



THE ROCK

Anglican Parish of
Cabersham Saint Peter,
Dunedin, New Zealand

October 2021—Trinity—Ordinary Time



“First” show a success

Earlier in the year, Jenny Maffey suggested a display of quilts in the Church as a Parish fundraiser. As she said, “I have a lot of quilts at home which hardly anyone sees and this would be a way to share them without boring a visitor.” The show was extended to parishioners and friends, sales tables, raffles and a simple afternoon tea.

Well, Jenny certainly does have a huge number of quilts and handcrafts, and these made a wonderful display in the Church along with all the other contributions. The variety of designs and detailed work kept the ‘Oohs’ and ‘Aahs’ coming all afternoon. A corner with lovely Christmas quilts and hangings; beautiful cross stitch; teddy bears; tapestry cushions; paintings; ceramics; felted work; clerical robes (including the Bishop’s cope, stole, mitre and crook—thanks to Bishop Steven) all making a colourful display enhancing the stained glass windows and accompanied by a selection of music from the organ.

The hall and lounge were buzzing with afternoon tea, raffles, baking, plant and sewing stalls making for a great afternoon of fellowship. There is some amazing and hidden talent among our parishioners.

Such was the success of the day it has been called ‘the first’ in the hope there will be another—just don’t mention that to Jenny for a wee while!!!

Jenny adds a very big “thank you” to all those who contributed with items

or time and for the support which was so readily given. 📷



Saint Peter’s clothed in quilts.

PHOTO.: INFORMATION SERVICES OTAGO LTD.

♦ At press time proceeds had reached over \$1,300.

♦ Further photo’s of the day are available in the Photo Gallery of Saint Peter’s website.

THE CAVERSHAM LECTURES 2021

Tuesday 2nd November at 7.30pm

In Saint Peter’s hall, Hillside Road

Dr Glen Hazelton



Leader of the heritage program at Dunedin City Council between 2009 and 2016 and the development and implementation of the Warehouse Precinct Revitalisation Plan, Dr Hazelton has specific interests in collaborative, holistic approaches to heritage and will talk about some of these initiatives and how they can benefit cities more broadly.

THE CAVERSHAM LECTURES 2021

Tuesday 9th November at 7.30pm

In Saint Peter’s hall, Hillside Road

Richard Whitney



Mercy in Dunedin
Mercy Hospital continues the very proud legacy established by the Sisters of Mercy. This talk will share the story of the Sisters, from their historical journey to New Zealand to where Mercy is today.

THE CAVERSHAM LECTURES 2021

Tuesday 16th November at 7.30pm

In Saint Peter’s hall, Hillside Road

Peter Belton



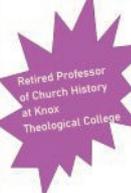
Peter Belton has taught art subjects, including art history, for quite some time. His presentation will be a fully illustrated account of why his life-long passion for making connections has followed this path.

THE CAVERSHAM LECTURES 2021

Tuesday 23rd November at 7.30pm

In Saint Peter’s hall, Hillside Road

Rev. Dr Peter Matheson



Poetry and Prayer:
The language of the heart

It is striking that the great liturgies and classics of spirituality have much in common with the language of poetry and imagination.

Let’s look at some examples and see what they tell us.



Our COVID future

By Father John Graveston

What is the plan going forward in a COVID-19 age? This is a question myself and many others in church leadership have been discussing, praying over and working our way through. As a church we have felt and are still feeling the large impact COVID-19 has had on our normal way of life. Only recently have we been able to resume hospitality and gathering together as a community around food and drink. We are still required to social distance, wear masks and receive communion in one kind. All of these restrictions are needed and are for the good of our community, they save lives and ensure we are loving our neighbours.

On Friday the 22nd of October our

Prime Minister, Jacinda Ardern, announced the new Traffic Light System which will guide our country's response to COVID-19. I am aware however that this framework, developed by the Government, will cause worry and division for some as it does have different requirements depending on your vaccination status. The question now arises, how does the church respond to these requirements while caring for all people? This is a question which I cannot answer for you now as we await guidelines from the Diocese. What I can say is that the way we worship and meet as a community will be affected by this pandemic for a long time to come. However our faith in a risen Lord can remain strong, as it has for the last 157 years. The Anglican Church in Caversham will



“ this framework, developed by the Government, will cause worry and division for some “.

