



Minister: Rev. Jin Sook Kim minister@onewacc.org.nz /

Phone 021 0295 2589

Community Engagement Lead: Sarah Thorne community@onewacc.org.nz

Phone 021 0919 7097

Editor/ Admin: admin@onewacc.org.nz

BNZ account

Account name: ONEWA CHRISTIAN COMMUNITY

Account number: 02-0112-0168422-000

Church office & worship: 172 Hinemoa Street | www.onewacc.org.nz

June 2025 Newsletter

Minister's Message

Turning trash into Treasure – Our Chip Packet Fusion Party

Last week, our Eco Church hosted a heartwarming Chip Packet Fusion Party — a vibrant mix of community, creativity, and care. What looked like a pile of discarded chip packets soon transformed into survival blankets that will be gifted to Auckland's homeless population.

The beginning of the Chip Packet Project was a brilliant idea of one person. It originated in the UK in 2019, when Pen Huston discovered that foil-lined snack wrappers could be fused into heat-retaining emergency blankets. Huston was volunteering for a local homeless charity, namely Surviving the Streets UK, when she came up with the idea for the Crisp Packet Project. Inspired by this idea, Terrena Griffiths brought the project to New Zealand in 2021.

At our event, we experienced firsthand the effort involved. Each blanket takes three to four hours and 25+ chip packets. It was a labour of love, filled with laughter, concentration, and a deep sense of purpose. It was also an expression of the community's solidarity and caring for God's creation, which the fast consumer culture won't easily sway.

One participant said that she'd like to teach her group to make Chip Packet blankets, which would remind people of some of our neighbours who may need such support. As we stitched and fused, we reflected on how God's creativity flows through us. Just as God formed the world from nothing, we too are called to transform waste into physical and spiritual warmth.

May this project remind us of God's presence in small acts of kindness and inspire us to care more deeply for our neighbours and the Earth.

Rev Jin Sook Kim



Welcome to new member of the Ministry Team

We are delighted to have Sarah Thorne joining us, with her employment title being Community Engagement Lead. Her job description is similar to Greg's but with some significant differences. After approval by Church Council the position was advertised and 29 applications were received for this part-time job. Sarah was the best fit for the job, she lives locally, has worked with most of the local community organisations and has good media skills and a track record in successfully envisioning, planning and then implementing new programmes to meet community needs. She is enthusiastic, energetic, outgoing and looking forward to meeting you all.

She will be active in promoting OCC; developing and implementing programmes to meet our objectives. In a nutshell bringing OCC to the community and the community to OCC.

In the same way as Greg, she has not been employed to take services or to evangelise (remember Greg started here at the time we did not have a Minister, and as a registered lay preacher he fortuitously was able to temporarily fill this role) nor is she joining us to take over running our existing programmes.

Our interviewing process and referee checks all confirmed the selection of Sarah. Jin Sook and I are both very much looking forward to having Sarah in the Team – her role is important for the future of OCC.

She is coming to our next Community Breakfast so please do introduce yourself and get to know her.

David Hansen (7th May 2025, before Community Breakfast)

A bit about Sarah

Hi everyone. I'm excited to be joining you as part of the Onewa Christian Community whānau. I have been working in community



development and engagement roles for the past 35 years and currently work part-time for Digital Seniors which is a charity supporting seniors to use technology. My previous roles have included managing a Community Trust, running farmers and craft markets, organising events ranging from huge expos down to sustainability workshops and delivery and promoting lots of community development type initiatives. I've worked quite a bit in this area and know lots of our local community leaders from my previous roles which I

hope will allow me to hit the ground running.

My passion is people which means that event when I'm not doing paid work, I'm volunteering in the community. I have a wonderful family who are big supporters of everything I do and are regularly roped in to various activities. I am married to Richard and have two daughters, Maddy and Eloise. We've been living in Bayswater for 21 years and love the community. I'm looking forward to getting to know you all and of course the wider community! Please come and say hello if you see me in the office. I'll be working flexible hours while I find my rhythm but will be in the office every Friday. Hope to see you soon.

Hotline To Heaven

Prayer is a hotline to heaven;
You'll never be placed in a queue.
You're through to the throne room,
The great heart of God.
With love, he will listen to you.

On call every hour, every minute,
No second will he let pass by.
He hears if you cry out or whisper his name.
He hears a mere breath of a sigh.

