

# KNOX CHURCH

love faith outreach community justice

# KNOX LIFE

March 2023





## **Cyclone Gabrielle**

This Knox Life is being circulated shortly after Cyclone Gabrielle passed across the country, leaving severe damage across many regions, particularly from Northland through to Hawkes Bay. Christchurch people have a developed sense of what natural disasters mean, and how recovery is far from a simple "one off" and immediate matter. In terms of emotional recovery and adrenaline management, just as one can never tell when quakes are going to subside, one can live in fear of the next heavy rain. People will be on edge for a long time. We know also that some of what has been lost will never be replaced - thinking especially of lives that have been lost. Our thoughts are very much with those who have been so badly affected.

Reflecting on the disaster, as it's played out so far, has given me some thoughts:

**Our Fragile World.** Our world, though intricate, beautiful and in some ways cleverly self-healing, is also quite fragile; what is "built" can be broken; what is gathered can be swept away. Our creation stories talk about how the creation of life was dependent on the waters of chaos having been pushed back and contained. The world is presented as a realm that is vulnerable to the intrusion of chaos. People who would serve the "Creator of Life", therefore, may feel a responsibility in times of chaos not to be surprised, but to serve the re-ordering of the sodden bits. We're a people who push back the waters.

**Connectedness.** When the power went off in many areas, people's capacity to contact one another failed. Internet connections, phone connections, ordinary "getting news from the radio" all became problematic. With roads blocked, people couldn't "drive over the hill" to see if friends and family were OK. In the absence of contact, the silence created anxiety. We need to know that loved ones are safe. It is not good for the human being to be alone.

**Emotional Honesty.** An orchardist, whose property had been inundated, told a television reporter that before attending to the first stages of cleaning up, he had had a "little cry". In the olden days, no staunch Kiwi bloke would ever have gone on TV and admitted to crying. Some of us (maybe many of us) have come a long way in terms of emotional honesty. This must be a good thing.

**Economic Implications.** The disaster will be expensive. Beyond the obvious investments involved in repairing roads, power grids, silted land, schools, homes, chattels, there will be flow-on effects in the cost of insurance. The infrastructure repair spending will create inflation, and the Reserve Bank already is talking about more interest rates rises to mitigate that. It is said that everyone will become more familiar with the expression "managed retreat", as communities are relocated. The costs involved in this will be great. Following the loss of crops, fruit and vegetables will be harder to find and more expensive to buy this season.

**The Desire to Help.** It has been heartening to see how people from all around the country have wanted to help. Initially people came forward with blankets and food, and were responsive when authorities advised that money also would be useful. As I write this article, there will be a concert at the Christchurch Town Hall tonight, with contemporary musicians offering their services gratis for fund-raising. These musicians may not be well equipped to shovel silt, but they offer what they **can** do.

**Leadership.** In the cyclone itself, as in the storm that hit Auckland a week earlier, we have seen (both in its presence and in its absence) the importance of calm, clear and empathetic leadership. Also, we are, I think, realising that our leaders need to "ramp up", rather than relax, our climate change mitigation measures.

**The Role of Some Churches.** St Andrew's Presbyterian Church in Hastings became a significant gathering and rallying place in the management of the situation in Hawkes Bay. The people there got organised, served the community well and made good practical use of their facilities. I know the minister and congregation at Havelock North also mobilised effectively in their part of the neighbourhood.

**Our Capacity to watch the News.** There have been some nights after the storm, when I have watched only half of the news on television. I haven't exactly felt overwhelmed, but have prescribed myself a "break" from heavy images. Perhaps we all, while called to empathy, also need to be aware of emotional "saturation".

**After the Flood.** It is interesting to look at the Biblical story of the Great Flood. Pretty much the first thing Noah did, after the waters subsided, was to get really drunk, pass out, and on regaining consciousness, curse his family. (Poor Noah; poor Noah's family.) Also pretty much straight after the flood, God hung a rainbow in the sky to remind humanity of the importance of the on-going presence in the world of love and nurture.

The Right Reverend Hamish Galloway, the moderator of the PCANZ has released a cyclone pastoral email, outlining some of the ways in which charitable relief and help can be channelled at the moment. Already published in the Knox notices on Sunday 26 February, it is posted also in this Knox Life. I commend it to you.

