



Anglican Parish of
Cabersham Saint Peter,
Dunedin, New Zealand

THE ROCK

October 2022—Trinity



Stewart Island worship

By The Vicar

We drove along the coast road until we ran out of bitumen. We missed the sign at Taieri Mouth. Doubling back we returned to the river and headed along Finlayson Road to Waihola. Fortunately, the journey across the ridge wasn't very difficult. The views from the top of were truly wonderful.

The trimmed, and not so trimmed, hedges outside Gore certainly give an indication of the need for wind protection. I was surprised to notice the original pine and cyprus hedges were being replaced with gumtrees and flax plants. Gore reminded us of the town of Bairnsdale on the south coast of Victoria. Its funny geography and social structure is repeated throughout countries.

I had booked a motel on the outskirts of Invercargill, but when we arrived it was vacant. The proprietor next door informed us that we were merely one of many who had been victims of malpractice. There was nothing else to do but find another motel. We drove down the road and turned into the next motel. It was clean, the staff were friendly and it had a bath!!

The ferry leaves Bluff at a respectable time, so after a lovely breakfast and a leisurely drive we boarded the ferry. The weather was overcast but there was little to no wind. I had been warned the ferry trip can be rough, and was secretly hoping it would be, but there was only a small swell.

Even though the sky was steely grey, the colourful buildings along the coastline and up the hillside of Oban looked quaint and welcoming. I wasn't sure what I had expected but was pleased to see a surprisingly uncommercial village. From the ferry terminal to our accommodation at the motel was a five-minute walk. We were met by Jo, the lady who took us up to see the Presbyterian church. She informed us that due to family obligations, many of the congregation would not be attending on Sunday and that we'd probably be the only ones. I assured her this didn't worry me as I have had it happen a few times before. Rural ministry is beset with the unexpected. Our job is to remain faithful and keep the doors open.

Dan and I decided to take a walk around Oban and wandered along a path, through



Bluff harbour from the ferry wharf.

PHOTO'S.: SUPPLIED.

(Continued on page 2)

Stewart Island worship

(Continued from page 1)

the trees and ferns enjoying the birds. It began to rain but it was soft rain and the idea of hurrying through the beautiful scenery would have been a waste of an opportunity.

Sunday dawned bright and the short walk up to the church provided a panoramic view of Oban, the bay and coastline. Six people attended church that day. One young man, a visitor, turned up out of curiosity and certainly bolstered our spirits. We read from the Bible, sang some favourite hymns and shared some of our faith experiences. Brothers and sisters in Christ, from many different places, had met and praised God in Oban.



Ulva Island bush.

Dan and I booked a ferry tour to Ulva Island and learnt some of the history of the area and the work toward restoring native habitat for endangered species. The walk on Ulva Island took us through dense fern gullies and beach escarpments. There is an ongoing battle against rats, which are quite competent swimmers. It is hoped that before long the more endangered birds will be able to be colonised there.

We spent Sunday evening in the pub enjoying the Oban tradition of Sunday Pub Quiz. Locals and visitors alike enjoy an evening of good food and friendly competition in answering trivia questions. The young man was there and we had a lovely time.

Before we boarded the ferry to head home we visited the Oban Visitor Centre which has a wealth of information on the wildlife, walks and camping opportunities. There is also a very well organised museum in town. It proves comprehensive displays on all aspects of Stewart Island and its neighbours. It's sobering to reflect on the hardships so many of our pioneers faced as they built new lives for themselves and established communities in such remote places. It was such a privilege to be asked to provide a church service to the people in that place. I believe I came away with more wonderment and awe for our Creator because of the experience. 📷



The Oban Presbyterian Church.

The Frolicsome Friar



"If a website crashes on the Internet and nobody goes there, does it matter?"

SOURCE: WWW.HOWTOGEEK.COM..

