

Transcript of “Ancient Solutions: Anxiety & Contemplative Spirituality with Rev. Jean Malcolm.”

00:00:00 Speaker 1 21 elephants by Scotty Reeve.

00:00:14 Spanky Moore - Sitting in the Christchurch Airport about to catch my Jetstar Flight. Yeah, sorry. They're playing terrible music in the Christchurch airport, so everything's as usual. I had to get up at like. Oh 5:10. Because you don't want to mess with Jetstar. Got my Uber. So that's me. Big Trip getting on the plane. Big trip from Christchurch to Wellington. Very excited. So nervous.

I am on the plane sitting next to people. Everyone is really tired because it's really early and they don't want talk to each other. And Shania Twain was playing as they got on the plane, which kind of made me a bit happier about everyone.

00:01:15 Cabin Crew Ladies and gentlemen, we are just paging a Mr. Brendan May, a Miss Racksha Singh and a Mr. Stephen McCallum. If you are on board please notify one of the cabin crew,

00:01:26 Spanky Moore They didn't say my name, so that's pretty good. Pretty excited to see Scottie man. Ooh we're going on a plane trip.

00:01:46 Cabin Crew Welcome to Wellington everyone. For your own safety, it's important that you remain seated with your seat belt fastened.

00:01:53 Spanky Moore We've landed.

00:01:57 Scottie Reeve Well, it's it's an early Monday morning. Heading to the airport to pick up the Reverend Spanky Moore who I'm told it's just arrived in Wellington.

Getting the old airport ticket. 35 degrees in Wellington today but we are not sticking around. We are heading north.

00:02:35 Spanky Moore You know, that's one of the things being the only hipster in Christchurch. It sort of feels like coming to your spiritual home when you come to Wellington. You know, it's like coming back to New Jerusalem.

00:02:46 Scottie Reeve We have a chat to some Catholics, some Methodists, Some Anglicans, some charismatics.

00:02:58 Spanky Moore I'm just going to get down the recording gear off the travelator. There it is.

All right, off to get old lazy Scotty Reeve. Let's get this road trip going. Ah there's steam punk guy. #4 on the angiogram.

00:03:19 Scottie Reeve A few years ago, actually (Driving around the loop at the back of the airport) a few years ago, they tried to put up a horrendous sign in Wellington. It was like Hollywood, said Wellywood. So, a bunch of us got in our cars and drove them 5 kilometres an hour around the airport and gridlocked the whole place and protest. At the airport trying to put the sign up. It's not the most admirable protest I've been a part of.

00:03:48 Spanky Moore Alright, waiting here in the pickup bay. Hoping Scottie is going to get me soon. If he's out of bed yet.

00:03:59 Scottie Reeve And here we are now. If Spanky's done what I've told him to do, then he is somewhere in this little bay up ahead. There he is. There he is. I see him.

00:04:14 Spanky Moore Oh and Scottie arrives.

00:04:19 Scottie Reeve The Reverend Spanky Moore

00:04:19 Spanky Moore How you doing? It's good to see you.

00:04:26 Scottie Reeve That'll do alright. Sorry that all of us this mess.

00:04:38 Spanky Moore Here we are, bro. We're here doing it.

00:04:41 Scottie Reeve Wellington Airport.

00:05:14 Spanky Moore Well, well, well, look at us. Here we are. Hey, Scotty, how are you?

00:05:18 Scottie Reeve Back together again.

00:05:20 Spanky Moore I know. So you know, last time we had this podcast, we did 21 elephants, didn't we?

00:05:26 Scottie Reeve Yeah, yeah.

00:05:27 Spanky Moore Would you say it was? Did you? Do you think it went well? Cause I was a sceptic in this whole podcast thing.

00:05:33 Scottie Reeve Well you never know how it's going to go but I think the people around New Zealand who seem to be really pumped about it and pumped about the ideas and sharing them around was unexpected.

00:05:44 Spanky Moore Because I was like Scottie, don't get your hopes up about doing a podcast. You know, everyone's got a podcast fetish that they're going to be the next Ira Glass or whoever, but actually in New Zealand no one listens to these things, but I was wrong. I was proven wrong. I was proven wrong, and I admit it.

00:05:57 Scottie Reeve And so off the back of that here we are together again in Wellington, and we've got kind of a different premise for this season eh. Because there is no, there's no 22 elephants, there's no new book. So, this goes a different direction.

00:06:13 Spanky Moore Yeah. So firstly, why are we doing a second podcast if there's no new book? Have you got any ideas?

00:06:18 Scottie Reeve Well, I think because the questions that the book raised and the podcast raised, we heard from so many people who were curious about those ideas and sending in other questions. And calling up and going. Hey, what? What we can we go a little deeper on some of those and we sort of had to think about it. And one of the things we identified is that there were these similar kinds of modern problems that come up all the time.

00:06:44 Spanky Moore So the plan was for this podcast season 2 of 21 elephants was that, Scottie said "Spanky. I know so many people with such huge wisdom in this incredible place we call the North Island. You must come up with me and we'll go on a road trip to meet some of these people and see what ancient solutions they have. Perhaps to some of these modern problems."

00:07:08 Scottie Reeve Yeah, that's right.

00:07:09 Spanky Moore That we're finding, and I mean the North Island is a mysterious place. If you're, if you're someone like me from the South Island just the prospect of going to the North Island makes you very - it's just shrouded in mystery.

00:07:23 Scottie Reeve Very exciting, actually, Spanky asked me do I need a passport?

00:07:25 Spanky Moore But you don't.

00:07:27 Scottie Reeve I had to help Spanky work on his slight grin of smug superiority, which you need more and more as you move up the North Island I find.

00:07:36 Spanky Moore So I've honed that. So here I am in Wellington. It's an amazing place. So we're here to. Yeah, go on this road trip. And before we get started, I just want to say big thanks to Laidlaw College, who helped us out a bit with this podcast, getting us on the road by chipping in to cover some of our flight and petrol costs to make it happen. So thank you.

00:07:57 Scottie Reeve So we're starting out here in Wellington. And our first modern problem is around this epidemic of mental health anxiety and depression. And we're curious about what an ancient solution might be like to that because I don't think this stuff is totally new. Eh Spanky. Like I think we're beginning to get a language for something we're all realising. This deep longing and this deep discontent - eh.

00:08:26 Spanky Moore And while I do think the millennial or the young adults experience of anxiety and mental health, there's a whole lot of things that are new about that. Remember, humans have been wrestling with their own minds for a while.

