



THE ROCK

Anglican Parish of
Cabersham Saint Peter,
Dunedin, New Zealand

June 2021—Trinity—Ordinary Time



The extra in the ordinary

By The Bishop

The church seasons have moved us into a period of “Ordinary Time”, which could be seen as a bit of a relief after the rigours of Lent, the celebrations of Easter, the challenge of Pentecost, the mystery of Trinity and the comfort of Corpus Christi! A few weeks of Ordinary Time to allow us to recover after the abundance of all that religion... or at least a return to a rhythm of normality.

Which, of course, is not really what we are faced with or called to!

The call to follow Jesus Christ almost always comes with the challenge of change:

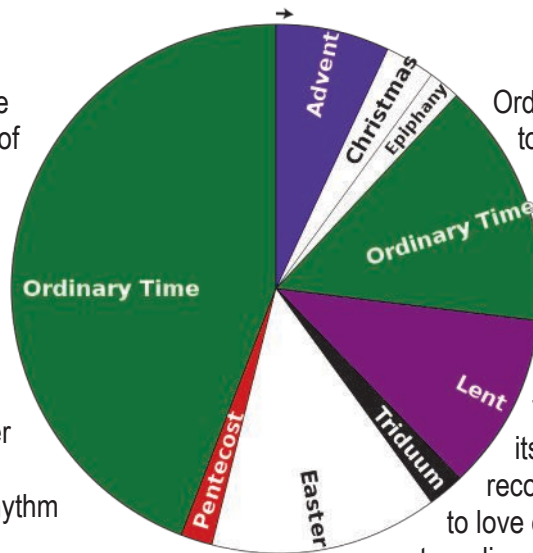
- ◆ to see change in our own lives and attitudes
- ◆ to expect a change in our corporate lives as a church
- ◆ and to seek and bring about change in society—particularly to those most in need.

So-called “Ordinary” Time will be a misnomer if we seek to interpret it as an opportunity to sit back and let things carry on “as it was in the beginning, is now and shall be forever”.

One of the challenges which strikes me when I think about

THE CHURCH I GREW UP IN

This month we begin what we hope will be a new series describing the churches our readers knew when they were young. Jenny Maffey gets us under way with her childhood church, Holy Trinity in Dargaville, pictured at right.



Ordinary Time is how can I use this time to make more sense in my ordinary life of the extra-ordinary actions and gifts of God? How are the truths which have become part of our church practice reflected and remembered in my interactions with others?

The church has never existed for itself alone: we are called to recognise, worship and serve God and to love each other. Which is itself

extraordinary work and takes a lot of time! And I am increasingly aware of how that is already expressed in the ordinariness of life. The little acts of service and kindness to each other, to our neighbours and those in any manner of need. The news coverage of the recent Canterbury floods brought to our attention the way many in the farming community look after each other—turning out to help with stock, provide a meal, showing how no-one need feel alone. This is a feature of the call to all Christians and it is good to see it permeating society.

As we recognise the presence of God in the ordinary as well as the extremes of life and respond to that presence, our understanding of God can increase and the fruit of the Spirit become available to all who are in need.

+Steven

We'd love to publish the story of the church you grew up in. Email text to The Editor—see page seven for contact details.



THE CHURCH I GREW UP IN

By Jennifer Maffey



On a hill above Dargaville in Northland stands Holy Trinity Anglican Church.

From the grounds there is a spectacular view over the town and the curve of the Northern Wairoa River, now somewhat obscured by trees and rooftops.

In 1872 Joseph McMullen Dargaville paid £1 per acre for 172 acres on the northern banks of the Northern Wairoa River and established a trading post. Then he set about organising the building of a Church, giving another £600. It was designed by Auckland architect, Mr Mahoney and built by Mr Colebeck, also of Auckland. Work commenced in October 1877. Holy Trinity is almost exactly the same as it was on the day of dedication—Trinity



"There is a spectacular stained glass window behind the altar..."

PHOTO'S: SUPPLIED.

Sunday 1878. The interior was done in the best polished kauri timber and is a cruciform consisting of a nave and chancel with a vergers' room on the south. The main entrance is under the tower at the west end which supports a graceful spire topped with a wrought iron vane.

There is a spectacular stained glass window behind the altar on the east

wall. A scroll is written below the window

To the Glory of God and in memory of Joseph McMullen Dargaville who died and was buried at sea October 26 1896, aged 59. This window was dedicated by his widow.

