

Circle

Volume 50, No. 3

August 2018



Inspirational Women
Dame Miriam Dell p.12
Joy Cowley p. 14

**Social Concerns - Are you
being hacked? p.18**

**Changes to AAW
Constitution p.10**

The Association of Anglican Women



Theme for 2015-2018:

Grow in Discipleship, Dreams, Dedication

The Aims of AAW:

-to unite in prayer and participate in the mission of the Church

-to promote, safeguard and nurture Christian family life

Contributions for *Circle*

Diocesan AAW Group and Members' Items: Please help the *Circle* editorial team by sending your contributions and reports, email or hand-written, to your Diocesan *Circle* Publicity Representative so that she can collate, edit, proof and select what to send from each diocese to keep to the approximate word allowance of about 360 words per diocese. This allows for around two pictures.

Diocesan Coordinators: All copy should be emailed to the *Circle* Co-ordinator, Pat Vincent, patvincent999@gmail.com.

Text: It can be in the body of an email or attached as a Word document.

Photos: High Resolution original jpg files or raw digital photo files. These will be *large separate files, not pictures included in a Word document.*



Join us on Facebook: Search for NZ Assn of Anglican Women

Cover Photos: Front : Kate Sheppard camellia. **Photo:** Dr Judith Mackenzie
Back: Kate Sheppard Memorial in Christchurch. **Photo:** Christchurch City Libraries

Copy deadline for the next issue:

30 September

Please help us by adhering to this deadline

From the Editorial Team

At the time of putting this magazine together, the buzz words were ‘women’s suffrage’ and ‘growth’. This issue focuses on the former; the report in the November magazine on the October Conference at Scots College Wellington will focus on the latter.

Our inspirational women Joy Cowley and Dame Miriam Dell both stand tall, kia kaha, and in different ways have earned the respect of many world-wide, both men and women. They are part of our country’s heritage and so many of us women owe so much to them.

Hopefully winter will be relaxing its icy grip by the time you receive this issue. Some of us may feel beset by funerals recently, but as we grow older we must expect loved ones to pass on – it’s part of life – however it can bring sadness and depression if we dwell on it. Instead, let us seek the Light of God

in the hours of sunshine that are allowed us.

And please keep sending us ‘copy’: photos, reports, articles, poems, recipes.....

God Bless.

Subscription Information for 2018

If you wish to subscribe as an individual to *Circle*, please send your request to;

Circle Business Manager
4 Wintersweet Way,
Highbury,
Palmerston North 4412

including,

your name,
postal address,
email address,
your cheque for \$10 made out to *Circle*.

Your *Circle* Editorial Team: Co-ordinator: Pat Vincent - patvincent999@gmail.com
Secretary: Pamela Hartley - pamela.o.hartley@gmail.com
Business Manager: Janice Viles - janiceviles4@gmail.com
Editorial : Mary Houston - maryehouston57@gmail.com, Diana Maunder - diana.maunder@gmail.com
Graphic Layout: Anne Stainer: annestainer@gmail.com

Letters to the Editorial Team

Dear Editorial Team

My mother, a devout Anglican, belonged to a group called 'The League of Mothers', but nowadays the group is never mentioned. Who were they and what happened to them?

Curious AAW Member

Dear Curious AAW Member,

Encyclopaedia New Zealand records that The League of Mothers was formed under the auspices of Lady Alice Fergusson in 1926 to provide non-denominational fellowship for all mothers, regardless of their religion. The League therefore has no direct links with Mothers' Union or AAW and can be described as a parallel organisation that upheld the sanctity of marriage, and helped parents realise their responsibilities in the bringing up of their children. It was not a fund-raising organisation; however, members did all sorts of welfare work in their own



communities. The League disbanded in April 1996, by which time Mothers' Union, AAW and The New

2019 Golden Jubilee of AAW

How do we celebrate? Ideas please.



Zealand Council of Women were firmly established.

The Editorial Team

We are grateful for some feedback from our readers:

I thought you'd like to know that at our AAW meeting today we unanimously applauded Wellington for an excellent magazine. *Beryl*

Our new "Circles" arrived today. I love the seasonal emphasis and the colourful photos, as well as the stimulating and inspiring contents. Good to see the lovely photos on our Facebook page too. *Shelley*

*You are warmly invited to attend
our Triennial Conference:*

For details see p.8



- 3 From the Editorial Team
- 4 Letters to the Editorial Team
- 6 President's Notes
- 8 Conference Programme
- 9 AAW Provincial Operational Plan
- 10 Proposed Changes to AAW Constitution
- 12 Inspirational Women
 - 12 Dame Miriam Dell
 - 14 Joy Cowley
- 17 A Way of Life
- 18 Social Concerns
- 20 Poetic Reflection - A Stormy Winter Night
- 21 Overseas and Outreach
- 25 Diocesan News -
 - 25 Polynesia
 - 26 Christchurch
 - 28 Wellington
 - 30 Nelson
 - 32 Waiapu
 - 34 Dunedin
- 35 Recipe - Bran Muffins 1939 style

President's Notes



Dear Members

I hope you are managing to keep warm on these cold, wintry days. I have the comfort of a trip to England and Scotland at the end of July to keep my spirits up. It is a lovely opportunity to catch up with my youngest son's family in Surrey and enjoy a week's beach holiday with them.

The theme for this edition is to celebrate 125 years of Women's Suffrage. What a wonderful milestone to celebrate this landmark legislation that resulted in all NZ women becoming the first in the world to vote in parliamentary elections. An opportunity to reflect on the brave and dedicated women who have gone before us and the journey we are still on to gain equality.

One such woman was Kate Sheppard who was the most prominent woman of the suffragette movement and a former President of the NCWNZ. More recently, there is our own Dame Miriam Bell, a faithful Anglican and AAW member. She is an inspirational woman and it is with pleasure we dedicate space for her story and also for Joy Cowley. Joy has inspired so many of us and our

children with her wonderful prose and spirituality. These women are shining examples of successful women.

