



Anglican Parish of  
Cabersham Saint Peter,  
Dunedin, New Zealand

# THE ROCK

August 2021—Trinity—Ordinary Time

## Thank You



Father Brett Roberts.



Our Bishop leading shrine prayers following Evensong and  
Benediction on 1 August.

PHOTO: INFORMATION SERVICES OTAGO LTD.



Father James  
Harding.



Since Father David Tannock completed his two months as interim Priest of Saint Peter's, we have been blessed by the help of a team of locum priests who have ensured our Services have continued uninterrupted. Some of them travelled considerable distances to join us.

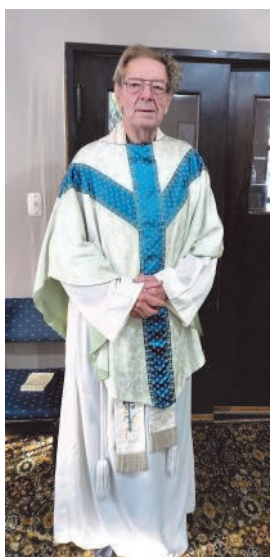
Mention should also be made of our People's Warden who has been assiduous in her efforts to ensure each Service has been covered and each priest has had the necessary information to ensure continuity in our worship.

We are most grateful for the regular assistance of Father Brett Roberts (from Balclutha), Father James Harding (a regular locum for Saint Peter's and due to be married to Jenny Cole here shortly—COVID permitting!), our own Father Kit Bunker who retired as our Assistant Priest this month, Father David Crooke, Father Peter Stapleton and our Bishop, the Right Reverend Dr Steven Benford, Bishop of Dunedin.

Bishop Kelvin Wright (previous Bishop of Dunedin) and Father Bernard Wilkinson (from Oamaru), who spent a year as our interim Priest during the previous interregnum also assisted.

Truly the Saint Peter's community spreads far and wide and strong.

Thank you all. 📺



Father Kit Bunker.



Left to right: Father Bernard  
Wilkinson, Bishop Kelvin Wright,  
Father Peter Stapleton.

PHOTO'S: INFORMATION SERVICES OTAGO LTD AND  
WWW.CALLED SOUTH.ORG.NZ.



Father David Crooke.

PHOTO'S: JENNIFER MAFFEY.

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# Anglo-Catholic *Hui* 2021

By Father John Graveston

**F**ood for the Journey was the theme of the 2021 Anglo-Catholic *Hui*, held at St Michael and All Angels' Anglican Church, Christchurch.

This is the third annual Anglo-Catholic *Hui*—a series which began in Dunedin in 2018.

The three-day gathering started on 12 August and brought over 100 Anglicans from across New Zealand together to celebrate Mass, attend workshops, network and hear from the keynote

speaker, the Reverend Canon Richard Peers, Sub-Dean of Christ Church Cathedral Oxford. Father Richard talked on spiritual practices which feed us for the Journey. The topics of his talks were based around Spiritual discipline and covered: Confession, Praying the Psalms, Fasting and Spiritual Direction. One of the messages which come through Father Richard's talks loudly was how we need not apologise or hide our High Church beliefs but embrace them and use them to help bring people into the church. We do this through grounding ourselves in our tradition so when we talk with people, we are strong in our beliefs and understand why we do what we do.

Aside from Father Richard's presentations, we attended four other workshops ranging from topics like *Anglo-*



**Priests on parade.** Left to right: Father Cruz Karauti-Fox, Father Chris Orczy, Father Bosco Peters, Father Tony Curtis, Barry Dawson Smithson, Father John Graveston, Father Wiremu Quedley.

PHOTO'S.: SUPPLIED.

*Catholicism and Charism in the Anglican Church of Melanesia to Nurturing the Child Within: The Child at Mass.* One of the workshops was led by the former Vicar of Saint Peter's, Father Hugh Bowron. Father Hugh's workshop was well attended and discussed the Oxford movement and the contestation which arose around the Eucharistic sacrifice.