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



Of galaxies and chocolate

By Father Kit Bunker

Connoisseurs of milk chocolate will remember *Galaxy* and *Milky Way*. Two

different and trade-marked names for rather similar confections. Few youngsters today have ever seen the real Milky Way, the rather blobby band of very faint nebulosity crossing the night sky. The reason is that the world (at any rate the “Western World”) has so many streetlights that even in Dunedin (home of the ‘dark sky’) our eyes are never in real darkness long enough (20 minutes) for our eyes to adapt to very dim light.

Stars are not scattered uniformly in our universe, if they were there would be a star in every direction you looked and it would not be dark at night. Most of empty space really is empty: stars come in clumps, clumps which for the most part are so distant and so faint they appear to the normal night-time adapted eyes and to ordinary telescopes as a slight milkiness to the sky. That is the view we get of the disc of stars (galaxy) in which we live.



The Pleiades (M45), also known as the Seven Sisters.

PHOTO: [HTTPS://ASTRONOMY.COM/](https://astronomy.com/)

Our nearest other clump, seen when we look out from our galaxy across its thickness, is the Pleiades, a map of which is a trademark of the Subaru car company (pictured above right). A careful look at the Pleiades reveals that patch of sky contains some local (and therefore bright) stars, in our own galaxy, and lots and lots and lots of other far distant galaxies. There really are innumerable galaxies ‘out there’.

That is a fact which makes *Star Wars* and similar movies at least partially believable.

Why is our part of the universe like that? Why?

I have no scientific answer to that question. God is profligate. There are millions of stars out there for the same reason lilies are beautiful, mountains majestic and Christ was born in a stable.

He loves us. Amen. 🙏



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Nutritious



Folate

By Alex Chisholm

Also known as vitamin B9, Folate is a water-soluble vitamin with many important functions in the body. It may not be as generally well-known as vitamins C and D, but is just as important. There are two stages in life when it is particularly important, right at the beginning of life, and as we age. The reasons, however, are different.

In the beginning

Folate is vital in the very earliest stages of our development, as it is necessary for the foetus to develop properly. Folate plays a major role in cell division and the development of the placenta. Lack of folate at this critical very early stage can lead to neural tube defects (NTDs). These are major birth defects where the brain, spinal cord, or the covering of these organs has not developed properly. Guidelines in many countries recommend a 0.4 mg (400 µg) others a 0.8 mg (800 µg) tablet of folic acid per day to help prevent this and should be taken starting 2-3 months before the pregnancy until the 12th week. However, this forward planning is not always possible so from mid 2023 New Zealand, like many other countries, will be adding small amounts of folic acid to most bread made from wheat. Non wheat and organic bread will not be fortified. Over eighty countries worldwide to date, including the USA, Canada and Australia, have already done this and have seen a drop in the number of these distressing birth defects.

This B vitamin is safe and essential for health; particularly for development of babies early in pregnancy. Folate is naturally present in food; folic acid fortification restores what is lost during processing such as flour milling.

Organic and non-wheat flour will be exempt from fortification, providing a choice for consumers who don't want to consume folic acid. 📺

As we age

Older adults may be at risk of iron, folate and vitamin B12 deficiency due to low food intake and poor absorption. These nutrients are required for the production of red blood cells and are the most common nutrient deficiencies associated with anaemia.

Megaloblastic anaemia is a type of vitamin deficiency anaemia which happens when you don't get enough

vitamin B12 and/or vitamin B9 (folate). It is treated with vitamin B12 and B9 supplements. One other purpose of vitamin B12 is to help maintain a healthy nervous system. This explains why a deficiency in vitamin B12 can cause numbness or altered sensations.

Lack of essential vitamins may also contribute to other health issues which tend to occur at older ages. Numerous studies have shown that low nutritional status of folate and B12 are linked to poor long-term health, especially among older people. 📺

Sources of Vitamin B12



Most people get enough vitamin B12 from their diet. It is found in meat, fish, eggs, milk and milk products. It is generally not found in plant foods, but many processed foods have added vitamin B12, such as breakfast cereals. Vegan dietary sources of vitamin B12 include fortified cereals, fortified non-dairy milk, nutritional yeast and Marmite.

