



THE ROCK

Anglican Parish of
Cabersham Saint Peter,
Dunedin, New Zealand

March 2020 — Lent



Here is The Man



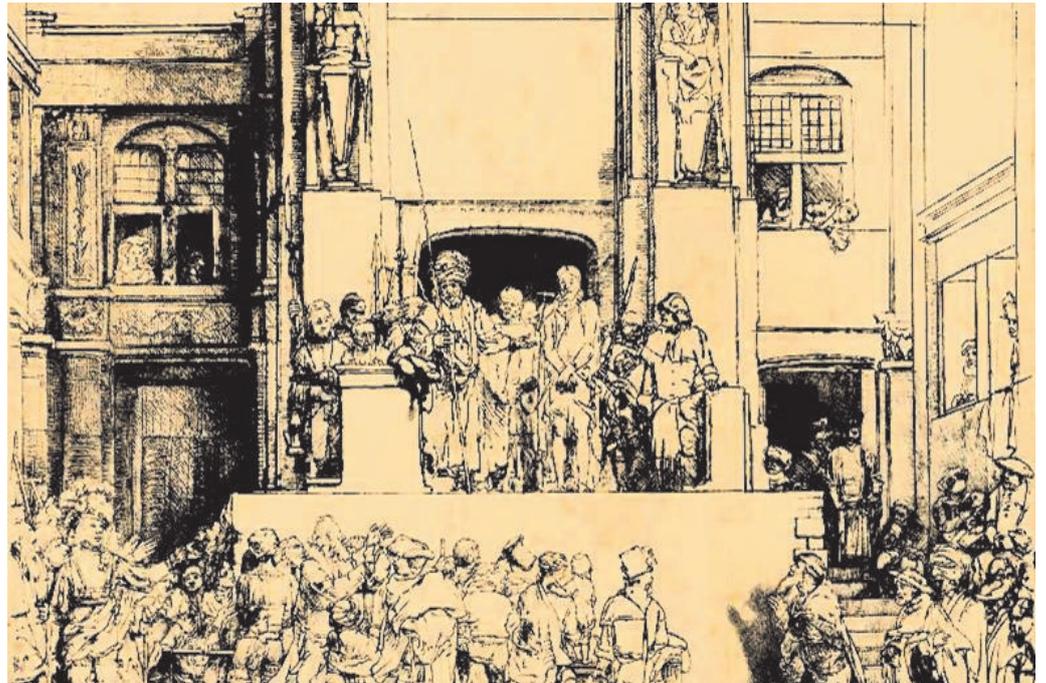
By The Vicar

When the beaten, humiliated Christ, dressed in a purple robe and wearing a crown of thorns, came before Pilate and the crowd the Roman governor uttered those famous words *ecce homo*, “Here is the Man.” He was being ironic in a twofold sense. It was a further humiliation of Christ, highlighting his pathetic and reduced condition. It was also a jibe at the Jewish religious leaders for making such a fuss about someone who was clearly not a threat.

Perhaps Pilate was grumpy too at being dragged into what he saw as a trivial and internal Jewish religious dispute when he would have wished the whole situation would just go away. There is also the possibility he wanted to enlist the sympathy of the watching crowd so they would forget their blood lust and be content to let Jesus go after a good thrashing.

However, John’s gospel often operates at a subtle and nuanced level in which people speak more than they know, their words acquiring a deeper and more truthful meaning than they could have supposed. So it is that Pilate becomes a witness to the full stature of the person who comes before him for sentencing. Far from being a pathetic figure on the imminent receiving end of capital punishment he is the true human being who has come to introduce and begin the new creation. To regard Jesus Christ is to see what a human

(Continued on page 2)



Rembrandt’s *Ecce Homo*, a 1655 print considered among the artist’s most significant achievements

Services suspended, functions postponed

COVID-19 precautions

Public worship, along with other mass gatherings, has been suspended for the duration of the COVID-19 crisis, so Saint Peter’s—and other churches—will be holding no public Services or functions until further notice. It means the postponement of other scheduled events such as the visit to Hui Te Rangiora Church in Karitane and the parish AGM

We have a number of ideas though for helping our parish to continue as a community through this time. See *Hanging together* on page 3.

Here is The Man

(Continued from page 1)

being is supposed to be.

