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Rotorua Hospital Chaplaincy  
Department

Rotorua Hospital

Private Bag 3023

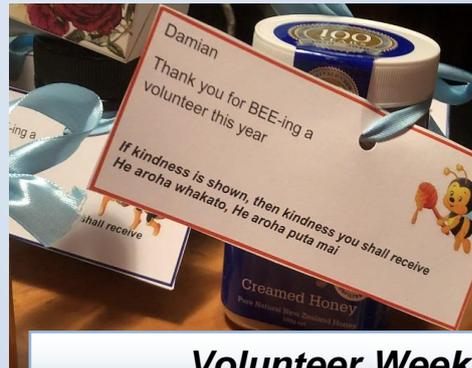
Rotorua Mail Centre

Rotorua 3046

## Friends of Rotorua Hospital Chaplaincy

August 2021

### We have AMAZING Volunteers!!



### **Volunteer Week: 20 -26 June 2021**



We are so grateful for our Volunteers. Here they are, receiving their Volunteer Appreciation certificates: (Back row) Peter Lindop, Allen Foote, Dick Everts. (Lady in red) Damian Roberson, Kathy Horgan, Sally French, Juleen Foote, Miyoko Hammersley, (Seated) Susan Cooper, Timothy Lee and the two ladies in the front Gaynor Lincoln and Kathleen Dillner. Missing was Daniel RikiRiki and Maree Bellerby. We simply could not run this service without these wonderful people who give their time, passion and compassion to others.

## Acorn Lessons

While walking through the park nearby on my early morning walk, I passed by an oak tree which was shedding its acorns. Each morning I looked for symbols that had some lesson to be observed. This is what I found.

### 1. He Is Always There.

I picked up this leaf just to see what it looked like. A few wrinkles, obviously ageing. Then I noticed just behind the leaf a lovely acorn. I immediately gave thanks. While I could appreciate myself as a leaf for the Lord, providing like the tree does - nourishment for the roots and oxygen for the air – my life as a vehicle for His Bread of Life and Word of God, I am not on my own. The acorn represents Him. He is with me to direct my life. Though mostly not seen, He is there all the time.



### 2. Who?

As I picked up this acorn, at first I thought it was just me, but look what I saw when I turned it over. It was really Him and He was carrying me on His back like a father iggybacking his child. Another one reminded me to be careful to look after the children in my care. They are precious - never a burden.



### 3. Family

Here I am reminded that family is important. Though our children are grownups now they are still part of our family circle no matter what direction they are facing.



### 4. The Two of Us

While the years have gone by – 53 and onwards, we have worked together all of those years. The experience has been a pleasure and privilege

### 5. The Ageing Inevitable

The time comes when one has to appreciate that involvements and commitments of the past have to be left through lack of ability or expertise. This leaves gaps that need to be filled by someone else. I have done my best and now I need to stand aside.



### 6. The Ultimate Guardians and Inspirers

Thanks to Dawn and Walter Miller, these acorns are the best. They represent the Trinity, Father, Son and Holy Spirit.



All of the inspiration of these acorns has added to the inspiration of my morning walk. In all that I see in the bush, not only the acorns but the flowers, the myriad kinds of leaves, the various types of fruit, the birds, the fish in the stream, have their illustrations of life that reveals the wonders of the Creator. It is truly a time of inspiration that begins my day.

Allen Foote, Assistant Chaplain

Being on the Chaplaincy Team, I get to talk with many patients here in the hospital. I learn so much about living from patients. A case in point happened a few weeks ago. I encountered a young woman who gave me an interesting insight into life.

The patient, (C), had an auto immune condition that would be with her for the rest of her life. She needs monthly intravenous medication just as a cancer patient needs chemo medication. Without this medication her condition severely affects her eyesight, energy levels and ability to move and carry on living a normal life. C held a demanding job, had a husband and a young child. She said to me, "I'm a glass half full person and if I think the glass isn't full enough, I get a smaller glass and pour what I have into it, to fill it up."