IMAGE: CANVA

REFERENCES:

<https://www.tewhatauora.govt.nz/for-the-health-sector/health-sector-guidance/clinicians/folate-and-folic-acid#neural-tube-defects-ntd>

GANNA, W.; DELUCA, A.; DEBAQ, C.; POITAU, F.; POUPIN, P.; AIDOU, A.; FOUGERE, B. ANALYSIS OF THE IMPACT OF SELECTED VITAMIN DEFICIENCIES ON THE RISK OF DISABILITY IN OLDER PEOPLE. NUTRIENTS 2021, 13, 3163. <https://doi.org/10.3390/nu13093163>

<https://www.healthnavigator.org.nz/healthy-living/v/vitamin-b12/>

<https://www.healthnavigator.org.nz/healthy-living/f/folic-acid-and-folate/>

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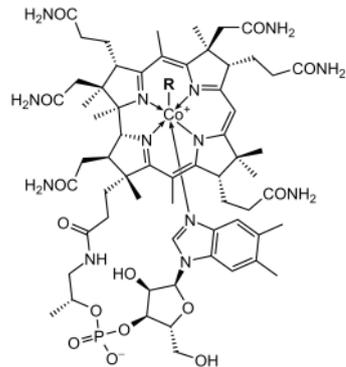
Nutritious

What is folate?

Folate is a vitamin important for cell growth and reproduction. It is vital for the healthy development of babies. The synthetic form, folic acid, is added to some foods.

Folate is a B vitamin found naturally in food, especially:

- ◆ green vegetables like broccoli, and salad greens

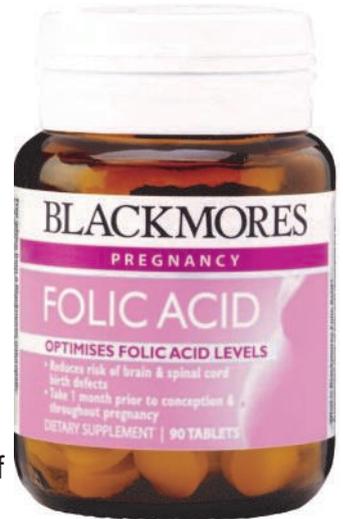


R = 5'-deoxyadenosyl, CH₃, OH, CN

- ◆ citrus fruit
- ◆ wholegrain bread and breakfast cereals
- ◆ chickpeas, nuts, dried beans and peas (though cooking reduces the folate level)
- ◆ some animal foods. 🐔

What is folic acid?

Folic acid is the synthetic form of folate. It is added to some manufactured foods and drinks. It may also be taken as a vitamin supplement and is recommended for women starting 2-3 months before pregnancy until the 12th week of pregnancy.



This is a very practical move because if women relied on green leafy vegetables and fruit to increase their folate intake, they would have to eat the equivalent of 500 grams of raw spinach or 900 grams of boiled spinach or raw broccoli daily to get the amount needed to reduce the risk of having a baby with a neural tube defect. 🐍

Be not righteous overmuch

(Continued from page 6)

to be over-scrupulous. The other is not to be scrupulous enough. These two temptations are equally dangerous.

The snake uses this as an opportunity to sow

a seed of suspicion in the woman's mind about the motives behind what God had said. This leads the woman and the man to eat the forbidden fruit, and by disobeying the God who had trusted them, they discover the poison of shame.

Yet this is not quite the end of the story. Although God curses the snake, the woman and the man (in that order) and sends the man and the woman out of the garden, he provides them with garments to wear (Genesis 3:21). They are barred from eating from the tree of life (Genesis 3:22-24), which explained for ancient readers why human



The snake sows a seed.

IMAGE: CORY GODBEY AT [HTTPS://ANSWERSINGENESIS.ORG/](https://ANSWERSINGENESIS.ORG/).

beings have to die. But God's final act before sending them forth into the brutal world outside the garden is a generous act of mercy and grace.