As a member of the Wellington Branch of the National Council of Women, I often hear the depressing statistics around women's representation in the higher echelons of management and governance. So it was lovely to be invited to attend the Ministry for Women's afternoon tea on July 6 and their discussion on women in governance, the results of the 2017 Gender Stocktake of State Sector Boards and Committees, and the introduction of their Nominations Service assisting women to obtain these positions. The venue was very apt at the National Library where the Suffrage Petition is on display.

Three high-powered speakers spoke briefly on this topic; two women in management positions and the Secretary for the Treasury who champions change. He said, "You can't stop making the case for change."

Then the results of the stocktake were revealed. It is very pleasing to see that there is now 45.7% women's representation on state sector boards and committees and women chair

34.5% of these. The goal is for 50% women's representation.

Afterwards, I had the opportunity to speak to several women at different stages in their careers. One was the first woman president of a local sporting club and she was looking at the next steps in her career, so it was fortunate that we were in conversation with another woman who was part of an advisory group set up, incidentally by a woman, to assist boards and people on boards. We found out that the Nominations Service offered by the Ministry is another group she is able to turn to. For women, this mentoring and networking is important and is not always readily available.

There is of course a long way to go with women still under-represented in the boardrooms of major public companies and in government. The #Me Too movement and the recent inquiry into the culture of a legal firm highlight the need for cultural change and respect for women's abilities.

I am proud of our organisation and the importance we place on social justice with our Social Concerns portfolio. Our close links to the National Council of Women, give us

input into Government policy and law.

Recently we were asked if we would donate money to the Kate Sheppard Memorial Trust Award which was set up by NCWNZ in 1993 to mark the centenary of women gaining the vote. This award was established to assist women develop their potential through education, research, or special projects that benefit our community.

This annual award is administered by a special Trust based in Christchurch.



This year to mark 125 years of suffrage the Trust recognised the need to grow the Award fund for the future. They approached 20 Nationally Organised Societies, [NGOs] to ask if they would gift to the Trust \$1,000 in this special year to support their aim to continue to honour Kate Sheppard through this augmented annual Award. It is with pride that I can share with you the news that the Executive were very enthusiastic to support this Award as it fits so well with our aims so we have donated the amount asked. We will update you with the news of the recipients.

Some of the following quotes about

freedom are very apt:

*"I alone cannot change the world,
but I can cast a stone across the
waters to create many ripples."*

Mother Teresa

*"Do not think your single vote does
not matter much. The rain that
refreshes the parched ground is made
up of single drops."* Kate Sheppard

*"When women thrive, all of society
benefits, and succeeding generations
are given a better start in life."* Kofi
Annan

*"It is for freedom that Christ has
set us free. Stand firm, then, and do not
let yourselves be burdened again by a
yoke of slavery."* Galatians 5:1

Blessings

Pat

PS: Please note highlights of the Conference programme to the right and a copy of the AAW Provincial Operational Plan on the opposite page. Proposed changes to the Constitution follow on page 10.

NZAAW 21st Triennial Conference at Scots College 5-8 October 2018

The programme includes:

- **Looking at the Past, Present and Future of AAW.**

Past: Past Presidents speaking

Future: A panel of young female clergy & laity discuss their vision of AAW in the future.

- **Conference dinner with guest speaker, Nicola Willis MP**

- **Ideas Bank: Stuck for an idea?**

Led by Anne Gover

- **Speech by current NCWNZ President, Vanisa Dhuru**

- **AGM** at which several important changes will be discussed

- **Workshops:**

- Genealogy: Telling your Family Story

- Craft: A fun project to complete

- Sustainability in Your Community

- Telling Your AAW Stories

- Church Embroidery

- Church Music: A Combination of Music and Singing

AAW Provincial Operational Plan

ASSOCIATION OF ANGLICAN WOMEN PROVINCIAL OPERATIONAL PLAN 2018 – 2019 Key Result Area: Membership Growth

OBJECTIVES	STRATEGIES	TIMEFRAME	PERSON RESPONSIBLE	RESOURCES
1. To share plans and ideas that enable parish groups and diocesan committees to develop intentional plans for growth	AAW Brochure - to inform people about AAW – groups able to personalise	Sent out in March	Provincial Executive & Anne Gover	
	AAW Facebook Page – promote & post events, discussions etc.		Provincial Executive	
	AAW Website	June	Judith Mackenzie & Provincial Executive	Fee to set up domain name and annual subscription. Outside expertise if needed
	Promotion of Circle	Quarterly publication	Circle Team & Provincial Executive	Subscriptions to cover the costs. Circle distributors & coordinators. Material from members.
	Promotion of AAW Badges		Provincial Executive & Diocesan Stationery Coordinators	New batch has just been produced.
	PowerPoint	Made – can be personalised for groups to use	Pat Vincent	To be available on the AAW Website
	Triennial Conference	October 5 - 8	Conference Planning Team & Provincial Executive	Pamphlet distributed Money to cover expenses – accommodation etc.
	Group AAW Notice board		All groups	Suitable notice board
2. To strengthen bonds of friendship across parish and diocesan boundaries	Promote Diocesan & Regional functions.	Ongoing	Diocesan Executives	
	Promote interaction between parish groups	Ongoing	Group Members	
3. To grow support for our Emergency Fund (to meet the effects of global warming)	Promote fundraising activities		Provincial Executive Diocesan Executive Regional & Group Leaders	
4. To inform and enthuse members about our Overseas and Outreach partners	Raise awareness of our Mission Partners by having Diocesan & Regional events.		Provincial Overseas & Outreach (O&O) Convener Diocesan & Group O&O Convenors	
	Keeping members informed by regular newsletters and emails.			
5. To inform and enthuse members about Social Concerns	Raise awareness & encourage discussions through Diocesan & Regional functions. Keeping members informed by regular newsletters and emails.		Provincial Social Concerns (SC) Convener Diocesan & Group SC Convenors	National Council of Women New Zealand

Proposed Changes to AAW's Constitution

Proposed Constitutional Amendments 2018

Note: The amendments have been made in consultation with the Chancellor of the Wellington Diocese, Anthony Hill. The Chancellor is the official legal advisor to the Bishop.