I stood there and had an epiphany. I recalled something someone said to me recently. It hadn't made sense at the time, but now I began to see what she meant. She knew the situation I was in and said, "Well, you have a choice. You can continue the way you are, stay away from the person who is causing a problem for you, or lower your expectations."

"Lower my expectations," I thought. "Why would I do that?" I didn't think expecting to be treated with courtesy was an expectation that should be lowered. But I can think of instances where I need to act graciously and drop my expectations because sometimes it's not about me, another person is struggling that's why they said or did something that perhaps they shouldn't have said or done.

After meeting C, the 'glass half full' patient, I mulled over what they had both said. Lowering my expectations was pouring my half empty glass into a smaller glass, so I had a full glass. The idea intrigued me, and I decided to see what the Bible said about this.

In Philippians ch 4 :10 to 14.

*"Now I rejoice in the Lord greatly, because once again you have shown your concern for me. Of course, you were concerned for me, but you did not have an opportunity to show it. I am not saying this because I am in any need, for I have learned to be content in whatever situation I am in.*

*I know how to be humble, and I know how to prosper. In every situation I have learned the secret of being full and of going hungry, of having too much and of having too little.*

*I can do all things through him who strengthens me.*

*Nevertheless, it was kind of you to share my troubles."*

In these verses Paul tells the Philippians he is grateful for their concern for him but assures them he is content. Paul understands people are disappointed if their expectations aren't met. If we want to minimize disappointment, we need to minimize unrealistic expectations. Sometimes I encounter things that disappoint me. But when I think back through those situations, if I am honest with myself, I discover I had unmet expectations lurking underneath that disappointment. Once those are exposed it makes it easier to deal with disappointment.

In 1 Timothy 6:6-8 Paul says: *"Of course, godliness with contentment does bring a great profit. Nothing to this world we bring; from it take we nothing. With food to eat and clothes to wear; content we are in everything."*

Was Paul talking about only food and clothing? I don't think so as he used the word everything. Furthermore, the writer to the Hebrews says in Hebrews 13:5-6.

*Keep your lives free from the love of money, and be content with what you have, for God has said, "I will never leave you or abandon you."*

*Hence, we can confidently say, "The Lord is my helper; I will not be afraid. What can anyone do to me?"*

*.... continued next page*

What can anyone do to me? The Lord is the one who helps me.

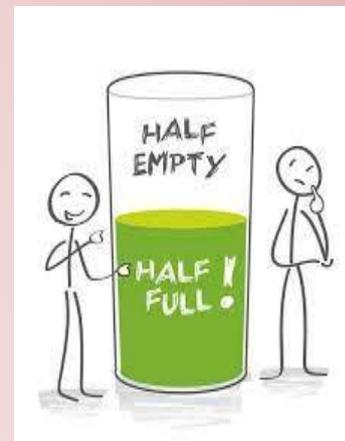
There's a picture building up now. Our expectations for our lives may be unrealistic and skewed, based on what we think others have or the perceived motivation behind how they treat us. Our perspective of others is limited, and they may very well not have the lives or motivation we perceive them to have. Unmet expectations stress us, chain us, and imprison us. We become unhappy with our lot in life. When we release our expectations, we travel through life more lightly. We have more energy and imagination to move forward.

Bill Johnson, a well-known pastor in the States, tells us how to avoid disappointment. He says expectations can be replaced with a sense of expectancy. When we have expectations, we anticipate something specific, we lock our minds into what we want. But when we have a sense of expectancy, we have an open mind to possibilities. Anxiety fades and we become more peaceful.

I'm learning to savour what I have. It's okay to want more, but I can enjoy life so much more if I appreciate what I already have. Savouring what I have is a great way to expand the joy we experience in life, and when I feel disappointed, I am learning to thoughtfully surface any hidden expectations and align my attitude to Hebrews 13:5-6.

So, I leave you with this thought. In what happens to us in this life how can we adapt to live with a small, but full glass instead of a glass half full or empty?

