

## September Services

Date	Waikanae 9.30 am	United@9 9 am	Raumati 10 am
5th	No services due to Covid Online service at <a href="http://www.kup.org.nz">www.kup.org.nz</a>		
12th	Maureen Calhaem HC	Rev. Roger Wiig HC	
19th	Ian Marsden	Rosalie Sugrue	Colin Anderson
26th	Rev. Tony Wood <i>Raumati 10 am. Followed by the Parish AGM</i>		

### Kapiti Uniting Parish AGM

*Sunday 26 September, following the Parish combined service to be held in Raumati 10 am.*

Any motion to be considered at the AGM not included in an official report needs to be notified to the Parish seven days prior to the AGM. If anyone in the Parish has a resolution they want to be considered at the AGM, it must be provided in writing to the Parish office no later than midday (12 pm), on Friday 17 September. This will allow the Parish to be notified of its intent in the Parish notices on Sunday 19 September.

This Together magazine was delivered to you by.....

Phone .....



September 2021

MONTHLY NEWSLETTER OF KAPITI CO-OPERATING PARISH (METHODIST-PRESBYTERIAN)

APRIL 1989

WHAT ABOUT THE BEAM ?

One of the more controversial aspects of our new Church Centre is the supporting beam which runs diagonally over the main body of the church. This beam is of rough sawn timber stained or painted in a deep green. When I first saw this beam I didn't actually believe it would it would stay like that. I thought, "Oh yes, that will be covered by the ceiling or by something else to take away the roughness of the sawn timber." But my disbelief gradually turned to horror when I realized that the beam would remain and would in fact be a central feature of our new church building.

As the initial shock has subsided, I have come to accept the beam. In fact I've been converted. I now see the beam as an integral part of our new church. The roughness of the beam relates directly to the roughness of the Cross and to the roughness of life. It has special meaning for me, as one who spent my early years around a timber mill and spent many hours handling rough sawn timber fresh from the saw.

The fact is that the Christian faith requires us to live in the real world where life is not straightforward and easy. There is a roughness about it. And the church should never be a place where we go to escape from that. It is right and appropriate that the roughness should intrude into our worship as a reminder of the brokenness and the suffering that is never very far away.

Good Friday is the day when the unconditional love of Christ comes into collision with the roughness of the real world. The beam remains as a reminder that we are still called upon to continue that same encounter.

The same love of Christ engages us in every part of our living, and our worship must reflect that or it is unrelated and false.

*Ken Wall*

From the archives.  
Rev. Ken Wall, Minister

## About People



*Kath Turkington celebrated her 101st birthday in August at Coastal Villas. The Mayor attended and spoke. Kath's birthday could not be celebrated last year due to the Covid lockdown.*

Birthday Blessings to those who have had birthdays recently, including milestone ones that could not be celebrated with parties because of the August lockdown. One such person, delighted by an unprecedented number of phone calls and online greetings received from the parish, says thank you.

Happy anniversary to those celebrating anniversaries this month, celebrate these special occasions!

We think of those members suffering poor health or in hospital and wish you a speedy recovery.

We sadly record the death recently of David Copping after a period of ill health. Our prayers and thoughts are with his wife Susan.

*The Pastoral Care Team, Adrienne, Merrill, Erice, Kay, Jennie, Lyn, Carole and Diane*

~

### Raumati Women's Morning Fellowship

*Thursday 9th September, 10 am*

The speaker will be Bill Lamberton, who will talk to us about the new Wellington Regional Children's Hospital.  
All welcome.

