



Dunedin Methodist Parish

Finding Good in everyone Finding God in everyone

www.dunedinmethodist.org.nz

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Mornington:		

PARISH BULLETIN

28th September 2014

WORSHIP FOR SUNDAY 5th October

10.00 am	Mornington	Combined at Wesley
10.00 am	Mosgiel	Combined at Wesley
10.00 am	Glenaven	Combined at Wesley
10.00 am	Wesley	Combined at Wesley
10.00 am	St Kilda	Combined at Wesley

EXPLORERS GROUP meets at 4.30pm on Sunday 28th Sept in the Mornington Church lounge, and we will be hearing from Colin and Rod as they share with us some of the experiences at the recent Progressive Spirituality NZ Conference, the Conference theme was "Beyond the Borders". All interested people are very welcome to attend.

SYMPATHY - On behalf of the Mosgiel congregation I would like to convey a message of sympathy and condolences to Thelma Howison of Mosgiel for the death of her son, Alistair Howison last week. It is our prayer that God's peace and comfort be with you and the family during this period of mourning and grieving. Thank you, Rev. Siosifa Pole

STORY FROM THE MISSION

From SPAN:

The first Tuesday of August the SPAN members enjoyed Irene Mosley's informative presentation with regards to the Brain Health Research Centre (BRHC) at Otago University. Irene quoting from the BRHC website:



“An ageing population means more people will be affected by neurological diseases such as Alzheimer's, Parkinson's, Huntington's and stroke in the future. Fortunately, brain research offers hope to individuals, families and society.”

The members asked many questions and took notes on how to keep the brain active (e.g. crosswords, not from the same source but varying sources, using the left hand if right handed and vice-versa).

The following Tuesday we all headed off to the Regent Theatre and watched a rousing and romantic retelling of a true story of 1930's Irish folk hero James Gralton titled 'Jimmy's Hall'. The 'Hall' provided a place for locals to meet to dance, sing and participate in the arts. Unfortunately, this did not sit well with the Church and its followers resulting in a wee bit of controversy ending in Jimmy being exiled to the USA never to return to Ireland

Tuesday 19th August the members were hosted by the St Clair Presbyterian Church ladies for morning tea and the viewing of their beautifully hand crafted church banners. Some patchwork, some appliqué, some cross-stitched and some a combination. There were flat, semi-flat, raised, semi-raised and 3-D banners of varying sizes, shapes colours and materials. It was such a joy for the members to see the beautiful banners and hear the history belonging to each and every one. The hosts were unsure if there is the possibility of the banners being exhibited at the Toitu Settlers Museum.

The last Tuesday of the month, members were captivated by Alyth Grant's knowledge of the history and future direction of the Orokonui Ecosantuary. Alyth presented a wonderful power point presentation show casing the various animal and plants, the buildings and walkways and the other great things the Ecosantuary has to offer.

VOICES OF PEACE WITH THE CELLISTS OF OTAGO - The concert will be at 3pm Sunday 5 October at the Sargood Centre, Logan Park. This concert will star soloists Stephen Diaz, Nick Cornish, Heleen du Plessis, and Dorothy Piper who will present a war painting exhibition. Admission - standard \$15, students \$10, children \$5. All welcome. Please remember that parking nearby is possible only occupy come early.



EDGE OF THE LEDGE - Suicide rates are the thermometer for measuring the mental health and social well being of a nation. In NZ more people die from suicide than from road accidents.

The Life Matters Prevention Trust is hosting an evening with Prof Annette Beautrais who will be speaking to the community about what we can do to provide protective factors and Suicide Prevention strategies for Aotearoa/New Zealand and what we can do to bring the rate of suicide down. Her visit is hard on the heels of the Life Matters Suicide Prevention Trust's commemorative event on September 10 held to promote a safe dialogue for discussion around prevention and also to create an opportunity for people to share their stories.

- **Who:** Prof Annette Beautrais
- **What:** Suicide Protective factors
- **Where:** Dunningham suite, Dunedin Public Library, Dunedin
- **When:** October 2, 7-9pm
- **Cost:** Gold coin donation
- **Contact:** lifemattersotago@gmail.com
- **Help:** depression helpline 0800 111 757 or depression.org.nz

SAFE-TALK WORKSHOP (Suicide Alertness for Everyone)

Are you interested in becoming more confident in dealing with someone's suicidal thought? **SafeTALK** workshops encourage TALK and are based on certain fundamental assumptions about suicide;

- Suicide is a community issue, prevention starts in the community
- Suicide can be prevented
- Suicide is not a mental illness
- Although complex and personal, thoughts of suicide are understandable
- Most people with thoughts of suicide want to live and will indicate this either directly or indirectly

When: 6 - 9.30 pm Tuesday 7th October 2014

Where: 34 Prince Albert Rd, St Kilda 9012, Dunedin.

Presenter: Greg Dobson: Lifelong career working in the mental health and addictions field, experienced counsellor, current manager of Supporting Families Central Otago and is passionate about reducing local suicide rates.

COST: \$25 per person to cover print resource costs

RSVP by the 1st October to: lifemattersotago@gmail.com

METHODIST CHURCH PRESIDENT AND VICE-PRESIDENT VISIT

Our parish will host the President, Rev Rex Nathan and Vice-President, Jan Tasker from Friday 3rd of October to the Sunday 5th. On Sunday the parish will have a combined service at Wesley Church, 10am. The President and Vice-President will be our guest preachers for this service. Please join together with everyone in this occasion and please bring a mix plate for our morning tea and lunch together. Thank you for your co-operation.