Arohanui,

Matthew



Presbyterian Church  
of Aotearoa New Zealand

# Pastoral email

21 February 2023

Dear Church

Last week areas of the North Island, particularly the East Coast, were devastated by Cyclone Gabrielle. As a Church, our hearts and our prayers go out to those who have lost family and friends, homes, and livelihoods. We hold in our hearts the people, the churches, and the church leaders in the most impacted areas. We have sought to contact as many of these churches and leaders as we can. They tell us of a strong collective community response, with the churches often at the forefront of the caring.

Many of you are making contact to ask how you can help. My immediate response to those we have made contact is, 'please pray for everyone affected'! We are also seeking to establish the best ways for the wider Church to help. Late last week, we emailed presbytery moderators and EOs asking:

*What is your presbytery hearing in terms of impacted communities, and what are parishes saying about help required in these places? What steps is the presbytery taking in being alongside folk in places, and is additional support required? How might the wider Church assist?*

Once we get a clearer picture of ways the wider Church can assist, we will communicate that to you.

There is one initiative that has emerged out of the St Andrew's Church in Hastings, Hawke's Bay, where the minister Rev Jill McDonald writes as follows:

*"St Andrews Church in Hastings has set up a service to bring equipment like generators, water pumps, water blasters and small diggers from around the country into Hawke's Bay as part of the disaster response. Called **genLend**, the service is a tangible way for people across the country to help power the recovery of Hawke's Bay communities ravaged by Cyclone Gabrielle. It operates similar to a toy library - if you own a bit of gear and can lend it for a couple of weeks, we will make sure it gets to people who need it. We can arrange the pick-up and delivery, and then return the gear*

back to owners. A kitchen table idea just 48 hours ago, the initiative has already received donations from as far as Waiouru, and Tauranga, and garnered support and partnerships with NZ Apples and Pears, Farmlands, Federated Farmers, Hawke's Bay Rotary Clubs, and the Hastings District Council.

The key items we need:

- Generators
- Water Pumps
- Pressure washers (water blasters)
- Small excavators & bobcats
- Petrol cans (empty)

Help is also being accepted in the form of financial donations for fuel, transport and insurance etc. Donations can be made to:

St Andrews Church, Acc: 03 0642 0034245 000, Ref: Cyclone

People can register their equipment online at: <https://www.genlend.co.nz/>

There are also other relief efforts underway for all areas affected by Cyclone Gabrielle. If you would like to donate or volunteer to help, see the information gathered [here](#) and [here](#).

Yours in Christ



Right Rev Hamish Galloway, Moderator.

“If you want to make enemies, try to change something.”

Woodrow Wilson



## **CHURCH COUNCIL NOTES**

Jeremy Woodside has now been appointed as our Knox organist and will also train the Knox Singers for their regular contributions to Sunday services. We welcome Jeremy to the Knox Church community and greatly appreciate his fine musical skills. It is good to see the Knox Singers thriving under his leadership.

The Pillars organisation wrote to express their gratitude for the gifts given to their families by Knox people before Christmas. Pillars supports families

of people in prison and we have donated to them at Christmas for many years now.

A seminar on Shirley Murray was held at Knox in January. Anne Manchester, who is writing a book about Shirley's creative hymn writing, gave a lively and varied presentation to an audience from many different churches, a presentation which gave recognition to Shirley's wonderful skills and to the esteem in which her work is regarded around the world.

Late in December Valerie Heinz, a longtime member and elder at Knox, died aged almost 95. A memorial service is planned for 20 April.

Nicely timed to occur several days after the Christmas services, Matthew caught Covid. With only a day or two before the next Sunday service it was most convenient that his videoed sermon was already done and was able to be presented at the service, along with his fully prepared liturgy for the day. We are fortunate to have a minister who is so well organised! Covid has not slowed him down as he has already planned the scope and titles of his sequence of Lent and Easter services.

Len Pierce has recently taken several seminars on noted Christian mystics from the past. These have been well supported and we appreciate Len's willingness to share his theological explorations with us.

