

A photograph of Kermit the Frog and his son, Kermit Junior, sitting on a blue couch. Kermit is on the left, wearing a yellow bowtie, and Kermit Junior is on the right, wearing a yellow shirt. A white speech bubble with a black outline is positioned over them, containing the text 'HAPPY FATHER'S DAY!'.

HAPPY FATHER'S DAY!

News Sheet

23rd Sunday Ordinary Time
5th September 2021

*A warm welcome to St Timothy's
and St James' Churches*

SCRIPTURE VERSE

There is one body and one Spirit, just as you were called to one hope when you were called; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all. **Ephesians 4:4-6**

PRAYER

God, who in generous mercy sent the Holy Spirit upon your Church in the burning fire of your love: grant that your people may be fervent in the fellowship of the gospel that, always abiding in you, they may be found steadfast in faith and active in service; through Jesus Christ our Lord. Amen

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Making lifelong disciples of Jesus

Christchurch City Mission Foodbank

Needs for this
fortnight.

Canned Fruit



*Please store anything
you buy and bring it to
church when we are
open again.*



CHRISTCHURCH
City Mission
TE WHARE MĪHANA KI ŌTAUTAHI
"Our City at Heart."

NOTICES

How are you doing during lockdown?

Check out page **6 & 7** for different ways to maintain physical and mental wellness during this difficult time.

ZOOM MEETING

Audio Only

With Video



NEW TENTATIVE DATE

SUPER STARS

A Parish Fundraising Concert

Saturday 25th September, 2-5pm, St Tim's

THIS WEEK'S SERVICES

Theme: Goodness & Kindness

Sun Online Service

Chris Ponniah

Isaiah 58:6-11 John 2:13-22

FOR ALL PASTORAL NEEDS, please contact Alison McMillan (03 358 5286)
or the Vicar, Chris (021 528 821 or 03 357 1292)

CITY MISSION

From the Anglican E-Life

Our City Mission here in Christchurch is going like the clappers providing contactless food parcels.

On Monday this week, Christchurch City Mission fed 350 people, up from the usual 190, and demand is growing still. Significantly 20 per cent of callers are new to the service.



It shows how the lockdown can tip over many families who are otherwise just getting by. We are hearing from many who have lost their casual jobs or income that kept them going and others are large families who decided to lock down together, then discovered they couldn't afford to feed everyone. Inside their building they have replaced their usual volunteers with our staff pulled from all CCM areas to keep the food parcels flowing. All are pitching in to keep the Christchurch City Mission going and to look after our city's people.

At the moment we can't drop of non perishable food so if you wish to donate go to <https://donate.citymission.org.nz/>

PRAYERS FOR OUR CHURCH AND COMMUNITY

Rather than providing a monthly prayer schedule we are adding this segment, so that we can all pray at home collectively about the same needs in our church and community. Let us all pray...

Vicar & Staff

- Pray that God will continue to refresh them as they serve and support the parish
- Pray for the team as they start thinking and planning goals for 2022

Wardens & Vestry

- Pray for God to give them wisdom as they provide the governance of the parish
- Pray for continued unity within the team

Sub-Committees

- Pray for the sub-committees as they discuss finance, building & grounds, St James Church and Funds matters and mission matters and bring recommendations that will continue to enhance the health and wellbeing of the parish
- Pray for new members for the sub committees



FROM NATHAN - NEOS YOUTH

Join Nathan for group fitness.

During lockdown (and maybe beyond) I am running a public Zoom fitness group. There are essentially two groups: evenings and mornings.

The evening group is for beginners to group fitness or are starting their fitness journey.

This is a low impact, low intensity group in which I slowly go through exercises. The emphasis is participation and form. We start at 5:30 pm and include a warm up and cool down. There is no minimum requirement for joining this group. However I would suggest that if you like it you stick to it for at least 5 sessions.

The morning group is for those with a moderate level of fitness. They are capable of doing 5 squats or can hold a plank for 20 seconds. This group starts at 7:30 am and finishes just after 8 am. There is a warm up and cool down included.

The link for both groups is the same: Click here → [Zoom.us](https://zoom.us)

Meeting ID: 931 2878 6206

Passcode: Lockdown21

Neos and Parish Schedules

With the entry into lockdown, the parish is operating remotely and is doing so week to week.

- Church services are online at Youtube
- Neos will be done remotely.
- We have an Instagram group that we communicate on for updates and chats.
- For catching up, we are using Zoom.
- Please note that all future events in person are currently on hold.

Prayer request

Please continue to pray for our youth and young adults as they navigate lockdown. Pray for focus, routine and positive relationships. Lockdown affects us all in different ways. Please also pray that they would come to know God's love on a deeper level than they have before.

