

# St Philip's

Anglican Church of St Heliers Bay and Glendowie

Autumn 2025



**Getting ready for Christmas;**  
Decorating the tree,  
Enjoying the nativity play with our  
Sunday School  
(this play was written by Chris Barfoot)  
and Christmas Services.



## MESSAGE FROM MATT

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In our Gospel reading, Jesus tells the people that they are the light of the world. If we can imagine a city of hundreds or thousands of houses on a hill, before street lights or other ambient light, then you could have seen that city from miles around as you approach it. Light would have shone out as all the dwellings have their lamps lit at night.

Have you ever thought about the terracotta lamps that were used by people in Jesus' time? Here's an example of how they would have looked.



The nozzle at the front holds the mouth where the wick threads through into the reservoir of olive oil in the body. The filling hole is at the top of the discus, and the handle means it is portable.

Keeping the lamps working was a constant job. When they are new, the lamps need to be sealed and they were sealed by placing them in milk bought to the simmer for 20 minutes to half an hour. The chemical process makes the lipids in the milk bond with the clay.

The wicks needed to be soaked in olive oil before use. Matches were non-existent, so they had to be kept burning as constantly as possible. The reservoir held enough oil for the lamp to burn for between 10 to 16 hours.

When the light in the house needed to be lower, for sleep for example, the wick was pushed back down into the mouth to reduce smoke and light. When more light was needed, the wick was pulled out and more flame, and more smoke, would be produced but the reservoir drained more quickly too.

The householder would usually set the lamp up high in the room on a tall stand, but the lampstand could be knocked over, and oil on the floor along with a lighted wick could be dangerous, hence the need to sometimes protect the lit lamp by hiding it under a basket.

The mouth of the lamp needed cleaning (when it became gummed up), as did the filling hole. If these got clogged, then the oil wasn't used to its most efficiency and light was low and oil consumption high.

Someone, everyone, in the household took part in the maintenance of the lamps as light was valuable and its loss annoying at best and devastating at worst. The lamp, maintained, lit, and put on a lampstand did its job and provided light for all in the house.

At the end of Revelation chapter 1, St John sees a vision of Jesus who tells him to write the book. Surrounding Jesus are seven lampstands which stand for seven churches. And the idea of a church being like a lamp on a lampstand, lighting the community around it, is an appealing one, isn't it?

We like to think that we, here at St Pip's, are on a hill overlooking the bay and bringing light to St. Heliers, don't we?

But to maintain our light, to continue our mission, our lamp needs to be maintained. Our wick needs tending, our lamp needs cleaning, our reservoir needs filling, in a spiritual way but also in a very practical way.

The Anglican Church in NZ has always been a voluntary one. Bishop Selwyn knew this from its very beginning. And so our church (with a big C) and our church (St Philip's) needs all of us taking part. We all have a ministry. It was given to us at baptism.

## WARDENS' REPORT

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But a lay over from COVID is that volunteering has changed. Volunteer NZ has said, in its 2021 report, that since COVID, some volunteers stopped volunteering or volunteering as much. With the lockdown restrictions and different alert levels some volunteers got nervous and stopped volunteering or got out of the habit.

They also said that, some volunteers have more life commitments and have replaced their volunteering hours. An example is with increasing prevalence of double income families more and more grandchildren need to be looked after by grandparents.

Our church, like all churches and other volunteer based organisations, needs help. We are in a good place but for our continued light to continue to shine, we need help.

Our lamp needs maintenance. We need more people to clean the church weekly, to help with morning tea, to help with the windows, the gardens, and all the many things that go on here. With our AGM in 7 weeks, we need more people to consider coming onto Vestry to divide the load and help with the administration of the parish.

And all we do must start and continue in prayer. We need more people to pray. Prayers of intercession and thanksgiving are important on a Sunday and we need more folks to be trained to do those but also we have an opportunity to pray every fortnight on a Monday in our Lady Chapel. We need more people to pray.

At the start of our new year, I ask all of us to think and pray and offer our help. All of us have skills and experiences to offer. They may not suit every need (and maybe our offer may not be taken up), but we can find places where we all can serve.

As we work together, may our light continue to shine before others, here and in the Bay, so that they may see our good works and give glory to God.

Amen.

*Matt Griffiths*

Our 2026 Annual General Meeting is on 29<sup>th</sup> March. As we reflect on 2025 and start to plan for 2026, our wish is to have more people involved in the activities of St Philip's.