In daylight or darkness, he's there still,
And if you have no words at all,
That's when he reads every beat of your heart,
And gets ready to answer your call.

So leave all your worries there with him;
He works out all things for the best.
He'll turn all your tears into blessings one day,
So wait and stay calm – be at rest

Marian Cleworth

Contributed by Betty Clark

Mushroom Growing in Wainui

With all the current interest in mushrooms, due to the tragic case of people dying after eating poisonous mushrooms in Australia, I thought people might be interested in a story about a mushroom growing farm in Wainui. This was a trip the local garden club went on recently and my thanks to Nina, one of our members who writes a report following our trips.



Colin and his wife, Bronwen, own and run the business(Wainui Valley Mushrooms). An unexpected discovery in their paddocks during Covid, led them down the path of exploration into the world of exotic fungi.

Upon our arrival we were welcomed by Colin and guided along to the quite small mushroom building, cleverly utilizing the old stable block. Here we helped ourselves to homemade mushroom scones! with coffee or tea, assisted by Brooke who is part of the family being the

partner of Gareth, Colin and Bronwen's son. Divided into two groups, Colin took each through the process of the preparation, the growing, (all done on site) and the importance of cleanliness. The growing compound used, is sawdust mixed with soya bean husks and infused with water and fumigated to purify the compound. Each stage is in a small room about



the size of a container which is kept at the required temperature for the process to take place. The plastic wrapped individual blocks containing the various spores end up in the mushroom growing room, having had either a large slit or square cut allowing the mushroom to grow, as seen in the photos. As opposed to growing button or Portabello varieties, there is no actual soil used and this is considered a good health step. This is because in their natural habitat they grow on trees or fallen logs.

The excellent health properties of mushrooms/fungi are numerous notably with cancer and brain disorders among others. The product



can be dried and ground to a powder and added to a smoothie or to shake on to food. Popular varieties are the native oyster, the Italian or Phoenix oyster and pink oyster varieties, and the native Lion's Mane or Pekapeka Kiore.

In addition to selling in markets - Puhoi, Orewa and Parnell, products can be purchased online. Google for specific details on markets, or online: www.wainuivalleymushrooms.co.nz

Pauline Fish

Autism and ADHD

Earlier this month 60 people gathered in the church to hear presentations from Jo Sutton on Autism and Fiona Winfield on ADHD as part of the Building Compassionate Communities project.

ADHD (attention deficit hyperactivity disorder) is a unique brain wiring causing a neurodevelopmental delay in the pre-frontal cortex. The extent of this delay can be three years for children and teenagers and up to 30% so for a child of 8 their development could be the same as a 5.5-year-old; for an eighteen-year-old their development could be that of a 12.5-year-old.

ADHD is strongly genetic; 25% of children diagnosed will have a parent with ADHD. 3% of children aged 2-14 who have been seen in NZ by public health have ADHD.

There is a subtype where the child is hyperactive and impulsive (e.g. can't sit still, runs, jumps, interrupts, calls out, doesn't think before acting or speaking) and a subtype that is called inattentive (e.g. lack of focus, daydreamer, makes silly mistakes, can't retain instructions, doesn't complete work). The second subtype is mostly diagnosed in girls; the most diagnosed subtype is a combination of these two.

People with ADHD have decreased levels of dopamine which is the chemical that transmits information from one neuron to another. Dopamine can be increased by reward and interest prediction e.g. if the child sees a reward or is particularly interested in something dopamine will increase and attention will be more focussed and sustained.

So you can understand how children could be labelled 'naughty' or 'defiant' or 'lazy' at school when really it is the wiring in their brain.

People with ADHD also have heightened sensitivities e.g. to light, sound, touch, smell, to criticism. They can have a lower pain threshold and, particularly in girls and women, co-existing conditions such as anxiety and depression.

Fiona is an Executive Function Coach. Executive function is the ability to plan and organise oneself to achieve a goal or complete a task. It includes things like time management, drawing on past experiences, organising information, controlling emotions and behaviour, not being put off by distractions or a fear of failure or a sense of overwhelm, and these are all challenges for someone with ADHD.

It is important to see a GP to get a referral to a trained psychiatrist, paediatrician, clinical psychologist or neurologist to be diagnosed and given appropriate help including medication. Visit adhdnz.org.nz for more help.