One of the treasures of the three days was the opportunity to talk and network with other Anglicans, both lay and ordained, who value the riches of the catholic tradition to proclaim the Gospel, as we do here at Saint Peter's.

The next Anglo-Catholic *Hui* will be held in Hamilton in 2022 and I would encourage you all to attend.✉



Participants' photo-call.

# Lorraine Mitchell R.I.P.

By Father Hugh Bowron

Lorraine Mitchell was born in Wellington. Her childhood was spent in the North Canterbury township of Waipara, then her family moved to Waihola. In 1967 she married Ken Mitchell at the Church of the Nativity, Blenheim. The rest of her adult life was spent in Dunedin, first of all in Mornington and then in Tainui. She had two children, Dean and Carmen.



There was a memorial Service for Lorraine at Saint Peter's on 3 August this year—she had been a member of our 10.30am congregation for many years. Lately, she was too ill to attend and so I took communion to her pretty much every Sunday. She died in Radius Fulton home recently.

In the social gathering in Saint Peter's lounge after the Memorial service there was a rolling display of images from various scenes in Lorraine's life. I was particularly moved by a photo of her cheek to cheek with Ken on her wedding day. There was such a look of happiness, bliss and contentment on her face. I thought of the French word *douceur* meaning softness, gentleness, sweetness and another French word *gentil* meaning kind.

It is hard to describe why such a low-key life has left such an impression on me. She was so easy to talk to, so easy to tune into, so easy to effortlessly relate to. Conversation just flowed. And of course, she was a person of deep Christian faith, one that was worn lightly. She needed it because of the burden of suffering which came her way from many illnesses and afflictions in the last years of her life.

Suffering can embitter people, make them closed in on themselves and reduce their horizons and their capacity for hope. This was not the way with Lorraine. In those last years of her life, she lived out a deep truth about the Christian life, one that some struggle to accept. Suffering is an inescapable part of being human. We should take reasonable steps to avoid it if possible and we can rejoice that we live in an era when medical science has advanced to the point where pain control is effective and widely available. However, when suffering comes our way unavoidably we can use it as an avenue into the life of God. We can identify with the sufferings of Jesus on the cross to grow in our friendship with God, to become more intimate in our abiding with him.

The great Anglo-Catholic poet T. S. Eliot wrote in the *Four Quartets* “In my end is my beginning.” I used to joke with Lorraine that in my case the words would be “In your beginning is my end” because I have booked a burial plot in the beautiful Glenmark cemetery just a hop, skip and a jump down from where Lorraine grew up in Waipara. I look forward to sharing in more ironic humour and good conversation with Lorraine in the life of the world to come. 🇳🇿

Father Hugh Bowron was Vicar of Saint Peter's until his retirement earlier this year.

## The Frolicsome Friar



*"Our computers are down, so I can't look it up. If I had to guess, I would say, yes, that is fattening."*

SOURCE: WWW.HOWTOGEEK.COM.

## CHURCH SIGNS



## 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,  
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Caversham,  
Dunedin, N.Z. 9012

Emailed to: [TheRockEditor@stpetersscaversham.org.nz](mailto:TheRockEditor@stpetersscaversham.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](mailto: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



## Processing out the goodness

By Alex Chisholm

**W**e are all familiar with the concept of processed foods. As we generally understand them they have been part of the 'food scene' since canning was first invented, by Nicolas Appert of France, in 1809 after a request from his government which needed a dependable supply of food preserved from spoilage for the army and navy. Depending on your definition though, the first food processing was possibly around two million years ago, when our ancestors learned to control fire and cook their food! Food drying, salting and fermenting are also some of the oldest methods of food preservation. The sun and the wind would have naturally dried foods and evidence indicates that Middle East and Oriental cultures from the earliest times actively dried foods including fish, meat, vegetables and fruits.