He has come to inaugurate a step up in the status and capacity of the human race. To ask “what is a human being?” is to receive the answer “someone like Jesus Christ, someone modelled on this blueprint of the true humanity”. Here we see God’s intentions for the human race, his idea of the end point to which the human story is proceeding.

Often the New Testament presents Jesus as the one who recapitulates the human story, who repeats the story of faithless Israel in such a way as to get it right this time. However John’s gospel has a different perspective.



“Worse is to come because this is after all a passion story.”

As Mark Cortez puts it, “he presents Jesus as the one who has come to take the story in a new direction, fulfilling the work of new creation in a way that transcends what we had before.” Jesus is the pathfinder and the exemplar of who and what we will be when God’s

purposes for the new creation are fully realised.

I started by acknowledging the beaten, humiliated status of Christ in this declaration scene of who he truly is. Worse is to come because this is after all a passion story. The road to the full and final elevation of the human person in its finest exemplar leads through a grim story of judicial execution. It is a reminder that sorrow and suffering are an inescapable part of human existence and of our Christian walk. The new possibilities of the new creation and of the much improved models of human beings is not a story of painless progress and of a smooth evolutionary ascent. The motto of the Royal Air Force is very applicable here, “Through hard places to the Stars”.

The Services of the Paschal Triduum on Maundy Thursday evening, on Good Friday, especially on Holy Saturday evening at the Easter Vigil and on Easter Morning lead us into a deeper understanding and appreciation of all this. The suspension of Services during the Covid-19 crisis may mean physical attendance is not possible, but in that case Saint Peter’s hopes to have filmed versions available on the website. By participating in them—even remotely—we come to acclaim with Pilate, “Here is indeed the Man”.

Letters

The Rock welcomes letters to the Editor. Letters are subject to selection and, if selected, to editing for length and house style. Letters may be :

Posted to : The Editor of The Rock,
c/- The Vicarage, 57 Baker Street,
Caversham,
Dunedin, N.Z. 9012

Emailed to: TheRockEditor@stpeterscaversham.org.nz

Ask The Vicar

For answers to questions doctrinal, spiritual and liturgical.

Write to: Ask The Vicar, c/- The Vicarage as above

Or email: AskTheVicar@stpeterscaversham.org.nz

ASK THE VESTRY

Questions about the secular life and fabric of the parish may be:

Posted to : Ask The Vestry, c/- The Vicarage as above

Emailed to: AskTheVestry@stpeterscaversham.org.nz

The Articles of Religion

ISSUED BY THE CONVOCATION OF CLERGY OF
THE CHURCH OF ENGLAND IN 1571

XXXII. Of the Marriage of Priests.

Bishops, Priests, and Deacons, are not commanded by God’s Law, either to vow the estate of single life, or to abstain from marriage: therefore it is lawful for them, as for all other Christian men, to marry at their own discretion, as they shall judge the same to serve better to godliness.

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Hanging together

While the exigencies of the required response to the current COVID-19 epidemic mean we can no longer gather as a parish group, we need not be completely isolated from each other. There are things the parish will do as and when regulations permit and which each of us can do to help maintain our cohesive group.

- A Eucharist will be filmed each Saturday and put on the parish website for viewing online on Sunday. It will include the readings, a sermon and intercessions appropriate to the day
- On Sunday mornings there will be exposition of the Blessed Sacrament on the high altar from 8am to 11am so parishioners can come for times of private prayer. This will conclude at 11am with a blessing or Benediction of the people with the Blessed Sacrament (*Once level four restrictions are lifted.*)
- Our clergy will increase their visiting, including offering Holy Communion at home (*Once level four restrictions are lifted.*)
- The Pebble will continue to be published each week and made available on the parish website. You can receive advisory emails when each edition is available—just follow the link in the *Do It Online* section of the website home page. We will attempt to deliver copies of the Pebble to the mail boxes of those who do not have access to the parish website
- **The Rock** will also continue to publish as usual and appear on the parish website To receive an email when each edition is available online follow the link in the *Do It Online* section of the website home page. Current level four restrictions mean our printers can not produce the printed copies
- If you have email access, make sure the parish has your email address so we can contact each other during the suspension period. Emails registered on the parish roll are able to email each other by sending messages to parishioners@stpeterscaversham.org.nz. If you do not have email, let the Vicar know so he can make a special point of keeping in touch
- The Diocese has suggestions and news services available for contact with the wider Anglican community. See <https://hail.to/calledsouth/article/op1gPKw> for more.

