



THE ROCK



Anglican Parish of
Cabersham Saint Peter,
Dunedin, New Zealand

November 2021—Advent



"Advent is the spiritual season of hope *par excellence* and in this season, the whole Church is called to be hope, for itself and for the world."

- POPE BENEDICT XVI (JOSEPH RATZINGER)

FESTIVAL OF BRASS AND CAROLS

A traditional Christmas Service of nine lessons and carols
accompanied by members of the St Kilda Brass

In Saint Peter's Hillside Road

Sunday, 19 December at 10.30am



Christmas Services In Saint Peter's, Hillside Road

Festival of Brass and Carols

Sunday 19 December 10.30 am
Accompanied by
members of the St Kilda Brass

Christmas Eve

A Candlelit Service of Carols
and First Mass of the Nativity 8 pm.
Celebrant: The Bishop

Christmas Day

Holy Communion with Carols 9 am
(Book of Common Prayer 1662)

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How long is a long time?

By Father Kit Bunker

To today's teenager, 1945 is so last century. If you did not live through them, those years of the forties and fifties become unimaginably remote. We oldies however can do better. I can remember the glorious Summer of... when was it? 1945? After the last doodle bugs and rockets, when suddenly the



blackout was no longer needed.

But that is not a long time to God. Only a being to whom millions of years is 'not very long' could even conceive the ridiculous idea of making thinking beings, human beings, by evolving them. Or, neater, cleverer, more in tune with the thinking of the beings themselves, leaving them alone and letting them evolve themselves. Which they will in a sufficiently ingeniously constructed universe. Remember that, given

enough time, anything which can happen will happen.

God waited untold millions of years for the first stars in the first galaxies to grow as gravity sucked at the colossal volumes of space God had made and gathered blobs of gas together to make the first stars... stars which burned hydrogen to make helium, but in the dying convulsions of a few created in the colossal explosions of super novae tungsten and silver and gold and uranium and all the rare and valuable things an industrial society in the 21st century would need.

But something else was needed before then. God the first mover of a universe is a small step, even the 19th century German philosophers could get that far. What was needed was God in the form of a man, true man and true God as the Creed puts it.

He waited until the time was right. An iron-age moment. When bronze had had its day and iron, smelted in primitive furnaces and improved by expert craftsmen, had become useful

things like daggers and spears and nails.

And the means to spread the Good News. An empire which covered huge

areas, civil servants who kept records and wrote things down and a postal system of sorts good enough to send letters to living people and to future generations. The oldest New Testament documents we have are some of the letters of Paul.

They still make interesting reading, even now. Try Paul to the Romans, read in one hit, or Galatians, or Colossians.

And remember that God planned the universe so you can choose to do it.

Or not.

It is entirely up to you. ☒



The Roman emperor Augustus, responsible for creating the *Cursus publicus*, the courier service of the Roman empire.

IMAGE: WWW.HISTORYOFINFORMATION.COM.

Nominators' update

By the Parish Nominators

We are hopeful the end of the process is in sight. In collaboration with the Diocesan Nominators and the Bishop, we now have a "short short" list but people on the other side of various COVID borders are not able to visit for the time being.

A lot of work has been done via electronic media, but desirably candidates should have the opportunity to visit the parish to be sure it suits them—and they us. Signs of this becoming possible in the foreseeable future are more positive than they have been for many months.

In the meantime, we have arrangements for our band of locum priests to continue looking after us until early in the new year. ☒



Historic vestments on display

By Shelley Scoular

Parishioners may have noticed a story on television news earlier this month about a display of historic vestments in the Cathedral of the Belgian city of Tournai. The display demonstrated the evolution of priestly attire from the 17th to the 21st century.

I have found two web sites with pictures of many of the 30 vestments included in the show—some are reproduced here. As well as the liturgical value, many are of special interest to those of us who like their needlework.