It is moved that the Constitution of the Association be amended as follows:

Provincial Office Holders

Clause 5.1 – by deleting the phrase ‘Mothers’ Union President’

Brief Rationale: The effect of this amendment is to remove the Mothers’ Union Provincial President from the AAW Provincial Executive. The Provincial Executive has the power to invite the MUPP as a guest from time to time (as it does with any guest the Provincial Executive chooses to invite).

Detailed Rationale: The Provincial President of the New Zealand Mothers’ Union (Auckland) has advised us that their worldwide constitution, updated this year and approved by the Privy Council, continues to make it very clear that Mothers’ Union is a separate and self-determining worldwide organisation,

which includes the Province of Aotearoa, New Zealand and Polynesia. They have also stated: “that Mothers’ Union should not be mentioned in the formal documents or constitution of other organisations and this matter is covered in our Mothers’ Union rules and regulations”.

Annual General Meeting

Clause 8.3 – by deleting the phrase ‘Approving changes to the Constitution’ below the heading ‘In a Conference Year the AGM is also responsible for:’ and inserting the phrase ‘Approving changes to the Constitution’ immediately above the heading.

Rationale: The effect of this amendment is to allow the AGM to make amendments to the Constitution in any year, instead of only every three years. It should be noted that members don’t have to be present as our Constitution has a clause stating that when the designated voting members are not able to attend an AGM, postal voting will be accepted.

Clause 9.2 – by deleting clause 9.2 and substituting the following clause: 9.2. ‘The AGM shall be held within four months of the end of the

financial year. The Executive shall meet at least twice a year. The Executive may meet using whatever technology it considers appropriate. Decisions may be made by email.'

Rationale: The effect of this amendment is to allow a month longer period to hold the AGM and to provide flexibility in meeting times and arrangements.

Provincial Executive Quorum

Clause 9.4 – by deleting the word ‘five’ and substituting the word ‘four’

Rationale: The effect of this amendment is to reduce the number of Diocesan Presidents necessary for a quorum of the Executive from five to four.

**Diocesan President/
Representative.**

5.2A For all purposes associated with the role of member of the Provincial Executive, the term Diocesan President includes a person nominated by the Diocesan President to act or appear on her behalf. Such nominated person must be a member of the relevant Diocesan Executive.

Rationale: To allow for voting rights when Diocesan President is not

able to be present.

Guidelines Alteration:

Addition to ‘Guidelines’

6. AAW is a signatory to the Charter of Compassion, which seeks ‘to make compassion a clear, luminous and dynamic force in the world.’ AAW has a page on the Charter’s website. The Executive is responsible for maintaining this link.

Please note that the Constitution will be available shortly on the new website www.nzaaw.org.nz

Alternatively an electronic or paper copy can be obtained from Pam Hartley at pamela.o.hartley@gmail.com

"The secret of change is to focus all of your energy, not on fighting the old, but on building the new."

Socrates

"Some rules are nothing but old habits that people are afraid to change."

Therese Anne Fowler

Inspirational Women - Dame Miriam Dell

Dame Miriam Dell has been at the forefront of women's issues in New Zealand and internationally for more than three decades, promoting women's advancement and equal rights in society.

Her focus has been on creating the capacity for and instigating the confidence in women to freely make their own choices, use their talents, and challenge themselves. She has constantly encouraged women to participate constructively in decision-making and social actions.

She was a founding member, of the Lower Hutt National Council of Women (NCW), through which she became very active. As she had a flair for leadership, she was elected National President of the NCW, and later elected as President of the International Council of Women, the first New Zealander to achieve this distinction, and remained in office from 1979 to 1986.

She has had a full-time commitment to voluntary community activities, and has served on a wide variety of government, community, welfare, and United Nations (UN) organisations.

Dame Miriam kindly agreed to talk to me and answer a few questions about her life.

What was the catalyst for you to become involved with women's issues?

When I arrived in Wellington from Auckland in 1947 I was very lonely and the only organisation I could belong to in the church was Mothers' Union. Unfortunately this was mainly made up of older women and their ideals were not conducive to what the younger women were after. The wife of the vicar of Lower Hutt's St James' Church was determined to set up a group for the younger women. It was from here that AAW began representing Anglican women within the church, and promoting the rights of women in society and their social development. During this time I became involved with the National Council of Women.

What is the most memorable moment in your time as an advocate for women's rights?

The most amazing moment for me was in New York standing up at the General Assembly of the United Nations talking about women's rights. I could not believe it was me standing and addressing the UN. At the time I was representing AAW as part of National Council of Women. We were a Non-Governmental Organisation and the Government did not want any NGO's speaking at the GA. After a lot



of pressure from all the NGO's present the Government relented and gave permission for one only to speak. The NGO's decided I should be the one to speak. What an amazing experience and honour!

How do you think the rights that have been won for women have impacted on family life and society? Have there been any negative impacts?

There has been nothing negative about the rights we have won. It is right that they happened and they have improved society immeasurably. The biggest problems were from men who did not want to relinquish power and women who did not want changes. There have unfortunately been women who have taken advantage of the

changes and used them for their own agenda and not for the good of the whole.

What has been the most significant change for women?

Recognising civil rights for women, including voting rights in local and national elections.

You have achieved so much in your life, how did you manage to balance your outside activities with family life?

My parents gave me the opportunity to obtain a good education. Also, my husband, Richard, has been wonderful in his constant support and encouragement. In his view, my education and the abilities that had been gifted to me needed to be put to good use. Early in life as each year passed and we earned a little more money, Richard insisted that some of it was used to obtain home help allowing me to have time to pursue my interests in the women's movement. I could not have achieved what I have done without his support.

Has your religious background come into conflict with your work on women's issues?

No, not all. We had great support from the church with what we were doing. The only sensitive issue was

around the time of the abortion discussion. This had to be treated carefully and with sensitivity.