If you have ideas to add to help us hang together during this crisis, let the Vicar know about them or email

therockeditor@stpeterscaversham.org.nz



Staying sane

Suggestions for helping to fill the days during the coronavirus epidemic. Send your suggestions to therockeditor@stpeterscaversham.org.nz.

PressReader

By Shelley Scoular

While the Dunedin Public Libraries are now shut to the public you can still access their electronic content online. As well as ebooks you may not realise the library provides access to hundreds of overseas and New Zealand newspapers and magazines through PressReader. The subjects the magazines cover are numerous and include Arts and Crafts, Food, Kids, Science, Music, Sports etc.

Go to the library website at www.dunedinlibraries.govt.nz, and click on the digital library tab across the top of the screen. PressReader is in the EMAGAZINES section which you need to scroll down to find, but before you do that go to the right hand side of the page and you will see a Tutorials button (tipped sideways). Click on this and scroll down until you get to PressReader and it will tell you how to use it.



Nutritious

Eating well in challenging times

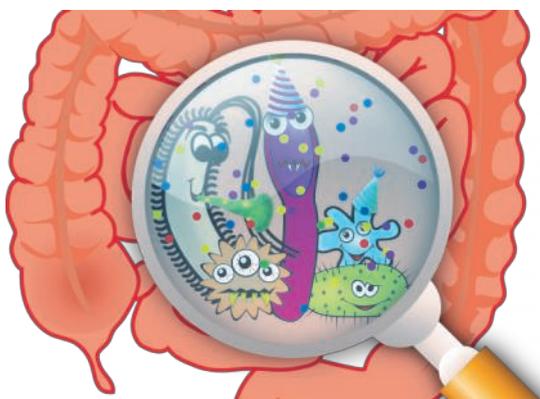


- Supporting your immune system

By Alex Chisholm

In addition to protecting your health from the virus on the outside by social distancing, you can boost your defences on the inside by strengthening your immune system.

The immune system is complex and responsive to the world around us as well as to our lifestyle. The trillions of microbes that make up the gut microbiome play an essential role in the body's immune response to infection and help maintain overall health. As well as mounting a response to infectious pathogens like coronavirus, a healthy gut microbiome helps prevent dangerous immune overreactions which could seriously damage



"... [include] as many foods as possible which will benefit your gut microbes".

IMAGE: CC0 PUBLIC DOMAIN.

to improve gut microbiome diversity and reduce inflammation.

Gut bacteria produce many beneficial chemicals and are necessary for the metabolism of vitamin A. Eat plenty of fruit, vegetables, nuts, seeds, whole grains and healthy fats like extra virgin olive oil. Lean meat or fish, low fat dairy foods (especially natural yogurt that contains probiotics) and eggs are easily prepared protein foods. While increasing the amount of plant-based foods in your diet is a good thing, it's important to remember that plants aren't all the same and indeed not all people either. Even identical twins, who share all their genes and much of their environment, can have a different response to the same food. Thus everyone is unique and it's a matter of finding the foods and the way to eat which best suit you while including as many foods as possible which will benefit your gut microbes. 📧

**Check out
Food safety for COVID-19**

On page 7:



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other organs.

Rather than taking supplements which claim to "boost your immune system" with no good supporting evidence, the food you eat has a big impact on the variety and type of gut microbes. The more diverse the microbiome the better, but unfortunately this declines with age.

The best way to increase microbiome diversity is by eating a wide range of plant-based foods, which are high in fibre, and limiting ultra-processed foods.

Avoid alcohol, salt, sweets and sugary drinks and artificial sweeteners or other additives. Following a Mediterranean diet has also been shown



"The best way to increase microbiome diversity is by eating a wide range of plant-based foods".

PHOTO: WWW.HEALTHYFOOD.COM.