EVERY LIFE MATTERS
World Suicide Prevention Day
St. Paul's Cathedral, Dunedin.
10th September 2014

(This is part of my speech on this important occasion)

Tena koutou tena koutou, tena tatou katoa, Ta Lofa Lava, Ni Sabula Vinaka, Fakalofa lahi atu, Alohani, Malo e lelei, and warm Pacific greetings to all of you who are here tonight. I am glad to be invited to share my thought on this critical and yet important issue that has a devastating effect on our society. Suicide is becoming an epidemic that is unpredictable and unexpected. We are always surprised to hear that someone, maybe a close friend or a member of the family has committed suicide. Many questions start to arise for those who were close to this person, "How did it happen? Why didn't we see any sign? Why didn't we able to stop? What was the cause? Who should have noticed the signs? These are questions that those who live ask as they continue to grieve for the death of a loved one or close friend who committed suicide.

During our first year in Dunedin, 2011, I experienced the destructive impact of suicide when one of my younger son's closest friends killed himself. It was a shock to my son, his family, his friends' families, to the school community, and also the wider community. This is something that this young person wasn't aware of when he decided to take his life. He never thought of the psychological and emotional damage that he would leave behind with his friends and his own family. Everyone who came in contact with him was affected in one way or the other because of his decision to take his own life. Almost at the same time, a few young Tongans committed suicide in various parts of Auckland. One of the suicides was committed inside one of the churches, which was a horrible situation. No one noticed any sign that these young people would take their own lives. Every life matters and we need to support it.

It is obvious that there are various causes of suicide and I am grateful to be here today to show my solidarity and support for the works that the Health sector and other agencies do to prevent people from committing suicide. Suicide happens across ages, cultures, religions, communities, and also professionals. Therefore, we need a co-operative effort to combat this epidemic in order to prevent or minimise it. I am glad that the Pacific communities are joining force with other agencies to raise awareness and to help those who attempt suicide to seek help from the professionals. One of the initiatives that the Pacific communities have started to deal with suicide is the formation of the national Pacific prevention programme, called FLO: Pasifika for Life. This programme is part of the Ministry of Health's suicide prevention Action plan for 2013-16. *Le Va* is the national body that drives this initiative among the Pacific communities. Dr Monique Faleafa, the CEO of the *Le Va* says, "One of our recent actions was to create a booklet that talks about the top five tactics for helping to prevent Pasifika suicide." She continues to say, "Connecting with others is a tactic that Pasifika research shows works as a protective factor – vital for wellbeing, a sense of purpose and relationships with healthy flow. Connecting in a meaningful way with people near you today lets them know you care and that help is there when they need it."

The word 'suicide' in Tongan is '*taonakita*'. '*Taonakita*' is a combination of three words, of '*tao*', '*na*', and *kita*. "*Tao*" means 'spear', '*na*' is an adjective', and '*kita*' means 'me or I'. Therefore, '*taonakita*' can literary mean, 'I was killed by my own spear' or 'I take my own life'. *Taonakita* is a taboo issue in the Tongan community and people are rarely talking about it because of the '*fakamā*' (Maori '*whakama*') or shame that could impose on their families. Some Tongans saw *tanokita* as a 'curse' or some kind of evil spirit that possess someone internally to hurt or take his/ her own life. Internal hurt relates closely to the Tongan notion of '*kafo e loto*' (wounded heart). Obviously, a physical wound or an outward wound can be seen

and able to treat but a wounded heart is unseen and even hard to find the appropriate treatment. Those who are under this kind of circumstance feel powerless and hopeless. The easiest way for them to get rid of pain and hurt is to end their lives. However, in order to break the taboo and to overcome the sense of '*fakamā*' we need to build trust and respect. From a Tongan view point, we can build trust and respect when the connection is strong through communal relationship and *kainga/fanau* (*whanau*) bond. People can talk freely when they are trusted and respected. I believe that this is what we need to encourage in our community. Our children need to be trusted by our willing to listen to their voices.

Every life matters and it is God's will and purpose to create and nurture life and to allow a life to grow to its fullness. The scriptures speak highly about God as the Creator of life. Psalm 139 emphasises this nature of God when it mentions in verse 13, "For it was you who formed my inward parts; you knit me together in my mother's womb..." I believe it is God's will to nurture and nourish every life for every life matters.

I am both a Methodist minister and also a Tongan, which means I represent two communities in our *talanoa* this evening. '*Talanoa*' is the Tongan for 'open conversation or talking'. In talking we are able to pass on to others what our feelings and worries are and also at the same time able to listen to the voices and stories of others. Every story and voice is unique and worth listening to. May our voices join together tonight. Let us all be prepared to help our city and our communities. Tonight we are hearing many stories of the devastating effect of suicide and through those stories we can encourage others to feel trusted and respected to tell their own stories too. Every life matters, and I believe we should join our voices and make every effort to prevent suicides from happening. Thank you for the opportunity to be part of the *talanoa* tonight. *Malo 'aupito, leveleva e malanga kau tatau atu.*

Siosifa Pole