Your life has been so busy serving the community have you had time to develop any hobbies?

I am passionate about gardening. I received an Honours Degree in Botany from the University of Auckland and plants have been a life time interest of mine. I still enjoy gardening today living on my daughter's property in the Wairarapa. I also knit, knit, knit as I have many grand and great-grandchildren.

Family Background

Our family has a long history in the Anglican Church. The family originally arrived in New Zealand as missionaries in 1824, and were part of the Masseys of Kaitaia. I also represented the Anglican Church for many years on the Interchurch Council on Public Affairs. One of my daughters is a vicar and her son-in-law is a vicar. There have been clergy in my family since their arrival in New Zealand.

Awards 1975: CBE; 1980: DBE;
1993: ONZ Order of New Zealand
2013: The NZ Association for Women in the Sciences launched an Award for Excellence in Science Mentoring and named the award in honour of Dame Miriam.
Ref: dpmc.govt.nz/honours/recipients

Diana Maunder

In January's New Year Honours, Joy Cowley was awarded the Order of New Zealand, an Order unique to New Zealand in that it does not incur a title. The focuses of the awards are arranged in 'streams'; e.g. Joy's award is for 'Education and the Arts'. The award is held for life then is passed on to the next recipient in that 'stream'. In this way the recipients of the Order of New Zealand become part of our country's heritage.

Although the focus of media interviews tended to be on Joy's writing of fiction, especially fiction for children, some did include her spiritual growth and work. This can be viewed on Radio NZ on YouTube.

I recently had an interesting and warm telephone conversation with Joy, asking her questions that I thought you would like me to ask of her. The essence of the interview follows.

What was your reaction when awarded the Order of New Zealand?

At first, I was stunned; I have had various awards, but this was something different: unique to New Zealand. I am pleased it has no title as titles form a barrier between me and my audiences, especially children. I'm

Inspirational Women - Joy Cowley



This photo is one of Joy's favourites, taken with Rosa, the dog belonging to her son, James. The photographer was James' son, Weston Cowley.

known as Joy Cowley, or simply, Joy.

From what or where did you get the inspiration for your 'Psalms'?

Sometimes Terry, my husband, took a photo that caused me to reflect. Sometimes the reflection came first and the photo afterwards. The best reflections occurred when seeing something together, e.g. 'Three Shells

on the Beach': one turned over and had no light, and 'The Bridge': we were walking in Queen Elizabeth II Park in Raumati-Paraparaumu, and as we crossed a small bridge, it provided the inspiration for that reflection. When writing a reflection, be guided by your hunger, record your inner reaction to some experience that touched you.

For many years you have hosted and led retreats, and have spoken to many groups including church congregations. How did this ministry develop?

I have developed two personal rules. I always wait to be asked and there is no remuneration; I don't need it and it keeps my motives pure.

Retreats are in response to invitation and they are always interactive. There is a lot of wisdom in a group. At these retreats I meet people from different religions – some individuals do not even acknowledge the word 'God'. However, they are all wanting to know about the energy and intelligence that is the essence of the world.

How do you feel about our increasingly non-Christian country, where Ramadan and Matariki are celebrated alongside public calls to

do away with Christian festivals such as Christmas?

Secularise Christmas? Fine! But don't call it Christmas, the Mass of Christ! God visits people through their cultures and we Christians could be a little more open towards other cultures. For example: Islamic friends have accepted me, and I've had lovely cards including Christmas cards, from people of other religions. The triumphalism of the Western world can invade Christianity, giving a bad view of us.

People are in different stages of growth, so intolerance occurs. Tolerance is learned through experience, when we begin to understand that God is much bigger than we once thought; then, at certain levels of understanding, there are no barriers. If we were to use the image of a journey into the light of God as the focus our life-journeys, we would find our cultural maps would differ but our journeys would all be the same, ending at the light.

Hobbies seem to be very important to you. Why?

Hobbies are important to the wholeness of oneself. I find them very satisfying, especially wood-turning

where I am shaping something beautiful, wood.

Your memoir 'Navigation' reveals your rapport with nature, and the significance to you of light. How have these elements become part of your life and philosophy?

Nothing happens by chance; all is moulded by God. Some of the biggest gifts come out of the hardest times, the sort of take-up-your-cross-and-follow-me 'soul' stories. When we move to a new place we 'lose' the old place in a form of Resurrection. Something painful happening can cause us to let go of the past. It's a type of Crucifixion. Then there is a gap – 'tomb time' – and we have to wait till the stone moves away, till we find acceptance. When we move forward, it's a sort of Resurrection, a movement into a new stage of life. We find that what is resurrected is bigger than what has died. This is how life works.

Postscript: If you wish to learn more about Joy, I recommend you read *Navigation*, published in 2010. It is available through good booksellers, or from the publishers Penguin Random House. You will find that Joy describes her life-journey in a candid, warm, relaxed manner, revealing her irrepressible love of life.

Mary Houston

A Way of Life

When I was sixteen and in my last year at college, it was suggested to me that I might be interested in entering politics. As it sat nicely alongside my interest in History, English, Public Speaking and Debating, I decided to explore this career possibility. My father offered to take me to Parliament to watch the House in action from the Public Gallery.

I loved the formality and protocol of the Westminster system; and to top it all Mabel Howard was due to speak. When she rose, I was horrified and mortified for her sake, by the behaviour of the men MP's. Several left the House, some busied themselves with their papers, and others sat back with feet up on their desktops reading their newspapers. Too few were polite enough to look at her and listen to what she had to say.

As a result of this experience I abandoned the thought of politics as a career. Instead I trained as a secondary school teacher and enjoyed a successful and happy career spanning more than forty years – a very rewarding way of life.

We women have come a long way since 1957, and this year we are celebrating all those who fought for women's suffrage, for our right to tertiary study, for our struggle to break



through the 'glass ceiling', and for acceptance for ordination.