REFERENCES:

[HTTPS://JOINZOE.COM/2019/06/21/WE-REVEAL-THE-FIRST-RESULTS-FROM-THE-LARGEST-NUTRITIONAL-STUDY-OF-ITS-KIND-IN-THE-WORLD](https://joinzoe.com/2019/06/21/we-reveal-the-first-results-from-the-largest-nutritional-study-of-its-kind-in-the-world)

[HTTP://DX.DOI.ORG/10.1136/GUTJNL-2019-319654](http://dx.doi.org/10.1136/GUTJNL-2019-319654)

[HTTP://THECONVERSATION.COM/CORONAVIRUS-HOW-TO-KEEP-YOUR-GUT-MICROBIOME-HEALTHY-TO-FIGHT-COVID-19-134158](http://theconversation.com/coronavirus-how-to-keep-your-gut-microbiome-healthy-to-fight-covid-19-134158)

THE ROCK MAY 2018 THE GUT MICROBIOTA, & JUNE 2018 RESISTANT STARCH, AUGUST 2019 FERMENTED FOODS, MARCH 2019 FIBRE IN FOCUS.

In Saint Peter's Garden



By Warwick Harris

Shamrock, Clover and St Patrick

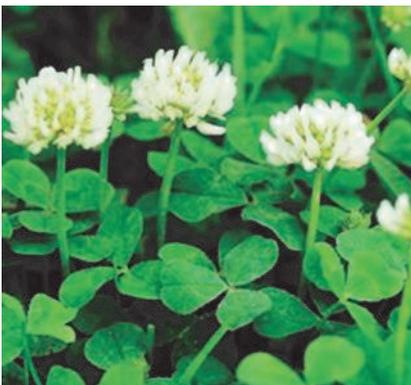
Tuesday March 17, 2020 was St Patrick's Day, a time to remember the patron Saint of Ireland. One of our grandsons, born on 17 March, has Pdraig as a second name. My Irish connection is that one of my maternal great grandfathers came a long way from Tipperary, Ireland, to settle in Kensington, South Dunedin in 1874. He brought eight children with him. Another four were born in Dunedin and the youngest, Joseph, was my maternal grandfather. Joseph died in 1917 in Wellington when my mother was 3 years old.

I think the family surname does not persist in Dunedin. The oldest son, John, became an ironmonger, played the oboe for the 4YA orchestra, a forerunner of the Dunedin Symphony Orchestra, and is buried in the Northern Cemetery.

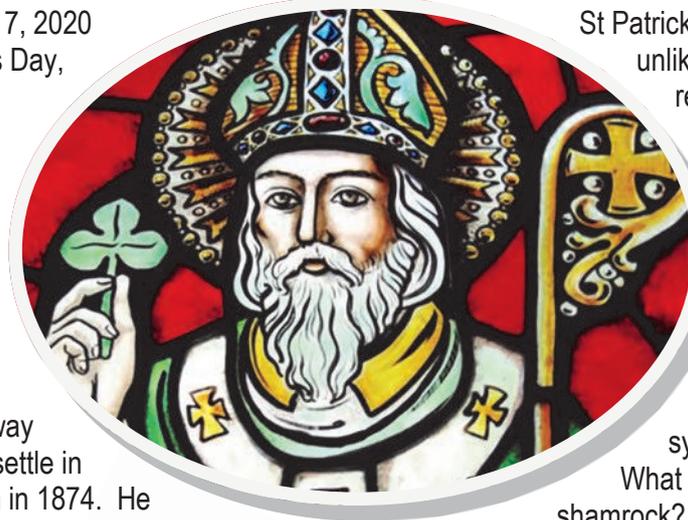
Having given my Irish connection what follows is a little about what is known or been speculated to be the history of St Patrick. He is believed to have been born in Roman Britain, captured by Irish when a teenager and taken as a slave to Ireland where he converted to Christianity. In his twenties he returned to Britain, later studying in Europe before returning to Ireland as a Christian missionary. Once back in Ireland St Patrick converted

many Irish to Christianity, ordained priests, and established Christian communities.

The missionary endeavours of St Patrick conflicted with the Druids, the practitioners of Celtic religion. The traditional belief that



White Clover.



St Patrick with shamrock.

PHOTO'S: WIKIPEDIA COMMONS.

St Patrick cleared Ireland of snakes is unlikely as there is no fossil record of snakes in Ireland since before the last Ice Age. A plausible interpretation of the myth is that it was Druids, not snakes, whom St Patrick drove out of Ireland.