He died on the Mariposa when returning from visiting his Irish homeland. The Memorial window was made in Regent Street, London by Clayton Bell and shipped to New Zealand by Wright Stephenson & Co Ltd on the SS Waiwera. The window was installed in 1910 and is the only monument ever erected to honour the town founder.

Edwin Mitchelson presented a polished brass lectern, still in use today. On the other side stands a prayer desk bearing an inscription to the memory of a grandson of Joseph and Anne, killed in action in 1941 age 20. The bell which tolls today is the same one as rang out for the dedication on Trinity Sunday 1878. Iron replaced shingles in 1901 and the steeple was restored in 1987.

On the Vestry side is the organ console built by Auckland George Croft. On it is a small plaque with the words

Memorial organ built in 1925. Given by the Dargaville family in memory of Anne Dargaville.

In 1972 the organ was restored, electrically powered and updated with five pipes including a trumpet rank.

There is an impressive set of steps, dedicated in December 1953, leading steeply from the street to a semi-circular landing just below the church. Here there is a memorial plaque to those who fell in the 1939-1945 war.

In June 1983 the Church was listed with Heritage New Zealand, list number 476, category 2.



"...an impressive set of steps ... leading steeply from the street..." to Holy Trinity, Dargaville.

My brother, sister and I were baptised, confirmed and married in Holy Trinity. Dad was on the vestry and CEMS and Mum belonged to the Women's Guild and Mothers' Union so a lot of our life centred around church activities. It is a beautiful wooden church and I love to return there for services and see familiar faces of old school friends.

These days Holy Trinity is a lively



community with a strong Parish roll. All Saints at Mititai and St Peter's at Te Kopuru are part of the Parish. The new Vicar, Reverend Frank Nelson, was inducted on 25 May this year and his first Sunday worship was Trinity Sunday. Very apt I thought. 📺

My grateful thanks to Anne Mitchell, Dargaville, Editor of the Parish Magazine, for photos and the article by Brian Eastwood from 'Memories' magazine.

Tim Snell R.I.P.

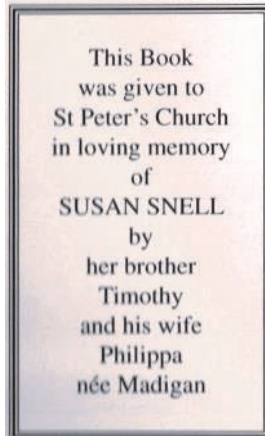
By David Hoskins

If you open a copy of the *New English Hymnal* at Saint Peter's you will find they were given in memory of Susan Snell, the daughter of former parishioner Elaine Snell, by her son Tim.

Tim grew up and was educated in Dunedin. He was a member of the St Paul's Cathedral Choir and after university and marriage to Philippa (Pip) Madagan, daughter of Beth Madigan—yet another with a Saint Peter's association, Tim went to Europe where he became an executive with the pharmaceutical company, Boehringer-Ingelheim.

They lived in Vienna for a considerable period, hosting Father Carl Somers-Edgar, a previous priest of this parish, on his last overseas holiday. Tim and Pip moved back to New Zealand and bought a property near Alexandra. Unfortunately, Tim became ill and he passed away a few months ago. His funeral service at St Paul's Cathedral, Dunedin was a splendid send off and needless to say, the music was wonderful with many ex-choristers in attendance.

We have always been grateful to Tim for his generous gift and members of the parish have been remembering Elaine and Philippa in their prayers. 📧



The Frolicsome Friar



"Have you seen Timmy? I need him to fix my computer, scanner, printer, laptop and phone."

SOURCE: WWW.HOWTOGEEK.COM..

CHURCH SIGNS



We make the news

On 15 June we featured in the 100 years ago column in the *Otago Daily Times*. You can check out the story with image of our font on the ODT website at <https://www.odt.co.nz/opinion/100-years-ago/anglicans-plan-wave-prayer%E2%80%98wave-prayer%E2%80%99>



The font canopy pictured was destroyed by fire many years ago and replaced by the existing one which was built by Mr Ray Hunt, a parishioner of the time. 📧

Bishop visits

During our interregnum Our Bishop has been supporting the parish in many ways. One evident example was his celebrating at the Thursday morning Mass on 3 June, joining the congregation at Poppy's café after the Service. He is pictured here with our assistant priest, Father Kit Bunker. 📧



PHOTO.: JENNIFER MAFFEY.

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



Nutritious



The vital vitamin C

By Alex Chisholm

As we are in the season of colds and flu vitamin C is perhaps more in the news, though it is an important part of our diet all year round.



Prof. Margreet Vissers.
PHOTO: OTAGO.AC.NZ.