## September: regular events

Mondays	9.30 am	Raumati Music Café Playgroup, (term-time)
Tuesdays	10 am	Women's Craft Group, Lower Lounge, Raumati (term-time)
Wednesdays	11 am-4 pm	Thrifty Place
Thursdays	4 pm	F.I.T. Exercises, Raumati
	9.30 am	Raumati Café Playgroup (term-time)
	11 am-4 pm	Thrifty Place
	2.30-3 pm	Fruit and Vege Co-op pick up
Fridays	9.30 am	Waikanae Café Playgroup (term-time)
Saturdays	10 am-12.30 pm	Thrifty Place



## September: for your diary

Tue 7th	2 pm	Afternoon Women's Fellowship, Raumati
Wed 8th	1.30 pm	Property and Finance, Raumati
Thur 9th	10 am	Raumati Morning Women's Fellowship
Mon 13th	1.30 pm	Board Games, Raumati
Tue 14th	10 am	Pastoral Care Group, Raumati
Wed 15th	10 am	Parish Fair Meeting, Raumati
Thur 16th	9.30 am	Parish Council, Raumati
Tue 21st	10 am	Waikanae Women's Fellowship
Fri 17th		<b>Deadline for October Together</b>
Wed 22nd	10 am	Preachers Meeting, Raumati
Fri 24th	10 am	Folding and distribution of <b>October Together</b>
Sun 26th	10 am	Parish AGM, Raumati
	5 pm	Peace Gathering, Raumati
Mon 27th	1.30 pm	Board Games, Raumati

## Kapiti Counselling Service

The Parish's own professional counselling service is available for confidential counselling or discussions for any member of the Parish or their family.

The counsellors are:

Marie Livesey, Penny Currier and Angela Claridge.

Phone 902 5809.

Please leave a message and contact will be made.

## Parish Directory

Parish Council Chair:	Mary White	298 7727
Parish Council Secretary:	Jan Rae	298 2562
Treasurer:	Cathy Drummond	299 3867
	kuptreasurer@gmail.com	
Envelope Secretary:	Ralph Martin	904 8361
Together Editor:	Kate Foley	
	kapitiuniting@outlook.com	902 5809
Counselling Centre:	Kapiti Counselling Centre, Raumati	902 5809

## Parish Office Contact

Parish Office phone:	902 5809
Parish Office Administrator:	Kate Foley
Address:	10 Weka Road, Raumati Beach
Office hours:	Tuesday - Friday 9 am - 12 noon
Office e-mail:	kapitiuniting@outlook.com
Parish website:	www.kapitiunitingparish.org.nz
Waikanae Church	Corner of Ngapaki and Taiata Streets, Waikanae

## Father's Day

New Zealand and Australia celebrate Father's Day on the first Sunday in September, following the American tradition, and as traditions go it is a very recent tradition. Do you have any memories of Father's Day in your childhood?

Like Mother's Day, it began in church. Mrs Sonora Louise Smart Dodd of Spokane, Washington, aged 27, was listening to a *Mother's Day sermon* when she conceived the idea of celebrating fathers with a special day. Sonora had a small son and was the eldest child of a motherless family. Her father, William Jackson Smart, was a Civil War veteran, widowed by his wife dying in childbirth. William Smart raised the newborn and his other five children by himself on a rural farm in eastern Washington State.

It was Sonora Dodd's colossal efforts that led to a national observance. She began her campaign by approaching the Spokane Ministerial Association and the YMCA. She had hoped to have a local Father's Day celebrated on her father's birthday - the first Sunday in June. However the Spokane Council could not get it passed on time but designated the third Sunday in June as the city's celebration for Father's Day.

In keeping with the original Mother's Day tradition, Mrs Dodd suggested wearing a red flower (a rose) to indicate a living father, and a white flower for a dead father. In 1924, President Calvin Coolidge supported the idea of a national Father's Day after receiving a petition from Mrs Dodd. The custom began to spread. In 1936 a national Father's Day committee was formed. Headquartered in New York City, the committee annually selected a Father of the Year. Fathers who won the title include Douglas MacArthur, Dwight D. Eisenhower, and Harry S. Truman. However, it wasn't until 1966 that President Lyndon Johnson signed a proclamation officially declaring the third Sunday in June as the national Father's Day in the USA.

Why New Zealand opted for the first Sunday in September is a modern mystery.