00:08:40 Scottie Reeve Hmm, absolutely.

00:08:41 Spanky Moore And so perhaps there is some wisdom around what those problems are, but also some solutions or some beginnings of solutions that might be out there? Tell me you're a pastor of a church in Wellington, right?

00:08:55 Scottie Reeve So yeah, I'm the well, technically now the priest in charge of a church called Blueprint in Central Wellington. Blueprint is a collection of about one hundred 18 to 30 year olds mostly. We do the normal stuff. We worship together on a Sunday night, but also, we have about 30 people living in missional communities. We run a food redistribution service which gets about 1/4 of a million items of surplus food out of cafes to hungry Wellingtonians. We're passionate about justice and community and Jesus changing people's lives.

But because they are 18 to 30 year olds, we thought that they might have a really good insight onto this thing of mental health and anxiety and depression and what that modern problem looks like. So we took a long Spanky's little recording device last night, and we walked around and we asked them to summarise this for us. What it looks like for our culture at the moment.

Tell me guys, what you think mental health looks like for the kind of average 25 to 35 at the moment?

00:10:07 Speaker 11 Crippling anxiety and an impressive like doom about the world, but then peppered with moments of real joy and connection. Like I think we live for the campfires in the woods and the rest of the time it can be quite bleak, and you've got to find a way to carry those campfires with you. Which not everyone is very good at. Most people are quite bad.

00:10:30 Speaker 7 I think its a lot to do with social media. I think there's a lot in that, and that there's everybody's wanting to be liked all the time and looking for instant gratification, and I think that's definitely impacting on mental wellness, yeah.

00:10:47 Speaker 11 I think it's climate change and the way that, like capitalism, is destroying the world. Personally like I think we have so much more information access to like the news of what's happening in other places. And I think that's cumulative, like the world is kind of going to shit a little bit and we're the ones who have to fix it because our parents and our parents, parents kind of didn't think long term. And now it's up to us to figure ways around that. I think that's a lot of pressure.

00:11:20 Spanky Moore Have you had much of an experience yourself, Scottie around mental health or anxiety or whatever?

00:11:25 Scottie Reeve I talk about it in the book. But I had been working in youth work for about 5 years when all of a sudden there kind of came this night. I was walking home from town, and I just felt this like shroud of darkness and of pain and kind of self-loathing just drape over me. You know, I sort of went along to all the prayer ministries and I went along to counselling, and I tried to get this thing to lift, but I just found it, you know it just it Just wouldn't lift.

And one of the things that I think I really had to contend with in that time is I'd never really heard a gospel of long-suffering. You know, I'd never really understood that Jesus would ever leave me with any pain. And so, it bought for me this real big moment of kind of. I wouldn't say faith crisis, but real wrestling and deepening of faith. To go well, if Jesus is still with me and I keep asking him to take this thing away for two, three, four years, then then where is God and and what is his character like that I am still in this place?

00:12:39 Spanky Moore Alright, well. Shall we get in your car. We've got to do this then, OK?

00:12:41 (Goodbyes and conversation about leaving)

00:13:01 Spanky Moore So this is an amazing wagon.

00:13:03 Scottie Reeve This car. It's ridiculous eh.

00:13:04 Spanky Moore So what are we driving?

00:13:06 Scottie Reeve Well pull the little tag out there Spanko and give us the details.

00:13:09 Spanky Moore 2016 Toyota Land Cruiser Prado.

00:13:12 Scottie Reeve Wow, 2016. What 2 litre? What are we?

00:13:17 Spanky Moore Well, it doesn't say.

00:13:18 Scottie Reeve Oh, we're diesel, aren't we?

00:13:19 Spanky Moore But it's light. Yeah, it's diesel. So, it's economical good for the environment basically.

00:13:23 Scottie Reeve I don't know if it's good for the environment, but.

00:13:26 Spanky Moore Well, better than coal.

00:13:26 Scottie Reeve Better than coal? Haha. I'm glad they didn't give us one of those coal vehicles to return.

00:13:33 Spanky Moore I praised the Lord when we got this car because I said Lord thank you that I don't work at Thrifty. See that guy out the back in management?

00:13:40 Scottie Reeve He did not look happy, eh?

00:13:41 Spanky Moore Oh, what a terrible life.

00:13:44 Scottie Reeve Well, maybe he's just having a rough morning. eh, Spanky.

00:13:47 Spanky Moore I mean, there's worse jobs than that. But well, look at that steering wheel.

00:13:53 Scottie Reeve All right. Shall we do this? This first interview with The Reverend Jean Malcolm.

00:13:57 Spanky Moore OK, let's do it.

00:14:03 Scottie Reeve Yeah, anywhere is good.

00:14:05 Spanky Moore Hello, how are you? Nice to see you.

00:14:05 Jean Malcolm And nice to see you. And this is brother Graham.

00:14:09 Spanky Moore Hello Brother Graham How are you? I'm Spanky.

00:14:09 Brother Graham Good to meet you. Now how did you get a name like that?

00:14:14 Spanky Moore Well you play in a punk band and then the other issue was it was the only way to get taken seriously by non-Christians. That sort of name. So it helped me get by.

00:14:33 Spanky Moore We can hear we can hear some organ recital but I think it's quite nice.

00:14:36 Jean Malcolm It's organ tuning.

00:14:38 Spanky Moore Pretty cool though having an instrument that big, I mean the thrill, the power. Yeah, because each one's, like, attached to a diesel engine. Almost. We've got the big pump. Pumping away like this.

00:14:49 Jean Malcolm To blow the air through that.

00:14:50 Spanky Moore So cool.

00:14:51 Scottie Reeve So we're here to have a chat with my good friend, the Reverend Jane Malcolm. One of the things I find really interesting about Jean is she is an iconographer which is someone who doesn't paint icons but writes icons and for people who maybe don't know what an icon is like.

00:15:08 Jean Malcolm Like, think, think Russian church, yeah. The religious art on the screen at the front of the church, Mary and Child, or Jesus blessing you holding a gospel. So it's a very ancient form of doing theology via the visual, and that's why we call it writing. Because you write a piece of theology, and this piece of theology is written in pictures.

00:15:38 Scottie Reeve The actual process as you describe that as prayer.

00:15:42 Spanky Moore Yeah, I actually started making writing, writing an icon - a mosaic one. Never done it before but I had a Google image picture of one and it's left 8% completed and it has been 8% completed for about two years. Sitting out the back. Sort of oh yeah, that was from my iconography era. You ever done it with mosaic?