Vegetables and fruit have positive health effects and help protect against heart disease, strokes and high blood pressure and possibly some cancers. That is hardly surprising as Professor Margreet Vissers from the Free Radical Research Centre at the University of Otago, Christchurch has said “Vitamin C is at the hub of almost every biological function that we know”. That is it is important for a huge number of functions

in our bodies.

It is good that that our bodies are very efficient at using vitamin C but they also get rid of it very quickly as well, so taking small amounts often is probably best. Spacing your fruits and vegetables over the day helps your body to get the most benefit from them, as vitamin C is not stored to be used later. Although we are advised to eat two fruits and three vegetables every day, it may be that people could benefit from more. Back in 2017 a news item declared “One in 10 New Zealanders over 50 at risk of scurvy because of low vitamin C levels”. This came from the CHALICE study in Christchurch

which measured the levels of vitamin C in the blood of over 400 people aged over 50. They found 62% of the group had inadequate levels of vitamin C in their blood while another nearly 16% had even lower levels. Men, current smokers and those with less money to spend on food tended to be among those with lower levels.



This short report highlights the possible need for vitamin C levels to be measured and for more targeted dietary advice.



The issue with lower levels of income is also very important for its effect on children who may not be getting enough food overall, not just fruits and vegetables. Given the importance of food for health this can have significant long term effects.

“Vegetables and fruit have positive health effects and help protect against heart disease...”.

IMAGE: WWW.PHYSIOTHERAPIES.CO.UK.

Meanwhile, across the Tasman vitamin C is getting more publicity. Some cases of scurvy

have been reported in Australia. These have often been diagnosed after extensive investigations have not uncovered the cause of the problem. However, simply by investigating the diet the cause is often found! In one case the person was eating a daily main meal of pasta and a home made sauce but no fruit or vegetables. A test showed no vitamin C could be detected in the blood. This is extreme but other people have recently been diagnosed with scurvy when they

(Continued on page 5)

STEWART Construction Ltd

29 Fox Street South Dunedin

Ph 03 455 2057
Fax 03 455 5959
Cell 0274 360 097

Registered mb nz/jmf

■ Construction ■ Homes ■ Joinery ■ Kitchens ■ Design

Alterations Maintenance
 Joinery Kitchens
 Commercial

www.stewartconstruction.co.nz



Nutritious

The vital vitamin C

(Continued from page 4)

have unusual and unhealed wounds. You can read about one lady describing her surprise reported on

<https://www.stuff.co.nz/life-style/well-good/teach-me/86985182/scurvy-hits-australia-will-new-zealand-be-next>

This is not a diagnosis that people expect today as we think of scurvy as a disease of history and long sea journeys. It was not until her doctor investigated her diet after months of no success with treatments, that scurvy was discovered. Since then ‘...Professor Jenny Gunton, found several patients in her diabetes clinic in Sydney’s Westmead Hospital had

developed the

severe vitamin C deficiency and believes the condition could be going undiagnosed in countless more people’.

As well as not eating enough fruits and vegetables, cooking vegetables ‘to mush’ and not using the cooking water (shades of our mothers’ and grandmothers’ advice) can also contribute. Professor Gunton has since diagnosed other cases often when people deliberately avoid fruit.

So is this ancient disease something we will be seeing in New Zealand in future?

Shortly I will be looking at the different fruits and vegetables and practical steps we can take to get the most from our vital vitamin C intake. 📺



“...we think of scurvy as a disease of history and long sea journeys.”

IMAGE: LOWTECHMAGAZINE.COM.



IMAGE: REDLANDMARKETVILLAGE.COM.

REFERENCES:

NOWAK, D. VITAMIN C IN HUMAN HEALTH AND DISEASE. NUTRIENTS 2021,13, 1595. [HTTPS://DOI.ORG/10.3390/NU13051595](https://doi.org/10.3390/nu13051595)
[HTTPS://WWW.OTAGO.AC.NZ/CHRISTCHURCH/NEWS/OTAGO668292.HTML](https://www.otago.ac.nz/christchurch/news/otago668292.html)

EXCLUSIVE: ONE IN 10 NEW ZEALANDERS OVER 50 AT RISK OF SCURVY BECAUSE OF LOW VITAMIN C LEVELS NOV 10, 2017 • SOURCE: 1 NEWS

[HTTPS://WWW.TVNZ.CO.NZ/ONE-NEWS/NEW-ZEALAND/EXCLUSIVE-ONE-IN-10-NEW-ZEALANDERS-OVER-50-RISK-SCURVY-BECAUSE-LOW-VITAMIN-C-LEVELS](https://www.tvnz.co.nz/one-news/new-zealand/exclusive-one-in-10-new-zealanders-over-50-risk-scurvy-because-low-vitamin-c-levels)

NUTRIENTS. 2017 AUG; 9(8): 831.