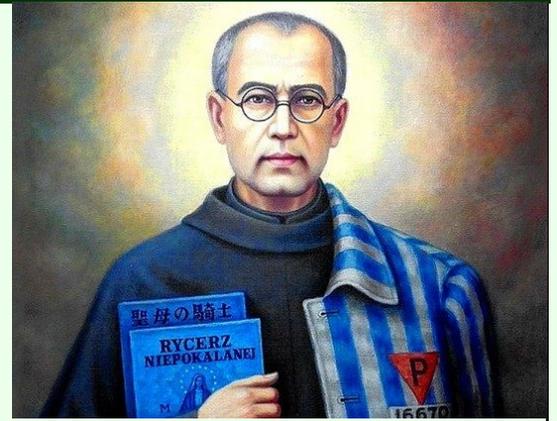


Cont. FROM NATHAN

Maximilian Kolbe at Auschwitz

Last week I wrote about one's point of view and the effect that has on our lives. There is so much about lockdown that we cannot control however we do have control over our response.

Charles Swindoll states it well that life is 10% what happens to me and 90% how I react to it. Maximilian Kolbe, a Chathlotic priest, displayed this well throughout his life.



Prior to World War 2, Maximilian was a missionary in different parts of the world including China and Japan. In the 1930s, he returned to his native Poland. At this point, Nazi Germany had invaded Poland. He continued work at his friary where he and other friars provided shelter to refugees from Greater Poland including 2,000 Jews whom he hid from German persecution in the Niepokalanów friary. Kolbe received permission to continue publishing religious works, though significantly reduced in scope. The monastery continued to act as a publishing house, issuing a number of anti-Nazi German publications. Eventually the Gestapo caught wind of these publications and arrested him.

Maximilian was thrown into Auschwitz concentration camp. Even there, he decided not to let the abysmal conditions and horrors determine his attitude. He continued to pray and share his meager rations with those in need.

When one prisoner escaped, the Nazis singled out 10 men to move to cellblock 11, where they would be left to die of hunger and thirst. One of the frightened men chosen stressed that he was a father with a family, begging for mercy. Kolbe stepped forward, asking to talk to the captain, "I am old and sick, let me take this man's place."

The German captain asked who Kolbe was. Kolbe answered, "I am a Catholic priest." The captain granted the exchange, making Kolbe one of the 10 prisoners sentenced to die of hunger and thirst. Kolbe wouldn't die. He kept ministering to and comforting the other men. By the end, they sang and prayed. They soldiered on for 15 days of starvation in a dark cell. The Nazis finally murdered Kolbe, as one of three men still standing, with a lethal injection.

Christ formed his attitude. May we do the same as we come to realise how deeply Christ loves us.

COVID-19 – STAYING HEALTHY IN A LOCKDOWN

Sourced from Health Navigator New Zealand

With the whole country in lockdown due to COVID-19, it's more important than ever to stay healthy, physically and mentally.



If you are not used to being at home every day, suddenly finding yourself confined to your house – be it on your own or with family members or flatmates – for several weeks may seem daunting. But, it's doable with a little planning, kindness and understanding.

Remember almost everyone in New Zealand is in the same situation and it won't last forever. While it does, we're all going to have to get a bit more creative with things like exercising and staying in contact with each other.

Here are our top 10 tips for staying healthy while in self-isolation:

1. Stick to a routine

Plan out a routine and stick to it. Having structure in your day gives you a sense of stability and peace of mind. For example, get up and go to bed at the same time you usually would and have your meals at the usual time. Make sure you get your normal amount of sleep. Plan different things for your weekend or day off so you can get a break from your routine, just as you normally would.



2. Get a daily dose of fresh air

Go outside for a walk or run – it's good for your physical and mental health. Again, plan it into your schedule so you are doing it every day. Getting out of the house will make you feel better and reduce cabin fever.

3. Eat healthy food

Make sure you're getting your 5 plus a day of fruit and vegetables to stay healthy. Avoid unnecessary snacking which is easy to do when you're at home. Keep your eating habits as close as possible to what you would usually do. An excess of alcohol is especially risky at this time, so keep to standard drinking advice and find other ways to relieve stress.



4. Stay in touch

A lack of face to face contact with others is tough. However, there are lots of other ways to stay in touch. Pick up the phone, video call friends or family and stay in touch online. Start an

Cont. STAYING HEALTHY IN A LOCKDOWN

online neighbourhood group to keep an eye on each other. You could also throw a virtual party where a group gets together online and connects that way. There are also lots of resources and ideas on the internet to keep you occupied and connected.