Gaining the respect of men in the workplace and in life generally, is difficult. What is it that empowers women to succeed in gaining this respect? They need to learn to listen as well as to speak out, to learn from their mistakes and be gracious in success, to exercise a sense of humour but with finesse, to be considerate of others – always, to be honest and honourable, to persist conscientiously to do their very best, and, above all, to be true to themselves.

As I write this list it reminds me of the lists Jesus and His disciples gave us: lists of qualities that are pre-requisite for living the life of a Christian disciple; qualities like forgiveness, honesty, obedience, humility, generosity, faith, hope, love, charity....

It seems to me that taking up the cause of freedom for women is much like the cause of Jesus – you take up the Cross and carry it for Him and for others. Think not of it as a fight that must be won; remember that being a winner can be a lonely place. Instead, think of it as a way of living for the common good.

Mary Houston

Social Concerns - Are You Being Hacked?

When our children were small, Postman Pat was a staple of their television watching, so his theme tune lurks in the back of my mind. Remember the line, ‘Knock, ring, letters through your door’? (Being an English programme, the letters arrived on your doormat.) It makes me think of the minor excitement of checking the letterbox each day to see if there was a letter from home or from a friend. There was a sense of anticipation and then a little thrill of pleasure if there was a letter with recognisable handwriting on it – or disappointment if there wasn’t. There’s still something of that, even if only every other day, but rarely a handwritten envelope these days, I must admit.

Instead of this slow-paced excitement, today more and more of us are experiencing the multiple ‘zings’ of notifications on cell phones or a ‘you got mail’ symbol on the computer. And social media and game-makers are milking it for all it’s worth.

The website **www.humanetech.com** explains that the attention of the world’s population is hugely commercially-valuable to

business and capturing our attention is therefore the actual point of what appears to be about communication or relaxation. They comment, “Unfortunately, what’s best for capturing our attention isn’t best for our well-being:

- Snapchat turns conversations into streaks, redefining how our children measure friendship.
- Instagram glorifies the picture-perfect life, eroding our self-worth.
- Facebook segregates us into echo chambers, fragmenting our communities.
- YouTube autoplays the next video within seconds, even if it eats into our sleep.

These are not neutral products. They are part of a system designed to addict us.”

In *The Hacking of the American Mind*, Robert H Lustig suggests that on our part more than ever, pleasure and happiness are becoming confused in people’s minds but that they operate on quite different physical systems, as well as having different results.

Pleasure, such as is given by, among other things, the zing of the cell

phone message, reaching a new level on a game, collecting 'likes' on Facebook, seeing the slot machine win or nearly win, feeling the effects of a stiff drink, is a visceral response. It is a dopamine reaction in the pleasure area of the brain. (Rats will choose to have this area of their brain stimulated over being able to access food.)

Dopamine is a chemical that is triggered when we expect a reward. It sends signals between cells and is useful in motivation and movement. And it is implicated in addiction. When people speak of being addicted to screens or cellphones, this can be the literal truth; they are addicted to the dopamine hit, which has deliberately been encouraged by the designers of the programmes and media platforms on those devices. Dr Lustig speaks of pleasure being short-lived (and therefore prompting a repeat) and basically solitary.

Happiness on the other hand, Dr Lustig says, is based on a serotonin response. Serotonin is also a neurotransmitter and also makes you feel good; it regulates mood and social behaviour, appetite and digestion, sleep, memory and libido. Happiness

can be longer-lived and social; it is more connected with giving and is not prompted by taking substances. It is not addictive in the same way as dopamine.

Navigating a world in which the speed, economy and usefulness of digital communication is accompanied by addictive distractions requires wisdom for ourselves and our families. Finding ways to make screen use more truly sociable is one possibility. Limiting time on screens is another and this is somewhere adults need to teach by example, as well as edict! Tech-free times in which to communicate, to ponder and to do other things without distraction are to be hugely encouraged for all – vital really. As well as the social and soul benefits of this, it gives our bodies the time to repair the cell damage caused by wifi devices, especially if we turn off our routers (and encourage our neighbours to do the same).

There is so much being learned about these physical and social effects and I recommend my sister, Dr Mary Redmayne's blog to find out more: <https://www.facebook.com/RedmayneReports/>

Did you know:

Potential damage from wifi technology can be lessened by:

- Limiting cell phone and cordless phone calls.
- Using the cell phone on speaker, preferably placing it on the desk.
- Never using 'laptop' computers on your lap but rather on a table in front of you.
- Switching computers and cell phones to 'airplane' mode when you don't need to access new data.
- Switching off cell phones at night, allowing uninterrupted sleep.
- Turning off your router at night, allowing your body to repair cell damage done during the day. You'll reduce your power bill too!
- Sleeping in a bedroom furthest from any cell phone tower you live near.
- Using a baby monitor only if it's really necessary – they have high microwave outputs.
- Using your phone in a good reception area. Its power is automatically boosted, if it's having to work hard to get a signal to transmit and that means higher RF exposure.
- Doing something that doesn't involve screens in the period before bedtime. The 'blue' light disrupts the falling asleep process.

Pip Harrison

Rain, rain, rain
Gutters blocking
Reluctant to drain.
Strong winds blow
As more torrential rain
Falls again and again.

A night of storm
A night of floods
Thunder follows lightning
Booming overhead.
We awake in the morn
With a dark cloudy dawn.

Will we see the sun today
With gloomy clouds still so low?
Rumbling, tumbling,
Grumbling, mumbling
Covering our mountain
Seemingly nowhere else to go.

As daylight comes
Releasing a little sun
Along with lessening showers.
A rainbow spans the earth
A message of hope.
That storm is now done.

Chris Robertson-Parkes
[Lone Member, Waiapu]

Our mountain is Putauaki - near Kawerau in the East Bay of Plenty

Overseas and Outreach - Changing Partners

Changing Partners

Remember those old time dances, such as a polka or three step, in which you danced your way around a circle, and by the time the music stopped, you had danced with every partner on the floor at least twice? Exhilarating but also exhausting! At Conference we will be doing something similar in Overseas and Outreach, when we change some of our old mission partners and projects and take on new ones for the next three year period.