PUBLISHED ONLINE 2017 AUG 3. DOI: 10.3390/nu9080831

PMCID: PMC5579624

PMID: 28771190

VITAMIN C STATUS CORRELATES WITH MARKERS OF METABOLIC AND COGNITIVE HEALTH IN 50-YEAR-OLDS: FINDINGS OF THE CHALICE COHORT STUDY

JOHN F. PEARSON,¹ JULIET M. PULLAR,² RENEE WILSON,³ JANET K. SPITTLEHOUSE,⁴ MARGREET C. M. VISSERS,² PAULA M. L. SKIDMORE,⁵ JINNY WILLIS,⁶ VICKY A. CAMERON,³ AND ANITRA C. CARR^{2,*}

Early breakfast



On 9 May, a shared breakfast was organised after the 8am Service to give Father David Tannock a chance to get to know people. Pictured from left: Father David Tanock, David Hoskins, Gwen Hudson, Joan Ferguson, Di Best, Kit Bunker, Tubby Hopkins (obscured) and Ken Ferguson (back to camera).

PHOTO.: JENNIFER MAFFEY.

Cleaning out the Choir Cupboard

~~Rock~~ Music

(Continued from page 8)

written musically and draws for its text on the gospels of Matthew and John and hymns by Charles Wesley and St. Thomas Aquinas. A couple of soloists have interesting music to sing and the hymns work very well. The organist is not expected to be a virtuoso but the whole thing is just challenging enough to make a performance worthwhile without the endless rehearsals for a larger work such as the

Crucifixion. Thiman's compositions for community choirs are popular even today and show influences from Elgar to Howells and an occasional whiff of early Benjamin Britten!

What the congregation in Saint Peter's on Palm Sunday evening in 1958—no doubt rehearsed by the vicar at the time, Father

Roger Taylor, a fine, well trained musician—thought of the performance of the *Last Supper*, this 'new work', is not recorded but no doubt the singers would have been well pleased and relieved at the lighter workload. It was Father Taylor who introduced a number of new works for the parish choir to sing during his time at Saint Peter's—including the singing of the Litany in procession at both the



Dr Thiman at the organ of the Central Temple, London.

PHOTO.: THETHIMANCOLLECTION.WORDPRESS.COM.

Cathedral and Saint Peter's which are fondly remembered to this day.

Its worth looking up Eric Thiman online. Youtube has a range of music and there is an Eric Thiman archive at Southwell Minster.



I have not thrown out the tatty copy of *The Last Supper*. It could stand another performance in the future. I have found other

intriguing scores, but ...as they say... that's for another time. 📧

More online :



Visit Southwell Minster's Eric Thiman Collection at www.southwellminster.org/theme/eric-thiman-collection



Regular Services

(for variations consult *The Pebble* or 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

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.

Parish Contacts:

ASSISTANT PRIEST:

Father Kit Bunker : (03) 477-2474

CHURCH WARDENS:

Bishop's Warden:

Deirdre Harris : (03) 455-0071

VicarsWarden@stpeterscaversham.org.nz

People's Warden:

Di Best : (03) 477 2474

PeoplesWarden@stpeterscaversham.org.nz

VESTRY SECRETARY:

Vestry@stpeterscaversham.org.nz

DIRECTOR OF MUSIC

AND PARISH CENTRE MANAGER:

David Hoskins : (03) 453-4621

PARISHCENTRE@STPETERSCAVERSHAM.ORG.NZ

FINANCE:

Danielle Harrison : 027 7836102

Finance@stpeterscaversham.org.nz

The Rock is published by The Anglican Parish of Caversham, Dunedin, N.Z.

EDITOR:

David Scoular : (03) 454-6004

TheRockEditor@stpeterscaversham.org.nz

ADVERTISING QUERIES:

TheRockAds@stpeterscaversham.org.nz

PRE-PRINT SERVICES BY: Information Services Otago Ltd.

PRINTED BY: Dunedin Print Ltd.