The sites are:



[HTTPS://WWW.REUTERS.COM/LIFESTYLE/MODELS-POSE-HISTORIC-VESTMENTS-BELGIAN-CATHEDRAL-CATWALK-SHOW-2021-11-12/](https://www.reuters.com/lifestyle/models-pose-historic-vestments-belgian-cathedral-catwalk-show-2021-11-12/)



[HTTPS://GULFNEWS.COM/PHOTOS/NEWS/PHOTOS-MODELS-POSE-IN-HISTORIC-VESTMENTS-FOR-BELGIAN-CATHEDRAL-CATWALK-SHOW-1.1636794024598?SLIDE=1](https://gulfnews.com/photos/news/photos-models-pose-in-historic-vestments-for-belgian-cathedral-catwalk-show-1.1636794024598?slide=1)

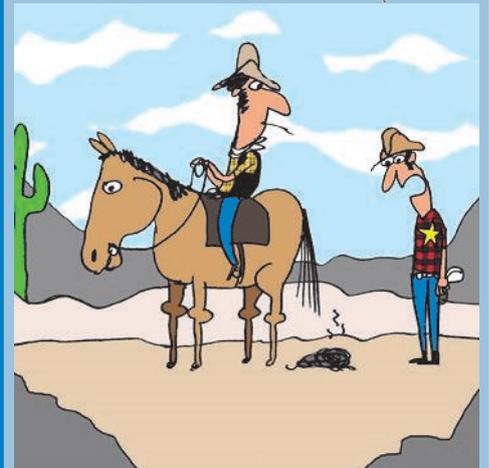


PHOTO.: REUTERS VIA GULFNEWS.COM.



PHOTO'S: WWW.REUTERS.COM.

The Frolicsome Friar



"You are going to have to do something about your vehicle's emissions."

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,
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 CAVERSHAM LECTURES 2021

Tuesday 30th November at 7.30pm

In Saint Peter's hall, Hillside Road

Dr Glen Hazelton

Note rescheduled date

Director of the Dunedin City Council's central city plan project



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.



Nutritious

could there be something nasty lurking in your larder?



Poison in the pantry?

By Alex Chisholm

This is sounding a little bit like a case for Miss Marple, but it involves a really common food. 'The nasty' in question is arsenic and it can be found in rice, which is known to accumulate around ten times as much arsenic as other cereals. Arsenic, which is classified as a Group 1 carcinogen by the International Agency for Research on Cancer, is water-soluble—so it accumulates in rice, which is grown in water and will contain different amounts of arsenic depending on where it is grown.

In rice grains arsenic is concentrated in the outer bran layer surrounding the endosperm. This means brown rice, (unmilled or unpolished rice which retains its bran) contains more arsenic than white rice. However, while the milling process removes arsenic from white rice it also removes 75-90% of its nutrients.

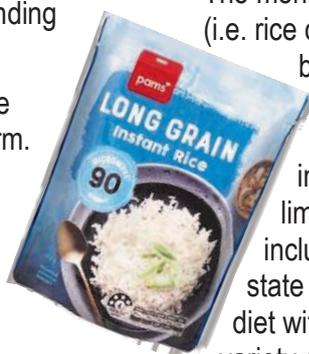
In order to retain as much nutrient content as possible a group at the University of Sheffield tested the results of a cooking method called 'parboiling with absorption method' (PBA). Step 1 is use fresh water—four cups for



every cup of raw rice—bring to the boil then add rice and boil for another five minutes. Discard the water with the arsenic, then add two cups of water for every cup of raw rice and cook on low to medium

heat with the lid on until the water is absorbed. The researchers state that this removes 54% of inorganic arsenic from brown rice and 73% from white rice.

Although rice is not a universal staple in New Zealand, it is nevertheless eaten regularly by many New Zealanders



and comes in several varieties, as well as being eaten in other products across all population age groups.

Our Ministry for Primary Industries has a page outlining the issue as does Food Standards Australia New Zealand (FSANZ).

There are limits set for arsenic and foods sold in New Zealand (and Australia) must comply with these. The monitoring of arsenic in cereal based infant products (i.e. rice cereals) continues to show levels of arsenic are below the maximum permitted levels in Australia.

'These maximum levels take into account all population groups including sub-groups such as infants, children and the elderly. For example the limit of 1mg/kg for cereals applies to all cereals, including infant cereal products.' In addition they state '....Our advice for consumers is to eat a mixed

diet with a variety of foods to minimise any risks associated with eating a more limited diet.' The Ministry of Health also has a useful publication explaining how to avoid arsenic contamination from the environment.