*Rosa Sugrue*

## Cleanliness is next to Godliness

I don't know if that is necessarily true, but cleanliness is certainly a good thing! The Government has ruled that faces must be covered in a variety of indoor settings during Covid alert level 4. Unless you are already experienced from working in operating theatres you may appreciate some mask-wearing tips.

The purpose of a mask is to be a barrier that collects germs, so they don't pass from one side of the barrier to the other at the rate that they would through thin air.

Microbes and viruses are invisible so it's easy to forget that your mask is there to be covered in germs; your job is not to touch them! Masks should only be handled by their margins. If you touch your mask you should wash your hands. Think of your mask as a dirty bit of toilet paper (or an old-fashioned cloth nappy) if you are saving the environment with a reusable mask. If your mask is disposable and you remove it, dispose of it immediately and wash your hands, just like you would with toilet paper. Put on a fresh mask next time you need one. If you have a reusable mask, when you take it off keep it in its own bag so any germs on the mask don't get transferred to the environment – just as you would hygienically look after a dirty nappy before you got home and could wash it. Wash your hands after removing or putting on your reusable mask.

Hand washing is the critical step in good hygiene.

You may think you're an expert by now but let's go over the steps to be sure. The ideal, from a hygiene perspective, is to wash your hands in warm running water. It is important that you get your hands wet before applying soap. Lather the soap for 20 seconds to give it time to burst the virus' protective envelope then you can rinse the soap off. Good drying is also important and so is applying a moisturiser if your hands are in danger of getting cracked from all that good washing.

*More info on masks online in Ann Internal Med 2020 Jun 24 : M20-3213.*

*Dr. Tralee Sugrue*

## Stay in Touch

During these Covid times, it is important that we can all stay in touch with each other. The Pastoral Care team are only a phone call away. Phone Diane Ammundsen 902 4736.



The Parish office will remain closed until Level 2. Kate is still working from home, so please phone 905 6946 or 021 120 8045. Parish emails and phone messages are checked daily. Please contact Kate for any assistance or queries.

Copies of the new Parish Directory are available from the Parish office. Please contact the office if your contact details change.

The Parish notices are sent out by email each Friday. Please contact the office to be added to the distribution list.

Please check out our website for all recent news and notices.  
[www.kapitiunitingparish.org.nz/weekly-notice](http://www.kapitiunitingparish.org.nz/weekly-notice)

The Parish Annual Report for 2021 is now available on our website  
[www.kapitiunitingparish.org.nz/annual-report](http://www.kapitiunitingparish.org.nz/annual-report)

## E-Prayer Requests

*“God, however we see you or fail to see you, you are always there”*

A group from your Parish family receive requests for prayer every week. You can either ring, text, email or ask for the request to be passed on.

Mary Francis 904 0457 or [billandmary262@gmail.com](mailto:billandmary262@gmail.com)  
Merrill Baker 902 4134 or [amkram.nz@gmail.com](mailto:amkram.nz@gmail.com)  
Mary White 298 7727 or [marywhite@xtra.co.nz](mailto:marywhite@xtra.co.nz)

The requests will remain confidential and names will not be used without your permission.

*Mary White, E-Prayer Group Coordinator*



**Keeping Kāpiti  
warm this winter**

**SHARE THE WARMTH**

Let's share warmth and love amongst our Kāpiti whānau this winter through donating any winter wear surplus to requirements!

Scan the QR code below and fill out the form below to either donate warm clothes or request warm clothes for you, someone you know or your organisation. Or, head to <https://forms.gle/Equmpvxn3RTpnmReA>

**This is a confidential service.**

Thrifty Place is a supporter of Share the Warmth Kapiti. We have donated our surplus clothing to this new initiative founded by Sophie Handford (District Counsellor), Dan Ralph (Police Officer) and Penny Mikkelsen (Community Superstar). If you would like to donate, please see Kay at Thrifty Place or drop donations into the Parish Office.

## Supporting your Immune System

Being calm and happy are a couple of excellent ways to have a healthy immune system. Remember 2 Timothy 1:7 *For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.* Now is the time to be using your mind well.