Matthew informed us about a new charitable trust which has been established in New Zealand, the Justice-Compassion Trust, which aims to help churches and communities move in the missional practice of justice and compassion. The instigator of the trust is Rev James Symons, a retired minister of the Presbyterian Church of the USA, who spent time in New Zealand between 2001 - 2012 serving as a transition minister in eight NZ churches. Out of a passion for justice and compassion and in gratitude for the friendship offered him in NZ he is funding this new trust. The trustees are five friends and colleagues of Jim Symons from within the PCANZ, with Pamela Tankersley as the Chair. Grants of around \$5000 may be made for new and creative initiatives in churches. The Knox council is considering possibilities that may be opened by this fund.

Janet Wilson

## Coming Services and Events

Feb 26	10.00am	Lent 1	Humanity falling
March 5	10.00am	Lent 2	Humanity travelling
March 12	10.00am	Lent 3	Humanity thirsting and wondering
March 19	10.00am	Lent 4	Humanity searching, while not knowing what it's looking for
March 26	10.00am	Lent 5	Humanity dying
April 2	10.00am	Palm Sunday	Humanity voicing its praise
April 6	7.30pm	Tenebrae	Humanity not able to say what is needful
April 7	10.00am	Good Friday	Humanity telling lies and using Hate Speech
April 9	8.30am	Easter Breakfast	
	10.00am	Easter Day	Humanity telling the greatest story
March 12 (Sunday)	11.15am	Meeting with Nathaniel Herz-Edinger of the Living Wage Movement	
March 25 (Saturday)	2.00pm	Visit to "Shift" art display at Canterbury Museum	
May 10	2.00pm	(Wed) in the Knox Chapel. Afternoon communion for anyone unable to attend Sunday services.	

Third Sunday of each month at 12noon. Lunch together at Urban Eatery (Oderings, Barrington). Email [jannekenyuysink@gmail.com](mailto:jannekenyuysink@gmail.com) for queries.

## In West Papua, thousands upon thousands of displaced people lack basic life-giving services

A Human Rights Monitor report has found that more than 60,000 internally displaced persons in West Papua remain without government aid.



When the villages of Kiwi and Kiwirok - in Pegunungan Bintang Regency, near the PNG border - were attacked by helicopters and mortar fire from the Indonesian Army and Special Forces, many houses and building were destroyed or damaged and the inhabitants fled into the surrounding jungle for safety. Alut Bakon is one of the jungle areas where Internally Displaced People have taken refuge. There is no education and no health service and there is no access for humanitarian organisations or support.

Photo supplied  
02 February 2023

[West Papua](#)  
[human rights](#)  
[Internally displaced persons \(IDP\)](#)

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People from Nduga, Puncak, Intan Jaya, Maybrat, Pegunungan Bintang, and Yahukimo are suffering while the armed conflict between the West Papua National Liberation Army and Indonesian security forces in these areas is ongoing.

Many internally displaced people have little choice but to live in remote shelters in the forest, where they lack access to food, sanitation, medical treatment, and education. Local human rights defenders and churches, managing to access some of these shelters, have documented extremely poor living conditions.

In Maybrat, for example, people are reluctant to return to their villages as military deployments and security force raids continue. According to data received from church informants, the total number of internally displaced persons from Maybrat has reached 1,836 persons, some of whom testified that the local government distributed rice and other food supplies. However, the funds used for the aid were deducted from the funds the village administration receives regularly.

Internally displaced persons in Pegunungan Bintang had to deal with extreme weather conditions in the central highlands. Almost all from the Kiwirok District continue to live in forest shelters, although an estimated 200 people—many of them women and children—crossed the border to Papua New Guinea, where they live in a refugee camp in the town of Tumorbil. The displaced people's food and supplies come from small gardens and hunting in the forest. Their informal camps are often located in remote areas in the forest which can only be accessed through small mountain trails.

Church workers visiting such camps documented many health issues, as well as the danger of Indonesian military attacks and snipers.

Human Rights Monitor is an EU-based international group promoting human rights through documentation and advocacy. The group works in collaboration with the World Council of Churches on situations of conflict and human rights violations in West Papua.