PHOTO.: DAVID WATKIS ON UNSPLASH.

continue to minister to all.

I would like to take this opportunity to encourage (not force) you to get vaccinated. We know that it is safe and the best way to protect our families, especially those who cannot receive the vaccination and are then vulnerable to greater illness due to COVID-19. 🇳🇿

Building damage



On 13 October police advised of a broken window at Saint Peter's. When Father John inspected the building he discovered the tower's



The broken window in the second floor tower room.

PHOTO.: JOHN GRAVESTON.

second story window facing Hillside Road had fallen inwards, breaking the window, glass and frame.

Stewart Construction attended promptly to board up the hole and make it weather tight. The insurance claim process is under way and Father John is preparing options for repair to present to the vestry.

He says damage to the window is substantial and discussions with the builder suggest it will most likely take six months to repair. 🇳🇿

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The missing window and after being bordered up.

PHOTO'S: JOHN GRAVESTON AND INFORMATION SERVICES OTAGO LTD.

Josephine Steele R.I.P.

By Father Hugh Bowron

Jo Steele has died at the age of 99. Her funeral was from Saint Peter's.

She grew up on a farm in the Maniototo and caught her faith from her mother who was a devout Anglican. They lived too far away to go to church so they attended Sunday services at the Kyburn School.

At the age of 12 she was sent to Dunedin to do the commercial course at the technical college. She lived briefly in private board and then for seven years at the YWCA. This made her the self-possessed and self-confident person she became. Fortunately for her the then Dean and his wife took a close pastoral interest in her and made an effort to integrate her into their family. She was confirmed at the Cathedral at the age of 12.

She married a member of the Scottish Regiment who was a city man and after the war they moved to Lawrence to run a hotel there. Eventually they bought a farm so Jo was back where she started. He died in 1977 when they moved off the farm.

Jo was very involved in the local parish and in the rebuild of the Ranfurly church. Her home became a hospitality and gathering joint for local clergy. She served on the Maniototo vestry for 16 years and was often their Synodsperson. Even before her association with Caversham began, she became friends with Roger and Pat Taylor, whose ministry at Saint Peter's ran through the 1950s and early 1960s, when they did a locum in the Maniototo.

Her life was not without tragedy as their son David died at the age of 22. She remembered the way in which the local community rallied to the support of their family with generous hospitality. Just lately her son John died, who was very much a plus personality and local Naseby identity.

When I first came to the parish Jo lived at Esther Crescent in a house with a fine view of the sea. Soon afterwards she moved to Frances Hodgkins. There she acted as a rallying point for Caversham parishioners resident there, driving them to the main Sunday Service at Saint

Peter's. When she could no longer drive her room became the place where Caversham communicants gathered when I brought communion to them every Saturday.

She has left the parish an enduring legacy in the Monday Club which gathers in the hall every week for ping pong. It has continued for many years and attracts a large group from the wider community.

Josephine Steele could act with courage, initiative and tact. On one notable occasion she confronted a former incumbent of this parish in an encounter that was life changing and life giving for him; an encounter which did credit to both of them as people of Christian character.

I only knew Jo for the last nine years of her life. I sometimes wondered what it would have been like to meet her in her heyday. In the Patristic church there was much debate about what age we would all be in the life of the world to come. By and large the consensus settled down to our being 30, the age at which Jesus began his ministry. Perhaps then I will get the opportunity to meet Jo again in a transformed state at that young age. ☑

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



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 Frolicsome Friar



"I think you rely entirely too much on your GPS. Believe it or not, there are times it's wrong."

SOURCE: WWW.HOWTOGEEK.COM..



Nutritious

Meat often? Now and then!