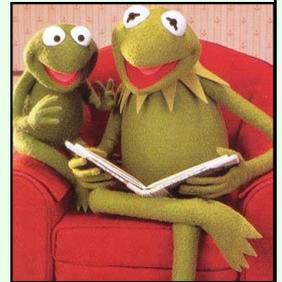


5. Exercise inside regularly

Set aside time each day or week to exercise inside, in the garage or in the garden. It could be yoga, weights, dancing or other forms of exercise. There are many websites offering free virtual exercise classes. It's also a great time to get stuck into the garden, mow the lawns, clean the house and trim the hedge. See also exercising while staying at home.

6. Have fun

If you've suddenly find yourself with time on your hands, remember to do something you enjoy. Watch a movie, do some puzzles, play some board games, write that novel, read, redecorate, play charades, start to learn language or do anything else that will put a smile on your face.



7. Have a digital break

While it's important to stay connected digitally, make sure you do have a break from it and balance your use. Plan times to be digitally connected and times when you switch to 'do not disturb' and become fully present to life in your bubble.



8. Healthy balance of news

It's tempting to keep checking all the latest updates about COVID-19 but don't let it rule your life. Keep informed but also have a break from the constant flow of information. Have set times where you check the news, maybe morning and night to keep a healthy balance.

9. Meditate

Meditation is proven to have many mental and physical benefits. As does practising mindfulness. They are both free to do and will improve your health and help you stay calm and centred.



10. Seek medical attention if needed

If you feel unwell and need to see a doctor or you suspect you have COVID-19, then phone your GP to make an appointment or phone the dedicated Coronavirus Healthline on 0800 358 5453 for advice. Medical facilities, pharmacies, vets, supermarkets and other essential services are still open.

COMING UP



Mental Health Seminar

We are excited to have Matua Ronnie Moore come speak to us on the **10th of October, 6:30pm at 46 Kendal Avenue**, about Mental Wellness. Ronnie is a Board Member on the Key To Life Charitable Trust working closely with his long-time friend Mike King. He is a successful businessman working as a Senior Manager in Global Logistics and serves on several boards. Ronnie will be sharing his inspiring story “Rags to Riches”

Rags to Riches is about a young South Auckland boy who faced a traumatic life of physical, mental and sexual abuse. As Matua Ronnie got older life was one big struggle. Ronnie entered the corporate world and became a very successful businessman...

But all this came crashing down...

Ronnie is a motivational and inspirational speaker.

By opening up, being honest, sharing the deep dark journey he has found healing and restoration. Ronnie loves meeting and talking to people and showing them they too can go from Rags to Riches....

Come hear his story...



WORSHIP & VOLUNTEER ROSTER

Worship Roster	This Week: 5th September		Next Week: 12th September	
	8.45am	10.15am	8.45am	10.15am
Theme	Goodness and Kindness		Faithfulness	
Leader	P Sundstrum	C Wong	F Johns	S Liu
Preacher	C Ponniah	C Ponniah	S Clancey	S Clancey
Celebrant	C Ponniah	G Hicks	G Hicks	No HC
2 Chalice	P Ruxton	Child	C Scobie	No HC
Intercessors	P Sundstrum	S Williams	F Johns	P Rodley
1 Reader	B Gentry	W Clarke	M Ward	E Hardwick
2 Reader	P Ruxton	D Clarke	M Saysell	A Moyle
Ministry	M & S Lawrence		C & J Ponniah	



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LAY MINISTERS CO-ORDINATOR

Alison McMillan 03 358 5286

PRAYER CHAIN

Carol Saysell 03 358 2214

Alison McMillan 03 358 5286

12th Sept	ST JAMES'
<i>Sidesperson</i>	J Baker/C Sundstrum
<i>Cleaning</i>	F Johns/L Nelson
<i>Hall Cleaning</i>	F Johns
<i>Hospitality</i>	N/A
<i>Memorial Wall</i>	J & B Chapman
12th Sept	ST TIMOTHY'S
<i>Sidesperson</i>	R Kamuhangire/D Mudu
<i>Welcomers</i>	E Hardwick/T Craze
<i>PA System</i>	K Wakeham
<i>Data Projector</i>	J Glue
<i>Sanctuary</i>	No HC
<i>Flowers</i>	TBA
<i>Cleaning</i>	K Smith/F El Morshidi
<i>Vacuum</i>	K Smith
<i>Hospitality</i>	A Soo & C Wong

DIRECT CREDIT YOUR OFFERINGS ANZ Bank, Papanui

Acc Name: Parish of Burnside-Harewood Acc No: 06 - 0831- 0031780-00