[Read the full report of the Human Rights Monitor: IDP Update 2022](#)

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## WCC deeply concerned about increased violence in Jerusalem and the West Bank

World Council of Churches general secretary Rev. Prof. Dr Jerry Pillay expressed deep concern about increased violence in Jerusalem and the West Bank.



Jerusalem Photo: Albin Hillert/World Council of Churches

28 January 2023

[Israel, Jerusalem, Palestine](#)

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A gunman opened fire outside an east Jerusalem settlement synagogue on 27 January, killing seven people, including a 70-year-old woman, and wounding ten others before he was shot and killed by police, officials said.

“There is a particular horror in any such attack which takes place at a place of worship,” said Pillay. “I condemn this violence unequivocally, as I do all violence between the peoples and communities of this region which has seen so much bloodshed in the name of religion.” Pillay added.

"Violence, collective punishments, and communal attacks can only further damage the prospects of peace and justice for all," Pillay added.

“I am therefore also deeply concerned about the heightened tensions and increased violence,” he said. “The tensions and tragedies of this city, holy to Jews, Christians and Muslims, are a reminder both of the need for all parties to continue to work intensively for a just peace in Israel and Palestine.”

The attack on the synagogue came a day after an Israeli military raid killed nine people including an old lady, in the West Bank city of Jenin.

“We strongly condemn the attacks by Israeli military on the civilian population in Jenin,” said Pillay. “Without an end to the occupation, the cycle of violence will continue.”

“We pray for the victims and their families,” he said, “and we seek God’s mercy, love and grace that we may be empowered with strength to continue our common work for just peace in the Holy Land.”

Another shooting at a settlement in the Silwan neighbourhood in occupied East Jerusalem on Saturday wounded two Israeli settlers, according to Israeli police.

Last year was the deadliest for both Palestinians in the West Bank and for Israelis in nearly two decades. In January 2023 more than 40 people killed and among them 8 children.

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# KNOX SINGERS ARE BACK!



At end of the disrupted year in 2022, the Knox Singers were able to rise again under the skilful leadership of Jeremy Woodside. It was a real treat to present the Nine Lessons and Carols and Christmas Eve services.

Jeremy is a very enthusiastic and capable director with a wide background in church music in New Zealand and overseas. During 2022 he helped out at Knox when Daniel was unable to play and has now been appointed as Organist and Musical Director of the Knox Singers.

This year we are meeting every two weeks on Saturdays at 5pm and Sundays at 9am and singing in church on those days. If you are interested in joining, or know of someone who might be, Jeremy would be interested in hearing from you. No previous experience or sight-reading necessary but pleased be prepared to sing something for Jeremy in a very informal audition.

## CAN YOU HELP?

A little extra help is required with our quarterly Knox Life magazine. Lynda in the office has taken on the computer work involved, but we would love to have someone assist with e.g. proof-reading, encouraging contributions, notifying due dates etc. Plenty of guidance available! Contact Janet Wilson <[janmwil507@gmail.com](mailto:janmwil507@gmail.com)> if you are willing to help at all.

# BONSAI

Bonsai is a plural word and a singular word. In Japanese, bon refers to a tray or pot and sai means to plant. A bonsai is a small tree in a small pot styled to give the appearance of being very old.

Bonsai originated in 13C China associated with the Chinese lunar new year and borrowed by Japan for their own new year. There is mention of bonsai being exhibited at a Paris Exhibition in 1878 and at a London Exhibition in 1909, the first introduction of bonsai to the western world. Now there are active Bonsai Clubs in most countries of the world and many experienced bonsai demonstrators travel widely to conventions, some annually. Some demonstrators have spent up to six years training with a bonsai artist in Japan, followed with up to three years working for the Master before attaining a certificate.

Some trees in Japan could be 300 to 400 years old and have been passed down the generations. The age of a bonsai refers to time taken to create the illusion of age. The majority of trees used are outdoor trees, therefore they must be kept outside in a sunny position away from extreme windy conditions. Due to small pots being used, frequent watering is required.

Bonsai enthusiasts create bonsai in a variety of styles employing basic guidelines used worldwide. Pruning is employed to thin out foliage and shorten branches. Wire is used to guide the branch into correct alignment. Roots are cut to encourage a finer root system to allow shallower pots to be used. The bonsai is repotted at intervals of 3 to 5 years with fresh soil mix and trimming of the roots. The correct size, style and colour of pots used for bonsai is important as is the position of the tree in the pot as this adds to the illusion of age.

