

NELSON RECOGNISED MEETING NEWSLETTER

Quakers - the Religious Society of Friends – Aotearoa New Zealand Te Hahi Tuhauwiri

December 2022

Spiritual Thought

“I believe there is something in the mind, or in the heart, that shows its approbation when we do right. I give myself this advice: Do not fear truth, let it be so contrary to inclination and feeling. Never give up the search after it: and let me take courage and try from the bottom of my heart to do that which I believe truth dictates, if it leads me to be a Quaker or not.”

Elizabeth Fry, 1780-1845 **Memoir of the Life of Elizabeth Fry Vol 1**

News of and for Friends

Peter K reports that the Earth Emotions photography exhibition he was fully involved in went off well, running for 3 weeks at the Refinery Gallery, simultaneous with a video version in the City Council window on Halifax Street, and at Nelson Public Library. An estimated 35 people a day viewed it. He is now negotiating with the Richmond and Motueka libraries to hold it there. To view a brief video of the Refinery exhibition click [here](#). More from Peter K below.

Jan is in Melbourne. Her daughter's baby boy arrived in the early morning of 8th December. Saradha, Jason, Lotus, and Jan are very excited to meet him.

Lawrence and Marie have travelled to Auckland to see daughter Jane's Pocket Rockets dance show, and plan to stay until after Christmas. Lawrence has been very busy tending a rather overgrown garden, and both are keeping a fairly low profile as covid continues to swirl around.

Christabel Jackson moved from Otaki and Kapiti Meeting to Abbeyfield in Nelson at the end of October. She reports: “This is a small retirement community in Tahunanui close to the beach. We are 11 people who eat the main meals together then most seem to rush in and out doing all the interesting things there are to do in Nelson. There's good public transport and it's ideal for walking. I did apply to transfer my membership to Nelson but have yet to attend Meeting regularly as I've just spent 2 weeks in hospital having some repairs. I was born near here and went to school in town, so all is familiar at an ancient level. I welcome visitors to 13 Mata Close, Tahunanui, Nelson.”

John D did a grand job organising the breakfast to follow the Dawn Peace Blessing

on Parihaka Day, where 85 people were fed. He is enjoying Sundays with his 5 year old son Noah.

Rex is spending ten days in beautiful Feilding at a 40th whanau birthday party, an excellent opportunity to relax and catch breath. He has been in Murchison with wife Helen for her kindergarten breakup.

Phillida went to Wellington to assist her family with childcare and spent a most wonderful week at a Peace event. While in Wellington she was able twice to join the Monday lunch time peace presence at the Peace-garden. In October Phillida travelled to the Quaker Settlement in Whanganui over the weekend of 7-9th October to take part in the 'Te Tiriti O Waitangi' Treaty Workshop. She did another stint of childcare in Wellington on her way back to Nelson in time for Parihaka Day breakfast. In November Phillida was busy preparing material for the aborted transgender discussion series. A fuller account of her activities is included below.

John M has been performing in end of year concerts with his many choirs and joined in with the Civic Choir to sing The Messiah. He was also recently very involved in the transgender discussions as Facilitator, which required all of his considerable skill.

Gwen recently went to her first ever "engagement party" - she did not know that people still got engaged. She went to a friend's 90th birthday party at Fairfield where the invitation asked guests to "dress inappropriately-with laughter in your heart".

Friends of Nelson Haven & Tasman Bay, of which she is a co-chair, is joining DOC and three other Marlborough coastal conservation groups in appealing the Marlborough District Council decision to grant a coastal permit to "farm" 1000 ha which conflicts with the area's use by sea mammals and sea birds - among other things.

Gwen attended a top of the South Green Party gathering which included a talk by Nicky Hager on Democracy. The next day the national news reported that Nicky had been awarded \$66,000 in compensation for the SIS illegally invading his home in 2011 and removing some of his and his daughter's belongings. His talk mentioned none of this but was on the basic definition of what a democracy is. Hint: it is not about having elections.