00:16:05 Jean Malcolm No, I haven't. And often when I look at mosaics I, you know, I look at them and I think now is that an icon? Because when I think about iconography is that it's done and kind of layers so and so you build it up from dark to light and that's theologically important. And so and an icon is not just a picture.

00:16:19 Spanky Moore Yeah, right. I feel like in a polite way you are saying You've done an interesting picture with mosaics, but an icon that does not make.

00:16:34 Jean Malcolm So the question would be. Does it move from dark to light and you know like or was? It just, you know, lots of it spilled together.

00:16:41 Spanky Moore I'd be stoked if it did anything. No, no. I've just been like if it looked anything vaguely like Jesus.

00:16:47 Scottie Reeve I'm wondering. One of the things Spanky and I have been talking about is a big challenge for young adults at the moment is around mental health and anxiety, and I think that authenticity is probably one of the challenges for young adults at the moment. And so, your experience is not just iconography, but you were Franciscan for six or seven years. So, what is your kind of contemplative journey have to speak, I guess, to an age where we seem to be seeing more and more young adults with deeper mental health struggles and these things on setting earlier. I guess discovering the authentic self. Yeah. What do you think that the contemplative tradition has to offer to this moment we're in of crisis?

00:17:34 Jean Malcolm And that thing about authenticity I think is both a virtue and a vice, you know, because I think one of the things that is unfortunate about where a lot of our young people are today, is that they get so far down the "I've got to be authentic to myself", that they don't know anything about self-sacrifice. Yeah, you know about dying to self. Not in that horrible old way that says yourself doesn't have any value. It doesn't matter. Yeah, but that that we need to be ready to let go of ego and that thing about chasing the authentic can be very much about building. You know, hanging on to their ego. Elizabeth Scalia, who writes about it, says it's terrible to realise that you're a walking, aching void, like a dark echo chamber of me bouncing off walls and resounding until nothing can get through the thickness of the self.

00:18:27 Spanky Moore That sounds like my life. So, if you were giving someone an elevator pitch of what Christian contemplative spirituality is. Because a lot of people listen to this a lot.

00:18:40 Scottie Reeve I love that the elevator pitch for contemplative spirituality.

00:18:44 Spanky Moore Well, it's a yeah, an oxymoron in a tin. But I think a lot of young people, of course, have absolutely no idea what you're getting at. Do you have any way to simply describe what we're talking about?

00:18:56 Jean Malcolm Yeah, well, we've used that word. Intentionality, a little bit in the conversation so far. And I think for me, contemplative practise is about being present in an intentional way to what is, so it might simply be sitting at the bus stop being aware of the people around you, being aware of the smells, being aware of the earth, and you know that whole kind of oh it's covered in all of this tarmac and concrete and, you know, feeling a sense of care for the ground that holds us and that sustains us and supports us. It's that kind of intentionally being open to what is around and that sense of care and that openness to the divine to God who is present with all of that, who loves all of that who yearns for wholeness and for abundance of life. For all of that. And you need to stop in order for that to happen. You need to quiet and the chatter in your head and the expectations that kind of press in on you and you need to let go of the need to be proving

anything. Sometimes its bloody hard work, you know, and it takes time to keep setting aside all of those things are coming in on us and there are times when we just feel dry and none of it is working. But the challenge is to do it anyway. Because it's not about me.

00:20:42 Spanky Moore I have found that people actually have pretty broad definitions of what you can get away with - with prayer, right? So actually, when you go around and go, oh, what's prayer, they oh yeah, they list all sorts of things and then when you ask people "How do you pray?" Pretty much the answer is I say I have divine shopping lists of some kind, or we get together and shout divine shopping at each other because like what you're describing a course has a lot of overlap with, say, mindfulness, and some of that stuff. How would you say this is a form of Christian Contemplative Prayer.

00:21:16 Scottie Reeve I think a big part like that intentionality is that actually our spirituality is meant to offer some sense of transcendence.

00:21:24 Jean Malcolm Well, I, you know, I'd kind of be really careful. It's kind of like two sides of the coin. And this is the Franciscan in me coming out. Because transcendence can get us into this division between spiritual and material. And actually, it needs to be both and. So Francis was all about helping people to rediscover Jesus. Who walked like us and talked like us and was with us in the messiness of who we are.

00:21:51 Spanky Moore But it's dodgy, isn't it? Isn't contemplative spiritually dodgy? Isn't somehow it's either like only being new or it's Buddhist. Like, has it really got a Christian legitimacy?

00:22:02 Jean Malcolm That's sad, isn't it? Like, this is something that has been so much the heart of Christianity.

00:22:06 Spanky Moore Of why haven't I heard about it? I'm an anxious, depressed young Protestant. I go along and dance to the band, and then all of a sudden, you're telling me that apparently there's some spiritual practise that actually helped me? Why haven't I heard that before.

00:22:23 Jean Malcolm I suspect at the heart of why you haven't heard about it is that it's bloody hard work and there are other things that feel better and seem to give an instant kind of response like electric guitars and singing with your hands held high because it makes you feel like, yeah, yeah, yeah.

00:22:40 Spanky Moore Electric guitars, yeah.

00:22:48 Jean Malcolm But it's kind of like - Please make me feel better. Please make me feel more happy. Which just adds more pressure almost because what happens if I don't feel happy? Does that mean it's all, smoke and mirrors and?

00:23:04 Spanky Moore So you haven't just come up with this? This is a relatively old. Are you saying this is a?

00:23:10 Jean Malcolm This has been this has been part of the practise that Jesus knew.

00:23:16 Spanky Moore

What! Shivers! I'm starting to wonder if "Be still and know that I am God" maybe related somehow?

00:23:22 Jean Malcolm Oh yeah.

00:23:24 Spanky Moore I did wonder what Jesus got up to on the mountain. All this like was he praying for car parks all that time.

00:23:33 Jean Malcolm He didn't do a very good job did he.

00:23:35 Scotty Reeve No there weren't even in cars by the time he died.

00:23:37 Spanky Moore OK, do you think that people's mental and emotional health has a particular connection or a closer connection than some other things to our, like our spiritual, you know, sense of centredness. Because I'm trying to work out if the kind of modern problem, we run into is more and more young people are having anxiety issues and full of worry, not just depression. But I mean I met up with a guy last week who says I have fundamental anxiety and I can't even tell you what it's about. It's almost like existential anxiety.

