



SIGNPOST JULY 2021

Gisborne Presbyterian Parish

www.standrewsgis.org.nz

Minister

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MESSAGE FROM OUR MINISTER



Spirituality of cheese making

Sister Noella Marcellino is a nun and microbiologist who has been making special cheese at the Abbey Regina Laudis in Connecticut in America. For her, cheese making has been an important spiritual practice for many decades. Known as ‘Mother Noella’s cheese,’ her cheese is famous for its health benefits and great flavour which other cheese made from pasteurized milk may not have. She had studied the biodiversity of raw-milk cheese fungi and no one else was fighting harder to preserve it in a world of standardization and pasteurization. She follows an ancient recipe in that wooden whiskey barrels are used for fermenting cheese. She sees an analogy of death and resurrection from the entire process of cheese making. In one interview, she says as follows;

“...It’s this sense that we’re eating decomposition – break-down products.

You could call it death. To me, it’s a taste of that, but a promise of something delicious. So I think it’s almost a subconscious way of being prepared for death and facing our own mortality. And for me, that analogy of ...really a death a decomposition creating this wonderful flavor, it’s a promise of something better. I experience that over and over again when I look at cheese, when I smell cheese, and when I look at the microbial ecology of cheese. That’s the wonder for me, that it’s a promise of life beyond death.”

The process of cheese making looks very similar to sowing and growing the seed. We are living in a world in which everything is working and moving very fast. In such a world, anyone who is slow in working and living doesn’t seem to fit in such a fast-moving world. Yet in God’s kingdom, slow life seems to work better as we pray to God first before doing anything.

As the church, we are planting seeds – the word of God in the field (community) through words and deeds. We would sleep and rise night and day. We don’t know how the seeds would sprout and grow. But we are certain that they will grow and bring forth grain as the field belongs to God who loves it dearly.

Rev Jin Sook Kim

WEEKLY PARISH EVENTS TO WHICH ALL ARE WELCOME

WALKING GROUP



meets at the community hall 9 am every Monday to enjoy a leisurely walk around town. Everyone, any age is invited to join the group and to enjoy a cuppa together afterwards in the lounge.

OPEN DOOR

is our Parish weekly get together on Tuesday mornings from 10 am in St Andrew's Lounge for a cuppa, friendship and chat please come and join us!



PASTORAL CARE

If you have a pastoral need please phone Rev Jin Sook Kim: 021 02952589



MAINLY MUSIC



mainly music
est. 1990

Wednesday mornings are a time of organised chaos in the church lounge when pre-school children and their parents and grandparents enjoy

a musical time together. **Cost is \$4 per family.**

MATAWHERO GARDENERS

Members of GPP and friends are weeding, prayer/discussion **3rd Monday** of each month at 9.30am Matawhero Church together.



ZOOM KORERO ON FRIDAYS

Join in the fun every Friday at 10.30 am for **ZOOM korero** from your computer. A link and passcode number will be sent out with the Order of Service each week.



PLEASE COME AND JOIN OUR CHOIR (and make new friends)

The Choir meets once a week on Friday at 1.00 pm in St Andrew's Church.

'CELEBRATION POT LUCK' SERVICE

is held in the community hall on the 4th



Sunday of the month at

10.30 am.

Please invite friends and family also

bring a plate to share or donation/koha if preferred.



her new address.

Helen Benson has now moved to Whakatane. Please contact the office if you would like

'HAVE A GO'



at **Matawhero Church lounge** every **4th** Wednesday at 3 pm. First Meeting will start

Wednesday 28 July 3.00 pm

Activities: knitting, card making with kai, bring your friends with their stories to share.



PLEASE REMEMBER YOUR READING

GLASSES for church until the video is back.

CARD MAKING GROUP

Handmade Cards



A small monthly 'Home Group' handmaking cards has started. The next session is:

MONDAY

26th July 9.30am – 12 noon. There is no charge, but crafters will need to bring material required each month.

Novelty cards, Iris folding, paper craft and recycling.

