

# E-ffervescence!

Friday 01 May 2020

E-ffervescence ... Week Five!

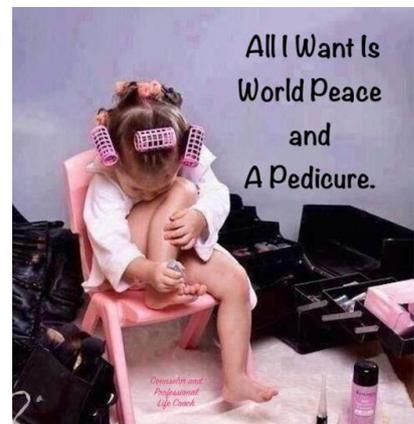
## Living life Abundantly!

Our scriptures are so rich in wisdom! Although I have now clocked up more than seven rounds of the three year Lectionary, which means finding something wise to say about the gospel readings (usually) at least seven times, I never cease to be amazed at what new insights I find the next time I return to them.

This Sunday is no exception. In the past my interpretation of the reading from John 10: 1-10 has usually been centered around Jesus' comparison of himself as a shepherd, and us as sheep, and all that notion may well lead me to develop. This year however, it is the simple statement at the end of the passage which caught me up in some prayerful thinking.

"I came that you may have life in abundance". What a promise!

Once again, as always, there are numerous ways to interpret Jesus' words. An individualistic focus may tend to lead to thoughts that Jesus is giving me the right to accumulate resources in a manner that leads to others missing out. At this present time, as we enjoy slightly more freedom in terms of movement and access to resources, abundant life could seem as simple (and as glorious) as a trip to McDonalds, or a hug from a grandchild you haven't been able to see for weeks- or a pedicure or hair cut.



"We cannot selectively numb emotions, when we numb the painful emotions, we also numb the positive emotions. Vulnerability sounds like truth and feels like courage. Truth and courage aren't always comfortable, but they're never weakness."

— Brené Brown

[www.philacounseling.com](http://www.philacounseling.com)

I asked a number of the cathedral team what their idea of abundant life was, and their answers are below. No doubt every one of you has your own precious interpretation. To hear mine, tune on to worship on Sunday (*a hint though: I allude to the following quote by Brené Brown... and the word vulnerability is used a lot*)

***Abundant life is knowing that Jesus is present in the moments of difficulty and beauty, drawing me/us on into deeper connection with God and those we share life with.- Dan***

## INSTEAD OF GOING TO A MEETING-

*Sue Pickering's musings on abundant life*

*(also Meditation of the Week)*

**Instead of going to a meeting**

**I bring in the washing:  
sun-warmed, wind-freshened  
smelling of possibilities.**

**Instead of going to a meeting**

**I pick silver-beet  
satisfyingly squeaky,  
grown in deep soil  
just as I am, we are.**

**Instead of going to a meeting**

**I gather camellias  
old-style-speckled with deepest of pinks  
and pale, white petal blush,  
beautiful, vulnerable  
just as I am, just as we are.**

**Instead of going to a meeting**

**I begin a new life ...**

Faith Crew  $\alpha$  @ Home Abundant...what does that mean?

"Existing or available in large quantities; plentiful". (or so Wikipedia explains it). At the moment it can mean something quite different to me. A large amount of mess (in our house mostly Lego and schoolbooks) or unfolded washing! But as I leave my house to walk our dog, I see abundance

in the beautiful space I live in. Aotearoa, and more specifically, Taranaki. I am blessed to have space and beauty in abundance. It allows social distancing to happen naturally and easily. I notice also, the abundance of phone calls I have had with friends I had lost touch with; family I am usually too busy to call and my own children who relish the undivided attention I can now give them. I reflect on the verse this week of Jesus telling how the thief



comes to steal and destroy and wonder how this is manifested for me this lockdown.