Do you think that people are holding on to a whole lot of tension. Do you mean like existential tension in their soul? And because we're not even sure if the soul exists anymore, we don't know that we hold tension in that it's like going to the physio and finding a muscle you didn't know existed.

00:24:29 Scottie Reeve The knot you didn't know was there.

00:24:30 Jean Malcolm Yeah. Yeah, and yeah, and I think that's true.

00:24:32 Spanky Moore Am I talking rubbish?

00:24:35 Jean Malcolm I think one of the things is that we've come to a society where there is so much choice. So much that demands our attention so much that we have to, you know, think about and include and factor in that, that kind of existential tension that you're talking about is, it's internal and it's external. And so that in itself is one of the things that kind of creates the paralysis, creates that sense of hopelessness and the sort of unease that that something's not right here because it's, you know, like any moment. It's all going to tip over.

00:25:17 Spanky Moore So what do you think it's about? About contemplative spirituality that might deal to that.

00:25:23 Jean Malcolm Well, I think it's a little bit like you know, the slow food movement. That it slows us down. If you do choose to live with contemplative practises in your life, you can't do everything anymore.

00:25:37 Scottie Reeve Oh that's good.

00:25:37 Jean Malcolm Because you've had to factor in the time that you're giving to these contemplative practises.

00:25:43 Spanky Moore But how am I going to be productive?

00:25:45 Scottie Reeve Yeah, we've got things to get done. We've got to get to Auckland in 48 hours.

00:25:46 Spanky Moore How am I going to get everything done? I've got to get my practise done.

00:25:54 Jean Malcolm So yes.

00:25:55 Spanky Moore So that the challenge. So to make space to have a contemplative practise comes at a sacrifice. You've got to cut something out.

00:26:00 Jean Malcolm Yeah, yeah, yeah, and you have to live more simply in order to live.

00:26:06 Spanky Moore Oh God, that sounds terrible.

00:26:09 Scottie Reeve And even in the choice to take on the contemplative practise, it's going to be time consuming. It's going to be boring.

00:26:17 Jean Malcolm Yeah, that, yeah.

00:26:17 Scottie Reeve Not always, but you know, like, yeah, there's going to be a lot of boredom. At least start. It's probably going to be really [boring].

00:26:21 Spanky Moore When the angels aren't being revealed to you through heaven, it's so boring.

00:26:24 Scottie Reeve Yeah. So, you know and so the actual. One of the really cool things I heard about contemplative prayer from a friend of ours, Chris Heuertz, as he talks about, you know, centering prayer and how you return to your word or phrase and he says even if it's terrible, if over 20 minutes you return to that consenting word or phrase, you just return to God 100 times. That's awesome. When's the last time you did 100 awesome things, you know? So I think it's even in that thing of going, you know what I'm going to begin by putting 20 minutes aside. You're actually kind of you're humbling yourself, aren't you? And saying that the world will live without me for 20 minutes. My Facebook account will live me without me for 20 minutes, yeah.

One of the things I'm kind of interested in, we talked to some Blueprinters last night about some of their sense of disconnectedness and disintegration. Have you read Harry Potter?

00:27:23 Jean Malcolm Yeah.

00:27:24 Scottie Reeve OK, so anyone out there who has read Harry Potter? She's read Harry Potter and has no problem with it.

00:27:26 Spanky Moore She's a contemplative of course she has read Harry Potter.

00:27:31 Scottie Reeve And has no problem with it. Neither do I. But the one of the things I've thought about recently around, you know, social media is you've got Voldemort, right, who divides himself into these seven different treasures, these Horcruxes, you know. And that kind of corrupts his soul into these things, you know.

00:27:46 Jean Malcolm Yeah, yeah, it splits him.

00:27:50 Scottie Reeve And so it's in a sense, he becomes so disintegrated and torn apart in the search of power and glory and that corrupts him. I kind of think it's not so different these days with Instagram and social media that maybe some of our depression and anxiety is our disintegration and our parts of ourselves are left in all these different places and never being able to be present. I wonder, I mean, what would you say is around? Is contemplative spirituality one of the ways we can begin to reintegrate?

00:28:22 Jean Malcolm Yeah. And I think for me, it's one of my little bandwagons, soapboxes. Is I think we get so focused on the individual that we forget that we're called to be a body, you know. We are the body of Christ. And so contemplative practise as I was saying before, the Franciscan thing, has to be integrated with the corporate life. And so doing that contemplative stuff together is so important. Not just my personal quiet time, but actually being still and centered with other people and waiting for what it is that God is speaking in that still small voice. How do we then listen to that together? How do we get directed by that together as a community, but also how do we, you know, sit at the bus stop together or engage with people at Free Store or engage with people, you know,

who are having a barney in the flat next door or? How do we [do it]. For our young people who are feeling disintegrated, and I don't know who I am anymore. We'll get out there and do some stuff together. It doesn't matter if you can't figure out who you are anymore. Let's just do this. Yeah, and actually and doing that, we discover something of who we.

00:29:45 Scottie Reeve And I can't help but think, as you say, that of, you know, Jesus words "Lose your life to find it". That we almost have to lose the frenetic life. Or lose the thing that needs to achieve or needs to prove itself or needs to create identity in order to kind of find something forgiving and something gracious, and something that allows us to have really true, vulnerable, and deep relationships with one another.

00:30:16 Jean Malcolm It's a very fine balance, you know, because it's a bit like the tough love thing of saying to your kids. Yeah, I know this hurts and I know it's hard to be in the dark space and come and do this thing with me, and I've got no energy for it. I know it's hard, isn't it? And come and do this thing with me. I know. it's hard but actually it's going to be even harder if you stay sitting in that puddle. Even just peel the carrots for me, yeah.

00:30:41 Spanky Moore I guess when I think of sort of the problem of anxiety. It's clear that sort of meditation helps. So, I think it's both scientifically proven up the wazoo, really that Centering, resting, holding things lightly, becoming attentive to what is around you. And so that seems to be really helpful for people who have anxiety. I would have thought that contemplative spirituality is like next level, because not only can you let that stuff go. You let it go to the divine centre that runs the universe. So firstly, you're not getting caught up in things that are beyond your control, but also, you're not imagining that you're profoundly loved. You're coming to rest in the reality that you are profoundly love.

00:31:32 Jean Malcolm Yeah, I'll imagine that I'm profoundly loved by God. and then actually I discover that I can experience that. And it's not because I've invented it, but because I've allowed myself the imaginative space for that to be true, I might not have ever allowed it before.