Part 2: Now

By Alex Chisholm

Compared to times past, when meat was often a food available to only some of the population and even then may have been eaten only on special occasions, it has been traditionally the first item planned for the dinner meal in New Zealand. New Zealanders are predominantly meat eaters and red meat, meat products or poultry are often central to a main meal. Until quite recently a usual dinner was planned around meat and three vegetables, sometimes still with a 'Sunday roast' at the weekend.

A 2019 survey looking at the dietary habits of 1,346 New Zealand adults reported 88% of respondents ate red meat at least once a week and more than 50% ate red



"...sometimes still with a 'Sunday roast' at the weekend."

PHOTO'S: WIKIPEDIA/NZ HEART FOUNDATION.

meat three to four times each week or more. However another recent report of New Zealanders showed that one third of those surveyed were consciously limiting their meat consumption. From 2018-2019, 24% of meat eaters reported reducing their meat consumption and those who defined themselves as 'flexitarian' had increased by 18%.

It has been shown that health is the number one factor to motivate New Zealanders to eat less meat. Reducing the chances of having a stroke or improving overall health were reported as the main incentives. The Heart Foundation of New Zealand has recently published an excellent document covering all these areas. It is well worth a read. Looking at the main points summary it states 'Choose quality over quantity' and 'If you choose to eat red meat, you should aim to eat no more than 350g of red meat each week'. A recommended portion size of cooked meat is 100g. This means that even after you reduce the amount of red meat you eat; you could still spread your red meat out across 2-3 meals each week.

The guidelines above are especially for those concerned about their heart health but contain good general

advice as well. Nutritionally, unprocessed red meat is rich in protein, with 20-25g protein in every 100g of meat. Very recent research has highlighted that meat protein is generally highly digestible and meat which can be more easily digested is better for your body. This feature would seem to be found especially in grass fed New Zealand cattle and sheep. This red meat is also an excellent source of iron, zinc, niacin, riboflavin, vitamin B12 and thiamine; minerals and vitamins important for our health.

This could be particularly important for a group which could benefit from an increase in meat consumption. Professor of Public Health Nutrition Carol Wham from Massey University is advising more frequent consumption of small amounts of meat and increased

dairy consumption for older New Zealanders. Research she carried out as part of an international study showed 'Older Kiwis at high risk of malnutrition due to low intake of meat and dairy'. Professor Wham says the largest risk factor for New Zealanders was a low intake of dairy. Among those taking part in the study 65.4 per cent said they have one portion or less a day—while 57.1 per cent only ate meat, eggs, fish or a meat substitute once a day or less. As a result of her research showing that 68.2 percent of older New Zealanders were at risk of malnutrition, she recommends at least one serve of meat and at least three of dairy each day, to supply the protein, calcium and other important nutrients needed for maintaining muscle and bone strength. Calcium and



Professor Carol Wham.

PHOTO.: WWW.MASSEY.AC.NZ.



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Nutritious

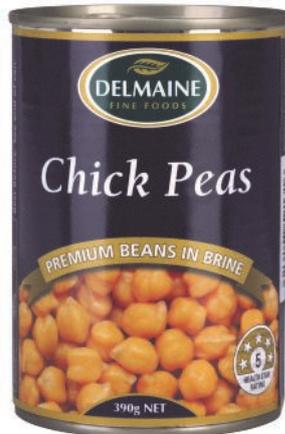
Meat often? Now and then!

Part 2: Now

(Continued from page 4)

other important nutrients are needed for maintaining muscle and bone strength and preventing a loss of lean muscle mass which could lead to not being able to get around. Although Professor Wham’s research did not identify why the meat intake was low, it is very possible that price is a good part of the reason.

The cost of meat in New Zealand continues to increase, reaching an all-time high for the year ended January 2020. Beef mince increased in cost by 13% to an average of \$17.07 per kg, lamb chops increased 14% to an average of \$18.07 per kg. These price increases are not explained by inflation. In contrast, the cost of chicken remained steady with only a 0.2% decrease over the year.



Some recipes suggest including plant based ‘fillers’ which are good sources of protein, for example chickpeas (tinned) range from \$2-5 per kg and lentils range from \$2-10 per kg for both tinned and dried. Given the huge difference in price between meat and plant proteins, swapping some meat for chickpeas can significantly reduce the cost of the meal.