An early staple food requiring some processing was of course bread. To begin with this would have been flat bread made from wild grains and cooked on a hot stone. After cereal cultivation was established bread as we know it, made with a leaven and cooked in an oven, became more common. However, we now have the situation where we have not just foods which are processed while keeping a recognisable form, but highly processed items quite unlike their source ingredients. These are Ultra Processed Foods (UPFs). They have been described as industrial formulations, which as well as salt, sugar, oils and fats, often contain a long list of other ingredients not normally used in food preparation. These may be meant to mimic the taste and sensory qualities of the less processed foods. Some ingredients may be directly harmful to health and the additional sugar (often in savoury foods) and salt could have a bad effect on weight and blood pressure. Since 2009 there has been a special system called the NOVA classification involving four food categories, defined as: group 1, unprocessed or minimally processed foods; group 2, processed culinary ingredients; group 3, processed foods; group 4, ultra-processed foods. We should be aiming to eat foods from the groups 1 and 2, then 3 and much less if any of 4. Some examples of whole foods and foods with minimal processing (groups 1-3), which could readily be included in a



## Walnuts: More good news

**I**f you consider nuts, especially walnut kernels, to be the ultimate minimally or unprocessed snack



PHOTO: NEWS.PSU.EDU.

food and there continues to be good news in the health research about the benefits of eating small quantities regularly. A recent randomised controlled trial carried out in Germany with 194 healthy subjects demonstrated the effectiveness of 43g walnuts/day eaten in a meal or as a snack. The walnut diet



resulted in a significant reduction in fasting total cholesterol, LDL cholesterol and triglycerides while HDL cholesterol did not change significantly. As part of the same trial the researchers investigated the effect of walnut consumption on the gut microbiome. They observed changes in the gut microbiome, which indicated the walnuts were acting as prebiotics and that this could be beneficial for health. The researchers state 'the results indicate that nuts (especially walnuts) may be an important dietary supplement not only to positively influence blood lipids but also to improve gut microbiome health'. It is unclear if and how the changes in the microbiome are linked to the changes observed in fasting lipid metabolism, but that is something which may be investigated in future.

Reference: Bamberger C et al 2017 & 2018.

(Continued on page 5)

# THE CHURCH I GREW UP IN

By Di Best, People's Warden



"Old" St James' Exeter.

SOURCE: EXETER MEMORIES.

## St James's Church and School

This is the church I attended as a child, though it had already been destroyed and we worshipped in the church hall. Anglo-Catholic in tradition the Rector, Father Green, was Mirfield trained.

The parochial district was created in 1838 apart from St Sidewell. Consecrated on 26 November 1836, it cost £3,722 to build, of which £500 came from the Church Building Society. In the modern Gothic style there was space for 1,200 people, of which 600 were free. The school was built in 1845. St James's was destroyed by enemy action in May 1942.

The present church was dedicated in 1956. It is brick-built in a traditional design (east-facing, sanctuary, chancel, nave) with architectural references to Santiago de Compostela.



Exeter.



The current St James' Exeter.

PHOTO: [HTTPS://WWW.STJAMESEXETER.ORG/](https://www.stjamesexeter.org/)

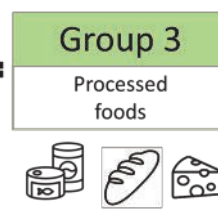
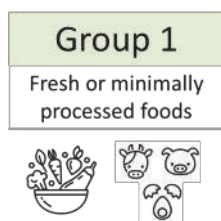


## Nutritious Processing out the goodness

(Continued from page 4)

Heart Healthy diet are:

- ♦ fresh, frozen and canned vegetables and fruit
- ♦ dried, canned and frozen beans and legumes such as lentils and chickpeas, whole grains like oats, brown rice, barley, quinoa and bulgar (cracked wheat)
- ♦ fresh and frozen poultry and meat
- ♦ fresh, frozen and canned fish and seafood
- ♦ milk and plain yoghurt
- ♦ eggs
- ♦ baked / roasted nuts and seeds; dried fruits



Overconsumption



Non-communicable chronic diseases



and minerals whereas highly processed foods are often high in SFA, salt and sugar with low content of fibre, vitamins and minerals.