To achieve a true bonsai requires time, patience, vision and skill.

Annette

<p>NZ National Bonsai Convention 21-23 April 2023 Richmond Club, 75 London Street Exhibition open to public 10am-5pm Saturday 22 April 10am-4pm Sunday 23 April Entry - \$5</p>
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# NORTH INDIA CONNECTIONS

The PCANZ has long had connections with two fine institutions in Jagadhri, North India. In 1966 St Thomas School was set up following decades of work on Christian education in the Jagadhri area. Its founder and first Principal was Rev Doreen Riddell from the PCANZ who worked there for many years. The school continues to this day and now caters for over 3000 students, both boys and girls, from pre-primary age right through to Year 12.

Also, in Jagadhri is a hospital established in 1911 by a New Zealand missionary, Dr Porteous. It provides medical services especially to the poor and many volunteer doctors have served there over the years, including Dr George Chisholm who worked at the hospital for several years from 1964. George and Nerolei were much loved and respected members of Knox Church until their relatively recent deaths. Another Knox connection with North India was Lorraine Saunders who became a member of Knox when she retired after many years in India. Lorraine did mission work in Jagadhri mainly helping village women and children, including during the terrifying and brutal chaos following the partition of India and Pakistan back in 1947.

Now June, one of our newer Knox members, shares her own memories of a recent visit to Jagadhri.

\*\*\*\*\*

My dear friend, Doreen Riddell, founder and long-time Principal of St Thomas School, Jagadhri, passed away on 2<sup>nd</sup> June 2021. Doreen, whose mission service to the people of India, has had such a deep and lasting impact on so many lives.

“With love, serve one another” – what an inspiring motto, truly one to encourage children to become caring, responsible adults!

St Thomas School, for many years in the background of my life, recently became very much in the forefront. I’m very privileged to have spent a short time in the school “helping” while at the same time learning a great deal; a joyful, enriching experience to see God’s work in progress. I arrived early in December when the children were preparing for their

Christmas programmes. Students from pre-nursery to young adults were involved in celebrating the birth of Jesus Christ. Hearing carols sung in Hindi gave a whole new dimension to the Christmas message.

Like children the world over, St Thomas pupils love to dress up and perform. Their concerts to celebrate Republic Day, (26<sup>th</sup> January) were colourful and full of enthusiasm, as was the dedication service for Class 12 students. These pupils sit their Board exams in March, after which it's on to university or maybe technical training. Whatever their career choice, I'm sure their excellent grounding at St Thomas School will stand them in very good stead. Because of the unusually cold weather in January, the junior children were given two extra holidays (there is no heating in their classrooms). During these periods I was asked to "encourage the teachers in English conversation". I thoroughly enjoyed these sessions and hopefully, as a result, these lovely ladies will feel more confident about using a language they find so very different from their own.

The pre-primary children's work is much more structured than in Kiwi pre-schools – the children each have an exercise book to "written work" and are required to sit exams (a true endurance test!) They love singing English songs and nursery rhymes (learned by rote), their enthusiasm can be measured on the Richter scale! Working with both the teachers and children was a great pleasure, something I'll treasure always.

Rehearsals for the Christmas programme began about a fortnight after I arrived – no, not a Nativity play in the school hall, but an outdoor concert in which every pupil (2000 +) took part. A large concrete dais stands at one end of the recreation area – this is used daily for morning assemblies and was now to become the launching pad for who knows how many stellar theatrical careers. In the classroom the very little children's confidence was fairly buoyant but once they stood on the platform stage-fright took over and the poor wee mites froze into stunned silence, even vigorous (frantic!) encouragement from their teachers failed to raise a peep! One tot, who in the classroom was something of a bully, proved a real asset on the stage. While the class teacher was trying desperately to create some semblance of order in her brood, this little autocrat assumed the role of stage manager/director/sheep dog – with a large degree of success. I could well imagine that little lad doing very well in the corporate scene (or politics!) – what a surprise to learn recently that the "little lad" is in fact a little lass; she'll go a long way!