The man and the woman must now learn to live wisely and righteously in a world of pain, suffering and death. This is the world of Ecclesiastes and Job. It is also our world. This is the world in which we must try our best to live faithfully, in the fear of God, but without striving to be so righteous that we become anxious and judgemental, ungracious in our dealings with one another and unable to trust in God's mercy and grace. 🐍



Be not righteous overmuch

By Father James Harding



One of the less familiar books of the Old Testament is Ecclesiastes.

Tradition has it that the book was written by the wise King Solomon, son of David, but the author is never actually named and the book was probably written much later by some unknown Jewish wise man.

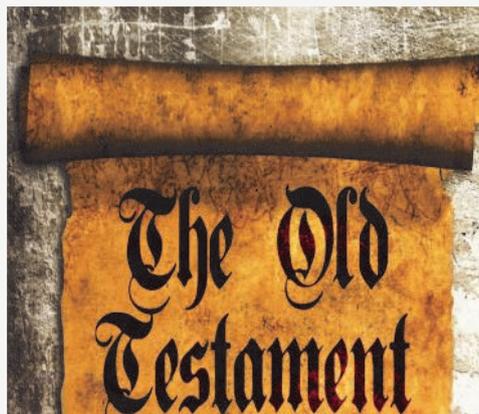
Some of the sayings in the book may seem surprising, even strange. In Ecclesiastes 7:16-17, for example, we read, “Do not be too righteous, and do not act too wise; why should you destroy yourself? Do not be too wicked, and do not be a fool; why should you die before your time?” At first glance, this seems rather odd. After all, should we not strive to be righteous and wise? Isn’t that the point of living a faithful life before God?

Yes, but this passage is teaching us that it can be unwise to try and be too righteous. One possible reason for this is that trying too

hard to be righteous can make us turn in on ourselves. It can make us anxious and uncertain, afraid of straying from the right path.

This was part of Job’s problem: so anxious was he about the risk of losing God’s blessings that he made absolutely sure he offered the right sacrifices to God, even offering sacrifices on behalf of his children in case they had uttered blasphemy in their minds (Job 1:1-5). The result was that the Adversary—the “Satan”—planted a seed of doubt in God’s mind about the integrity of Job’s faith and he was made to suffer to see if he served God without hoping for some reward (Job 1:6-12; 2:1-6).

If we try too hard to be righteous, we lose our sense of joy. We become harsh and judgemental, against ourselves and others, putting barriers between people and God. The reality, however, is that we are all flawed human beings and we all do things wrong. Real



(Ecclesiastes 7:16)

faithfulness means learning to be more gracious and forgiving of our own moral failures and those of others, within reason, and without letting ourselves off the hook.

I wonder if this strange piece of wisdom in Ecclesiastes might help us to understand the story of the garden of Eden. God has created

the world, and the first human being, out of love. He has placed him in the garden of Eden and brought forth a partner to heal his loneliness and help him tend the garden. The first man and woman are naked, but they are not ashamed.



Job “made absolutely sure he offered the right sacrifices to God...”.

IMAGE: [HTTPS://MEDIUM.COM/](https://medium.com/).

Then along comes the snake, the most cunning of all the wild creatures the Lord God has made. He sees an opportunity to destroy this world of simple trust, leading the man and the woman to suspicion, shame and a desire to blame other people for what they have done wrong.

The snake asks a question: “Did God say, ‘You shall not eat

from any tree in the garden?’” (Genesis 3:1). The woman says, “We may eat of the fruit of the trees in the garden; but God said, ‘You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die’” (Genesis 3:2-3).

Now this is a familiar story and it is easy to miss something here. The fact is that this is not quite what God had said. In Genesis 2:17, God says to the man, “... of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.” He says nothing about touching the tree.