Shamrock, the plant symbol of Ireland, is symbolic of the Holy Trinity.

What species is the true shamrock? Definitely it is a species with trifoliate leaves. Many plants have this characteristic. Species of two genera, Oxalis and Trifolium, are the most likely

candidates. Wood sorrel, *Oxalis acetosella*, claims a place as a plant that the Irish ate in times of famine. There are three native and 15 naturalised species of *Oxalis* in New Zealand. *Oca*, a native of Colombia erroneously called yam, is an *Oxalis* grown as a root crop. As a boy I plucked leaves of weedy oxalis growing along roadsides and chewed them for their acid taste. That was before learning that it was a target for canine p-mail!

White clover (*Trifolium repens*) is most likely the true shamrock. Three decades ago it was amongst the most venerated of New Zealand economic plants, providing the nitrogen requirement of pastures for livestock production. Its place in pasture production was significantly reduced when nitrogen fertiliser urea was produced at Kapuni, Taranaki, using gas from the Maui field.

Unfortunately, urea nitrogen is more labile than clover fixed N so more is likely to move into groundwater and waterways to degrade their quality. ☹️



Wood Sorrel.

Hyacinth and Mary

By Di Bunker,
People's Warden

A brave band of 12 ventured out to Broad Bay on Saturday 21st to the Polish Catholic Church of Mary Queen of Peace.

Beautiful inside with lovely stained glass windows and a beautiful set of Stations of the Cross. We then went to the Harding Room at St Michael's Anderson's Bay and after lunch the Vicar said Midday Prayer in the church. Again a lovely building with magnificent stained glass windows.

Polish immigrants to New Zealand in the 19th and early 20th centuries settled mostly in rural areas, including at Waihola, south of Dunedin. It wasn't until 1899 that the community of Poles at Waihola saw the opening of its very own Catholic Church, worshipping prior to this alongside other denominations at the local Presbyterian church or travelling several miles to Milton in the south or East Taieri to the north. However a priest would come to Waihola from Milton about once a month and whenever a special need arose

In February 1899, the New Zealand Tablet reported "A new church is being erected at Waihola in the Milton parish. The congregation are mostly German Poles, and the church is to be dedicated to the great Polish

CHURCHWARDEN CORNER



The Vicar and early arrivals waiting for the Service to begin.

PHOTO'S: ALEX CHISHOLM.

Dominican, St. Hyacinth".

By the mid-1900s most Polish New Zealanders were living in cities and towns rather than in rural areas, and the church was moved to Broad Bay near Dunedin in 1948 and renamed Mary Queen of Peace.

More recently, Dunedin's Polish families have restored the church, one of the few tangible links with 19th century Polish settlement in New Zealand. 🇳🇿

Caption competition



Last month we asked what Our Vicar and Director of Music were thinking when this picture was taken.

"Lost chord?" - Kit Bunker

"That looks like Oscar's dirty paw marks"
- Di Bunker



David Hoskins masters another instrument.

PHOTO: ALEX CHISHOLM.

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Regular Services

(for variations consult The Pebble on our website)
All services are held in Saint Peter's unless noted otherwise

SUNDAY:

8am: Holy Communion according to the Book of Common Prayer
10.30am: Solemn Sung Eucharist

5pm: 1st and 3rd Sunday of each month: Evensong and Benediction followed by a social gathering in the lounge

THURSDAY:

10am: Eucharist

FIRST THURSDAY OF EACH MONTH:

11am: Eucharist in the lounge of Frances Hodgkins Retirement Village, Fenton Crescent

Special Services

Contact The Vicar to arrange baptisms, weddings, house blessings, burials, confessions and other special services.



