



Dunedin Methodist Parish

Finding Good in everyone Finding God in everyone

www.dunedinmethodist.org.nz

Find us on Facebook: **Dunedin Methodist Parish**

Presbyters:	Rev. David Poultney	974 6172
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Parish Office:	David: parish@mmsouth.org.nz	466 4600
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Parish Prayer Convenor:	Elaine Merrett: elaineross@xtra.co.nz	489 7663
Pastoral Convenor Mornington:	Beryl Neutze	476 7447

PARISH BULLETIN

17th March 2019

WORSHIP FOR SUNDAY 24th March

9.30 am	Mornington	H Watson White
10.00 am	Mosgiel	D Poultney
11.00 am	Glenaven	C Gibson
1.00 pm	St Kilda	TBA

Dates to remember:

20 March	7.00 pm	Lenten Bible Study
20 March	7.30 pm	Open Education at Mornington Church
20 March	7.30-9pm	Caring for Former Refugees at Mornington Church
27 March	2.00 pm	Mornington Women's Fellowship
29-30 March		Faith Thinking Events 2019

OPEN EDUCATION - There are now more than 500 refugees from the dreadful Syrian civil war, men, women and children beginning their new life in Dunedin. Dr Mai Tamimi works with them, hearing their stories and helping them adjust to a new culture, and she is our first speaker in the 2019 Open Education programme. Don't miss her compelling talk on Wednesday 20 March, in the Mornington Methodist Church at 7.30pm. Koha \$5. This is preceded by Judy Russell's splendid pre-session meal at 6pm, for which you'll need to sign in at Mornington or ring Judy at 4553727 to book your place at the table. Cost \$15. All proceeds will go to further support the refugee families.

CARING FOR FORMER REFUGEES IN DUNEDIN

Dr Mai Tamimi (Te Kaika) will speak on this topic at Mornington Methodist Church, corner of Galloway and Whitby Streets, Mornington

7.30-900pm Wednesday 20th March. All welcome.

MORNINGTON METHODIST WOMEN'S FELLOWSHIP

Our March Meeting will take place on the 27th March at 2 p.m. in the Church Lounge. The Guest Speaker will be Mrs Betty Duncan and her subject: "Grandfather's Norwegian whale ship diary. All welcome to come along and hear this very interesting story.

Please remember the Fellowship of the Least Coin.

20 MARCH 7 PM MOSGIEL - Lenten Bible Study

ON THE WEDNESDAYS of Lent Mosgiel Methodist is hosting a study programme called Holy Week for Beginners, based on the book and DVD of that name by Amy Jill Levine, who is professor of New Testament Studies at Vanderbilt University, Nashville and an Orthodox Jew.

NEWSLETTER INVITE - Every two months Methodist Mission Southern distributes a newsletter to people who've supported projects in the past. It includes some of the good news stories you see in your Parish Bulletin, an outline of some new projects as well some practical ways readers can help with those new projects.

If you would like to receive this newsletter regularly, all you need to do is send an email to rosen@mmsouth.org.nz If you'd like a printed copy rather than an email just let us know – you could phone the Main Office at Teviot Street - 466 4600 – Katrina will put you on the list to receive a print copy in the mail. Large print is also available.

FAITH THINKING 2019 - These courses are jointly organised between the Theology Programme and some Dunedin Churches, and supported by Continuing Education at the University of Otago.

The Cross and Resurrection of Christ: What does it mean to say that Christ died for us?

Professor Murray Rae, Theology Programme, University of Otago

Friday 29 March, 7:00-9:00pm

Saturday 30 March, 9:00am-12.30

Elim Church, 67 Harrow Street, Dunedin

Taster in Biblical Greek

Dr Katie Marcar, Theology Programme, University of Otago

Wednesday 3 April, 10 April, 17 April, 7:00pm – 9:00pm

Burns 7, Arts/Burns Building, Albany Street, University of Otago

Each Course costs \$20. Please register online at www.otago.ac.nz/continuingeducation



**Share the
Journey** ✨
#sharejourney

You are invited to a global campaign to **walk a million kilometres** in an **act of solidarity with migrants and refugees** who are forced to leave their homes because of war, persecution, natural disaster and poverty. Our solidarity walk is also **an occasion for us to walk aside those who are new to our community** including migrants and former refugees in Dunedin and hear some of their story.

Simply come along on Sunday, 7th April at 2pm to walk and chat with some of our new residents. Following the walk along John Wilson Drive, there will be games on at Hancock Park (sack races, tug of war, lolly scramble) and a free sausage sizzle. After the walk we will combine kilometres walked and submit these to the global campaign.