Perhaps this is an example of trying to be too righteous: the woman adds something to God’s command, perhaps to make the original command more stringent by removing any possible temptation to disobey it. There are two temptations open to those who try to be righteous. One is

(Continued on page 5)

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

FIRST AND THIRD TUESDAY OF EACH MONTH:

11am: Holy Communion
in the chapel of the Home of St Barnabas, Ings Avenue

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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Vestry highlights

A meeting on 18 October:

- ◆ Confirmed a subcommittee will investigate drainage issues around the church and vicarage
- ◆ Agreed to accept quotation to clean spoutings on all buildings
- ◆ Approved a reduced quotation to insulate the vicarage
- ◆ Finalised arrangements for Garden Party catering
- ◆ Approved thankyou gifts for Caversham Lecture speakers
- ◆ Approved a proposal to make Lady Chapel pews movable. 🗳️



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FUNERAL SERVICES

For your diary

Saturday, 29 October : Community Displays and Spring Garden party

Tuesday, 1 November : *The Caversham Lectures* :
Venerable Bernard Wilkinson:
Looking Back—a priest reflects on the joys and sorrows of ministry

Tuesday, 8 November : *The Caversham Lectures* :
Bishop Steven Benford
Lambeth 2022, there and back again

Friday, 11 November : Remembrance Day

Tuesday, 15 November : *The Caversham Lectures* :
Alan Jackson
U3A Dunedin—stimulating the minds of people in the Third Age of life

Tuesday, 22 November : *The Caversham Lectures* :
Father Hugh Bowron
Saint Peter's Caversham 1864 – 2000.
A study in stubborn persistence and of remarkable and timely good fortune

Tuesday, 29 November : *The Caversham Lectures* :
Mr John Matheson :
The Science and Art of Orthopaedics

Date to be confirmed, **December** : Service of Nine Lessons and Carols

THE CAVERSHAM LECTURES 2022**Tuesday 1st November at 7.30pm**

In Saint Peter's hall, Hillside Road

The Venerable Bernard Wilkinson*Looking Back**a priest reflects on the joys and sorrows of ministry.*

The Diocese's only Archdeacon Emeritus, oldest priest in age and also in years of ministry, describes how he became a priest and his fifty-six years of ministry in the Diocese of Dunedin.

THE CAVERSHAM LECTURES 2022**Tuesday 8th November at 7.30pm**

In Saint Peter's hall, Hillside Road

Bishop Steven Benford*Lambeth 2022, there and back again.*

Our Bishop does the Lambeth Talk.

THE CAVERSHAM LECTURES 2022**Tuesday 15th November at 7.30pm**

In Saint Peter's hall, Hillside Road

Alan Jackson*U3A Dunedin**- stimulating the minds of people in the Third Age of life.*

With a career in teaching (in England and Oamaru) Geography, Maths and Computing behind him, Alan became involved with teacher training and the University of the Third Age. He discusses U3A's Dunedin activities and the opportunities it offers.

THE CAVERSHAM LECTURES 2022**Tuesday 22nd November at 7.30pm**

In Saint Peter's hall, Hillside Road

Father Hugh Bowron*Saint Peter's, Caversham 1864 - 2000**a study in stubborn persistence and of remarkable and timely good fortune.*

Father Hugh, a past Vicar of Saint Peter's, is writing a history of the parish. In this lecture he gives a brief overview of the parish's history, then explores some of the unusual themes which emerged from writing this history

THE CAVERSHAM LECTURES 2022**Tuesday 29th November at 7.30pm**

In Saint Peter's hall, Hillside Road

Mr John Matheson

MB ChB(Otago) MSc(Oxon) FRACS

*The Science and Art of Orthopaedics.*

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Justin Welby
The Archbishop of Canterbury

The Archbishop's *Thought For The Day* on BBC Radio 4, 8 September, 2022.

“For all those who yesterday found themselves bereaved in their own families or from their own friends, because many other people died yesterday, they will know especially that sense of great loss, the uncertainty, the loss of identity, the fading of what seemed permanent.

But that is the lie of death.

For Her Late Majesty showed us that when we build our lives on God's faithfulness, we are on the solid ground of eternity that cannot be shaken.”



More online :

Read the complete text at:

<https://www.archbishopofcanterbury.org/speaking-writing/speeches/her-majesty-queen-archbishop-justin-delivers-thought-day>