Vestry Notes

By Alex Chisholm, Vestry Secretary

Vestry meetings are generally held every two months. No meeting was held in February or March. ☹️

Food safety for COVID-19

By Alex Chisholm

There is currently little scientific information about the survival of the COVID-19 (coronavirus) on the surface of open food, or its spread through food. However work with similar viruses shows that some food surfaces don't allow the virus to survive at all, but some do. Thus we are highly encouraged to practice routine food safety procedures to reduce risk:

- ◆ Packaged food may be a safer option—especially closed packages rather than food from open bins
- ◆ Consider package size—larger more economical but several smaller may be easier to store and use as opened packets can be put in closed containers
- ◆ Frozen and canned foods are useful. Outside of the packaging can be cleaned before storing at home
- ◆ Thorough cleaning under running water of fruit and vegetables before peeling, especially any that will be eaten raw
- ◆ Adequate (but not over-) cooking of fresh food—as appropriate—this does not mean boiling the goodness out of the vegetables!
- ◆ Frequent hand washing—our best defence not only for food safety!
- ◆ The biggest food safety measure before during and after food handling: frequent and adequate hand washing with soap and water for 20 seconds before thoroughly drying hands
- ◆ Routinely hand washing after handling mail or money and after returning to the house would seem to be a sensible precaution, in addition to the times when we would always wash our hands anyway. ☹️

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For your diary

Sunday, 29 March : Parish Annual General Meeting

Thursday, 9 April : Maundy Thursday

7pm : Evening Mass of the Institution of the Lord's Supper

Friday, 10 April : Good Friday

12noon : Celebration of the Lord's Passion

Saturday, 11 April : Holy Saturday

8pm : Easter Vigil and first Mass of Easter

Sunday, 19 April: Deadline for copy for the April edition of The Rock

Saturday, 30 May: 6pm : Vigil of Pentecost

Saturday, 5 September: 2pm : Concert by the St Kilda Brass Band

* Services and other events will be held only if government restrictions allow.

Rock music

By David Hoskins, Director of Music



Church Music in Times of Crisis

As I shut down the organ at Saint Peter's on Sunday morning, I realised I had no idea when the music would sound out again with church closures and curfews during the present health emergency. However, music can be accessed via the internet, radio, streaming services and CDs so all is not lost during these testing times.



An empty Coventry Cathedral.

PHOTO: WWW.CHURCHTIMES.CO.UK.

During World War 2, after a particularly heavy bombing raid on London, King George VI and Queen Elizabeth asked the organist of St George's Chapel, Windsor Castle, to play for them quite late at night. A small group entered the darkened chapel and listened to music such as J.S. Bach's *Jesu, joy of man's desiring* and felt reassured that all was not lost.

Travelling back in time, there are examples of music composed for use in times of trial. Haydn's *Mass in Time of War* comes to mind. However, hymns can be of great comfort.

Theodulph of Orleans, imprisoned in the dungeons of Angers, France,

wrote the great Palm Sunday hymn, *All glory, laud and honour*.

William Dix, left bedridden after a severe illness wrote the magnificent *Alleluia, sing to Jesus*. One of my favourite Wesley hymns is *Come, thou long-expected Jesus* expressing in simple yet profound terms Advent expectation. C.S. Lewis, in *Mere Christianity*, wrote that

'most people, if they really had learned to look into their own hearts, would know that they do want, and want acutely, something that can't be had in this world. There are all sorts of things in this world that offer to give it to you, but they never quite keep their promise'.



'It's NOT ALL SERIOUS' – CHORISTERS OF ELY CATHEDRAL.
PHOTO: SMILEY PETE PHOTOGRAPHY.

When we are 'self-isolating' due to virus containment measures, music in general can provide great comfort – thank goodness for RNZ Concert, but many of the old hymns provide solace in a way few other mediums do. Why not explore them online. There are good and 'not so good' versions available. However, they always provide a musical tonic for tough times! 🎵



Justin Welby
The Archbishop of Canterbury

The Archbishops of Canterbury and York published a joint article in response to the coronavirus pandemic.

Finally, there is one more thing that everyone can do. Something we would expect from two Archbishops. We make no apology for saying "Pray!" Even if you scarcely can imagine how, pray! Pray for yourself, for those you love, for friends and neighbours. ...

... Find Psalm 23 and read it aloud. The Shepherd's song is about real life, not an idealised picture. It speaks of suffering and facing enemies.

Whether we are confident and brave, or doubt-filled and fearful, God is the source of love and hope. Why not say the Lord's prayer—"Our Father who art in heaven" when you wash your hands. It takes more than the recommended 20 seconds." 🙏



More online :

Read the complete text at:

<https://www.archbishopofcanterbury.org/news/latest-news/coronavirus-archbishops-call-national-day-prayer-and-action>