A parish is a defined geographical area within which there is a worshipping community (that's all of us!) that recognises its responsibility to provide mission and ministry within that area.

The Parish Statutes 2024 list the responsibilities of a parish as:

- a. to promote the worship of God the Holy Trinity;
- b. to proclaim the Good News of the Kingdom;
- c. to teach, baptise and nurture new believers;
- d. to respond to human need by loving service;
- e. to transform unjust structures of society, to challenge violence of every kind and pursue peace and reconciliation;
- f. to strive to safeguard the integrity of creation, and sustain and renew the life of the earth; and
- g. in accordance with the Constitution Te Pouhere, to function on the basis of partnership with Te Pihopatanga o Aotearoa and the Diocese of Polynesia and their constituent parts.

Vestry's role is to facilitate the parish to achieve these responsibilities and specifically to

- a. to promote the worship of God, and to provide all things that are necessary for the ordering of public worship;
- b. to enable ministry to be provided to and by members of the parish;
- c. to take counsel together for the fostering of spiritual growth and well-being of the members of the parish and of all persons within the area of the parish; and
- d. to promote and, subject to church

law and the rights of the Bishop, to have responsibility for all matters affecting the governance, finance, administration and property of the parish.

As Matt preached in a recent sermon, and in his message in this newsletter, we rely on volunteers who contribute time, skills and experiences, to keep our church functioning, to keep our lamp maintained so that we can be a light that shines into our community. If you are wanting to contribute more to St Philips, please talk to Matt or Julie or to one of the Vestry members (with the green nametags) – we would love to help you help us.

*Tsana Plessius and Warwick Jones*

## WOMEN'S FELLOWSHIP

St Philips Women's Fellowship meet on the third Wednesday of each month for morning tea and conversation, following the 10am Service of Holy Communion.

At our November meeting Amanda Butland from Every Body Eats was our speaker. They have a restaurant down at Glen Innes and are open for dinner most nights where they transform rescued food in to delicious meals on a pay-what-you-can basis. Their motto is Making a Difference One Plate at a Time. Quite a few of our Parishioners have enjoyed an evening there.

December was celebrated with a Christmas morning tea hosted by the Committee, where we had time to chat, and enjoy each others company as we looked forward to Christmas.

Our first meeting for this year fell on Ash Wednesday, so the AGM which is usually in February will now be held at our March meeting.

Women's Fellowship is an important part of our Parish Life where we share Faith and Fellowship and support each other.

*Sally Warwick.*

## HANDS AND HEARTS

Our first meeting for 2026 will be held in St Philips Lounge beginning from 3pm on **28 February**. All knitters and would be knitters are welcome for fellowship and afternoon tea.

We meet regularly on the last Saturday of the month from February to (and including) November.

Our focus is to continue to knit with machine washable pure wool yarn 8ply or 4ply. Blankets, hats and clothing are happily received by Island Child Charitable Trust, The Petal Foundation and Glen Innes Plunket.

As the babies and children tend to be generally larger, please remember:

To knit for a new born – use a 6-month size pattern – add one cm in length.

To knit for a 6M babe - use a 12-month size pattern – add 2 cm in length

To knit for a 12M – use a larger size and add 2-3 cm in length.

During these hot summer days, it is hard to even think of knitting but when the weather cools maybe the knitters will pick up the knitting needles again. I certainly will.

*Jeanette Davidson*

## MAINLY MUSIC

mainly music had a busy term four.

During our lead up to Christmas, we all enjoyed the Christmas themed music and rhymes with the children being invited to dress up (angels wings and halos along with reindeer antlers were popular). Families were delighted to be joined by Vicar, Matt, during our penultimate session, as he tells the children the Christmas Story.

This year our families took away a Christmas Story book, sourced from the Bible Society, a craft to make together at home (this year we provided packs for



families to make popsicle nativity scenes to hang on their Christmas trees and of course a chocolate Santa.

Our wonderful team spend time with families during morning tea, getting to know more about their busy lives and sharing the challenges and joys of watching the children grow. This is one of the fundamental parts of our mainly music Thursdays as pastoral care is offered in listening, encouragement and practical support when needed.

It is a privilege to be able to walk alongside our families and it is thanks to the amazing team at mainly music and the support of our Vestry and Vicar, Matt, that we are able to continue to offer mainly music this year (our 17th Year) of St Philip's mainly music.

*Julie White*

## SUSTAINABILITY

At St Philip's we are constantly looking at ways that we can actively care for God's earth.



