

# DUNEDIN METHODIST PARISH

*Finding Good in everyone Finding God in everyone*

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



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## PARISH BULLETIN

5 December 2021

### WORSHIP FOR SUNDAY 12 December 2021

9.30am	Mornington	R Mitchell
10.00am	Mosgiel	D Poultney
11.00am	Glenaven	H Watson White
	St Kilda	TBA

### DATES TO REMEMBER

Each Thursday @ 2pm – Advent Bible Study at the Mosgiel Church  
 Sunday 19 December @ 4pm – Blue Christmas Service at the Mornington Church

## ORDERS OF SERVICE & BULLETINS OVER CHRISTMAS BREAK



The Mission Office will be closed from midday Thursday 23<sup>rd</sup> December with the Parish team returning to work Monday 17<sup>th</sup> January 2022.

Could you please ensure that your Orders of Service over this period (the dates 19<sup>th</sup> December through to 16<sup>th</sup> January 2022) are sent no later than **12noon Wednesday 15<sup>th</sup> December** ([bulletins@mmsouth.org.nz](mailto:bulletins@mmsouth.org.nz)).

The final bulletin for 2021 will be the Sunday 19<sup>th</sup> December and the first bulletin for 2022 will be Sunday 23<sup>rd</sup> January.

*Many thanks, Methodist Mission Parish Team*

### ADVENT BIBLE STUDY

This is being held every week on Thursday at 2pm. Mosgiel Church. You are welcome to come to one or all.

### BLUE CHRISTMAS SERVICE

We may remember the song Blue Christmas. Christmas is presented as a time of joy, togetherness, anticipation. The truth is we each come to Christmas as we are. even with our grief, loneliness and disappointments; perhaps this year it is particularly so.

You are invited to Blue Christmas service at Mornington on Sunday 19 December at 4pm. The service will be quiet, reflective and draw on ritual and symbol to name and let go of our burdens.

### JANUARY 2022 SERVICES:

- January 2nd to be held at Mornington Methodist.
- January 9th to be held at St Mary's Anglican.
- January 16th service to be held at Mornington Presbyterian.

All services are starting at 9:30. Each Church community will follow the appropriate protocols for health requirements. These services are shared ecumenical opportunities for the three congregations to share together over January.

**CLINICAL PASTORAL EDUCATION** – Susan Hamel of the Mornington congregation, an ordained interfaith minister, is doing a CPE course (clinical pastoral education) and as part of that she is having a series of pastoral conversations which are written up - while preserving anonymity - and presented in her study group.

If you would be willing to have a pastoral conversation with Susan, please contact her on [sfh1959@gmail.com](mailto:sfh1959@gmail.com)

## STORY FROM THE MISSION

### Waihōpai Youth Transition House

New female resident arrived just a short week ago. In that time, she found, applied, and was successful in a full time job! Her excitement was celebrated here at the house with staff and current residents. We are so proud of her, and the commitment she showed in wanting employment. She has started her new role, and although her hours are long and exhausting, she isn't letting that get in her way. Our staff are helping support her through this new journey, helping getting her to and home from work.



***If you would like to support the Mission's work with a donation, please visit [www.givealittle.co.nz](http://www.givealittle.co.nz) and search for The Methodist Mission***



## YOU MAY HAVE HEARD OF CHRISTINE MISERANDINO?

She's been living with Lupus, Chronic Fatigue Syndrome, Epstein Barr since the age of 15 in New York State. No?

How about her spoons theory of resilience which she developed at dinner in 2003?

While out to dinner one night with a friend, she began her usual meal-time ritual of taking (copious) medications, and the friend suddenly asked her what it was like to live with so many autoimmune issues.

Like a lot of diners, the restaurant had containers of cutlery on each table. Christine went around the tables and took the spoons from each and brought them back to her friend.

She asked her friend to imagine that the pile of spoons represented the amount of energy she had that day.

As Christine went through the myriad tasks she completed that day, she took a spoon away from the pile for each activity. She took spoon after spoon, until there was only one left. At which point her friend remembered why they were out to dinner and declared that she was hungry.

To which Christine replied that eating would use the last spoon. And there was still the drive home. She asked her friend to choose which activity she wanted to do more.

Christine then explained that on any given day she may wake up with more or fewer spoons depending on the state of her illness; a circumstance beyond her control.

So that is the Spoons Theory of resilience.

Of course it doesn't just apply to people with auto-immune issues.

It applies to the poor. Factors affecting general spoonage can include: cold or wet weather (heating costs), sudden break down of appliances, tripping in the street and ripping your last good pair of interview pants, sudden ill health, the friction that comes from being over it and living with other people who are over it ... and of course not everyone starts with the same basic spoon allocation. Those with better education, better genes, parents and family who can help out – which are all a kind of inheritance, really – are better off.

Recent research into why people stay poor, has identified that there is a minimum level of asset required to haul oneself out of poverty. Now, this is not income, this is wealth, the background accumulation of (financial) resiliency. Below this level, folks can't get enough momentum, enough critical mass to reach the kind of escape velocity needed to exit the perpetual cycle of "not enough".

Poverty, low resilience, these are traps that for those without a good head of steam up before poverty or ill health engulfed them, can't escape without help.

Which tells us, hopefully, what kind of help works best. More "spoons". Building up that asset base. Making energy-sapping tasks easier. Escaping poverty is not about more self-reliance. Its about more money. Escaping low resilience is not about "more responsibility". It's about making tasks easier either by simplifying or providing assistance or building skills (but that takes another spoon in the short term) or having someone help.

And when we meet someone who looks like their struggling, wondering how many spoons they woke up with that day, may just help us help them.

Laura Black