As meat costs can range from 70-90% more in price than plant proteins, so the financial benefit to swapping some red meat meals for plant proteins could be significant. An additional benefit is the positive effect of these plant proteins on our gut microbiome. A healthy gut contributes to optimum function of the digestive system. 📺

REFERENCES:

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<https://assets.heartfoundation.org.nz/documents/shop/nutrition/docs/red-meat-and-poultry-position-statement.pdf?mtime=1605732297>
 HEALTHCARE 2020, 8(2), 151; <https://doi.org/10.3390/healthcare8020151>
https://www.massey.ac.nz/massey/about-massey/news/article.cfm?mnarticle_uuid=24a2971d-954c-4eao-9856-f28a557045c5
<https://www.rnz.co.nz/news/whoseatingnewzealand/447171/why-red-meat-is-getting-more-expensive>

Unprocessed meat has not been altered in a way that processed meats have. Examples of unprocessed meats include:



- ◆ steak
- ◆ chops
- ◆ mince
- ◆ diced meat
- ◆ roasts

Nutifacts

Examples of processed meats include:

- ◆ sausages
- ◆ ham and bacon
- ◆ corned beef
- ◆ canned meat
- ◆ meat-based pre-prepared foods.



Processed meats have been changed in some way to enhance the meat’s flavour or to make it last for longer. Ways of processing which can change meat include:

- ◆ salting
- ◆ curing
- ◆ fermentation
- ◆ smoking

Processed meats can have very high levels of salt and saturated fat.

Limiting or avoiding processed meats will help lower your intake of salt and saturated fat. 📺

By Di Best
People's Warden

Holy Trinity Port Chalmers

CHURCHWARDEN CORNER

The Reverend John Fenton arrived in New Zealand in 1852 and was the first Anglican vicar in Dunedin. Because it was such a large geographical area he could only hold a service in Port Chalmers every six months!

By 1870 Congregationalists, Methodists (in 1855) and Presbyterians in Port Chalmers had each built their own churches, but Anglicans were holding their services in the Masonic Hall and they wished to have their own place of worship. A site in Scotia Street was chosen.

R. A. Lawson's design was chosen for a building to hold 300 people, a most fortunate decision when we look at other churches he designed.

Bishop Nevill laid the foundation stone on 7 June 1871, with full Masonic ceremony. Soon after, the parish's first vicar, the Reverend T. L. Stanley, was ordained.

The church was eventually opened on 28 April 1874 by Bishop Nevill. The first vicar of the newly built church was the Reverend W. Leeson.

A Sunday school hall and a bell tower were built, with the bells dedicated on 14 November 1879. This was the first bell tower erected in the Dunedin Diocese and has since been demolished. A vicarage was also built but had to be sold as the parish was in debt.

Once the church was debt free, it was consecrated on 6 October 1907.



Preparations for our parish visit to Holy Trinity in May this year. The author is coaching the Holy Trinity Cat in its duties.

PHOTO.: JENNY MAFFEY.

How do they do that?

(Continued from page 8)

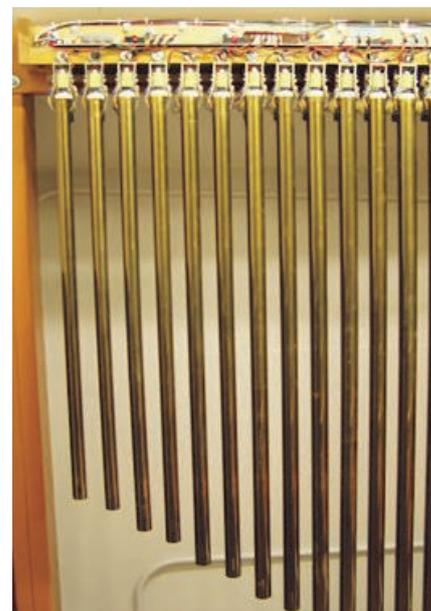
The 18th and 19th century French organ featured one stop which must have been rather frightening in effect. On the pedalboard a lever could be engaged which pushed a wooden contraption down onto the base pedal notes causing them to sound together. These were popular in 'storm sequences'. A mighty storm, indeed! The effect on the player up in the organ itself has not been noted to my knowledge!