However people can only buy the foods available to them and what they can afford. In aiming to move eating habits in a healthier direction there needs to be healthy food readily available—and cheap! If unhealthy food is the main or only affordable food in their area that is what people will eat.

Of course, some foods need to be processed to make them usable, for example olives pressed for olive oil, milk pasteurised to make it safe to drink and grains milled for flour or hulled for whole grains.

Manufactured foods have varying levels of processing. Some examples of more highly processed foods include puffed rice breakfast cereals, snack foods such as crackers and biscuits, processed meat products, ready meals and sauces.

Foods closer to nature generally have greater nutrient density and are high in fibre, vitamins

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# Singing Through Masks



(Continued from page 8)

spreader' events and banned. The flu spread rapidly as a result of these singalongs.

In parts of Australia, where the virus in its present variation is wreaking havoc, lockdowns are more severe than in New Zealand, with the armed forces joining the police in maintaining order in the major cities. Which begs the question: what can one do during this extraordinary time? Music, and particularly singing together, is recognized as a 'good thing to do'. I have, along with many people, rediscovered radio as a wonderful accompaniment to my day. Being a poor sleeper, I often listen



to the BBC World Service broadcast overnight on the local community radio station, OAR FM. This morning I listened to a broadcast of a young pianist with the Philharmonia Orchestra playing J. S. Bach and Mozart concerti in a Proms concert from the Royal Albert Hall. It was spellbinding music-making and the young man, who goes by the

remarkable name of Vikingur Olafsson, is clearly set for a career of greatness. I felt better for having heard that—but tuning to RNZ Concert can do the same.

On the bus the other day I heard someone say they had wanted some cheering up and tuned into Concert by mistake and thought it wonderful; even though it 'was not at all my normal cup of tea'. So ... we can't sing hymns, but here is a couple of carols/hymns which have been adjusted to our present travails. I compiled them from various church music blogs on the internet (normally most serious in tone). Of course, they are of a lighter nature, but accessing the US Hymn Society website, there are many hymns and songs which can give comfort.📺



"On the bus the other day I heard ...".

## A Covid Psalm 51

By Paul Richardson (Tune: 'O Come, All Ye Faithful')

Stay home, all you faithful, prudent and protected.

Stay home, stay home now, wherever you are;

Six feet between you, sharing space verbally.

Stay Home and wash your hands;

Stay home and wash your hands;

Stay home and wash your hands

(and clean your hearts).

## Our God can span the distance.

By Leah Krenek. (Tune: 'In the Bleak Midwinter')

When the virus started

People panicked, scared,

Flocked in droves to grocery stores

Feeling unprepared

Hoarded toilet paper rolls – roll on roll –

Instead of simply going home.

Panic took its toll.

Keep your social distance –

Space that separates –

Listen to insistence:

Stay within your gates.

Keep in touch in touchless ways

Facebook, Skype, or Zoom

Or good, old-fashioned phone calls

Made within your room.

Our God can span the distance,

Be with us in grief,

Offer us assistance

Till we find relief.

So, when you feel lonely, anxious, sad or scared

Christ said, 'I'll be with you,'

Light and Love declared.