Christine had been busy preparing for the transgender discussions and has now been developing an email list of colleagues, Quakers, and others to whom she regularly sends articles on transgender ideology. She is intending to create a weekly or bi-weekly Bulletin instead of more frequent emails. Remember to let her know if you want to opt out.

Elizabeth is on a 'get fit and healthy' campaign before heading off on a 5-day cycle trip around Gisborne at the end of February. She has been meeting with her 'Sustainable Transport' colleagues recently, prior to meeting with Waka Kotahi. She is keen to see 'people outside the car' recognised as the important members of Aotearoa they are - particularly people who are not able to cross the road safely

around the rohi because they are not able to run that fast or see around big-cabbed utes to check the road is clear. More from Elizabeth below.

DIARY OF EVENTS:

Sunday December 18 12.00 noon 51 Dommatt Street, Nelson Central Pre-Christmas Social. Phillida will provide brunch for everyone. All welcome, please come.

Wednesday January 18th 7pm – 9pm: Home Discussion Group. Venue and topic to be advised.

Sunday February 12th 12noon Quaker Meeting House 30 Nile St. Nelson: Meeting for Worship for Business. The Meeting will provide for attendance by Zoom.

News from Business Meeting

Premises:

The differences with our neighbour are continuing, with the involvement of Nelson City Council. There are small items of maintenance that John D is attending to on our behalf.

Meetings for Worship

We continue with an early Meeting at 8.45am, lasting 45 minutes, and an hour long mid-morning Meeting at 10am. Everyone is welcome at both Meetings.

Use of Zoom: we continue to offer Zoom attendance for Business Meetings as well as meeting in person.

Daily Inspiration Phone App:

We had asked Peter K to investigate options for the development of a phone based app with daily inspirational spiritual messages, which he had proposed to the

Meeting. Peter has received a quote from Little Monkey to develop the app for both i-phones and Android phones, which is about \$6,000. We approved the development in principle. Peter will attend Summer Gathering this year to sound out other Friends about the idea, and report back. We will discuss this again at our next Meeting for Worship for Business in February 2023.

Top of the South Meetings in 2023:

We have missed the opportunity to meet with Friends in Golden Bay, Motueka and Marlborough this year, with Covid a lingering concern and Great Busyness everywhere. We have accepted John M's offer to facilitate the organisation of Top of the South Meetings in 2023 and hope we can have three ToS Meetings in Takaka, Motueka, Nelson or Blenheim.

Appreciation for Role of our Newsletter:

We agreed that our newsletter is an important mechanism for communication between ourselves. We encourage everyone to contribute to the newsletter, which we aim to produce once a month. This year Elizabeth and Christine have been Editors, and each of us has missed one month's newsletter (sorry folks). It is great to receive copy from Friends, no item too small. However, if it's too big or could do with a tweak we might need to edit - we agreed that we will respect the editor's decision. Deadlines and the name of the Editor of the next newsletter are printed in each edition. Thanks to all those people who have contributed material for this letter.

Committee for Gender Issues:

Friends will be aware that a discussion series on transgender ideology was organised by our Committee for Gender Issues and stopped by Friends attending from other Meetings after one session. We resolved to continue our discussions in Nelson, and another session on puberty blockers and impacts on children and adolescents was held on November 23rd. Participants affirmed their desire for the discussions to resume next year. At our Business Meeting we agreed a statement of concern for the Meeting as a whole.

The Quaker concept of a concern is described in the Quaker Handbook as "an imperative call or leading to undertake a particular service or form of witness, or to support a particular cause. This can be experienced as an over-riding obligation or sense of guidance . . ."

Our Minute reads:

Nelson Recognised Meeting records our concern, because the numbers of detransitioners are increasing internationally, for the wellbeing of children and young people who may at school and through friendships and social media come to believe that they have an identity different from their sex. Our concern is that through social pressure and internet misinformation and in the absence of long

term, evidence based research, some children who are affirmed as their chosen gender and some of whom may have autism, ADHD, trauma, OCD, or other mental health problems, are much more likely to undergo irreversible medical treatments, and surgical treatments, that they may later regret.

We record our respect for those whose early and enduring gender dysphoria leads them in their mature adulthood to choose to transition to the opposite sex.