It can be exhausting, but it could also be exhilarating. I see it as an opportunity for us to evaluate and refine our focus, and hopefully be more effective in our mission as a result.

What we need to do, is what primary school children are taught to do – stop, look, and listen before we cross the road into the next three years.

We need to stop and think about our present projects and partners, what needs to be changed, and what does not.

Then we look at the new list of mission partners and projects, and think carefully about where we will be

going over the next three years – and whether we can afford it!

We also listen to what our members have to say, and we discuss this with clergy and bishops, missions and other organisations before the final decisions are made at Conference.

We need your input, your opinions and your feedback to decide:

1. What changes should be made to our present list of partners and projects?
2. Where should we have our focus – on the whole world or closer to home, for instance the Pacific?
3. Which should we support, mission partners, projects, or both? and how many can we afford with the Emergency Fund to consider?

There are, of course, many other questions and points of view – but your feedback is essential. To help you with this, the list of our current mission partners and projects is on the next page. (I am working on a new list for the next three years.)

May I have this dance?

Shelley Vette

Overseas and Outreach Convenor

Overseas and Outreach

Current Mission Partners

Cambodia

Anne & Anthony McCormick

Melanesia

Community of the Sisters of the Church
(CSC)

Community of Melanesian Sisters,
Guadalcanal (SOM)

Pakistan

Judith Looser, Kunri Krafts Self-Help
Centre

Papua New Guinea

Community of the Visitation of Our Lady,
Hetune, Popondetta

Newton Theological College, Students'
Wives Course

Polynesia

Kindergarten Work

Purchase of Sewing Machines for
Polynesia

7 of Archdeaconries of AAW - Co-
ordination of Meetings

Uganda

Nick and Tessa Laing

South East Asia

Dean and Amanda

Water Tanks for Tonga Project and Cyclone Gita Relief

At our Executive meeting in October 2017 following the suggestion of Rev Lola Koloamatangi (former AAW President of the Diocese of Polynesia) it was decided to build three water tanks in Tonga. (Six were initially planned in 2016, but Rev Lola advised us that only three would be necessary).

In February 2018 Tropical Cyclone Gita struck a number of Pacific islands and Tonga was hit particularly hard. The Category 5 Cyclone was the most severe storm to hit the Kingdom in over 60 years, causing 2 fatalities, 41 injuries and destroying at least 171 houses.

By this time AAW had raised over \$20,000 for the water tanks and it was decided by the AAW Executive in May 2018 to build three water tanks and the balance would be given through the Anglican Mission Emergency Appeal (which eventually raised over \$90,000) to water-related equipment. We wanted to honour our women who had effectively and enthusiastically raised funds for the water tanks. In looking for ways to allocate this funding, the Tongan Anglican Church requested building materials, tools, and pre-

Overseas and Outreach continued

positioned supplies. These would be kept at Anglican churches which would be used as evacuation centres, so that Tonga was better prepared and more able to respond to future events.

Michael Hartfield, Church Support and Projects Officer of Anglican Missions has been very helpful to AAW in implementing our Water Tanks for Tonga project and in being effective in the way the emergency money was spent. In May 2018 he advised us that given the cost of building materials being high in Tonga (because of the shortage of supplies) they would send two shipping containers from NZ to Tonga with tools, building supplies and relief items to help the Anglican churches that had been damaged to be better prepared for future events.

One container would be positioned at St Pauls Anglican Church in Nuku'alofa and the other at All Saints Anglican Church in Fasi (an area badly damaged). They will be used as water-tight storage facilities for prepositioned emergency supplies. Packed inside the containers would be gutters, PVC pipes and roofing iron and other materials used in water reticulation; also supplies such as water containers and purification equipment for future emergencies. The

remainder of the money left over from the water tanks will pay for these materials. These containers have now arrived in Tonga.

Getting back to the water tanks, two will be placed at Ha'apai and one plus a pump at St Andrews in Va'vau. Michael Hartfield is hoping to have them built locally in Tonga which will help boost the economy.

Rev Lola Koloamatangi said, "On behalf of the women of Tonga, I extend our huge appreciation for considering and raising the money to fund the Water Tank Project." How satisfying it is to be part of a project like this, in providing people with safe clean water and materials to rebuild after such a devastating cyclone. Many thanks to all our members who have helped with this project.

Footnote: Facts concerning Cyclone Gita are quoted from "Mission Action" June-July 2018, Anglican Missions. Information concerning the tanks and containers has been supplied by Michael Hartfield, Church Support and Projects Officer, Anglican Missions.



Overseas and Outreach - loading supplies for Tonga



Aquatabs, water containers, pipes and pumps were loaded into the shipping containers



Loading the containers for Tonga

Diocesan News - Polynesia

Recently the AAW held their 2 day Annual Bazaar at the Holy Trinity Anglican Cathedral in Suva in which all 13 parishes showed their talents in craft work, food and clothing. Selling these products helps each parish raise the \$400 to help pay for their subscription to AAW and the Archdeaconry. The Annual Bazaar finished with a Thanksgiving Service at the Cathedral.

May the Spirit of the Lord continue to grow and shine through our hearts.

Blessings

Litia Smith



Below: Photos from the Prayer Day held in April at St. Gabriel's. Rev. Peniyasi was our Chief Guest. We held it in the evening for the convenience of those working. Blessed day likewise...



Diocesan News - Christchurch

Visit to the new Christchurch City Mission Women's Night Shelter

The visit to the City Mission Women's Night Shelter was a huge success. We had 28 women present. I considered this especially good as we would be often struggling to get that number at a regular event. One lady told me it was the first time she had driven in that part of town since the earthquakes. There was a lot of interest from our group in terms of the actual facilities and the work that the shelter staff will do with the women.

We gathered at the main entrance then made our way across the road in small groups. We were seated in the living area of the shelter which also included open plan kitchen and dining. What a lovely warm welcoming and restful room. The furnishings look wonderful – cheerful and modern. Catherine Williamson was our host and she took groups of 5 around the building to show them what it was like. This worked out really well as the remaining ladies present chatted amongst themselves. It was pleasing to see people from different AAW groups mingling – an unexpected bonus.