00:31:49 Spanky Moore Yeah. So, like what? I have to suspect that one of the reasons that young people are so anxious is because the kind of consumerist choice anxiety ridden world has us busy. Making our identities, right, keeping the pain at bay, doing stuff, and then every now and then that catches up, catches up to us, contemplative prayer appears to headbutt that by saying rest be still know that you are profoundly loved without having to do anything. And if you do that is that wrong?

00:32:23 Jean Malcolm Yeah, it's a little bit like the kind of Buddhist idea that if you're.

00:32:28 Scottie Reeve Whoa, whoa, whoa, whoa. No, you're fine.

00:32:30 Spanky Moore So 41 minutes we all you always setting store. This is rich. Who's this? Who's this Buddha guy?

00:32:41 Jean Malcolm That when you're sitting, and your toe starts to itch. Don't scratch it. Fairly itch. Go into the itch wave and eventually you'll go down the other side of the wave. You know, ride the wave of the itch.

00:32:49 Spanky Moore Oh yeah, that's good.

00:32:58 Jean Malcolm Be present to it and you'll discover that actually you move through it into the other side. You know, you go into that place of panic and anxiety. But don't escape it. Just be present to it and this too will pass, you know. Not that contemplative practise is what you do in order for

everything to feel nice. Contemplative practises about being present to what is. And because of being present to what is, being able to go on the journey through that to where it needs to take you.

You know, if my life had been all perfect, I would be probably be pretty useless to most people. I need to know what it's like to feel pain. I need to know what it's like to struggle with depression. I need to know what it's like to have been abused. Not that I'm saying that we all need to know what it's like to be abused, but actually the fact that I have been is something that then, because I'm willing to face into what it's meant for me becomes something that I can then be a gift for others who've been in that space.

00:34:08 Scottie Reeve As well it reminds me of, I think you said this, but you know, you said if you do not transform your pain, you transmit it. And that maybe this contemplative space as one of those ways that we transform our pain. So that we don't kind of leach the poison of it onto those around us or continue to perpetuate our cycles of pain.

00:34:31 Spanky Moore There's a guy who came on one of the retreats we've been on, and he spent half the time sobbing. I remember, he said to me, if I'd known that going ... experiencing God in this contemplative space was going to hurt so much, I wouldn't have come. But I'm glad I'm feeling worse. So, there is an interesting sort of challenge tool, so you know, the softly, softly, contemplative feel good. It's like no, no, no. It'll kick your arse. That, you know like yeah, that's what it's going to go down to. So, what does your contemplative practise look like.

00:35:04 Jean Malcolm It's a combination. That certainly the iconography is one of those spaces for me.

00:35:12 Spanky Moore But you're fully present to what's going on.

00:35:16 Jean Malcolm We pray together here at Saint Peters in the mornings during the week and part of that space is in silence. I think for me one of the most powerful kinds of prayer is silence in community. So being able to have a space where we sit together in silence and are attentive to God together. That's for me, one of the most powerful ways. And so, we do that regularly here.

Walking for me is very helpful because of the rhythm I think of walking and the very embodiedness of it means I is sort of like a rhythm of being present to the divine. Thoughts surface and process and I'll let them go. And you know the kind of rhythm of talking kind of helps with that kind of surfacing and then letting go of what needs to be let go of.

00:36:16 Spanky Moore That's actually really interesting, right? The idea of letting go. It's almost like a kind of in a confession of what truths am I holding about myself that God disagrees with.

00:36:29 Jean Malcolm Yeah. The really powerful the thing about confession is that it's not just about telling God about the bad stuff. It's telling God about all the stuff.

00:36:39 Spanky Moore After all of your time, you know, of almost being a permanent nun. Is that the way to put it?

00:36:45 Jean Malcolm Almost being a permanent nun. (laughs)

00:36:47 Spanky Moore No, because I don't want to discredit it.

00:36:50 Scottie Reeve No. So, I told Spanky earlier. You'll have to correct me if I'm not accurate. But you were coming up on your kind of life vowels.

00:37:02 Spanky Moore No, I didn't want to discredit at the time when you did do it. Saying but. But my mother-in-law was a novice and she fell in love with my father-in-law, who was training to be a priest. And she had the party. And then after party told mother superior. I'm out of here. Isn't that embarrassing.

So, with your experience of contemplative more than Scottie and I has combined with the room times 10 what would be your brutal tips for like a younger person, you know 20 ,21 ,22, 25? OK, I've heard of mindfulness. I've done some of those colouring-in books right. But I Actually want to connect.

00:37:44 Scottie Reeve That colouring-in book would be the opposite of writing an icon.

00:37:44 Spanky Moore That would have been a good comparison.

00:37:50 Jean Malcolm Oh, it just derives me absolutely spare. Colouring-in.

00:37:55 Spanky Moore *I pray while I do it!* What would be your tips to actually get started in a successful way?

00:38:06 Jean Malcolm I'd say commit yourself to a rhythm. So, whether it's daily or three times daily or twice a week, or once a week. Commit yourself to a rhythm that is going give you space. A place to do it and a time to do it that you commit to that.

00:38:25 Spanky Moore Place? OK, that's interesting.

00:38:28 Jean Malcolm Because it needs to be a. A place, a space that you are able to do that being still. Being attentive. If it's an uncomfortable place for you to be in, then you're not going to be able to let go. So, whether that's a place and space with someone else, or on your own, carve out that place.

00:38:51 Spanky Moore So how much? So, what do you need to start where you need 5, 10, 20 minutes? If you're starting out, what's your starting framework that you give.

00:38:58 Jean Malcolm I'd say give it a try for 10 minutes and kind of you can push it out then. But I think that probably 10 minutes, I mean if even that's hard then go for five. But I think that 10 minutes is probably once you have settled yourself, it gives you enough time to have lots of thoughts going on and distractions and then get to a place of being able to be still. And use your cell phone. You know, the alarm on for 10 minutes so you're not looking at your watch.

00:39:35 Spanky Moore I like that. Use yourself and, but don't use your cell phone.

00:39:40 Jean Malcolm You are not allowed look at it until the alarm goes off.

00:39:42 Spanky Moore OK, so the alarm goes off.

00:39:44 Scottie Reeve OK, I reckon too that when I started out in centering prayer, the first month felt like cleaning a really dirty room. So like none of the days felt like I was kind of in the euphoria of it. But it felt like I was gradually opening a part of my soul, which maybe I'd kind of denied that was there, but had become disintegrated from. And so, there'd be, yeah, the hollowing out.