We record our concern that any discussion on important but controversial matters should be conducted in the Quaker tradition of respectful listening.

The Meeting approved that this Minute be published on the Quakers in Nelson website.

Meetings for Learning in 2023:

In 2023 the Pastoral Care Committee will hold Meetings for Learning on the topics of "Quaker Process", "What it is to be a Quaker in 2023", and "What the Embroidery Panels can tell us about our history". The first will be an introduction to Quakerism and Quaker process for newcomers. The second will focus on envisaging what being a member or attender at a Quaker Meeting means for each of us. The opportunity to study the layers of meaning depicted in the Embroidery Panels will enrich our appreciation of the Embroideries as well as the history of Quakers in Whakatu Nelson.

Additions to NZ Faith and Practice:

Yearly Meeting is working on additions to *Aotearoa NZ Faith and Practice*. We discussed whether we wanted to be involved and several people are keen to contribute. Peter Kemp has agreed to convene a group of Nelson Friends to help with the additions in the New Year.

Next MfW for Business: Sunday 12th February 2023

Deadline for next Newsletter Our Newsletter is a way to share our lives – to help build our Quaker community. Thanks to everyone who has sent contributions. Please consider sending in your news, a book review, a quote that speaks to you.... Send newsletter items to Elizabeth Dooley elizdooley@hotmail.com **The cut-off date for items for the next newsletter January/February is Friday, February 3rd, 2023.**

A postscript from Elizabeth: A note in our National Newsletter about Parihaka, and the Embroidery was picked up by the Clerk of the Australian Yearly Meeting, who asked to know more. I have sent a little info on the embroidery and Rex is preparing something on Parihaka which will be sent in the New Year. So yes, Newsletters are a good way to spread the word!

The Gift

Mary Oliver

Be still, my soul, and steadfast.
Earth and heaven both are still watching
though time is draining from the clock
and your walk, that was confident and quick,
has become slow.

So, be slow if you must, but let
the heart still play its true part.
Love still as once you loved, deeply
and without patience. Let God and the world
know you are grateful. That the gift has been given.

Gratitude is a theme threaded through virtually all of Oliver's work, in one way or another, explicit or implicit. At its heart, the way of life to which she often calls her readers is, among other things, a grateful life. And in this poem, she concludes with the dazzling suggestion that the act of gratitude itself is part of what makes or "completes" a particular act of gift-giving, so that, indeed, "the gift has been given." In other words, without thanksgiving, all we have is mere possession, or "use," or theft, or entitlement, or taking a thing, as we say, "for granted." In this sense, the more thankful we are, the more gifts appear in our lives, all around and within us.

A Digest, by Phillida

I had a very busy time in September, October, and November.

Peace Week in Wellington

In September I spent a most wonderful week at a Peace event. It started at dawn on 11 September when we unfurled and flew the huge Peace Bird puppet in remembrance of the Armistice and walked it through the streets to a community breakfast at Thistle Hall in Cuba Street. We had a wonderful week of Peace activities including discussion with young people from around the



Pacific. They live in islands continuously occupied by US bases and gave us a clear and sombre analysis of the occupation as both colonial control and a threat to peace in the Pacific.



While in Wellington I was able twice to join the Monday lunch time peace presence at the Peace-garden in Wellington. A bicultural group which includes Te Hira, Rangimarie's Pere's grandson (Rose gifted our Meeting her waiata AIO), meet at 1 o'clock every Monday to sing and share and hold the many victims of war in the light at the Peace-garden. If you are in Wellington do join. The group share a snack at the Garden café afterwards and share peace activism news and kindly networking gossip.

'Te Tiriti O Waitangi' Treaty Workshop

In October I travelled to the Quaker Settlement in Whanganui over the weekend of 7th-9th October to take part in the 'Te Tiriti O Waitangi' Workshop.