REFERENCES:

"IMPROVED RICE COOKING APPROACH TO MAXIMISE ARSENIC REMOVAL WHILE PRESERVING NUTRIENT ELEMENTS" BY MANOJ MENON, WANRONG DONG, XUMIN CHEN, JOSEPH HUFTON AND EDWARD J. RHODES, 29 OCTOBER 2020, SCIENCE OF THE TOTAL ENVIRONMENT. DOI: 10.1016/J.SCITOTENV.2020.143341

MARGARET R. KARAGAS, TRACY PUNSHON, MATT DAVIS, CATHERINE M. BULKA, FRANCIS SLAUGHTER, DESPINA KARALIS, MARIA ARGOS, HABIBUL AHSAN. RICE INTAKE AND EMERGING CONCERNS ON ARSENIC IN RICE: A REVIEW OF THE HUMAN EVIDENCE AND METHODOLOGIC CHALLENGES. CURR ENVIRON HEALTH REP. AUTHOR MANUSCRIPT; AVAILABLE IN PMC 2020 DECEMBER 17.

ASHMORE E, MOLYNEUX S, WATSON S, MILES G & PEARSON A (2019) INORGANIC ARSENIC IN RICE AND RICE PRODUCTS IN NEW ZEALAND AND AUSTRALIA. FOOD ADDITIVES AND CONTAMINANTS PART B, DOI: 10.1080/19393210.2019.1651403.

DEPARTMENT OF AGRICULTURE IMPORTED FOOD NOTICE FOR 'RISK FOODS' FSANZ SURVEILLANCE REPORTS

CODEx CODE OF PRACTICE FOR THE PREVENTION AND REDUCTION OF ARSENIC CONTAMINATION IN RICE

[HTTPS://WWW.WHO.INT/EN/NEWS-ROOM/FACT-SHEETS/DETAIL/ARSENIC](https://www.who.int/en/news-room/fact-sheets/detail/arsenic)

[HTTPS://WWW.HEALTH.GOVT.NZ/YOUR-HEALTH/HEALTHY-LIVING/ENVIRONMENTAL-HEALTH/HAZARDOUS-SUBSTANCES/ARSENIC-AND-HEALTH](https://www.health.govt.nz/your-health/healthy-living/environmental-health/hazardous-substances/arsenic-and-health)



Nutritious

THE RECIPE : SPICED CASSEROLE - MEAT OR VEGETARIAN OPTION

What you need

Meat lovers

- ◆ 480-500g cubed stewing beef
- ◆ 1 tablespoon flour
- ◆ 1 tablespoon olive oil

Vegetarian

- ◆ 2 x 400g pottles falafel mixture (see note below)

For both

- ◆ 2 small onions very finely chopped
- ◆ 1 clove garlic-crushed
- ◆ 1-2 tsp curry powder
- ◆ 1-2 tsp ground cinnamon
- ◆ ½ - 1 tsp ground ginger
- ◆ ½ tsp allspice
- ◆ 1tbsp Worcestershire sauce (optional)
- ◆ ½ -1 cup rich red tomato sauce
- ◆ ½ cup sherry or wine (optional)
- ◆ 1 tbsp vinegar
- ◆ ½-1tbsp honey
- ◆ 1-2 tins (240g) chopped tomatoes in juice + ½ -1 c water
- ◆ 6-8 pitted prunes chopped
- ◆ 6-8 dried apricot halves cut into strips
- ◆ 1 can (240g) chickpeas, drained and rinsed
- ◆ fresh cracked black pepper
- ◆ ¼ cup lightly toasted slivered almonds (optional)



Method

- ◆ Preheat the oven to 170C degrees / 330F degrees

Meat lovers

- ◆ Sprinkle the beef with flour, toss to coat. In a large pot add the olive oil. When hot, add the beef. Brown the beef on all sides. Remove the beef and set aside on a plate
- ◆ Add the onions and garlic to the pot. Cook for about 1-2 minutes, stirring often. Add a pinch of salt and the ginger, coriander, cayenne, and cinnamon. Stir and cook until the onions become soft
- ◆ Transfer the meat to a large casserole dish. Add the onions, spices and other ingredients then water until the beef is just covered. Stir then let the mixture come to a boil. Reduce heat to simmer. Cover the casserole and place it in the oven for about 1½ to 2 hours
- ◆ Remove from the oven and add the prunes, apricots, honey, and chickpeas, adding more liquid if the sauce is too thick. Return to the oven uncovered and let cook another 30 minutes or until the sauce reduces slightly and the fruit has plumped up. Taste for seasoning and adjust as needed
- ◆ Top the stew with the almonds. Serve over couscous or rice, or with potatoes and other vegetables.



