

# NEWSLETTER

Sharing information from 10am Leaders Meeting

## *Grief*

As we head into Easter it seems appropriate to talk about grief. Everyone of us is confronted with grief during our lives. It is a natural emotional process after we have experienced a loss of something important, of value, close to our heart.

Fuailelagi Samoa Saleupolu Heger led leaders meeting in a discussion focusing on the following questions:

- What is grief to you?
- Why don't we talk openly about grief?
- How can we uplift others/ourselves who may be grieving?

One of the resources Fuailelagi shared is Te whare tapa whā a model of the 4 dimensions of wellbeing developed by Sir Mason Durie as a Māori health model. The 4 dimensions are:

- taha tinana (physical wellbeing)
- taha hinengaro (mental wellbeing)
- taha wairua (spiritual wellbeing)
- taha whānau (family wellbeing).

With 4 walls, the wharenuī (meeting house) is a symbol of these 4 dimensions. The wharenuī's connection with the whenua (land) forms the foundation for the other 4 dimensions. By nurturing and strengthening all 5 dimensions, you support your health and wellbeing, as well as the health and wellbeing of your whānau.

If something in your life is challenging the wellbeing of one wall or dimension, you can draw on the foundation and other walls until you can strengthen that wall again. To build resilience for the tough times, you can explore your way to wellbeing by choosing one small step at a time to strengthen one of your dimensions. To find out more, ask Fuailelagi.



**I have been reading ...** 'With the end in mind' by Dr Kathryn Mannix.

A friend recommended this book to me. Dr Mannix is a palliative care doctor from the UK. She shares stories from her 30 years of experience in this field and talks about the process of death and grief.

I found this book to be very helpful, and through out thought about my own grief processes and understandings.

I would highly recommend this book, I am even happy to lend it to anyone who is interested in reading it. Just ask.

**Open Home** - Sunday 3rd April, 2pm at the parsonage, 67 Downing Street, Crofton Downs. Everyone is welcome

# Community Engagement

Leaders Meeting noted a discussion paper from the March Synod about Community Led Development. The paper suggested that parishes seek more information about community led development and how to apply it in their contexts.

Since then we have been advised about a webinar series which looks at the relationship between community-led development, Mātauranga Māori and Te Tiriti. This webinar series will begin on Wednesday 6th April, 10-11am.

The topic of the webinar is based on an article written by David Hanna in his role with Inspiring Communities.

The webinar is an energised interactive conversation grounded in the panelists experience and everyday practice. Panelists include David Hanna, Whananaki's Pam Armstrong, Jo Brand from Te Runanga o Hokonui and Tony Kake from Papakura Marae. If you would like to join Nicola in this webinar, ask her for registration details.

## Pizza and Games night

A pizza and games night will be held at the parsonage, 67 Downing Street, Sunday 1st May, 4pm. This is for our young teens and will be an opportunity to plan a programme for this year. If you are interested in attending, or know anyone who would be interested, please invite them.

### WORSHIP AND EDUCATION

A conversation has been held with the Principal of Trinity College with a view to the college working with Wesley Methodist Parish to develop a biblical studies programme that may lead to lay preaching or worship leading.

This programme would be tailored to the needs of the participants. It is envisaged that it would be a programme offered across the parish.

An informal evening to discuss possibilities for this programme will be held at the parsonage, 67 Downing Street on Saturday 23rd April, 6:00pm (for a shared meal, children welcome)

Please let Nicola know if you are interested in being part of this.

Email:  
[nicola@wesleychurch.org.nz](mailto:nicola@wesleychurch.org.nz)  
or phone: 021 274 1957

## 10am congregation giving trends to February 2022