Currently we provided the following:

- ◆ **Compost bins** for kitchen and garden waste - these bins are located at the rear of the back carpark on the grass.
- ◆ **Energy efficient lightbulbs** - all lights through out the church, lounge, hall and office are replaced with LED energy efficient.
- ◆ **Battery recycling** - we offer a collection point for batteries to ensure that these are properly and safely recycled in the correct manner.
- ◆ **Toothpaste tubes and toothbrush recycling** - we continue to collect these as they cannot be recycled in the kerbside collection bins. However plastic mouthwash bottles (plastic grades 1, 2 and 5) can be recycled in your curb side bin, although you do need to remove the plastic lids.

Please note that we no longer collect:

- ◆ **Milk bottle tops and small lids** as these

can now be recycled through selected Pak N Save, New World and Four Square supermarkets.

- ◆ **Plastic Bottles:** Shampoo, conditioner, and styling product bottles (plastic grades 1, 2 and 5) can be recycled in your curb side bin, although you do need to remove lids.

Other sustainability initiatives, such as the installation of Solar Panels last year are already proving effective with a significant reduction being seen in our power bills.

Since our last newsletter a team of volunteers from St Philip's has taken part in two beach clean up mornings, collecting rubbish and plastics from St Heliers Beach and ensuring items are recycled where possible.

We continue to support Chip Packet Project NZ, who reduce foil waste, collecting and recycle chip packets, transforming them into survival blankets to help those who need it most. Pop along to St Philip's on a Friday morning during March to check out this great work.

Our Vicar, Matt, is also recycling where possible, turning leftover beeswax candles into new altar and paschal candles, and repurposing wood taken from upgrades to the hall and turning it into wooden spatulas and gifts.

Tsana Plessius is our sustainability champion if you want to find out more about any of these or future initiatives.

## CONGRATULATIONS

To Nathan, who won a 'Gold Award' and a 'Most Original Art' award at the 2025 Art and Exhibition Fair.

It is exciting to see one of our young artists recognised in this way. IF you want to see an example of Nathan's work then have a look on the hall stage, where one of Nathan's beautiful art pieces is hanging.



## FUNDRAISING

New Zealand's Favourite Chocolate



Quality. Whittakers continue to use 100% Rainforest Alliance-certified and fully traceable cocoa beans, increasing their supply chain.



### Does Milk Chocolate Have Health Benefits?

You've probably heard about the benefits of dark chocolate. But if milk chocolate is your indulgence of choice, you may be wondering whether it delivers the same perks.

In an analysis of studies involving 20,951 people, researchers at the University of Aberdeen in Scotland suggested that those who ate the most chocolate over an average of 11.3 years (most of it milk chocolate) had a lower risk of coronary heart disease and stroke than those who ate the least or none at all.

However, the researchers were quick to point out that healthier people may simply eat more chocolate.

[\(https://www.consumerreports.org/chocolate-bars/milk-chocolate-health-benefits/\)](https://www.consumerreports.org/chocolate-bars/milk-chocolate-health-benefits/)

Our first fundraiser in 2026 is a good favourite, the Whittakers chocolate bars.

The cocoa shortage of 2025, coupled with worsening climate conditions and fragile global supply chains, has pushed chocolate to the brink of transformation. Despite the global chocolate crisis Whittakers have stated that there will be no compromise on quality, with their chocolate maintaining the same taste and

A tried and trusted brand over 4 Generations. Since 2016 Whittakers have been partners with 'Save the Kiwi', (formerly 'Kiwis for kiwi'), a charity committed to growing the population of our iconic native bird, and in 2017 they chose renewable energy to power their factory, with power generated from 100% renewable energy sources like wind, sun and water.

[https://www.whittakers.co.nz/en\\_WW/our-story](https://www.whittakers.co.nz/en_WW/our-story)

The Fundraising team at St Philips have managed to secure a number of chocolate bars for your enjoyment.

Get your favourite flavours now to ensure that you are not disappointed when Easter arrives.

50g bars are the perfect snack-sized treat. We have the following varieties available:

Peanut, Coconut, Hokey Pokey, Creamy Milk and Almond

Each bar costs \$3, with funds raised going towards continued repairs to our church, hall and vicarage.

Nothing beats a good bar of chocolate. So why not treat yourself, or someone special and help us with our fundraising?

Talk to Caroline or contact Julie in the Parish office to find out more or get your chocolate now.