In the late 19th and early 20th century organ builders, such as Ernest Skinner in the USA, added orchestral effects to huge civic auditorium organs. There were not so many professional orchestras as today so much of the orchestral repertoire was played by highly skilled city organist at weekly recitals. There was a requirement in

Rock Music

particular for harp and bell effects. Some of these are also featured on the instrument at Saint Peter's.

I have not mentioned the carnival steam calliope which is rather more extreme than we need for the moment. However, at Christmas I add the little Swiss Bells to 'Away in a



Organ Chimes with top mounted hammers.

PHOTO.: ENCYCLOPEDIA OF ORGAN STOPS.COM.STOPS.COM)



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Manger' and 'Silent Night' and this would not have been considered inauthentic in a European context, for example. The resonant chimes used for a memorial piece can create a most telling, poignant atmosphere if used sparingly. These sound effects are the occasional 'extras' of the organ and have a long and interesting history.

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
N.B. Evensong will be held on 28th November, not the usual 21st.

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.

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CHURCH SIGNS



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For your diary

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

Sunday, 21 November : Deadline for copy for the November edition of *The Rock*

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

How do they do that?



In a recent Sunday I played a memorial piece of music which used the tubular bells on the organ. It had an immediate impact as these effects are not generally associated with church organs. The old cinema organs perhaps, but NOT in church. However, that view would be very much mistaken.

Just as, in the case of cinema organs, there was no such thing as 'silent cinema'—there were always theatre



The Wurlitzer organ, Fox Theatre, Detroit.

PHOTO: PIPEDREAMS.COM.

orchestras, people operating all manner of sound effects behind the screen, huge Wurlitzer pipe organs and, in smaller centres, at least a piano

and probably a percussionist. The Wurlitzer organ was designed to be a complete orchestra (and more) and would envelop the audience in waves of sound corresponding to the action on-screen. If it was a 'shoot-out', then the instrument could provide the necessary gunfire, horses' hooves and a complete orchestral score to underline the inevitable chase sequence. It is good that many of the old instruments are still in working order around the world—even in New Zealand. A quick look on YouTube shows the remarkable range of these organs and the skill required to play them. But how far back can

Rock music



By David Hoskins, Director of Music

we go to find examples on more 'classical' organs? Well, a long way.

18th century Italian instruments incorporated special effects stops such as drum rolls, bird and insect sounds, and shepherd pipes (akin to pan pipes) among many others. The Nightingale stop was very popular as was the Cuckoo. A variety of drum effects also featured. There was, and remains, the use of highly sophisticated tremulant stops which provide various shimmering and vibrating effects to the wind supply. Many surviving 16th century instruments in both Italy and Germany also include bells in one form or another.

In Northern Europe in the 17th and 18th centuries the Zimbelstern stop was popular. A number of the organs J.S. Bach played featured this 'toy stop'. It consists of a wooden star with bells attached. When the belt mechanism is engaged, the star rotates and produces a jingle-bells effect.



The mechanics of a Zimbelstern.

This could then be used for pastorale movements and seasonal chorale-preludes. It is a delightful effect, though on some organs the mechanism is so loud it takes a little imagination to connect with the bells in the background.

(Continued on page 6)



Justin Welby
The Archbishop of Canterbury

A sermon preached on 8 October 2021 at the service of thanksgiving for the new Anglican Province of Alexandria at All Saints' Cathedral, Cairo, Egypt.



Canterbury and the Church of England will not give orders, because that is against the whole understanding of being Anglican. Anglican Provinces are autonomous, they run themselves, there is no global authority, but they are interdependent. We are linked by love, not by law." 📺



More online :

Read the complete text at:

<https://www.archbishopofcanterbury.org/speaking-writing/sermons/archbishop-justins-sermon-thanksgiving-province-alexandria-cairo>