It was a long time since I had last been to The Settlement and I was glad to find that the hospitality and comfort was as excellent as I remembered. I had flown up to Palmerston North straight from Nelson which was very quick and convenient on Origin Air. I was picked up by friends who run an organic dairy farm in the Northern Manawatu. It was a pleasure to see a flourishing organic farm and old friends, including some Green veterans, Fred and Deb Fredericks, from the days when they had pioneered the Whanganui River Oahu and whom I hadn't seen since at least 1997. I found them living in comfort in their hand-made accommodation, from their own garden produce, while re-wooding some old pasture.

The drive allowed me to see the spring breaking forth across the spectacular countryside in the valleys dropping from the Central Plateau.

My lasting impression of the Workshop was of how impressive the young Friends were. They made major contributions and had developed an impressive familiarity with the issues and the language. One young leader who had grown up at the Settlement had the most perfect pronunciation of Te Reo and led us all in a pronunciation workshop session. So impressive. This new generation is inspiring. They definitely belong to a new New Zealand.

I was the only person from a South Island Meeting. Most other participants were from the spread out Central North Island from New Plymouth to Hawke's Bay They

were enjoying the opportunity of meeting up with each other too. Participation certainly helps to keep the networks alive.

My second impression was of the quality of the thinking and analysis that has gone into the development of the Constitutional Transformation proposals which support the 'co-governance' model for our mutual development. It was the first time I had really appreciated the depth of the change that Māori were embarking on. Pakeha can respond or not as they choose. The essence of the change is the reassertion of the whanau or family rather than the individual as the fundamental building block of society.

I brought back some very impressive documents to share – well once I have really read them!

Unveiling of the Whakatu Nelson Quaker Embroideries



But the highlight of this period was surely the moving welcome at the Nelson Meeting House of our precious taonga the Quaker Embroideries.

These beautiful designs by Lizi McLeod-Taepa our wonderfully talented designer/artist, incorporate sensitive and creative images the history of Quakers in Aotearoa New Zealand including some referencing our Nelson meeting.

One roundel in particular illustrates the bi-cultural history of our region. The images include those associated with the Wairau massacre which became the first of many bloody and violent colonial confrontations between settlers and Māori. The images reference the two Quakers who were at the Wairau massacre but laid down their arms, and one of whom died.

The bicultural history is not limited to the impact of the settlers but also illustrates in delicate detail the impacts of colonisation on the natural world. The bi-cultural roundel contains beautiful images of native and introduced species of birds, flowers, trees, and insects. The roundel is divided into an indigenous half and an introduced half which meet in the centre, beginning with a hongi at the top. In the hongi people exchange the breath of life as they establish communication. It is beautiful stitched image of mutuality.

The historic background to these beautiful designs has been carefully and meticulously researched by Lizi. The Nelson Meeting has now produced a printed guide to the roundels on paper and a virtual version at quakers-in-nelson.org.nz. This can be accessed by opening the link and then clicking on "Quaker Histories in Embroidery" at the top of the Home page.

This site includes a lovely video made by Peter Kemp showing Jan, Christine and our beloved late Pat Morrissey explaining the process of their creation.

The blessing of the embroideries was a special event for our Meeting and carried through the spirit of bicultural awareness and appreciation which has led to their design and creation. Some of our neighbours and community members joined us.

We were especially fortunate that Archdeacon Harvey Ruru welcomed their creation and the shared bicultural history the images weave together.

Beccy, Lizi's daughter replied, for the hosts and especially the McLeod-Taepa family in eloquent Te Reo. We were fortunate to have been able to experience first-hand the benefits of tikanga in gathering people together to share a special event and experience the warmth of connection.

As is traditional we then concluded with sharing food together.