IF INTERESTED PLEASE PHONE: Lynnor Cooke (landline) 06 214 3945. **No children please**

'BIBLE CHAT'

Wednesday 14th July
at 3.00 pm
in St Andrew's lounge



with Rev Jin Sook Kim

BOOK SALE

**SATURDAY 7th AUGUST FROM 9.00 am
& SUNDAY 8th FROM 11.30 am**

**Where: ST ANDREW'S COMMUNITY
HALL
176 Cobden Street**



CASH ONLY

BIBLE

EMERGENCY HOTLINES

STRESSED	MATTHEW 11:25-30
WORRIED	MATTHEW 6:19-34
LONELY	PSALM 23
DISAPPOINTED BY PEOPLE	PSALM 27
BITTER OR CRITICAL	1 CORINTHIANS 13
SINNED	PSALM 51
DISCOURAGED	PSALM 34
LOSING HOPE	PSALM 139
SICK	PSALM 41
SAD	JOHN 14
IN DANGER	PSALM 91
SCARED	JOSHUA 1:1-9
LACKING FAITH	HEBREWS 11
NEGATIVE	COLOSSIANS 3:12-17
BROKE	PSALM 37
BETRAYED	PSALM 27
HURT	JOHN 15

GET HELP - TOLL FREE - 24 HRS

BIBLE SCRAMBLE

Bible Scramble: Unscramble the letters in each word to discover the passage.
Solution on last page of Signpost.

EH TTHA TSSPIHEED SIH
RONIHGEB TSNNIHE: UTB EH TTHA
THHA YRMEC NO EHT RPOO, YPPHA
SI EH. OD YTHE TON RRE TTHA
VSIEED VLIE? UTB YRMEC NDA
UTTRH SLLHA EB OT TMHE TTHA
VSIEED OOGD.



Part 2 (EVA RICHARDS)

Home and village life from Eva's childhood to adulthood



I started school at five years old, walking for about an hour along country lanes with my brother and two sisters. The village school had one room only, divided by a dark green curtain,

juniors one side, over 12 years the other side. So both teachers had to talk against one another. It had a log fire. On my first day the teacher started teaching me the sound of letters but I said, 'Oh I know my letters.' "Well then, you must have a book" she said. The first line in this book was the cat sat on the mat. I slowly puzzled it out then suddenly realised that I had made an amazing discovery – letters made words and words said things. It was wildly exciting. All the way home I kept repeating this magic line. My mother said afterwards, "When you first came home from school, you were like a wild thing, running around saying, "Cat sat on the mat." Yes, I agreed as I was afraid this exciting new discovery would disappear.

At Christmas time, there was a big flurry of plucking as turkeys, ducks and geese were killed for the market. My mother was expert at dressing poultry. This was the time when a group of men called the "Guise-rs" would appear at our door, often on Christmas Eve. They were a group of farmers who went around performing a play they had learned by heart. It was all in verse and handed down from the past. In the evening there would be a loud knocking on the door, it was flung open and a voice said "I open the door I enter in" and in they came six farmers all dressed for their parts. One was St George and another in black was the devil. They carried small wooden swords. A fight broke out when the devil attacked St George fast and furious till St George fell to the floor with a cry.

Another knock on the door and a man came in wearing a top hat, carrying a small bag, he said, "I am the doctor new come from Spain. St George will rise to fight again" They all rushed round dabbing St George with medication. He came back to life, stood up and said if England was ever in danger, they could call on him for evermore. The hostess then handed round food and drink. Drink was usually homemade wine. My father made elderberry, parsnip and birch wine. Birch wine was made by tapping, the birch and collecting the sap. It was supposed to be very strong. Sometimes the men slept in the chairs all night. We children were sent off to bed.

The evening often finished with the men doing what they called step dancing in their nailed boots on the brick scullery floor. These were the happy times.

In 1926, we saw the General Strike in England which cost the farmers dearly. No milk was carted away. My father was forced to sell up and leave. We hated leaving our farm and animals. He took a job in a village working on the estate of an old squire. There I attended another village school and at 12 won a scholarship to go to Grammar school. But I should tell you the story of the haunted house we lived in.