Jo Sutton explained at the beginning of her talk that the Māori word for Autism is Takiwātanga meaning 'in his or her own time and space' and for ADHD it is Aroreretini meaning 'attention to many things'.

Autism is a neurodevelopmental condition that affects cognitive, sensory, and social processing, changing the way people see the world and interact with others. Many in the autistic community like to be called autistic not 'a person with autism' – it's not an accessory, it is who they are. Even to say 'well, we're all on the spectrum somewhere', is not helpful to an autistic person. The 'spectrum' anyhow is not really a line it is more like a circle with executive function, perception, language, motor skills, sensory segments of varying levels – every person with autism is different.

“Reality to an autistic person is a confusing, interacting mass of events, people, places, sounds, and sights. There seems to be no clear boundaries, order, or meaning to anything. A large part of my life is spent trying to work out the pattern behind everything”. An autism perspective.

There is no known single cause for autism but there is evidence for a hereditary link - there is very little data in NZ. The World Health Organization says that it is probable that 1 in 54 people has autism. Girls are underdiagnosed.

Autistic people have strengths: Being detail oriented and precise • A drive towards logic, sameness, structure, routine & predictability • Able to engage in areas of interest for extended periods • Excellent creative problem-solving skills • Visual thinking skills • Honest, reliable, punctual • A strong sense of justice; trustworthy, loyal • Unique and wonderful ways of seeing the world.

The biggest challenge for autistic people is non autistic people who have trouble accepting difference!

Ways we can be more inclusive: Listen to autistic voices and seek out resources to learn more, especially those created by autistic people. Make things visual, “I need to see something to learn it, because spoken words are like steam to me. They evaporate in an instant”. Reduce your language, “Sometimes the words reach my ears and I understand and sometimes they are like the unbearable rush of an oncoming train.” Give the person breaks, “If I’ve been in a challenging situation, I’m going to need some down time after.” Routines and schedules, “Set routines, times, particular routes and rituals - all help

get order into an unbearably chaotic life". Find their enthusiasm (focussed interests).

www.autismnz.org.nz is the website to visit for more information.

Cathy Fraser

May Community Breakfast

This month's speaker was Richard Hursthouse from Forest and Bird North Shore Branch. Richard spoke to us and showed slides of his work as a volunteer at the Tuff Crater Restoration Project. This group was set up following the Millenium Forest Planting begun in 2000. In 2009 it was decided to continue working and developing the crater to provide a place for people to walk and appreciate the area. To date they have eradicated 90% of the pest plants which dominated the area in the beginning and replaced it with 90% native planting. This year alone the aim is to plant 1500 trees.



As well as planting trees, the waterways have been cleared, new walking tracks and a vehicle track to enable utes to access areas to deliver supplies have been developed and predator eradication has taken place. While it is impossible for an urban area to become 100% pest free, with willing volunteers from both Forest

and Bird and the local neighbourhood they are able to keep up with the work and maintain high standards of success. There are 55 rat bait

stations around the area as well as possum and stoat traps. Private properties around the crater also have bait lines to control predators.

Tuff Crater was formed by an eruption about 200,000 years ago and during World War 2 there was preparation to build holding tanks for fuel pending an expected invasion. This didn't happen and the site for the tanks was abandoned but it is still known by many as Tank Farm. The site for the tanks can still be seen today.

Tuff Crater is the home for many native birds. The beautiful kingfisher is the most prolific bird to be seen there while others include shags, dotterels, terns, tui, silvereye, and kereru. Two very rare birds, the banded rail and the spotless crake, are also found there but seldom seen.

If you would like to become involved there are volunteers working there every Thursday morning and on the second Saturday of each month. If



you'd rather just go for a stroll you can enter the path at Heath Reserve, 140 Exmouth Rd, from St Peters St, or from Akoranga Drive (I'm not sure exactly where but the residents of Northbridge would be able to guide you.)