Remember

**when you contact our
advertisers, tell them you saw
them in *The Rock***

ARTS AND CRAFTS AT SAINT PETER'S

Saturday, 9 October 1pm-4pm

**A display of quilts and crafts by parishioners
and friends.**

You can help:

- **Bring baking for sale or for afternoon tea or provide ingredients for others to bake with**
- **Grow plants for sale from cuttings or seeds**
- **Be there on the day for setup and staffing**

Contact Jenny Maffey for more information. 455-4601 : 027-636-7331



We're locally and family owned and operated which means we'll always be here when you need us
Compassionate guidance, support and advice 24/7

Ph: 03 455 2128 [24hrs]
407 Hillside Rd, Sth Dunedin
www.gillions.co.nz

GILLIONS
FUNERAL SERVICES

For your diary

Tuesday, 22 June : Afternoon tea at St Barnabas with Lorraine Benford.

Sunday, 4 July : Patronal Festival. Celebrant Bishop Kelvin Wright followed by lunch at the Wharf Hotel

Sunday, 25 July : Deadline for copy for the July edition of *The Rock*

Saturday, 9 October : Arts and crafts day, 1pm-4pm.

Tuesday, 2 November : *Caversham Lecture*—Glen Hazelton, a leading urban designer with the Dunedin City Council

Tuesday, 9 November : *Caversham Lecture*—Richard Whitney, CEO of Mercy Hospital

Tuesday, 16 November : *Caversham Lecture*—Peter Belton, a Master of Fine Arts with a background in secondary school teaching and teacher education

Tuesday, 23 November : *Caversham Lecture*—Rev Dr Peter Matheson, Emeritus Professor, Knox Theological College, Dunedin

Cleaning out the Choir Cupboard

Rock music



By David Hoskins, Director of Music

From time to time a spring clean is warranted and the tower room at Saint Peter's is home to cupboards which fill up with stuff rather too speedily for comfort. I engaged in such an exercise recently and uncovered music which would have featured in the Saint Peter's Choir repertoire—especially in the glory days of Father Roger Taylor as Vicar.

There is a copy of Stainer's *Crucifixion* with a date of 'Palm Sunday 1937' which Miss Bessie Favell would have conducted but sadly we have no other details. However, she was known to be an excellent organist and choir trainer so it can be taken as a given that the performance was a fine one. Over the years, the Cathedral choir and choirs from St Kilda and Anderson's Bay churches joined the Saint Peter's singers for special occasions. Performances of church cantatas by Anglican choirs—particularly from the Victorian period onwards—had entered most churches' liturgical year in one form or

another. They were a minor relic of the great period of the cantatas of J.S. Bach in the 18th century. However, these compositions served the same purpose—that of uplifting the faithful and marking the seasons and festivals of the church year.

It is a tradition which continued into the 1970s but is now all but gone as a part of church life, along with parish choirs (in the main). Some of the other music was by the 20th century English composer Eric Thiman (pronounced tee-man). He was regularly introduced during a tour of Australia as Dr Thigh-man. What he thought of this has not been recorded. Few choir cupboards during the first half of the 20th century would not have had copies of one of the many well-written compositions by Thiman. They are melodic but without the recourse to Victorian sentiment which sometimes mars works like the once hugely popular *Olivet to Calvary* by John Maunder.

Who was Eric Thiman?

Eric Thiman was born at Ashford, Kent, UK., in 1900 and became a leading organist, conductor and composer for the English nonconformist tradition. He composed for the Anglican cathedral choirs, a very good *Te Deum* comes to mind, but most of his work was focused on Congregational and Methodist choirs. He also conducted amateur community choirs throughout the UK and became a noted music examiner. He continued to work as a busy musician right up to his death in 1975.

In 1930 he wrote a short cantata, *The Last Supper*, which became immensely popular with church choirs. It is well

(Continued on page 6)




If you love it, frame it

For all your Picture Framing Requirements

35 CRAWFORD STREET, DUNEDIN. PHONE: 477-7080
 EMAIL: greig@nevillstudios.co.nz
 WEBSITE: WWW.NEVILLSTUDIOS.CO.NZ






Justin Welby
The Archbishop of Canterbury

From a tribute to The Duke of Edinburgh in the House of Lords, 12 April 2021.

“One of the rites of passage for Diocesan Bishops newly in post has been to preach at Sandringham in January. ... On the Sunday morning the Bishop preaches. ... Prince Philip listened intently, thought deeply and over lunch interrogated knowingly. His reading theologically was wide, his memory retentive, his analysis perceptive. Few Bishops failed to leave with greater thoughtfulness and few Bishops failed to admire. We quite often had to answer questions about what a Bishop had said in a sermon two or three weeks earlier, with which he disagreed—he was effectively polling the bench.”



More online :

Read the complete text at:

<https://www.archbishopofcanterbury.org/speaking-writing/speeches/archbishop-pays-tribute-duke-edinburgh-house-lords>