## OUTREACH

### St George's College Jerusalem

The Anglican Centre for Pilgrimage, Education, Hospitality and Reconciliation



A pilgrimage to the Holy Land is a transformative experience but the ways in which pilgrims engage with the Land and its people is absolutely key.

St George's College is a project of the Anglican Diocese of Jerusalem and the Middle East and it is rooted in the lived realities of the local community. They have been offering pilgrims from around the world a unique experience of the biblical lands for more than 50 years, and its foundation dates back to 1920 when it was established as the Anglican theological college for Arab clergy in the Middle East. In the 1960s it was redeveloped as a formation and reconciliation center for clergy and laity from the worldwide Anglican Communion

St George's College has experienced numerous serious disruptions to its ministry over the past fifty years and there is an institutional memory of surviving these great challenges. They are in another of those moments of deep rupture. Once again, it isn't the result of the College's mismanagement or errors of judgement. This crisis is brought about by an explosion of violence between Israelis and Palestinians which has resulted in atrocities by both sides causing devastating numbers of deaths and casualties. The College staff along with people of all faiths and none, mourn these tragic events and the grief and deep trauma which result.

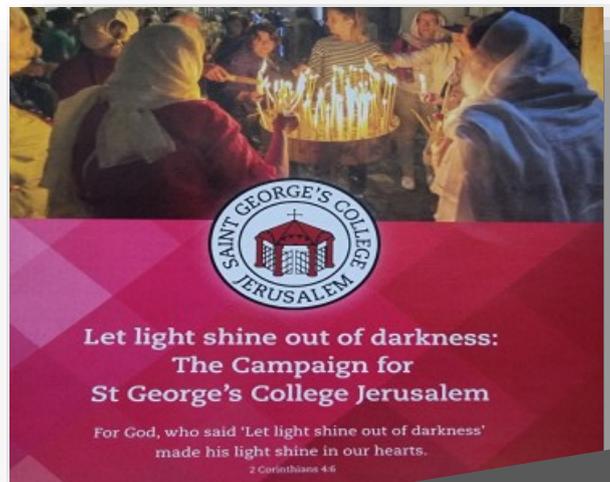
Those dependent on the pilgrim/tourist business have endured the deprivations of COVID, followed by the

severe financial impact of eighteen months of war.

The College depends on prayers and financial support from alumni and friends worldwide. Donations enable the College to operate as a community of hospitality for pilgrims from around the world. The armed conflict that began on 7 October 2023 in Israel and Gaza forced the temporary closure of St George's College for in person pilgrimages. They need help until they can safely reopen.

St Philip's Vestry have agreed to support this appeal and make a donation to St George's College for \$1,000. If you would like to donate separately then please speak to our Vicar Matt, or contact the Parish Office.

Donations are by direct bank transfer to the Diocesan Council of the Diocese of Auckland.





Christmas Bake Sale



Fast Food Fridays



Sunday school Pageant



Girlfriends in Grace and Guys Get Together December Gathering



Beach Clean Ups



Ash Wednesday Ecumenical Service



Shrove Tuesday pancakes



2026 Lent Study



Sarah Clare's visit in February



## COMMUNITY EVENTS

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### RONNIE GARDINER METHOD

We are restarting our Ronnie Gardiner Method (RGM) exercises from February 2026. These fun, light hearted exercises are run by Yeo-Jin Jo, a Ronnie Gardiner Method Practitioner, who also runs classes in retirement villages for the 'Live Stronger for Longer' programme, an approved falls prevention exercise provider.

All are welcome to join the 45 minute classes on Tuesday afternoons starting at 1pm. Entry is by koha.

### A Multisensory Training Exercise System for the Brain and Body



Using rhythm, movement, music, and speech, these sessions stimulate movement, speech, and cognition by engaging multiple senses at once — vision, hearing, motor skills, memory, and touch.

The reported **positive effects of RGM** are as below.

- ◆ Improve concentration
- ◆ Improve coordination
- ◆ Improve motor skills
- ◆ Improve memory
- ◆ Better sense of balance
- ◆ More positive attitude, participants feel uplifted

To find out more visit the website:

<https://rgm-nz.auckland.ac.nz/>

Or come along and join us on a Tuesday afternoon.

### ORAKEI SENIORS INDOOR BOWLS

The Club meet weekly on Tuesdays from 10am -12 noon. More of a social club than a sports club, the emphasis is in fun and companionship. They do not engage in competitive play against other clubs.

No previous experience or expertise in indoor bowls is required.