Covid-19 is a new virus, so when it's in the community an increased number of people can get sick while we build up immunity. However, the majority of people handle it well. As we get older, our immune systems, like other parts of our body, are not necessarily as fit as they were but we can still make good choices to maximise our health, and that is valuable at any age.

Love is always the winner, valuing our close relationships and being an active part of a faith community are proven ways to enhance your immune system. Sunshine, fresh air, physical activity, sleep, and fresh fruit and vegetables are all important things you can give attention to in supporting your immune system and decreasing inflammation.

An important extra is to supplement Vitamin D. When the sun is too low in the sky for our shadows to be shorter than we are, we can't make Vitamin D ourselves and need to supplement. Good levels of Vitamin D reduce the incidence, transmission and severity of Covid-19. Older people are generally less efficient at making Vitamin D so can benefit from high doses; often 2,000 to 8,000 IU/day is helpful to prevent catching viruses, or speeding recovery when sick.

Other helpful supplements to consider include: Vitamin C, at least 500mg/day is a good prophylactic dose for many people. Zinc, people vary a lot in the dose that suits them, some people 5mg/day, other people 50mg; Quercetin, an anti-inflammatory bioflavonoid, at least 250mg/day unless susceptible to hypothyroidism; and NAC (N-acetyl cysteine) to reduce inflammation, at least 500mg/day. Homeopathy is also an excellent modality for supporting your immune system in prevention and recovery from infections. Homeopaths can do phone or video consultations.

*Dr. Tralee Sugrue*

## Annual Parish Fair

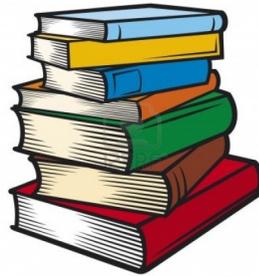
*Saturday 6 November  
9am to 1pm at Raumati*

Yes, it's time to start getting ready for the Fair again,  
just two months away!!

The organising committee has arrangements well in hand, and we  
need your help in making the fair another great success.

We'll have all the usual stalls, including:

**Books:** Once again, this year we will be  
concentrating on novels, so if you have any  
that you've read and don't need any longer,  
box them up and let us have them. If you  
can, hang on to them till just before the fair.  
If necessary we can arrange collection.  
Good quality **games and puzzles** are also  
wanted.



**Cakes and Sweets:** These are always a  
winner at the fair. So bakers, please  
help us to assemble a good variety,  
wrapped and labelled. If you can't bake  
yourself, but would like to supply some  
of the ingredients, e.g. sugar, butter,  
this will also be helpful. **Jams and  
Pickles** are also required for sale.

**Garage Sale, Toys, Fine China and Glassware:** If you've got  
surplus items in your home and garage that are saleable, look  
them out and let us have them closer to the fair. Contact John  
Lawton for Garage Sale and Ian and Sharon Marsden for Toy,  
Fine China and Glassware.

## Match Father and Son

Draw a line to match these well-known Bible Fathers with their Sons.

### Old Testament Fathers and Sons

Adam	Solomon
Noah	Obed
Abraham	Samson
Isaac	Ephraim
Jacob	Gershom
Joseph	Cain
Moses	Jonathan
Nun	David
Manoah	Joseph
Boaz	Shem
Saul	Joshua
Jesse	Jacob
David	Isaac

### New Testament Fathers and Sons

Jacob	James and John
Joseph of Nazareth	John the Baptist
Zebedee	Jesus
Alphaeus	Simon bar-Jona
Zechariah	James
Simon of Cyrene	Rufus & Alexander
Simon Peter	Joseph of Nazareth