The night shelter is able to sleep 12

women, each in a door-less cubicle that is only marginally longer than a single bed and about twice as wide. I thought it a bit claustrophobic but Jocelyn assured me it was much nicer than what she had at boarding school!

Catherine reiterated how she has appreciated the constant support of AAW over the almost 20 years that she has been involved in with the Mission. For us, it has been a privilege to support them and to celebrate that they will be opening this week after a few months delay. They really do make a difference to the lives of women, not just in providing temporary accommodation but also the work that the women are able to do with the support of a social worker to get their life back on track. It was sad to hear that post-earthquake their services have been in even bigger demand,



Catherine (left) with ladies at the new Women's Night Shelter.

including from much older women.

We had numerous questions for Catherine, and she thanked us for the support we give to Walsh House. Their biggest need is “knickers” in all sizes. They also appreciate soaps, shampoo, sanitary products etc.

I give thanks to God for the vision of those at the City Mission to have this purpose-built night shelter for women. I pray God’s blessing on those who work at the shelter and on those who seek its services.

Fay Deam,

Christchurch O & O Convenor

St Barnabas parishioner turns 100



Photo: Mandy Caldwell Photography



Diocesan AAW President Judith Mackenzie (right) handing a cheque of \$3,000 to Gray Crawford and Paula Gray for the Women’s Night Shelter.

Beryl Newman is shown celebrating her 100th birthday on 16 May. A special afternoon tea was held at the St Barnabas AAW daytime meeting where she was surrounded by her friends.

Beryl was a primary school teacher. She taught at several country schools before coming to Fendalton Open Air School where she taught until her retirement. She is well remembered by her ex-pupils.

Beryl still lives in her own home. She cherishes her independence, the support of her family and the folks at St Barnabas Church.

Diocesan News - Wellington

St James' AAW has a banner!



St James' Lower Hutt, AAW President Lillian Ross and Provincial President Pat Vincent, on the occasion of the blessing of the new St James' AAW banner, a wonderful piece of work designed by Lillian Ross and lovingly stitched by the AAW members.

In the May edition of Circle we read of the origins of our logo and the interesting article on the exquisite work of Beverley Shore Bennett. While we cannot hope to emulate either of these achievements we are pleased to show our new banner to the readers of Circle.

When Diana Brunn was our AAW leader she realised the St James' Parish AAW did not have a banner to

parade with all the other parishes of the Diocese. She floated the idea and Lillian Ross, our current leader, gathered a group of talented designers and embroiderers and set to work. The result of their talent and labour will now be seen at AAW functions. In it we see our hills and valley, our homes, and our harbour - all sheltered by the Cross. Hours of praying, planning, stitching and patience are now rewarded and this lovely banner gives our group a feeling of accomplishment.

Pamela Cook

St Paul's, Waiwhetu



Heather Dawson, Mothers' Union President Wellington Diocese (at that time), Mary Estcourt and Mary Driver recently presented knitted rugs and feminine hygiene products to the

City Mission.

These rugs are made up from peggy squares knitted by our St Paul's Fellowship, parish members and friends. The AAW Fellowship Group has one meeting each year where they encourage members to knit squares. The squares are sorted into matching colours and sizes and then sewn into rugs by Josie Smith, given to Mary Driver who crochets around the edge, before we decide who they are going to be given to.

This outreach started off with members making crib rugs for the Neo-Natal unit at the Hutt Hospital. Over time this has grown into larger rugs being made.

Last year 14 knee rugs were given to Russell Kemp Home Titahi Bay, 4 knee blankets to Shona McFarlane Retirement Village Hospital and 4 full size rugs to Women's Refuge. Currently 5 full-size rugs are being readied for giving to Birthright.

Wellington AGM

Mary Driver, the new Wellington President is shown holding the banner.

The new Wellington Diocesan Executive are: (Left to right) Jenny Duckworth (Patron), Mary Driver (President), Sandra Williams (Past President), Helen Robertshawe (Secretary), Janice Viles (Social Concerns) - hidden, Val Malcolm (IPC), Heather Dawson (MU Stationery), Mary Estcourt (Overseas & Outreach) - hidden, Noleen Davies (Treasurer).

The lady at centre front is the new MU President, Ann Desmond. Missing are Githa Warrington (*Circle* Distributor) and Rosemary Hurd (*Circle* Coordinator).



Diocesan News - Nelson

The Nelson Diocese Winter Executive meeting was held at Teapot Valley Christian Camp on 7 and 8 June. Our speaker on the Thursday afternoon was Dean Michael Hawke and the topic was “Being a Christian in Today's World”. He read from Ephesians 5, the passage on ‘Living in the Light’, written to a new church living amongst the Greco-Roman culture rather than the Jewish culture. The Greco-Roman culture with its many gods and permissive society had many similarities to our culture today. We then had a lightning journey through Corinthians 1 and Paul’s advice about many of the situations we are facing today in our churches and in the world. Although today, many hold different opinions or do things in different ways, we remember God’s command to love our neighbours as ourselves and as we journey through our lives it is good if we can leave our scent as a Christian among those we meet along the way.

Following dinner several members shared anecdotes and examples of their handcrafts. Before our business meeting, Rev Martin Harrison led us in communion with “love” as its theme.

Jan South

Richmond

Holy Trinity Richmond Evening Group were privileged to have an inspiring talk by one of their new members, Lorraine Pwaisho, about her life in the Solomon Islands. She began by singing a song from the islands and then followed with a Powerpoint presentation showing a brief history of the early settlement there and the work of the missionaries.

The women carry a heavy burden caring for the children as well as doing many of the day-to-day tasks. It was humbling to hear what sacrifices they make in order to attend regular meetings of the Mothers’ Union, often having to walk miles to get there, and the work the groups undertake. Judging by the happy faces seen on the screen these meetings are one of the highlights of their lives.