I also had the opportunity of visiting the Christian Hospital run by Dr Cecil Harrison (an "old boy" of St Thomas School) and his lovely wife, Dr

Nayana. The complex, larger than I'd thought, includes an Emergency Department with Path Lab and X-ray suite, operating theatres, gynaecology and eye clinics, as well as the Nurses' Training School. Training is of a very high standard and enrolments are eagerly sought; each year 60 young women commence a three and a half year course, thus 180 students are training at any one time. One aspect of the hospital's function which impressed me greatly is the Community Service provided. Regular clinics are held in outlying villages for vaccination purposes and to educate families in health and hygiene.

Thank you Lord, for the opportunity of sharing such a special time with so many loving people.

June

Rt. Rev. Hamish Galloway has recently visited Jagadhri and officially opened The Riddell Block at St Thomas' School, the school started by Doreen Riddell in 1966 which now has 3,600 students! Here is a photo from the opening:

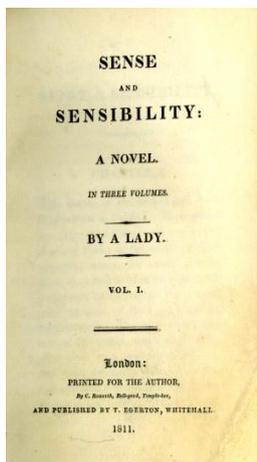


## FAITH, FILM AND FICTION...

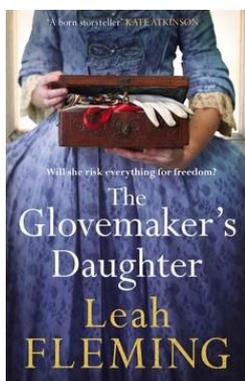
### Book Reviews:

The Book and Film group got off to a great revival after being in abeyance for a year. We talked about the delightful book by Paul Gallico, **Flowers for Mrs. Harris** and we watched the 1992 film adaptation **Mrs. 'Arris goes to Paris**. It was interesting to compare that film with the recent film **Mrs. Harris goes to Paris**.

We will continue to meet to present a book on the last Sunday of every month, and watch a film related to that on the first Sunday of the next month. It has been suggested we give a small koha for the Film Group to cover hiring expenses. Our next treats are:

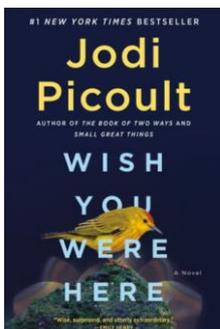


“It is a truth universally acknowledged... “that a Book Group could not exist without Jane Austen. And the Court Theatre thinks the same! So they are performing **Sense and Sensibility** from 11th February to 11th March. On Sunday 26 February 11.15am we will discuss the book (first published in 1811 with the author given as By A Lady) and on Sunday 4 March at 5pm we will watch the 1995 film adaptation with screen play by, and starring, Emma Thompson.

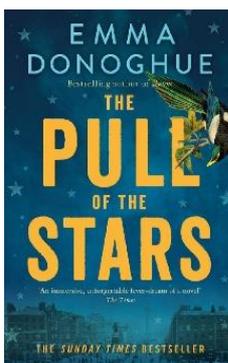


Are you a fan of thoroughly researched and well written historical novels? I have just discovered Leah Fleming and read her book **The Glovemaker's Daughter** (published 2017). It tells the story of Rejoice, called Joy, born in 1666 as the daughter of Quaker parents who died in prison for their faith. Outlawed in England, Joy eventually makes her way to Pennsylvania, the U.S. town founded by the Friends, the followers of William Penn. In the present day, the journal she kept is discovered hidden in the walls of the Meeting House. Through the interesting and realistic characters, the reader gains a valuable insight into the life and times of the early Quakers. I look forward to reading other books by this author.

Could you bear to read a book about a pandemic? Recently I read two novels by award-winning authors that resonated with me.