### Answers:

**OT :** Adam – Cain, Noah – Shem, Abraham – Isaac, Isaac - Jacob, Jacob  
– Joseph, Joseph - Ephraim, Moses – Gershom, Nun – Joshua, Manoah –  
Samson, Boaz – Obed, Saul – Jonathan, Jesse – David, David – Solomon,  
**NT:** Jacob - Joseph of Nazareth, Joseph of Nazareth – Jesus, Zebedee -  
James and John, Alphaeus – James, Zechariah - John the Baptist, Simon  
of Cyrene - Rufus & Alexander, Simon Peter - Simon bar-Jona,

## Old Testament Fathers

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

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Abraham, Adam, Boaz, Cain, Caleb, Dan, David, Gad, Esau, Ham, Isaac, Jacob, Jesse, Jethro, Job, Joseph, Joshua, Judah, Kish, Laban, Lamech, Lot, Manoah, Methuselah, Moses, Noah, Nun, Saul, Shem, Solomon, Terah, Zelophehad

*Words may: cross each other, read horizontally, vertically, diagonally, or backwards. Mark off list as found. After finding all 'search words' circle each unused letter to answer this question...*

Name the first child and last child of the Bible's most influential father?

\_\_\_\_\_ and \_\_\_\_\_

*Answer page 14.*



**Plants:** The gardeners among you could get busy raising plants over the next two months to have ready for 6 November. We plan to have a good selection of tomato plants, zucchinis and cucumbers for a start. Flower posies and produce are also welcome.

Please contact Derek (Convenor) on 021 124 4091 or Kate in the office to discuss any questions regarding the Fair.

## Waikanae News

Marie Smith has been awarded a Life Membership of the Wellington District Methodist Women's Fellowship. Marie is only the second member to receive this honour, which acknowledges her long service and the many responsibilities she has carried locally, within the Wellington District, and nationally. We congratulate Marie and thank her for her faithful service.

On Sunday 15 August we had a progressive games afternoon at Waikanae, which was most enjoyable, and Diana Roberts' afternoon tea was also much appreciated. We will have to do this again some time. Twenty people attended, including several from Raumati, it was a good way to get to know each other better.

*Ian Marsden*

## Kapiti Community Meetings

In July, a lunch was held at the Kapiti Office of Mana MP Barbara Edmonds, for a number of Kapiti based social-service non-government organisations. It was a really good opportunity to meet other groups and also for groups to connect with each other and to understand the services others provide. Barbara also explained how her office can assist us.

During the meeting I was able to mention that we have an op shop, Thrifty Place and the Kapiti Counselling Service at our Raumati premises. Many other groups reported a lack of funding following the Covid lockdown in 2020. The groups who attended were Te Ara Korowai, The Shed Project, Kapiti Zeal, Volunteer Kapiti, Kapiti Coast Grey Power, Kapiti Community Foodbank, MSD, Kapiti Uniting Parish, Wellington Sexual Abuse HELP Foundation and Atareira - Mental Health Support for Families and Whānau.



Later in the week I attended a Kapiti Coast District Council funded Food Hui at the Kapiti Impact Hub. The Hui was presented by the Kapiti Community Foodbank, Kaibosh, Regional Public Health, Wellington City Mission and the Kapiti Impact Trust. I attended on behalf of the Raumati Village Community Garden and the Parish.

The speakers were very interesting. I especially took lots of notes from the Regional Public Health speaker, who advised that due to poor soil health, the future of food production will rely on locally-grown produce within communities. It takes 100 years to generate 3 cm of soil!

Kerry from the Kapiti Foodbank gave a very informative presentation. The Foodbank issues 180-200 food parcels per month (over the past six months 1,689 adults, 552 teenagers, 980 children). The foodbank sees up to 25 new clients each month, mostly in their 30's. The support our Parish provides is appreciated by this much needed service.

*Kate Foley*

# PARISH FAIR

**Kapiti Uniting Parish**  
**Raumati Church, Weka Road**  
**Saturday 6 November, 9 am - 1 pm**

cakes and sweets - plants - art  
 books and puzzles - garage sale  
 toys - BBQ - raffles - Thrifty Place  
 handcrafts - cafe - preserves  
 fine china and glassware

[www.kup.org.nz](http://www.kup.org.nz)