

DUNEDIN METHODIST PARISH

Finding Good in everyone Finding God in everyone

www.dunedinmethodist.org.nz



Find us on Facebook: Dunedin Methodist Parish

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Parish Office	bulletins@mmsouth.org.nz	466 4600

PARISH BULLETIN

17 MAY 2026

WORSHIP FOR SUNDAY – 24 MAY 2026

9.30AM	Mornington Church	Susan Hamel
10.00AM	Mosgiel Church	Ian Boddy
11.00AM	Glenaven Church	Susan Hamel
Connections Article		Rod Mitchell

RADIO CHURCH

8.30am		Tony Parrish Seventh-day Adventist Church
	OAR 105.4FM	
	1575AM	
Live stream	oar.org.nz	

Please note you can now listen to RADIO CHURCH every Sunday on OAR 105.4FM, 1575AM or Livestream via oar.org.nz

Services at Mornington can be watched on YouTube:

<https://www.youtube.com/@morningtonmethodist1598>



UPCOMING event Dates

20 May 2026, Artificial Intelligence & Christian Life, Dr Andrew Sheppard, Online
24 May 2026, Dunedin Musical Society Concert, Mornington Church, 2.30PM
25 May, 2026 University of Otago Lecture, Burns 2 University of Otago, 4.00PM
3 June 2026, Artificial Intelligence & Christian Life, Matt Ensor, Online

Notices

Dunedin Musical Society Concert

2.30 Sunday May 24th

Mornington Methodist Church.

Featuring a feast of piano and woodwind items as a tribute to past teachers and musical colleagues, Eli Gray-Smith and Barry Rutledge.

\$5 cash door charge. All welcome

We Know Times Are Tough

At Little Citizens, we're here to help make things a little easier by offering:

- Nutritious meals provided each day
- Affordable fees
- Flexible enrolment options to suit your family
- Quality early childhood education

If you're looking for a supportive and caring environment for your tamariki, we'd love to hear from you.

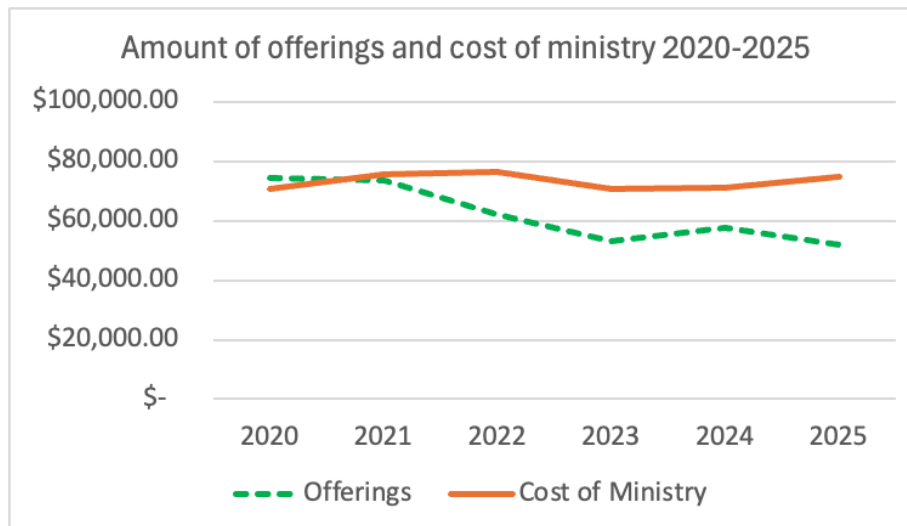
Call **NOW** to enrol or for more information contact: emiliem@mmsouth.org.nz
or tel: 027 545 5548



Parish Stewardship Campaign

The Parish is very grateful for the many ways in which our members support the Parish. This includes people using their time and talents to enrich our worship, provide support for members, and enable use of the premises by the community. Another important aspect is the free will offering of financial support to the Parish. The money we give in the offertory, or through direct credit, goes to the Parish and is used to support the Synod the Connexion and importantly, our paid ministry.

We appreciate that many people are facing financial pressures from increases in the cost of living. The Parish is experiencing the same financial pressures. As you will see from the graph below, ministry costs have increased slightly over time but the total offering from Parish members has decreased significantly.



We would like to reverse this trend. This can be achieved by increasing our giving, and by inviting people to join our fellowship! We would like you consider your free will giving to the Parish, are you able to increase your monetary giving? Are you able to help the Parish in other ways with your time and talents?