*This was written and shared by one of Chaplaincy team at a Chapel service in the hospital.*



*Thoughts on winter....in winter, while others are sheltering from cold winds in front of warm fires, there are empty beaches, mountains and tourist sites to explore. NZ can be your own personal playground!*

*In winter, the mountains turn white, and the snow line drops lower, giving the already beautiful mountains a bit of a makeover. If you haven't tried skiing or snowboarding, try something new – buy long underwear, thick socks and a hottie, learn to cope with the cold – and of course, there are always the hot springs, right at our doorstep.*



***People don't notice whether it is winter or summer  
when they are happy.***

## Patient interaction story – May 2021

### Volunteer Chaplain (DM)

Mr D was semi-sitting on his bed when I entered the ward, but lay down when I introduced myself. At first he seemed rather uncommunicative, and I have no idea even now what ailment had brought about his hospital stay. There seemed to be something else on his mind.

Gradually he revealed that he was 'in a deep, dark hole'. He pointed his finger downward quite dramatically as he said this. I asked if he had spoken to any professionals about this and he said he had done, some time ago, but it had not helped.

When I asked what his profession had been, he said he had been a police officer. He apparently lived alone and all his family were some distance away. He communicated with his eldest son by phone and he did have grandchildren, but obviously didn't see them much at all.

We talked about depression in general terms, particularly about the need to be engaged with other people in some capacity. I reminded him that he must have experienced some traumatic events as a police officer and that they might still be affecting his mood. He admitted that he was having flashbacks, and that he had undertaken counselling at the time of those events.

D did not have any faith background, but quickly responded to my question that he found peace in nature. We talked about using his imagination and memory to provide him with positive triggers to counter the negative triggers that give rise to his depression. I also asked him to consider carefully and identify if possible the triggers for his low moods. If he could distance himself from negative triggers, he might find it easier to be proactive in setting up a few social interactions to limit his self-imposed and natural isolation from colleagues and family.

Before leaving I asked D if he would be happy for me to include him in my prayers this week. He readily accepted my offer, so I carry this man in my heart for now.



### *What does the Bible say about kindness:*

Ephesians 4: 32 "Be **kind** to one another, tenderhearted, forgiving one another, as God in **Christ** forgave you."

Colossians 3:12 "Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, **kindness**, humility, gentleness and patience."



## Meet the Trustees

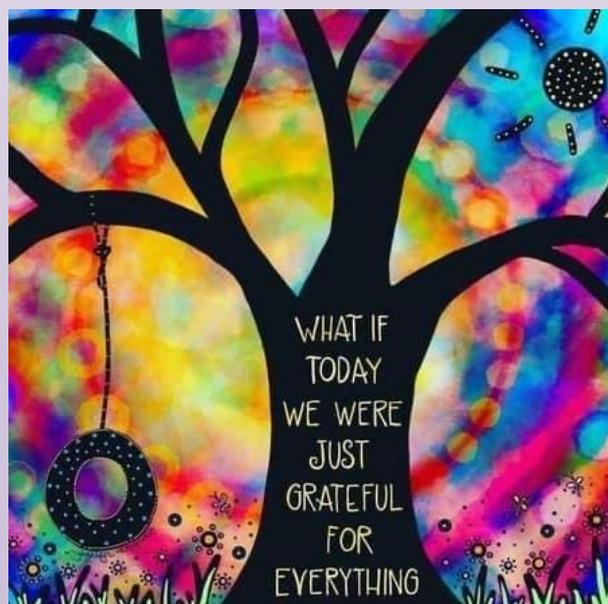
We have a team of Trustees who support the Chaplaincy team. These are the “behind the scenes” people, and one such person is Annie. Annie is energetic, has amazing ideas, is very kind and caring and she is a huge supporter of Chaplaincy. She also works in the hospital, and she is very aware of the stresses going on and she had this to offer: (from research by Pippa Peppiatt)