00:40:07 Jean Malcolm It's hollowing out that space - chipping away.

00:40:10 Scottie Reeve And I remember a day where I was just sitting there and just for three seconds associated to no particular circumstance or experience, I Just had this flash of fear. And then it just dissipated. You know, there was some fear living there was something in that room in my heart

which just all of a sudden just blazed up. Would you say that for people starting out, but probably you're kind of breaking the back of it at the start is the hardest part?

00:40:35 Jean Malcolm Well, it's probably like any physical practice. You know when you first decide "OK, I'm. I'm going to run this year. I'm going to get out and I'm going to do half an hour's running every day". And it's like, oh, my muscles don't want to work. Maybe I'll just walk a lamppost and then run a lamppost and walk a lamp there. Actually, whenever we start something, some new discipline it's hard, so just remember that this is just the same. Practising the piano. Oh, I want to practise for ... So, when I when I used to teach piano and I'd say to my students, just do 10 minutes a day. Don't do 30 minutes once a week, do 10 minutes a day. You can have one day off but do 10 minutes a day. And nine times out of 10, they were practised for more than 10 minutes a day because they knew that's all they had to practise. But then they get into it, and they do it for a bit longer.

00:41:23 Scottie Reeve And so there's like an element of being kind to yourself as well, and that I'm going to be really bad at this and that's OK.

00:41:31 Jean Malcolm It might not feel good, yeah.

00:41:33 Scottie Reeve I'm going to be distracted a lot. I'm still going to be wondering how many notifications are on my Facebook page like. It's going to take a bit or work.

00:41:43 Spanky Moore Have you heard this idea that the fruit is outside of the practise. That it's not like when you say have done some contemplative prayer that you go oh, I feel way better. Sometimes you do because sometimes at least you're being present to reality. But that actually that you notice gradually, actually changes coming out in your character, in the rest of the day.

00:42:03 Jean Malcolm Yeah. And maybe like, you know, like that thing of your ability to be present becomes greater and because you're doing it in that little bit of time. And so, it starts to seep into the rest of what you're doing. Like when you're sitting at the bus stop. Because it's become part of who you are and what you do. And although we're talking about this is this is one of the things that might help when you're anxious or when you're depressed, that that that you're doing it more because you care about this relationship. Rather than because I want to be fixed.

00:42:34 Spanky Moore That's interesting. That's because I have to say, I mean, obviously, mindfulness is not an intentionally transcendent conversation. Like I think at times God's grace meets people through there, but there is a change. And I mean, there's an idea that a God that's actually knowable and wants to be known.

00:42:57 Jean Malcolm Who is longing for us to pay attention, you know, and we'll be patient and not pushy. I, you know, often, you know that analogy with, you know, our significant relationships. We make time for them. When we don't, they go to custard.

00:43:13 Spanky Moore So if you're a young person who's anxious, you think an ancient solution would be to be disciplined and having carved out some space in your day to try to begin to develop a contemplative practise in your own life where you acknowledge God's there. It's hard though.

00:43:35 Jean Malcolm And do look for someone who maybe has already been doing it. Yeah, who can be alongside you or who you can pick the brain of, or who you can complain to that it's not working, or you know so that that other piece of being in a relationship, you know, it's kind of a three-way relationship.

00:43:52 Scottie Reeve Yeah, I got you.

00:43:53 Jean Malcolm It's a 3 way.

00:43:55 Spanky Moore Finally, we get to the good stuff.

00:43:56 Scottie Reeve Oh here we go My weird they'll be flopping.

00:43:59 Spanky Moore But it's hard because it's easy. I mean, that's part of the challenge, yeah, it's hard because it's easy. You know what I mean? And we struggle to believe it.

00:44:06 Jean Malcolm Yeah, yeah. And it's hard because it's hard. So yeah, it's like, is that all you do? Actually. Yep. Until you do it and you start confronting the fear that wells up inside and the struggle. And it's like actually that's why people have found excuses to say this isn't part of our tradition. Oh, that's too spooky or scary or stuff might happen while you're doing that. I don't know how to describe, or I don't. I feel embarrassed to talk to people about. Well, nothing might happen. And that might be scary too.

00:44:48 Spanky Moore Well, that's also scary. Thank you so much for your wisdom.

00:44:51 Scottie Reeve Yeah. Thank you, Reverend Jean Malcolm, everybody. Not an almost a nun.

00:44:59 Jean Malcolm I was a nun; I was a nun. I wasn't an almost nun.

00:45:04 Spanky Moore She's a former nun.

00:45:05 Scottie Reeve A full-fledged nun, full blown, nun.

00:45:08 Spanky Moore I'm turning this off.

00:45:16 Holly Arrowsmith "Voices of Youth"

I sit alone in this chair some days
Thinking about my life thinking about my ways
There are too many questions that I don't know the answer
Breathe in deep and I close my eyes
Walk back through the dark and the joyful times
Trying to find the spirit of my youth.
Somehow, I lost her but I don't know where.

In those days long gone, I felt you walking next to me.
Oh, please don't leave me with my troubled mind. Its company.

00:45:58 Spanky Moore How's your pie, Scottie?

00:45:59 Scottie Reeve Hmm very good

00:46:01 Spanky Moore Where'd you get it from, Scottie?

00:46:03 Scottie Reeve Wild bean.

00:46:05 Spanky Moore Wild Bean, home of the best coffee 2012.

00:46:09 Scottie Reeve Yeah, we were just talking about the fact that actually a wild bean barista won the New Zealand Barista Champs a few years ago. Which is just a travesty but must have been incredible to witness.

00:46:22 Spanky Moore

Where are we? Scottie, where are we in this crazy North Island.

00:46:26 Scottie Reeve We are closing in Ohau which is just south of Levin.

00:46:35 Spanky Moore There's a field of corn.

00:46:37 Scottie Reeve Yep, yep that's a-maize-ing. And what we're going to do soon is hang a right and take the local's way. The shortcut through to Palmerston North, heading up to Kopua, which is near Dannevirke.

00:46:53 Spanky Moore This is great, isn't it? What a great diesel we're driving.

00:46:57 Scottie Reeve Yeah. So, we are relocating a vehicle for Thrifty Rentals from Wellington and what it means is that it's free. But it is also, probably the flashiest car I have ever driven in my life.

00:47:13 Spanky Moore I'm going to make myself some sort of coleslaw sandwich because Scotty says he doesn't mind if I eat tuna in his car.