Peter K reports on the Climate Forum:

The Nelson Tasman Climate Forum recently held its end of year hui. During the year,

120+ members contributed work on the values shared in the Forum Charter, to the tune of 4200+ hours in 9 active climate action groups, involving 22 projects ... in brief:

- 1) Local Climate Action Week
- 2) National Climate Action campaign
- 3) Cawthron Science Prize
- 4) Blue Carbon 'Core and Restore'
- 5) Report on reducing regional greenhouse gas emissions from organic waste
- 6) The Climate Fresk – interactive educational game about climate change
- 7) Earth Emotions photography exhibit online and in-person
- 8) Climate conversations
- 9) Climate Action Book distribution
- 10) Climate Action articles in local newspapers
- 11) Positive Aging Expo
- 12) Take the Jump.nz – A social marketing and behavioural change campaign.
- 13) Tasman 'Meet the candidate' events
- 14) Sustainable Mapua event
- 15) Student Art Expo2022
- 16) Repair Café
- 17) Local and national government submissions
- 18) Waste less website and directory
- 19) Letter writing campaign for waste reduction
- 20) A carbon inventory for Nelson Tasman
- 21) A sea-level rise 3D model
- 22) Protection and restoration of Snowdon's Bush, Brightwater

You can see the above in more detail [here](#).

New Projects on the Horizon for 2023 are **Launching Take the Jump.nz, **Plant-based food festival –27 January, **Whenua Iti Student Day –24 March, **Climate Action Week 2023

Parihaka Day Dawn Blessing, Breakfast and Light Shows:

Editor's Request: lets include an account of the Parihaka Day 2022 events in the next newsletter. Christine attended the Dawn Blessing but not the Light Shows, and wasn't involved in preparations, apart from the Richmond Library display. Could people please send in their account of the events, so we have it recorded. Many thanks.

Elizabeth's thoughts:

As I am on a health and fitness campaign and a member of Consumer, I share the following information for summer:

Sunscreens: Only [eight of the 21](#) sunscreens Consumer tested met their SPF label claim and the requirements for broad-spectrum protection:

- Cetaphil Sun Kids Liposomal Lotion SPF50+
- Eau Thermale Avene Face & Body Lotion SPF50+
- Neutrogena Ultra Sheer Dry-Touch Lotion Sunscreen SPF50+
- UV Guard Max Sunscreen SPF50+
- Cancer Society Kids Pure Sun Lotion SPF50
- Reef Coconut Sunscreen Dry-Touch Lotion SPF50
- Skinnies Sungel SPF30
- Smart365 Sunscreen Lotion SPF50+

The Nivea product is best for the face, the Pharmacist advised (I'll test it between now and March).

Food for Life

Professor Tim Spector spoke on Nine to Noon on December 5th. He was very impressive. There are two of his books at our Public Library and I will ask them to buy this new one. You might find it helpful.

Genetic epidemiologist and award winning author, [Professor Tim Spector](#) introduced the world to the wonders of the gut microbiome in his first book *The Diet Myth*. His latest book - [Food for Life](#) is an eater's guide to happy gut microbes. He says the gut is like an organ in the body that can be trained to be healthy. Professor Spector says almost everything we think we know about food is wrong including calorie counting, the war on carbs and the idea that there is any such thing as a superfood or a toxic food.

[Listen duration 34' :26"](#) [Add to playlist](#) [Download](#)

A reminder about Quakers NZ Website: <https://quakers.nz/> is the database for the New Zealand Religious Society of Friends. It is a useful source of information on people and events. Please get into the habit of referring to the database, and please make sure your details are entered and up to date. This is where we go when we are looking for a Friend's phone number, etc. This database is only as good as the data you enter so, please make use of this important communication tool. Nelson Meeting newsletters and lots of other material is posted and archived there. **You can subscribe to the Aotearoa NZ Friends Newsletter there.**

Online Resources: visit our own website quakers-in-nelson.org.nz, the national website quakers.nz and our Face Book page @Nelson Quakers.

<https://www.stuff.co.nz/nelson-mail/130327534/parihaka-commemorations-remember-peaceful-resistance>

Read about the background to the Parihaka Commemorations on November 5th every year.

Our Programme: below is a reminder of the different activities each month.

Sundays: Meeting for Worship, 8.45–9.30am, 30 Nile St Nelson
Meeting for Worship, 10 – 11am, 30 Nile St. Nelson

2nd Sunday: Meeting for Worship, 10am, Family Service Centre, Talbot St. Motueka

3rd Wednesday: Home Discussion Group, 7pm – 8.45pm.

Children are welcome at all Meetings for Worship and activities will be provided for them.