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## 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: 1<sup>st</sup> and 3<sup>rd</sup> 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:

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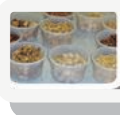
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## Nutritious

### THE RECIPE : RAISIN BREAD

#### What you need

- ◆ 335g (2½ cups) wholemeal self-raising flour
- ◆ 90g (1 cup) rolled oats
- ◆ 1 tsp bicarbonate of soda
- ◆ 1Tbsp brown sugar
- ◆ 115g (¾ cup) raisins
- ◆ 300g (1¼ cups) low fat yoghurt
- ◆ 125ml (½ cup) orange juice

#### Method

- ◆ Heat oven to 180C / 350F
- ◆ Combine all dry ingredients and raisins
- ◆ Add yoghurt and juice and mix to a soft dough
- ◆ Turn mixture into a lightly greased loaf tin
- ◆ Bake for 40-45 minutes or until the loaf has risen and sounds hollow when it is tapped underneath



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FUNERAL SERVICES

# For your diary

**Wednesday, 25 August** : Fellowship meeting. 2pm at Glenfalloch

**Thursday, 26 August** : Curry evening

**Friday-Sunday, 17-19 September** : Diocesan Synod at St Matthew's

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

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

**Saturday, 30 October** : Organ recital by Dianne Halliday

**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

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# Singing Through Masks

**Rock** music



By David Hoskins, Director of Music

**T**he distinguished medical columnist of *The Atlantic*, Dr James Hamblin, had wise and practical words for why churches have gone into lockdown along with the rest of the community. He points out that in church, “when [you] sing, microscopic particles burst forth from your mouth in a fountain of mist. Large droplets fall to the ground, but

the rush of air also creates an aerosolized mixture of everything that’s lingering in the mucus membrane of your pharynx. This is exactly where the coronavirus attaches and replicates, which it can do before a person feels any symptoms.’ With that in mind, it is a good time to consider how we communicate during this and (probable) future disruptions to worship.



Notre Dame University Folk Choir Rehearse

PHOTO: WWW.UNIVERSITYOFNOTREDAME.COM—22.8.2021.

It is great that many of us have access to YouTube and other digital platforms to enjoy music we can’t engage in at present. The Saint Peter’s Parish website is a fine vehicle for keeping in touch—the kind words of Father John Graveston are an example of how we can stay in touch. Yet, everybody agrees this is not quite the same. However, I was reminded of some research I undertook some years ago regarding public assembly during the Influenza Pandemic after WW1. People were encouraged by local authorities to come and have their spirits lifted in massed hymn-singing at town halls up and down the country. That would now be called a series of ‘super-

(Continued on page 6)

# The Monday Club

By David Hoskins

**T**he recent move by long-time parishioner Jo Steele from Dunedin to Ranfurly has brought a focus on the Monday Club which is very much part of Jo’s legacy at Saint Peter’s. She had a grand send-off by the club and members keep in touch.

Jo was a founding member of the Club which commenced in the ‘new’ Saint Peter’s Hall in 1986. It had an initial 4-6 members and varied over the years with table tennis, cards and indoor bowls on offer at different times. By 2012 there were 14 members and the focus was on table tennis with two professionally-made tables. As Jo entered her 90s she didn’t play actively but continued to run the club and organize morning tea—presiding as a firm but very friendly matriarch.

However, she felt the need to ‘let go’ of the club and, rather than see it go into recess, ‘persuaded’ me to take over the reins. I don’t recall volunteering so much as being nominated and appointed! The club is now operating every Monday with an increased membership of 21-23 members. The extra numbers have meant a third

table is now in use.

Some older, non-playing members

enjoy ‘popping in’ for a cuppa and they are always the centre of attention. Birthdays are often marked by morning teas of the ‘naughty but nice’ variety and the Christmas lunch is very popular.

Monday Clubber’s not only enjoy the friendly atmosphere but also the chance to exercise. Table tennis at this level isn’t about competition (though some members do play at a number of other venues) rather the chance to sharpen coordination and general fitness... and have an awfully good time!

The Monday Club welcomes people who may just want to pop in and ‘have a look’. You may just stay a while—Monday’s in the Saint Peter’s Hall, 10am-12noon. 📺



Monday Club organisers then and now:  
Jo Steele and David Hoskins.

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