00:47:22 Scottie Reeve That's Just fine. It's not [mine]. It's Thrifty's car. As long as we get this thing to them at Auckland Airport within 48 hours, they don't care if it smells like tuna.

00:47:31 Spanky Moore Thank you, Lord.

00:47:35 Scottie Reeve Thank you.

00:47:35 Spanky Moore Thank you, Lord, for blessing us with a great diesel.

00:47:43 Scottie Reeve We actually do feel strangely powerful driving a vehicle like this. You know, you're quite high up. It's got some guts. So, we had a chat to Reverend Jean Malcolm this morning. About what the contemplative tradition can offer to this kind of growing epidemic of anxiety and depression and mental well-being problems among millennials in New Zealand. As you know, we are looking at well, we're going around the North Island driving to and fro over 48 hours to drop our Thrifty, our Thrifty all-wheel drive back and we are hunting for ancient solutions to modern problems. Yeah. So, I don't know, Spanky, what did you take? What was your big take away from Jean this morning.

00:48:36 Spanky Moore What's my big take away from Jean this morning? You know such a great question. So, I don't have like straight out anxiety. I can give worrying a good shot. I've danced with sort of brown out and burnout. But I don't have you know, a kind of variety of market gardening anxiety or depression. I know that that's been a bit more of your story, right? So how does how did the contemplative sort of stuff she was talking around. And just this idea. Like how is the contemplative stuff engaged with your anxiety stuff. Like what's been your experience with it.

00:49:18 Scottie Reeve Well, I think one of the things that M. Scott Peck, the Christian psychologist talks about is how a lot of our kind of mental health conditions and neuroses come from this place where we feel bad. You know? So, we have an initial feeling maybe of despair or anxiety. But then we think about the fact that we're not supposed to have despair or anxiety. We're supposed to be happy. So, then we kind of blame ourselves again and it becomes this kind of cycle of guilt. Do you know what I mean? So, it's not only that I don't feel good, but it's also that there's something wrong with me because I don't feel good kind of perpetuates this downward spiral of shame and guilt and pressure. And I think one of the things that contemplative prayer can offer or has offered me is like a sense that I'm already enough. You know, my emotions can belong, or the hardness of the day or the goodness of the day. All of it can belong in my duty of God with God. Whereas I think my kind of maybe more charismatic roots lead me to think that if something's wrong, or if it's not feeling good,

maybe it's not God. Or maybe it's spiritual attack or, you know, yeah. But instead, you're kind of going well what if it's all God. And what if we kind of honour what God might be doing here, or what he might be awakening or saying within me? So, I think for me, it's been incredibly freeing. I remember on the silent retreat we went on where God took me on this funny little journey. He started kind of the day and I sort of heard God speak kind of one hour. He's like "Do you, do you know my son?" It's kind of like Yes God think I know your son. You know, like I met Jesus like.

00:51:14 Spanky Moore He's a smart arse God sometimes, isn't he?

00:51:16 Scottie Reeve Yeah. And then and then he says, you know. "Do you know my son had a body? That he's like the word made flesh". Like. Yeah, yeah. God, I get that John 1, Logos all of that. And then an hour or two later. "Do you know you have a body?" I'm like, I. Yeah, I guess so, you know? And then like comes the kind of like the upper cut. It's like, do you like your body? Cause I do. And you know it's going to the deep place. And like I'm doing within you. Try, you know, kind of head. Like, say before God and realised that I actually had this deep insecurity around my appearance. That just came from the place of stillness and allowing him to reveal something in me. And often what I hear God say is, you know, it's kind of in the context of what he's recently been saying to me or the theme that that's going on. But that was totally left field and took me on this whole journey of realising that, yeah, in the same way that the chainsaw belongs, every part of me has to belong. You know, they actually like even the parts of me which are still broken or sinful for God to bring transformation to those I need to start at a place where I'm actually OK with me already. And I'm OK with my surroundings. I'm OK with my body. I'm OK with my mind. And yes, I know that God will bring them to healing, but if I'm not enough today, then I'll never be enough in the future.

00:52:52 Spanky Moore Because I think that's one of the gifts of contemplative prayer is a lot of us just haven't been taught a variety of ways to pray. And that there might be different ways for different personalities and also different situations and contemplative just helps you to rest into God and just be yourself, you know.

00:53:07 Scottie Reeve That's right.

00:53:10 Spanky Moore And that seems like a really helpful thing for people who are anxious or who feel like you know the world's out of control for them. Am I wrong?

00:53:17 Scottie Reeve No, no, I think you're right. And ... there ... definitely is still room for prayers of intercession and for prayers of petition, and you know some of what we might be more familiar with. Which is like God, I need this situation to be transformed. Or God, or you know. I need you to change this. We need you to intervene in your sovereign power. That's all good. But, but I think there's that other side of the coin, which is us actually going, but if it doesn't change, I'll be faithful. You know, it's kind of a Shadrach, Meshach, Abednego like, you know, God will rescue us. But even if he doesn't like.

00:53:54 Spanky Moore Yeah, yeah. That's a hard reality to swallow.

00:53:58 Scottie Reeve Yeah, yeah, yeah.

00:54:00 Spanky Moore Because for thousands of people around the world having their prayers answered and hundreds of thousands aren't.

00:54:05 Scottie Reeve Yeah, that's right. But and I guess it's partly I think in our western ideology. We tend to think of things as transactional or bang for buck. You know? So, I put forward this prayer and what will be the result. Whereas you know, I don't go out on a date with my wife and come

home and you know our community says oh, was the date productive? You know, like the date doesn't need to be productive. So, a huge part of the purpose of prayer is just union with God. It's just union with God, it's just being with him.

00:54:45 Spanky Moore What's really interesting around contemplative prayer is sometimes God kicks your arse at it. Yeah, but sometimes the way, and for certain personalities this happens, the way God kicks your arse is he says like he said to you, he says "Hey, do you know that I profoundly love you? For who you are"., When are you ever going to get around to praying that shopping list. See now that never comes up.

00:55:04 Scottie Reeve Yeah, that's right. Yeah.

00:55:05 Spanky Moore So there's a sense that God often really challenges you and it hurts because he confronts you with His love. OK.

00:55:15 Scottie Reeve That's right and I think.

00:55:17 Spanky Moore And that's really helpful, isn't it?

00:55:19 Scottie Reeve Yeah, like, my arse being kicked in contemplative prayer as you say, has not been a case of like Scottie you need to work harder or Scottie you need to really get your shit together and your you know and your ...

00:55:34 Spanky Moore We're going to get this Kingdom inviting and you're not doing your part.