“Most nurses and midwives have caring and giving personalities. They are usually capable, motivated people with very full lives and a strong sense of responsibility. The demands are not just at work, but often in our families and churches too. Part of the problem is that they are often other people centered and often bad at self-care. There’s a sense as Christians that we are to live a life of service and embrace suffering like Christ did – aren’t we supposed to go that extra mile at work? – yet God has made our bodies to need rest and time to refuel, so we require ongoing wisdom as to when its right to sacrificially serve and when it is right to say ‘no’.” As Christian healthcare professionals, all of us must take responsibility for creating a culture that is rich in God’s grace. A culture where we patiently walk alongside each other and support each other without judgement. A culture where we remember that we live in the ‘now’ and the ‘not yet’ of God’s restorative kingdom. Our journey this side of heaven as a Christian nurse, Volunteer, Chaplain may be up and down, but with friends, prayer, biblical wisdom, practical help and support, we can get through the tough times.”

As winter takes hold of us, we have to remember to take care of ourselves, otherwise we cannot take care of others. And we need to remember too that it is okay that sometimes we just want to be alone, to refresh, to refuel. Even Jesus left the multitudes at times to be alone to just talk with His Father, (Matthew 14:23) (Mark 1:35).

We don’t have to be everything to everybody - we just need to be kind to ourselves. Let’s be mindful of our own limitations and our need for God. The mystery is that God puts his treasure in us, weak and fragile vessels that easily crack, so that the glory might go to Him.

*Meet Annie...the lady with the beautiful smile. .*



**Coming Up!**  
**Fundraising Breakfast**



**Friday 17<sup>th</sup>**  
**September 2021**  
**7am – 8am**



**Price:**  
\$25.00 per adult, \$15.00  
children (5 to 12 years  
old)

**Tickets Available From:**

**Third Place Café, - Fiona 349 4852**  
**Chaplains Office, Rotorua**  
**Hospital – Alison 349 7853**

**Raffles – Prizes – Yummy**  
**food – great coffee –**  
**excellent company! All**  
**proceeds to Chaplaincy**

*Amazing prizes from: Fat Dog, Regent Hotel, McLeods, Health 2000, Friends Wholesale, Canopy Tours, Nighttime Treewalk, QE Health, Terrace Kitchen, 3d Art Gallery, Off Road NZ ..... to name but a few, but you have to be there to win them.*

*Plus awesome art from Kaitao School – to be seen to be believed!*

**Thoughts  
for the  
Month!**



**Don't carry your  
mistakes around with  
you. Instead, place  
them under your feet  
and use them as  
stepping stones.**

FunZumo.com



***Please continue to pray for us***

- For the Chaplain, the volunteer Chaplains Assistants and the Administrator
- For our Committee members and our Trustees

**HOW IS CHAPLAINCY FUNDED?**

The Rotorua Hospital Chaplaincy service is funded from:

- ❖ Donations from local Churches, Charitable trusts and Individuals, Friends Subscriptions, some Government funding (Ministry of Health and Lakes District Health Board). Donations over \$5.00 are eligible for a tax rebate.

***Where do you come in? You may wish to:***

- ❖ Become a Friend of the Rotorua Hospital Trust, make a donation to the Rotorua Chaplaincy Department, make a regular donation by automatic payment, or make a bequest in your Will.
- ❖ Above all, you can PRAY!

**Donations:** By direct credit Bank Account Details ASB Bank,  
Rotorua 12-3155-0260724-00

Our Bank no longer accepts cheques,

Cash is still lovely, but please do not post

**Charities Commission Register No: CC20601**

**Psalm 46 1,3**

“God is our refuge and strength,  
an ever present help in  
trouble...though the waters roar  
and foam and mountains quake  
with their surging.

✂ .....

YES! I would like to become a Friend of Hospital Chaplaincy

YES! I would like to donate monthly     \$15     \$40     \$75     Other \$.....  
(I do not have internet banking, please send me an AP form)

YES! I would like to receive your Friends newsletter

YES! I will be a prayer supporter of the Chaplaincy Team

Name: ..... Email .....

Address .....

*(if you would like to receive this newsletter electronically, please email [alison.lamberton@lakesdhb.govt.nz](mailto:alison.lamberton@lakesdhb.govt.nz))*