What do I find has been taken away from me or spoilt? Its easy for me to find what is really hard – the constant juggling of children, school, work and study the time spent comparing myself and situation to others on social media; sadness at not being able to see all my babies, but then I stop and remember that Jesus has promised me



life in abundance and I have this. I have a safe and comfortable house

with many rooms to be in; I have more than enough food and water; I have technology that allows me to connect and work with others and I have a beautiful safe and clean country to be in. I look further at the wording of this passage and am reminded that Jesus came to give, not to get. He has given me much. I have spent a lot of this week praying into this and asking God to show me how I can use what He has so generously given me to help others. I have been waiting for some grand idea of amazingness... yet what He keeps reminding me is that little can be good. Today in my letterbox, I received yet another confirmation of how this is true. Two of our Faith Crew boys have decided to work around their house to earn some money which is to be shared out amongst 12 Taranaki Businesses. They decided that Pukeko Stomp should be one of their recipients and

today delivered a letter with some of their money to my house.



What a beautiful reminder that Jesus came to give life in abundance and continues to bless us with this. Even in little pieces of amazingness... May God continue bless you and your whanau in the coming week. Please do reach out and ring if you want a chat. I love the calls I get, especially the ones that result in me getting new ideas for Science Experiments! *Arohanui Cath (enjoy the pictures of my space; Pukeko Stomp on zoom and my lounge in Lego chaos)*

## **Moving to Alert Level Two**

Both Diocesan and Cathedral Staff are in discussion about what Level Two may look like (which of course is presently unknown). Please be assured that we are keeping abreast of developments, and are also prayerfully preparing ourselves regarding the possibilities which such a move will provide. Know that your safety and the safety of the wider community will continue to be paramount. Please take advantage of the information on the Diocesan Website, as well as Governmental dictates to keep yourselves up to date with the most relevant information.

## Worship and other Resources for the Week:

**Diocesan Website** <https://www.wtanglican.nz/> is a wonderful go-to place for up-to-date information as well as a feast of resources.

**Taranaki Cathedral Website:** [www.taranakicathedral.org.nz](http://www.taranakicathedral.org.nz)

On the left of the menu bar is a tab "Worshipping during Lockdown"

The menu items are 'Resources for Lockdown Period' which is a page containing some explanation and various links. Notably directly to folders in the Home Worship Library, our Face Book page and Easter Alive.

The second menu item is "Home Worship Library" which directs you to a document library with a number of areas containing resources . These include service sheets and readings, there are also a selection of recordings of choral work. Particularly a folder for Holy Week.

Scrolling down the home page you will see the latest blogs loaded to the website. These are being added to daily and this week included the seven words from the cross meditations, a link to the video of the commissioning service and the *E-ffervescence* newsletter.

A bit further down again there is a list of upcoming events.

At the top of the page there are other menus which link to content that is not specific to the current Lockdown.

From anywhere on the website if you click the Cathedral Logo should get back to the top of the Home Page.

***In our Home Worship Library you will find the following :***

- Readings
- Solo Organ works
- Hymns
- Choral Evensong: each Sunday and Wednesday during the lockdown. We are suggesting you light a candle at 5.00pm and play this recording.

**Taranaki Cathedral Facebook Page:**

- **Easter Three Worship:** email, website and Facebook- Live at 10 am
- **Faith Crew**

## Zoom

- **Coffee Hang with Dan – 10-11.30 am Every Tuesday:**  
*Instructions to join Zoom coffee: 1) Download the Zoom app (Zoom cloud meetings) 2) At Tuesday at 10am click on the below link or copy and paste it into your web browser and it will take you straight to the meeting (if you don't have Zoom installed, you will be given the option at this point) 3) Zoom link to join coffee group - <https://zoom.us/j/553014152> 4) We will use this same link until further notice (so keep it at the ready on Tuesdays!)*



*Next week, E-ffervescence will be joined by Effervescence,*

*a hard copy (and truncated) alternative which will be delivered to the mailboxes of those we have identified do not have e-mail.*

*To ensure this happens smoothly, deadline copy for this publication will be Thursday mornings (as opposed to Thursday Evenings).*

*If you know someone who would benefit from a copy, please let Mary Harker know (details below)*

Donations to the Food Bank are able to be made through on line banking-  
account number 15 3942 0861123 00.