It was right on edge of village with open fields beside our garden path. It had always been the gamekeepers house but a gamekeeper had become an alcoholic and ended his life shooting himself in the small bedroom. The next man fell out with the squire's bailiff. For some years these two men conducted a silent war, spiting one another till the squire said he could tolerate it no longer and sacked the gamekeeper. He went home, and after two days brooding, he went early in the morning to squire's gate, hid, then shot the bailiff when he arrived for work. He ran off through the cowshed and shot himself in a small woodland. After that the new gamekeeper refused to live in the cottage, so we were given it. You can imagine what a tragic event that was in a village of 400 people. We soon found

out that everybody believed the house we were to have was haunted.

These were happy times, but economic disaster was looming. In 1926 Unions called a general strike. All railways, trucks and buses stopped and the coal mines closed. For farmers it meant no milk was collected. But cattle food still had to be paid for, forcing them to borrow from the bank. As my father's family were well known to local people, he was allowed to borrow heavily until he was forced to sell up, and leave. He was an excellent country craftsman and managed to find a job working on the estate of an old country squire 50 miles away in Warwickshire. We were very upset at seeing our animals go, leaving our house and the place we loved.

I was at school till I was seventeen, taking my school C and Higher School. It was a school which concentrated on teaching an interest in politics. Once a week from form 2, we had a class debate. Everybody had to say at least one sentence and nobody was allowed to speak more than twice. We went on from that to debates in the school hall. When I was in 6th form there was a miner's son of ten opposed me in argument. He went on to University, the Army and was elected to Parliament in 1945 election as youngest M.P. defeating no less a person than Sir Harold MacMillan. His name was George Chetwynd.

In 1935 when I was leaving school, my father decided we should move into town for better chance of jobs. He found a job on outskirts of Coventry. It was our first experience of suburban houses, electric light and buses handy every day of the week. I found a job, after 6 weeks looking, with the General Electric Company. It was in the Company employees Welfare Department. They employed 5,000 people on making radios and telephones, plus several hundred workers in offices and research. It was our job to keep in touch with any workers off sick. There was a visiting nurse attached to our office. Workers paid into a sick

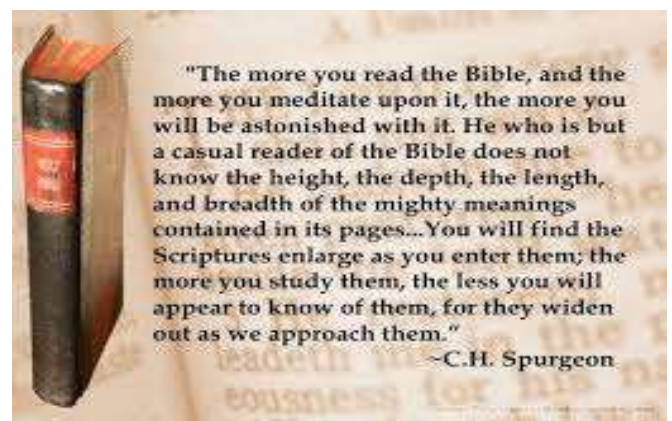
fund administered by our department. There was much T.B. around then. We sent parcels, paid for by the company every week to any workers in T.B.

When war finally came the next year. All factories in city were geared for war. Car lights blacked out except for Civil Defence. Various short air raids took place over the city such as daylight. We dug a shelter in our back garden, lined with corrugated iron. Night of blitz we were in shelter, not on duty. We could hear the hum of German planes, the crash of anti-aircraft guns, the loud explosions and the scream of falling bombs, bricks falling and glass shattering.

We had wonderful help from around the country and overseas, when people went missing.

The government set about building hostels for the workers to keep industry going in the city. Man had to board box and cox. I was asked to move from welfare to more essential work so I went to regional office administering the National Service hostels. We had 18,000 workers in hostels. My job was on personnel, interviewing people for jobs. They were directed to work for us. We had all sorts, such as London hotel chefs. They hated being sent to cook for factory workers. Some hostel canteens had to cater for seven main meals, through the day and night for shift workers. By moving people around from one hostel to another we managed to solve lots of fights.