Vegetarian

- ◆ Form the falafel mixture into slightly flattened balls or patties and place on non-stick baking paper on a baking sheet; bake for about 20 -25 minutes turning halfway through. They should be just golden. Place the cooked falafel in a large casserole dish and add the rinsed and drained chickpeas
- ◆ Cook the onions and garlic in a little oil in a pot for 1-2 minutes, or until the onions become soft, stirring often. Add the spices and mix well. Add all remaining ingredients and combine carefully. Spoon over the falafel adding more water to make sure the falafel are covered
- ◆ Cover the casserole dish and place it in the oven
- ◆ Check after 45 minutes adding more liquid if the sauce is too thick or leaving the lid off if the sauce needs to reduce. As the falafel and chickpeas are pre-cooked the time in the oven is to make sure the sauce is heated right through and the flavours combined
- ◆ Top with the almonds, if desired. Serve over couscous or rice, or with potatoes and other vegetables.

Notes:

- ◆ I use 2 x 400g pottles of falafel mixture cooked into patties or slightly flattened balls
- ◆ The spices can be varied according to what you have available
- ◆ Not all chickpeas or tomatoes may come in cans of exactly 240g but about that size
- ◆ Serves 6-7 as a main course
- ◆ You may like to add more if you are catering for more than 6. 🇩🇪

'So – it can be played that way ... also!'

Rock Music

(Continued from page 8)

Ungerer was organist of St Patrick's Cathedral, New York, from 1898 until 1927 at a time when the huge organ featured then highly-fashionable chimes. The tune was subject to variations and caused amusement when it appeared in unexpected places.

However, for most organists present, it was Leo



Leo Sowerby at the organ.

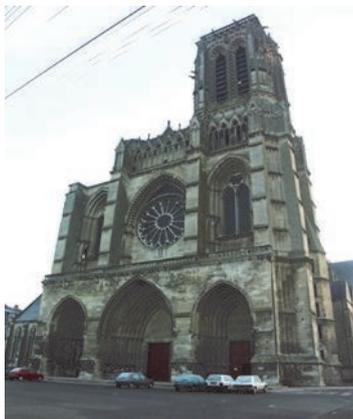
PHOTO'S: WIKIPEDIA.

Sowerby's famous *Carillon* that was a highlight. This work is short but deceptively complicated, based as it is on a chimed phrase. The chimes of the Saint Peter's organ sounded

at various pitches throughout to telling effect and the polished performance was a tribute to the player's technical skill.

Maurice Durufle was part of a select group of titular organists holding important cathedral and church posts in late 19th and early 20th century France. Louis Vierne at Notre Dame, Marcel Dupre at St Sulpice and Olivier Messiaen at La Trinité impacted French music and cultural life far beyond the organ loft. However, perhaps Durufle is less well-known as he withdrew from public performance after a serious road accident in 1975.

His *Fugue sur le Theme du Carillon des Heures de la Cathedral de Soissons* embodies the spirit of the age with piquant elegance and finished with the big, bold full organ one expects from a French virtuoso work. The theme of



Soissons Cathedral showing the bell tower.

the fugue is that of the hour-chime at the cathedral where his wife, Marie Madelaine, was the famous organist. It received a fine performance to round out a wonderful afternoon of music old and new. Dianne Halliday's concert was enthusiastically received by the audience in a time when one is never sure such concerts



Cathédrale Notre-Dame de Paris, 2010.



The great organ in Église de la Sainte-Trinité, Paris.



Marcel Dupre at St Sulpice, Paris.

are going to be possible. We are all the better for this one having taken place! 🎹

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. An additional Evensong will be held on 28th November.