Val Matthews

Holy Trinity Richmond Afternoon Group heard from one of their members, Elsa Laing, who was part of the Golden Oldies mission to Fiji, visiting villages, colleges, schools, hospitals and attending church services. She said they went bearing

gifts and support for those in need, but felt that they returned richer by far with gifts of their friendly hospitality, spiritual togetherness and culinary delights from their gracious hosts, who had so little but gave so generously.

Stoke

The May meeting was a talk about Nelson ARK. ARK is a voluntary organisation to rescue dogs and prepare them for fostering and adoption. It also supports young people at risk or who have lost their way, by using animals as their medium. They incorporate volunteers, who support the young people and dogs-in-training. They have added Healing Species Compassion

Education and Violence Intervention into their vision. Karen who is the organizer was accompanied by her dog Kola.

In June our speaker was Jo Bell who came to visit us and talk about the heart. Jo brought with her a model of the heart that came apart. She talked about the 4 main arteries, the upper and lower chambers, the exact position in the chest and what we may feel in a heart attack. Jo went on to explain about cholesterol levels, the HDL (good cholesterol) and the LDL (bad cholesterol). Looking after ourselves is very important so it was good to learn as much as possible about the subject.

Muriel Pratt



Dean Mike Hawke at the Diocesan Winter Executive Meeting

Diocesan News - Waiapu

It is always good to gather as a Diocese and celebrate being AAW. Waiapu gathered at St Luke's Havelock North for their AGM and commissioning service at the end of April. Lunch was followed by the AGM led by Rev. Deborah Broome and we even had a ballot for Social Concerns – first ballot for many years.

Rev. Dorothy Brooker and Wendy Probert were commissioned at the end of the AGM as they were unable to be there on Sunday.

Our guest speaker was Lucy Laitinen who is the CEO of Anglican Care Waiapu. What a dynamic young woman she is! She spoke about changes and 'where to from here'.

The rest homes and Retirement Villages were sold in 2017 giving Anglican Care much needed money and direction about what is needed in Social Services. There have been big changes and there will continue to be with consultation with parishes and groups.

After an evening meal, Jill Tapper, one of our members, entertained us as our guest singer was unable to attend due to illness. Jill recited some great verses with lots of fun and laughter.

On Sunday it was uplifting to gather with our host church to share the Eucharist and commission the Executive.

We have changed our format by not

Pilgrimage through Italy

A unique and comprehensive 22 day journey in the steps of
St Francis and St Clare

May 1 - 22, 2019

Leaders: Rev. John Hornblow and Dr. Jenny Boyack

This pilgrimage is an opportunity to see well-known places in Italy and also to travel to parts of Italy seldom seen by tourists. It includes eight days in Assisi and around Umbria and Tuscany. Each location visited was important in the lives of St Francis and St Clare.

There is a full itinerary and details on www.pilgrimagenz.nz

If you, or others, are interested you can register your interest from the website.

Alternatively email jennyjohnhornblow@gmail.com

Dicesan News - Waiapu continued

having any Regional Committees but having an elected Regional Representative from each of the 3 regions to report on what the groups are doing. The Executive will spend some time travelling to the regions to talk about what is happening at Provincial Level and for groups to ask questions and start sharing ideas and resources.



Rev. Dorothy Brooker, Cynthia Prince and Rev. Deborah Broome



Jan Reisma, Secretary, Cynthia Prince President and Helen Blow, Treasurer



Wendy Probert being commissioned as Social Concerns Convenor



Displaying our banners

Diocesan News - Dunedin

In June, Gore AAW hosted a Mid-Winter Luncheon attended by members from Dunedin, Invercargill, Riverton, Winton, Riversdale and Gore. Christine Aitken our Diocesan President, and Treasurer and NZ Past President Margaret McLanachan were able to join us. These are special times of fellowship and much laughter and chatter occurred as we pulled Christmas crackers, heard Christmas jokes, ate a beautiful two-course dinner and listened to the Rev. Canon Gary Griffith-Smith who entertained us with a talk entitled 'The Good, the Bad and the Ugly' – Real People from the 'not so' Good Book'.



Many people are unaware that the Bible is not 'sanitised' and would definitely not get a 'G' or 'Family' rating in today's 'politically correct' world. One of the people whose life he shared was that of David. He made the comment that if David had gone and had a cold bath after seeing Bathsheba bathing, history would have been changed!

His talk was encouraging because it showed how God used ordinary people and that their lives are recorded in the Bible 'warts and all' – people who were not perfect - who were impetuous like Peter (when he cut off the high priest's servant's ear in the Garden of Gethsemane), a liar like Abraham (when he told Pharaoh that Sarah was his sister), incestuous like Lot and his two daughters (when they thought his blood

line would die out), a murderer like Moses (when he killed the Egyptian who was beating a Hebrew slave), a prostitute like Rahab (who assisted two Israelite spies to escape out a window and down the city wall of Jericho, which later led to the downfall of Jericho) and many other ordinary

people. God loves each one of us, no matter what we might have said or done, just as he loved these men and women recorded in the Bible.

God can and will use each one of us if we are willing to listen, repent and follow him.

Anne Gover

Recipe - Bran Muffins - a 1939 recipe

1/2 cup white flour.
1/2 cup bran flakes
1/2 cup whole meal flour.
1/2 cup sugar
Pinch of salt
1 tablespoon golden syrup
1 cup of dried fruit (sultanas, dates, or dates and 2-4 chopped up dried apricots)
1 cup of milk into which place
1 teaspoon of baking soda & mix well.

Method:

Place dry ingredients into bowl

Add the fruit and mix.

Add the golden syrup which will just stick to the flour mixture. Add the milk and soda and mix well.

The mixture is rather sloppy.

Bake in muffin trays 12-15 mins depending on size, at 200 degrees.
Makes 12 medium-sized muffins.

These muffins freeze well.



This recipe was given to Agnes Willis (the mother of one of St Barnabas' AAW members) in 1939 and she made thousands of batches in her 91 years!