(To be continued in Part 3, church life)



KIMCHI WORKSHOP AT ENVIRONMENT CENTRE ON TUESDAY 27 JULY 5.30 - 6.30 PM.

Revd Jin Sook Kim will lead a Kimchi workshop at Tairawhiti Environment Centre on 27 July, 5.30 -6.30pm. You will learn how to make kimchi, and have a taste. Bring your jar if you wish to take kimchi home. Places are limited. Please register by calling the Tairawhiti Environment Centre on 8674708 or contacting them via Facebook messenger. Spots will need to be paid for in advance (01-0641-0058800-00). \$10 per person.

What is Kimchi?



Kimchi (/ˈkɪmtʃi:/; Korean: 김치), staple in Korean cuisine, is a traditional side dish of salted and fermented vegetables, such as napa cabbage (or Chinese cabbage) and Korean radish, made with a widely varying selection of seasonings including *gochugaru* (chilli powder), spring onions, garlic, ginger, and *jeotgal* (salted seafood), etc. It is also used in a variety of soups and many other dishes.

There are hundreds of varieties of kimchi made with different vegetables as the main ingredients. Traditionally, kimchi was stored in large earthenware fermentation vessels called *onggi*, often stored in-ground to prevent freezing during the winter months and cool enough to slow down the fermentation process during summer. The vessels are also kept

outdoors in special terraces called *jangdokdae*. In contemporary times, household kimchi refrigerators are more commonly used.

Health Benefits of Kimchi

Kimchi is a good source of folate which is important in pregnancy to reduce the risk of central neural tube defects, potassium that helps control the body's balance of fluids and calcium which is important for muscle contractions as well as strong teeth and bones. There is growing evidence that fermented foods such as kimchi may improve intestinal health and as a result support the immune system and anti-inflammatory responses. Kimchi can also improve levels of good bacteria in the gut, and may help improve symptoms such as constipation and diarrhoea.



"SENIOR VERSION of Jesus Loves Me"

Here is a new version just for us who have white hair or no hair at all. For us over middle age (or even those almost there).



When my work on earth is done,
And life's victories have been won.
He will take me home above,
Then I'll understand His love.
Refrain

I love Jesus, does He know?
Have I ever told Him so?
Jesus loves to hear me say,
That I love Him every day.

Author unknown



JESUS LOVES ME

Jesus loves me, this I know,
Though my hair is white as snow
Though my sight is growing dim,
Still He bids me trust in Him.

Refrain

*Yes, Jesus loves me.. yes, Jesus loves me..
yes, Jesus loves me,
for the bible tells me so.*

Though my steps are oh, so slow,
With my hand in His I'll go
On through life, let come what may,
He'll be there to lead the way.

Refrain

When the nights are dark and long,
In my heart He puts a song..
Telling me in words so clear,
"Have no fear, for I am near."

Refrain

LOST KEYS



After a meeting several days ago, I couldn't find my keys. I quickly gave myself a personal "Pat Down."

They weren't in my pockets. Suddenly I realised I must have left them in the car. Frantically, I headed for the car park. My husband has scolded me many times for leaving my keys in the car's ignition. He's afraid that the car could be stolen. As I looked around the parking lot, I realised he was right. The parking lot was empty. I immediately called the police. I gave them my location, confessed that I had left my keys in the car, and that it had been stolen.

Then I made the most difficult call of all to my husband: "I left my keys in the car and it's been stolen."

There was a moment of silence. I thought the call had been disconnected, but then I heard his voice. "Are you kidding me?" he barked,

"I dropped you off!"

Now it was my turn to be silent. Embarrassed, I said, "Well, can you come and get me?"

He retorted, "I will, as soon as I convince this policeman that I didn't steal your car!"

Welcome to the golden years...