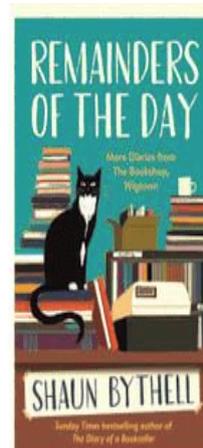


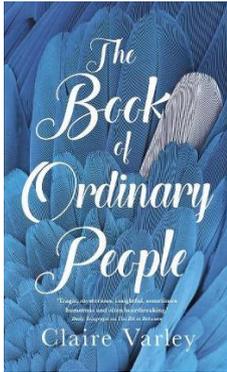
**Wish You Were Here** by Jodi Picoult (published 2021) was written during the first lockdown of 2020 and tells of the events through the eyes of Diana O'Toole who has escaped on a long-planned trip to the Galapagos. She has left behind her partner, Finn, a doctor tied up with fighting the relentless pandemic for which there is, as yet, no vaccine.



The second is **The Pull of the Stars** by Emma Donoghue (published 2020). This book covers three intense days in 1918 Dublin, in an influenza ward labelled *Maternity/Fever* where pregnant flu victims are to give birth. Nurse Julia Power, volunteer Bridie Sweeney and doctor Kathleen Lynn interact and deal with births and deaths, described in heart-wrenching detail. The relationships between them is shown against the background of the day: scarce medical supplies, male superiority, and above all, the fight against the terrible pandemic.

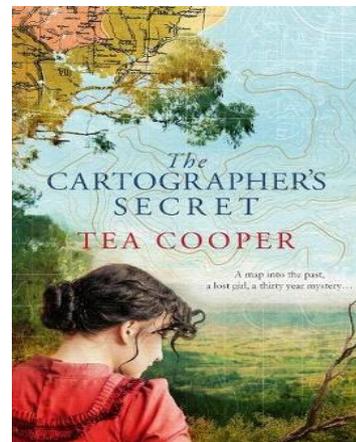
I have previously mentioned Sean Bythell, the irascible Scottish book-owner from Wigtown. He has just published a fourth book of his diaries **Reminders of the Day** (2022). The same variety of customers, books and incidents punctuate everyday life in the store.





An Australian writer whom I discovered recently is Claire Varley. **The Book of Ordinary People** (published 2018) introduces five different people from quite different walks of life, whose lives intersect. The author shows understanding and knowledge about, and for, an asylum seeker, a restaurant worker, a failed news hack, a grieving daughter and a young lawyer. What makes this book stand out is that the author has experience working with refugee and asylum seeker communities living in outer north Melbourne where the book is set.

Tea Cooper is another Australian writer, this time of historical fiction. Her most recent book, **The Cartographer's Secret** (published 2020) brings to life the Hunter Valley of 1880 and 1911. Through this and her other books I have gained knowledge of life around 19th and early 20th century Sydney and met interesting and believable characters and situations.



Did you know that humans' DNA has changed over the millennia? Here are three books which look at this:

**Life Ascending** by Nick Lane (2009), a biochemist at university College, London. I found this book rather technical.

**A Brief history of Everyone Who Ever Lived: The stories in our genes** by Adam Rutherford (2016), also a graduate of University college, London. This very readable book combines science and history.

**The Species that Changed Itself: How prosperity shaped humanity** by Edwin Gale (2020), who gained a background in English Literature before entering medicine and becoming a professor at St. Bartholomew's Hospital, London. His very readable book grew out of his study of the rise of diabetes. The author weaves together biology, social anthropology, epidemiology and history!

The book for discussion on Sunday 26th March will be **Where the Crawdads Sing** by Delia Owens (published 2018), and on Sunday 2nd April we will watch the recent film of the book. You can find more information about this book in the September issue of Knox Life.

## Grocery items for Te Whare Roimata

(further suggestions)

Flour (not self-raising)

Sugar

Coffee refills

Raspberry Jam (bread and butter pudding)

Tins (tomatoes, corn, peaches, pears, beetroot)

Cornflakes

Pasta (penne)

Long grain rice

Jelly Packets (for dessert)

Tinned tuna (fish pie)

Dish washing liquid

Coconut milk



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9.00am-12.00pm

Minister: Rev. Dr. Matthew Jack

(03) 357 0111, [minister@knoxchurch.co.nz](mailto:minister@knoxchurch.co.nz)

Knox Council Clerk: Janet Wilson (03) 338 7203

Church Office Administrator: Lynda (03) 379 2456

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