Each Tuesday members are divided into teams and play 6 ends, breaking for a mid-morning cuppa, then play another 6 ends against a different team.

They have a small number of vacancies at the moment and are cordially inviting people along to try their hand at indoor bowls in a relaxed environment, with a view to joining the club.

**There is no charge for the first 2 weeks.**

Present costs for membership:

Annual subscription \$20, weekly attendance \$5

Enquiries to George Clark (President)

09 528 5192

clarkgeorge@hotmail.com

## 2026 LENTEN STUDY

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**3pm Sunday, 22 February, 8 and 22 March  
St Philip's Church**

Join for our 2026Lenten study:

'Why we do what we do'.

A study of our Sunday Eucharist service and it's meaning.



## FROM THE REGISTER

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### FUNERALS

3/1/26  
Lorraine LEWIS

19/1/26  
Kate BRIDGMEN

3/2/26  
Ian LAIRD



## GROUPS

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### Men's Coffee Group

Thursdays at 9.30am in Annabelles, St Heliers Village.

### Women's Weekly Meeting

Fridays at 10am in Annabelles, St Heliers Village.

### St Heliers Hands And Hearts

Last Saturday of every month, 3pm in the Church Lounge.

### Guys' Get Together

Meet monthly at Moretons, St Heliers Village.  
Contact the parish office for details of next meeting.

### Girlfriends In Spirit

Meet regularly in the evenings.  
Contact the parish office for details of next meeting.

### Mainly Music

Thursday 9.30am during school term time.

### Prayer Group

First and third Monday morning of every month, 9.30am.

### Women's Fellowship

Third Wednesday each month, 10am.

### Fast Food Fridays

Second Friday each month, 5.30-7pm

## CONTACT DETAILS

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### PARISH OFFICE

Parish Administrator: Julie White  
phone: 575 5288  
email: [office@stphilips.nz](mailto:office@stphilips.nz)  
92 St Heliers Bay Rd, St Heliers Bay, Auckland 1071  
Usual Office Hours: 9am - 1pm, Tuesday to Friday  
Website: [www.stphilips.nz](http://www.stphilips.nz)

### PARISH CLERGY

**Vicar: The Rev'd Matt Griffiths**  
phone: 575 5288 (office) 021 181 6378 (mobile)  
email: [vicar@stphilips.nz](mailto:vicar@stphilips.nz)

### The Rev'd Brian Jenkins

phone: 575 7797

### IMPORTANT CONTACTS

Church Warden: Warwick Jones (575 9112)  
Church Warden: Tsana Plessius (021 478 382)  
Worship Music Coordinator: Stuart Weightman  
Prayer Tree: Lynley Payton (528 0463)  
Mainly Music: Hazel Hunter (521 2683)  
Pastoral Care: Sally Warwick

### REGULAR COMMUNION SERVICES

On line services can be accessed via <https://www.youtube.com/channel/UCnTsejuVrWDBo27YLcu83Zw> or from *our web site*.

Services are as follows:

Sunday 8.00am Holy Communion

Sunday 9.30am Family Communion

*Private Prayer is offered during communion and after this service*

1st Sunday of every month 5pm Taizé Prayer Service

3rd Sunday of every month 5pm Evensong

3rd Wednesday of every month 10.00am Communion

Alternate Thursdays: St Andrew's Retirement Village  
and Grace Joel Retirement Village

# JOIN US THIS EASTER



## Maundy Thursday

7.30pm | Communion

## Good Friday

9am | Family Service

## Easter Sunday

8am | Communion

9.30am | Family Communion

 St Philip's

[stphilips.nz](http://stphilips.nz)

## ADDITIONAL LENTEN SERVICES

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### Sundays from 22 February - 22 March

8am Eucharist

9.30am Eucharist

### Sunday 22 March - Passion Sunday

8am Eucharist

9.30am Eucharist

### Sunday 29 March- Palm Sunday

8am Eucharist

9.30am Eucharist with procession

## HOLY WEEK

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### Monday 30 March - Wednesday 1 April

7.30pm Night Prayer in the Lady Chapel

### Thursday 2 April

7.30pm Maundy Thursday Eucharist  
(including stripping of the altar)

### Friday 3 April

9am Good Friday

(starting at St Heliers' Presbyterian Church,  
100 St Heliers Bay Road)

## EASTER DAY

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### Sunday 5 April

6.30am Combined Church Beach Service at St Heliers

8am Eucharist

9.30am Eucharist