**You may wish to prepare for worship on May 03, 2020,  
by reading and reflecting on the scripture in advance.**

### **Acts 2:42-47**

<sup>42</sup>They devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers. <sup>43</sup>Awe came upon everyone, and many wonders and signs were done through the apostles. <sup>44</sup>All who believed were together and had all things in common; <sup>45</sup>they would sell their property and possessions and divide them among all according to each one's need. <sup>46</sup>Every day they devoted themselves to meeting together in the temple area and to breaking bread in their homes. They ate their meals with exultation and sincerity of heart, <sup>47</sup>praising God and enjoying favor with all the people. And every day the Lord added to their number those who were being saved.

### **Psalm 23**

The LORD is my shepherd;<sup>[b]</sup>  
there is nothing I lack.

<sup>2</sup>In green pastures he makes me lie down;

to still waters he leads me;  
<sup>3</sup> he restores my soul.  
 He guides me along right paths<sup>[c]</sup>  
 for the sake of his name.  
<sup>4</sup>Even though I walk through the valley of the shadow of death,  
 I will fear no evil, for you are with me;  
 your rod and your staff comfort me.  
<sup>5</sup><sup>[d]</sup>You set a table before me  
 in front of my enemies;  
 You anoint my head with oil;  
 my cup overflows.  
<sup>6</sup>Indeed, goodness and mercy<sup>[e]</sup> will pursue me  
 all the days of my life;  
 I will dwell in the house of the LORD  
 for endless days.

#### Footnotes:

- a. **Psalm 23** God's loving care for the psalmist is portrayed under the figures of a shepherd for the flock (**Ps 23:1–4**) and a host's generosity toward a guest (**Ps 23:5–6**). The imagery of both sections is drawn from traditions of the exodus (**Is 40:11; 49:10; Jer 31:10**).
- b. **23:1 My shepherd:** God as good shepherd is common in both the Old Testament and the New Testament (**Ez 34:11–16; Jn 10:11–18**).
- c. **23:3 Right paths:** connotes "right way" and "way of righteousness."
- d. **23:5 You set a table before me:** this expression occurs in an exodus context in **Ps 78:19**. **In front of my enemies:** my enemies see that I am God's friend and guest. **Oil:** a perfumed ointment made from olive oil, used especially at banquets (**Ps 104:15; Mt 26:7; Lk 7:37, 46; Jn 12:2**).
- e. **23:6 Goodness and mercy:** the blessings of God's covenant with Israel.

### 1 Peter 2:19-25

<sup>19</sup>For whenever anyone bears the pain of unjust suffering because of consciousness of God, that is a grace. <sup>20</sup>But what credit is there if you are patient when beaten for doing wrong? But if you are patient when you suffer for doing what is good, this is a grace before God. <sup>21</sup>For to this you have been called, because Christ also suffered<sup>[a]</sup> for you, leaving you an example that you should follow in his footsteps.

<sup>22</sup>"He committed no sin,  
 and no deceit was found in his mouth."<sup>[b]</sup>

<sup>23</sup>When he was insulted, he returned no insult; when he suffered, he did not threaten; instead, he handed himself over to the one who judges justly. <sup>24</sup>He himself bore our sins in his body upon the cross, so that, free from sin, we might live for righteousness. By his wounds you have been healed. <sup>25</sup>For you had gone astray like sheep, but you have now returned to the shepherd and guardian of your souls.<sup>[c]</sup>

## Footnotes:

- a. **2:21 Suffered:** some ancient manuscripts and versions read “died” (cf. **1 Pt 3:18**).
- b. **2:22–25** After the quotation of **Is 53:9b**, the passage describes Jesus’ passion with phrases concerning the Suffering Servant from **Is 53:4–12**, perhaps as employed in an early Christian confession of faith; cf. **1 Pt 1:18–21** and **1 Pt 3:18–22**.
- c. **2:25 The shepherd and guardian of your souls:** the familiar shepherd and flock figures express the care, vigilance, and love of God for his people in the Old Testament (**Ps 23**; **Is 40:11**; **Jer 23:4–5**; **Ez 34:11–16**) and of Jesus for all humanity in the New Testament (**Mt 18:10–14**; **Lk 15:4–7**; **Jn 10:1–16**; **Hb 13:20**).