Community Breakfast team

BTS with Bible 52 – June and July reading plan



June

Week 1 (17) – Nehemiah 1:1-11

Additional Readings – Nehemiah 8, Psalm 35:13, Mark 2:1-12,
Hebrews 7:25

Memory verse: Nehemiah 1:5

Week 2 (18) – Esther 4:1-17

Additional readings – Isaiah 15:1-3, Luke 19:37-40,
Romans 5:6-11

Memory verse: Isaiah 40:31

Week 3(19) – Job 1:1-22

Additional readings - Job 2, Proverbs 3:7-8, Hebrews 4:14-16

Memory verse: Psalm 18:2

Week 4 (20) – Psalm 23:1-6

Additional readings – Psalm 23, John 10:11-18, Acts 1:9-11

Memory verse: Psalm 23:1-2

July

Week 1 (21) – Proverbs 3

Additional readings: Deuteronomy 18:1-5, John 14:6

Memory verse – Proverbs 3:1-2 (write the verse below and memorize it for reflection)

Week 2 (22) Ecclesiastes 3

Additional readings: John 12:20-36, John 16:33, 1 Corinthians 12:9-10

Memory verse – Ecclesiastes 3:11 (write the verse below and memorize it for reflection)

Week 3 (23) – Isaiah 9

Additional readings: Isaiah 61:1-4, Psalm 2, John 3:16-21

Memory verse – Isaiah 9:2 (write the verse below and memorize it for reflection)

Week 4 (24) – Isaiah 53

Additional readings – Isaiah 52:13-15, Matthew 8:14-17, Romans 3:21-26

Memory verse – Isaiah 53:5

* The numbers within the brackets are the number of weeks we had so far.

**BTS will meet at 5 pm on 22 June (4th Sunday) and 27 June (4th Sunday) at the church lounge on Hinemoa Street. We'll have a light supper, share our reflections, and learn from one another. All are welcome.

Salt Path Movie night fundraiser

Thank you to everyone who attended and sold tickets to the latest OCC fundraiser - the "Salt Path" Movie.

We have made a donation of \$77.48 to dePaul House. The net result of the fundraiser for OCC is \$697.36.

Roster for the month – June 2025

| Date | Elder | Door Duty | Prayer | Reading | Morning Tea |
|---------|---------------------|------------|--------------|--------------|-----------------|
| 1 June | Mary Boyd | Garry Pash | Mary Boyd | Garry Pash | Karen & Linda |
| 8 June | Helene Muller | Laurie W | Laurie W | Andre Muller | Jocelyn & Robyn |
| 15 June | Community Breakfast | | | | |
| 22 June | Pauline Fish | Nan Inkson | Pauline Fish | Nan Inkson | Jocelyn & Dale |
| 29 June | Zion Hill Service | | | | |

*Serving elders for communion: Jocelyn, Nan, Robin and Rosemary

Thank you for everything you do, team!

 **Eco Church Activities** 

Join us every **first Sunday of the month** for our **Eco Church Activities!**  

Together, we'll care for creation through meaningful, eco-friendly initiatives. Everyone is welcome!

Let's make a difference—one Sunday at a time!  

June Eco Kids Event

ECO KIDS EVENT!



Sunday 1 June 2025

Meet 9:30am @OCC, 172 Hinemoa Street (runs 1—1.25 hours)

POINT



BREAK



Little Shoal Bay Beach Clean Up

If we have time (and wind!): come fly kites

Enjoy a **free ice cream**

Round 3 of our Kids Eco Photo Comp:

Win a \$30 Paper Plus Gift Card!





KAIPĀTIKI Repair cafés

REUSE ♥ REPAIR ♥ CONNECT

**Electrical - Sewing - Jewellery
Bike Repairs - General Repairs - CAB Advice**

Sat 7th June
1.00-3.00pm
Onewa Christian Community
172 Hinemoa St, Birkenhead

**FREE!
Event**

Kindly supported by
Kaipātiki
Local Board

1st Saturday of the month, x1 venue per month - kaipatikirepaircafes@gmail.com

Bayview Community Centre
Whitby Community Project Inc
Highbury House
GLENFIELD

**News and opinions for the newsletter always welcome:
please think about contributing for next month's edition.**

**E-mail all articles to Pauline (admin@onewacc.org.nz)
by 20th of the month**

OCC values

Community

We focus on people, personal connection and treating everyone with respect in practical ways ('manaakitanga').

Diversity and inclusion

We want to reflect and support the community around us.

Open heart / open mind

We make space for personal and spiritual growth. We promote real and meaningful connection with others.

A living faith

Active faith begins at the point where certainty ends. A living faith involves faith in oneself, faith in others, faith in the future and faith in God.