We will be placing a 'pledge sheet' in the Bulletin on **Sunday 17 and Sunday 24 May**. This sheet is for you to consider your ongoing giving and make a pledge to that effect. You can keep the pledge sheet as a personal reminder, alternatively we encourage you to place it in the offering in Ian's final joint service on Sunday 7 June 2026.

Thank you once again for your ongoing support of the Parish, it is greatly appreciated. Dunedin Methodist Parish Council

Artificial Intelligence and Christian life

Join us online at 7pm over four consecutive Wednesdays for online sessions exploring a range of perspectives on AI, technology and Christian life.

May 20: Dr. Andrew Shepherd - A Critique of Contemporary Technologies and their Impact on Human Flourishing.
How does technology shape us?

June 3: Matt Ensor - Appreciative Insights on the Use of AI: Possibilities and Challenges Insights along with a no-jargon opportunity for questions.

Register at: <https://knoxcentre.ac.nz/training-events/>

Connections

Contributed by Heather Rhodes

What does our faith have to say about depression, given that the Bible does not address the topic directly? Low mood is not an uplifting subject and can seem self-centred in a world facing political, environmental, social, and financial crises. Yet it is worth reflecting on, because when we're not in a healthy frame of mind, we are less able to love and support others — and less able to enjoy the gift of life ourselves. Even if you never experience low mood, you will almost certainly know someone who does.

Most importantly, our faith tells us that Christ understands human suffering. In the Garden of Gethsemane He said, "My soul is overwhelmed with sorrow to the point of death" (Matthew 26:38). On the cross He cried, "My God, my God, why have you forsaken me?"

(Matthew 27:46). These words reveal that Jesus fully entered into human anguish, loneliness, and despair. Christ shared in human suffering; we can know we are never abandoned in ours.

A great thing about living more than 2000 years after Christ is that research often confirms biblical wisdom. Studies show that gratitude practices can improve mood and reduce depressive symptoms. Gratitude is one of Scripture's clearest responses to discouragement. It does not deny suffering or pretend everything is fine; instead, it redirects attention toward signs of God's goodness within hardship. "Give thanks in all circumstances" (1 Thessalonians 5:18) is not a command to ignore pain, but a reminder that grace can still be found in difficult seasons. Philippians 4:6–7 also connects thanksgiving with peace, teaching that bringing our worries to God with gratitude can guard our hearts and minds. Noticing small gifts — a kind conversation, sunlight through a window, the support of a friend — can slowly reshape perspective over time.

Serving others also matters deeply. Galatians 5:13 urges believers to "serve one another humbly in love," while Proverbs 11:25 says, "Whoever refreshes others will be refreshed." Acts of service can lessen isolation and restore a sense of purpose. Research supports this too: helping others, whether through volunteering or small acts of kindness, often lifts the spirits and strengthens wellbeing. Service is not a cure for depression, but it reminds us that we still have something valuable to offer. It can give us a sense of accomplishment and keeps us living in the way that is important to us.

Finally, there is the importance of community. Our Pākehā culture is highly individualistic, yet the Bible presents community as essential in times of suffering. Christians are called to "carry each other's burdens" (Galatians 6:2) and to "mourn with those who mourn" (Romans 12:15). Shared life does not remove pain, but it makes it more bearable by reminding us that we are known, loved, and not alone.

I recently attended the funeral of a friend who had taken his own life. One speaker urged us to reach out to others, because we never know who may be struggling. That is wise advice. If we feel low, we should

practice gratitude, serve others, and remain connected to community. Know that Christ is with us in our suffering, know things will improve, and reach out if you need to!

Heather Rhodes (who, having written this, realises she should add: we can be grateful that we also have medication and research about psychology, or 'thinking about thinking', that can both be very helpful. Do also reach out to your GP if you need to!).

The Otago University Theology Programme is pleased to welcome to Dunedin Revd Dr Paula O. Latu, Principal of Sia'atoutai Theological College in Tonga. This year marks an important milestone for the Church in Tonga: two hundred years of faith, resilience, and the transforming power of the gospel across the islands of the Pacific. In celebration of this historic occasion, we warmly invite you to a special public lecture:



"Church Growth and Development: On the History of Christianity in Tonga"

Delivered by Revd Dr Paula Onoafe Latu
Principal, Sia'atoutai Theological College, Tonga

- Monday, 25 May 2026
- 4:00 PM
- Burns 2, University of Otago

Revd Dr Latu brings with him a wealth of theological insight and a deep connection to the living heritage of Christianity in Tonga. The lecture will be given in Tongan with English translation.

All are welcome. We warmly encourage you to share this invitation across your networks, communities, and congregations so that as many people as possible can be part of this special celebration.

Mālo 'aupito,

Professor Murray Rae