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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St Kilda Brass back for 2021



our happy association with the St Kilda Brass continues this year with one of their number, Tom

Oldham, providing trumpet renditions of *The Last Post* and *Reveille* at our Remembrance Sunday Service this month.

And next month an ensemble from "The Saints" will again join us for the annual Carol Service—*Festival of Brass and Carols*—which has become a firm favourite. 🎵



Trumpeter Tom Oldham playing *The Last Post* at our Remembrance Sunday Service this month.

PHOTO.: SUPPLIED.



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For your diary

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

Tuesday, 30 November : *Caversham Lecture*—Glen Hazelton, a **Note rescheduled date** leading urban designer with the Dunedin City Council

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

Sunday, 19 December : Festival of brass and carols at 10:30am

FESTIVAL OF BRASS AND CAROLS

A traditional Christmas Service of nine lessons and carols accompanied by members of the St Kilda Brass
In Saint Peter's Hillside Road
Sunday, 19 December at 10.30am



Friday, 24 December :

Christmas Eve : A Candlelit Service of Carols and First Mass of the Nativity at 8 pm. Celebrant the Bishop

Saturday, 25 December :

Christmas Day : Holy Communion with Carols at 9am.

'So – it can be played that way ... also!'

(ARTUR SCHNABEL TO A FELLOW PIANIST)

Rock music



By David Hoskins, Director of Music

It is always exciting to have a visiting organist perform on the instrument one thinks one knows inside out—but it is always illuminating when a fine musician performs in concert at Saint Peter's.



Dr Dianne Halliday.

In her recent concert at Saint Peter's, Dr Dianne Halliday, of Wellington, performed a programme of 20th century works displaying the versatility of the instrument and the performer's flair and skill.

Dr Halliday studied at the Eastman School of Music in the USA and received a Doctor of Musical Arts from Victoria University, Wellington. After a long and distinguished career as a church musician,

she is now President of the Wellington Organists' Association.

The afternoon began with excerpts from Michael Horvit's *Ecumenical Suite* of 1996. These short pieces exhibited

both charm and technical nicety. This was developed further in *Two Christmas Chorale Fantasias* (2004) by local Dunedin composer, Andrew Perkins. The first was based on the *Coventry Carol* and the second on *O Little One Sweet*. In keeping with the scale of the originals, Perkins' reimagining of them remained simple—utilizing modern harmonies to 'spice things up'. The player's contrasting use of quiet flute and string stops added to the enjoyment of hearing a local work.

Charles Foster Browne was Director of Music at Christchurch Cathedral for many years and I heard him play and conduct the choir on a number of occasions when, as a young boy, I holidayed with relatives who sang in the choir. If I don't recall much of the visits, I do remember wondering whether the ruffs the choirboys had to wear around their necks were uncomfortable. They were! However, Foster Browne also composed and the concert featured five simple fugues on various well known plainsong themes from 1952. Brilliant pieces for filling awkward liturgical gaps, they formed a highly enjoyable suite demonstrating some of the solo stops of the organ.

Everyone knows the tune *Frere Jacques* and Jacques Ungerer's piece using the children's ditty was a delight.

(Continued on page 6)



Justin Welby
The Archbishop of Canterbury

From an amusing—but not frivolous—address at the annual Lord Mayor's Banquet at London's Guildhall on 16 November.

“In my office, there is a list of overused words and phrases that I try and stop my colleagues from using. One of them is the word 'unprecedented'—because, of course, there is almost nothing which is truly unprecedented.

...

This is, however, a U-turn moment for me. Although in the Church, we don't say U-turn, we say 'repent'—which means to turn around and face God—it's basically the same thing, but with more forgiveness at the end. In the Church of England, we still do 'do God!' All of us sin—I once gave a speech in which I said, 'We're all sinners, I'm a sinner too', and a lady came up to me after, very cross, and said 'If I'd have known you were a sinner I wouldn't have come.' Yes, all of us sin, but it is never too late to turn around.”



More online :

Read the complete text at:

<https://www.archbishopofcanterbury.org/speaking-writing/speeches/archbishops-speech-lord-mayors-banquet>