Truthbook

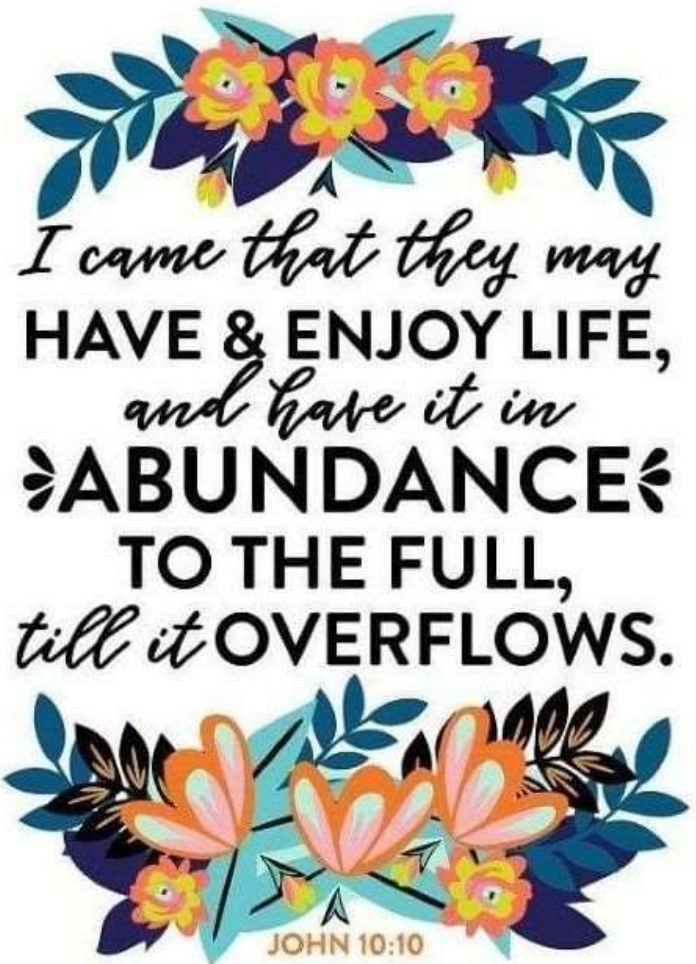
PEARLS OF WISDOM



You say: "It's impossible"
God says: All things are possible
([Luke 18:27](#))

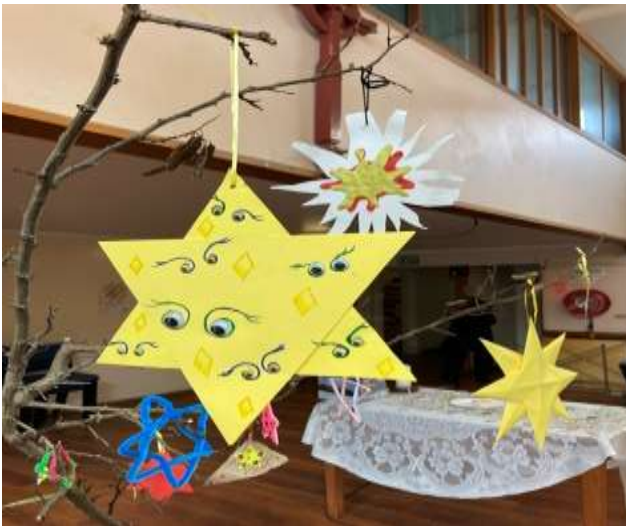
You say: "I'm too tired"
God says: I will give you rest
([Matthew 11:28-30](#))

You say: "I can't go on"
God says: My grace is sufficient
([2 Corinthians 12:9 & Psalm 91:15](#))



You say: "It's not worth it"
God says: It will be worth it
([Romans 8:28](#))

You say: "I can't forgive myself"
God says: I Forgive you
([1 John 1:9 & Romans 8:1](#))



BIBLE SCRAMBLE ANSWER King James Version

Solution to Bible Scramble:

He that despiseth his neighbor sinneth: but he that hath mercy on the poor, happy is he. Do they not err that devise evil? But mercy and truth shall be to them that devise good. Proverbs 14:21-22