## John 10:1-10

<sup>1[a]</sup>“Amen, amen, I say to you, whoever does not enter a sheepfold<sup>[b]</sup> through the gate but climbs over elsewhere is a thief and a robber. <sup>2</sup>But whoever enters through the gate is the shepherd of the sheep. <sup>3</sup>The gatekeeper opens it for him, and the sheep hear his voice, as he calls his own sheep by name and leads them out. <sup>4[c]</sup>When he has driven out all his own, he walks ahead of them, and the sheep follow him, because they recognize his voice. <sup>5</sup>But they will not follow a stranger; they will run away from him, because they do not recognize the voice of strangers.” <sup>6</sup>Although Jesus used this figure of speech,<sup>[d]</sup> they did not realize what he was trying to tell them.

<sup>7[e]</sup>So Jesus said again, “Amen, amen, I say to you, I am the gate for the sheep. <sup>8[f]</sup>All who came [before me] are thieves and robbers, but the sheep did not listen to them. <sup>9</sup>I am the gate. Whoever enters through me will be saved, and will come in and go out and find pasture. <sup>10</sup>A thief comes only to steal and slaughter and destroy; I came so that they might have life and have it more abundantly.

## Footnotes:

- a. **10:1–21** The good shepherd discourse continues the theme of attack on the Pharisees that ends **Jn 9**. The figure is allegorical: the hired hands are the Pharisees who excommunicated the cured blind man. It serves as a commentary on **Jn 9**. For the shepherd motif, used of Yahweh in the Old Testament, cf. **Ex 34**; **Gn 48:15**; **49:24**; **Mi 7:14**; **Ps 23:1–4**; **80:1**.
- b. **10:1 Sheepfold:** a low stone wall open to the sky.
- c. **10:4 Recognize his voice:** the Pharisees do not recognize Jesus, but the people of God, symbolized by the blind man, do.
- d. **10:6 Figure of speech:** John uses a different word for illustrative speech than the “parable” of the synoptics, but the idea is similar.
- e. **10:7–10** In **Jn 10:7–8**, the figure is of a gate for the shepherd to come to the sheep; in **Jn 10:9–10**, the figure is of a gate for the sheep to **come in and go out**.
- f. **10:8 [Before me]:** these words are omitted in many good early manuscripts and versions.

## Contacts

Jay Ruka

Co-Leader Taranaki Cathedral

[jay@wtanglican.nz](mailto:jay@wtanglican.nz)

Jacqui Paterson

Co-Leader Taranaki Cathedral

[jacqui.paterson@taranakicathedral.org.nz](mailto:jacqui.paterson@taranakicathedral.org.nz)

<b>Dan Lander</b>	<b>Assistant Priest</b>	<b>dan@taranakicathedral.org.nz</b>
<b>Cath McVey</b>	<b>Pioneer Minister</b>	<b>cath@taranakicathedral.org.nz</b>
<b>Christopher Luke</b>	<b>Director of Music</b>	<b>music@taranakicathedral.org.nz</b>
<b>Sarah Foy</b>	<b>Dean's Warden</b>	<b>sarahmargie@gmail.com</b>
<b>Julie Otene</b>	<b>People's Warden</b>	<b>julieotene@gmail.com</b>
<b>Mary Harker</b>	<b>Pastoral Care Co-Ordinator</b>	<b><a href="mailto:angelamaryharker@gmail.com">angelamaryharker@gmail.com</a></b>
<b>Jennifer Smart</b>	<b>Office Manager</b>	<b>jennifer@taranakicathedral.org.nz</b>