00:55:36 Scottie Reeve Your yeah, but actually like the painful thing for me to hear was that all of my work and all of my striving had got me no closer to God. And so, it's actually incredibly freeing, but also incredibly frustrating to realise that the initiative is all His.

00:55:56 Spanky Moore One of the things in contemplation is - just to be clear if you don't mind me setting some things straight.

00:56:03 Scottie Reeve Set me straight Spanky.

00:56:04 Spanky Moore It's pretty old. It has often been kind of, you know, it's often taken over by has been some more New Agey Christians and things, but it's actually pretty it's old, like the church fathers from, I think what 300 AD. headed down to the desert doing stuff. I think there is that question which I asked, what do we think Jesus is doing up on the mountain all this time? You know the Psalm. Be still and know that I am God. What the hell does it mean to be still? Right? If in doubt, I like to try to put Jesus at the centre of my practise – or the spirit or the father or all three? But if in doubt you know something that's really particular about our Christian faith is God embodied in a body. So, I like to put Jesus in the centre and there's a part of me that thinks it's good for us to reclaim Christian contemplation as being Christian.

00:57:01 Scottie Reeve Yeah, I think that's some of the problem. That the Western Church is kind of scared of contemplation because it looks Buddhist, you know.

00:57:09 Spanky Moore Or it looks eastern! Just like Christianity!

00:57:11 Scottie Reeve Yeah, looks eastern - just like Jesus, right. Because we've lost that in a lot of our expression of what it is to follow Jesus, so people are afraid of it. But it's actually really old.

00:57:26 Spanky Moore Yeah. It's like super old. And I know that some people talk about a fear of if you open yourself up you don't know what will jump in. And you know, I believe in evil, and I think

you've got to be discerning. But I mean I think to view the world through this sort of lens of constant fear and danger. It's like if you're praying that God would illuminate himself and that you're, you know you're asking for the spirit to be with you and keeping Jesus Centre I'm like come on.

00:57:59 Scottie Reeve Yeah, yeah, yeah.

00:58:01 Spanky Moore We stole rock'n'roll. Like I just you know, it's like I think it doesn't do us well, to be scared. Like thinking there's sort of monsters hiding behind every couch. I think in particular it has a huge amount to offer. I think people who feel anxious and overwhelmed to know that they can just rest in God, and they don't have to be God themselves. Is very good for the body and the mind and the spirit.

00:58:30 Scottie Reeve I think too one of the things with contemplative practise is that when you get alone with God in the silence, it's almost like all these balls you've been holding under the water gradually pop to the surface. So the stuff that you didn't want to acknowledge; well that you didn't want to come to terms with, or you didn't even know was there - like body image issue for me - all of a sudden it just rises up and you're like, I didn't know I was motivated by that. I didn't know that poison was in me, you know. God, I didn't know I saw you that way.

00:59:08 Spanky Moore My experience has been He almost always deals with people in a way that they never saw coming. Which is quite unnerving.

00:59:23 Tom Lark "Best Weekend"

Best weekend I've ever had its such a good time
And I really feel bad cuz it'll never be this good again
Memories fade and so does a tan
But I'm gonna remember this weekend
Forever even when I'm
An old man
Doo doo doo do do doo do do doo doo do

00:59:49 Spanky Moore Alright, well, so we're on our way.

00:59:52 Scottie Reeve What a great time.

00:59:54 Spanky Moore I'm having such a good time.

00:59:55 Scottie Reeve I potentially enjoyed that little romantic walk we took among the chickens, it was that was a nice moment, Spanky.

01:00:01 Spanky Moore So good. This is the best weekend that I've ever had. You know that.

01:00:06 Scottie Reeve Ever. Sorry, Sarah.

01:00:07 Spanky Moore Sorry, Anna. Thanks so much to Jean for having a chat with us.

01:00:11 Scottie Reeve Yeah. Thanks, Jean.

01:00:12 Spanky Moore I would like to say but thank you to some of the musos who have helped supply us with our fantastic music along the way, particularly to Dave and Renee for our title track, which everyone loves.

01:00:24 Scottie Reeve Thanks Dave.

01:00:25 Spanky Moore Also thanks to Holly Arrowsmith and Tom Lark for helping us out with the music as well. Now your book. Can we still get your book? Are you still interested in peddling that.?

01:00:34 Scottie Reeve Oh mate, I will peddle it until the cows come home. You can get the book at 21elephants.co. That's the number 2, the number one elephants.co. You can also get it at Amazon.com.

01:00:49 Spanky Moore Also, if you're interested in like dipping your toe into some contemplative practice, I got two options for you that you might like to try out. And we're going to put these links. Where are we going to put these links, Scottie. Where will it make sense to put those links.

01:01:02 Scottie Reeve You can find these links at the 21 Elephants website on the podcast page.

01:01:06 Spanky Moore Good solution. Firstly, we're going to put a link to a great lead centering prayer meditation, which some of the guys from The Liturgists you may have heard of do and it's a really good kind of gateway drug to trying out some contemplative stuff. *And we're also to put up a few lead prayer exercises from this little prayer booklet which is floating around in the Anglican church, which gives you some access to Lectio Divina and breath prayer and some other of the ancient practises around contemplative spirituality. (This link no longer works)* So if you want to give some of what we're talking about and go head along to the 21 elephants website. Click on the podcast link and you'll find some of those things there.

01:01:44 Scottie Reeve Yeah. Head on over there. Do it.

01:01:45 Spanky Moore Also a big thanks to Laidlaw College who helped us out by covering some of the costs of our world trip for this podcast. If after listening to today's podcast, you feel like a vocation helping people with their emotional health issues, helping to deal with their junk, and to live relationally healthy lives, we think the Laidlaw counselling degree is a pretty good place to start. Really robust training experience lecturers and undergirding by deep theology and faith. So, if you want to find out more, head along to laidlaw.ac.nz and they've got all their study options there. But big thank you to Laidlaw for helping us out. OK, brother. So where are we heading now?

01:02:26 Scottie Reeve We are heading north. We are heading to Kopua Monastery which is kind of halfway to the Hawkes Bay.

01:02:36 Spanky Moore Very good.

01:02:36 Scottie Reeve See you next time.

01:02:36 Spanky Moore OK. Thanks, Scottie.

01:02:42 Ends with more of Tom Lark "Best Weekend"

Maybe later around we can stroll through town.

01:03:10 Speaker 1 21 Elephants by Scottie Reeve.

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