobell@staidans.co.nz)

Vicar's Warden  
Juli Mercer

People's Warden  
Lynne Trenwith