Date: Sunday, 7th April
Time: 2.00pm
Where: Meet beside the Dinosaur Park ready to walk 1, 2 or 4 kilometres along John Wilson Drive.
Cost: Free

For more information see our Facebook Page: Dunedin Churches Welcome Refugees or contact Amy: amy@cdd.org.nz

MOSGIEL FLOWER SERVICE held on 16th September 2018



PRIVATE BOARD ACCOMMODATION - needed for Kirstie Aroha Kopi from PNG

The Kopi family from PNG were members of our Mornington Church when Idau came here to do his Master's degree many years ago. During their time here, Kirstie was born, in 2003. Our Church gave Kirstie her middle name. She was baptised here. She is now 16 and is planning to come to Dunedin to study at Logan Park School, in a few week's time - later in March.

The Kopi family have asked us, their Dunedin Church family, to help find a place for Kirstie to stay. Ideally this will be private board with a Christian family, within walking distance of Logan Park School. Money is available to pay for private board.

Please contact Greg or Hilda Hughson - 487 6226 if you can help or know of somewhere Kirstie can stay.

Please share this with friends across Dunedin.

COMBINED SERVICE AT MOSGIEL – 29th July 2018

Children's story - The Loaves & Fish.



The Choice

In 2017, at the age of 90 years, in the book “The Choice”, Edith Eger shared her perspective on how best to cope with the troubles that may arise in our lives. She noted that in life, at some point, we will suffer some kind of affliction, calamity or abuse, caused by circumstances, people or institutions over which we have little or no control. These problems coming from the outside may be a neighbourhood bully, a boss who rages, a spouse who hits, a lover who cheats, discriminatory laws or an accident that lands us in hospital. In response, we may feel victimized. However, being a

victim does not mean that we need to have a life of feeling that we are a victim, the condition of victimhood.

Victimhood comes from the inside. No one can make you a victim but you. We become victims, not because of what happens to us, but when we choose to hold on to our victimization. In immersing ourselves in victimhood, we develop a victim's mindset—a way of thinking and being that is rigid, blaming, pessimistic, stuck in the past, unforgiving, punitive and without healthy limits or boundaries. We become our own jailers when we choose the confines of the victim's mind.

Edith Eger considered that there was no hierarchy of suffering. She considered that there was nothing that made one person's pain worse or better than that of another. Comparing our suffering with that of others can lead us to minimize or diminish our own suffering. Being a survivor and thriving requires absolute acceptance of what was and what is. If we discount our pain, or punish ourselves for feeling lost, isolated or scared about the challenges in our lives, however insignificant these challenges may seem to someone else, then we are still choosing to be a victim and we are not seeing our choices. We are judging ourselves.

Our problems may vary from having a dying child to our new car being the wrong shade of yellow. However, the little upsets in our lives may be emblematic of larger losses. Seemingly insignificant worries may be representative of greater pain. Every person's pain is real to them and they are deserving of our compassion.

Those experiencing pain have choices in attitude and action that can move them from victim to survivor, even if the circumstances they are dealing with do not change. Survivors do not have time to ask "Why me?" For survivors, the only relevant question is "What now?"

As a clinical psychologist, Edith Eger helped many persons and found the commonest problem was one of hunger. We are hungry

for approval, attention and affection. We are hungry for the freedom to embrace life and to really know and be ourselves. We cannot choose to have a life free of hurt. But we can choose to be free and to escape the past, no matter what befalls us. We can embrace the possible. We can have freedom from the past, freedom from failures and fears, freedom from anger and mistakes, and freedom from regret and unresolved grief. We can have the freedom to enjoy the full rich feast of life.

Edith Eger commented that it is easy to make a prison out of our pain and out of the past. At best, revenge is useless. It cannot alter what has been done to us. It cannot erase the wrongs we have suffered. It cannot bring back the dead. At worst, revenge perpetuates the cycle of hate. It keeps the hate circling on and on. When we seek revenge, even non-violent revenge, we are revolving, not evolving.

Dr Eger valued what her mother told her, “We don’t know where we’re going. We don’t know what’s going to happen. But no one can take away from you what you put in your own mind.” Whether we are imprisoned by bad marriages, destructive families, jobs we hate, or the barbed wire of self-limiting beliefs which trap us in our own minds, we can choose to embrace joy and freedom.

Bruce Spittle