



Anglican Parish of  
Cabersham Saint Peter,  
Dunedin, New Zealand

# THE ROCK



February 2023—Lent



## A Lenten myth

By The Vicar

**W**e are about to begin the observation of Lent and I'd like to debunk a myth; you don't have to sacrifice something you enjoy. Lent is a time of reflection and study. Yes, you may choose to go without something during this time but it is not that important. Lent is a time to intentionally come closer to God and be honest about ourselves. God knows us better than we know ourselves and wants us to be who He has made us to be.

Often our life experiences and choices have damaged and broken us, leaving us feeling useless, worthless and ugly. If we have faith in God, He will restore us.

Suffering is not God's desire for us, nor a gift from God. Suffering occurs in the process of life and through suffering we learn about faith, character, endurance and hope as well as weakness, struggle and humility. The paradox is that suffering can add meaning and value to our lives.




Kintsugi.

PHOTO.: SUPPLIED.

A beautiful example of this is the Japanese art of Kintsugi. The artist takes a broken pot, plate or jug and restores it with gold. The artist doesn't pretend the object hasn't been broken, but uses the fracture lines to create unique pieces of art. The once ordinary everyday object is now unique, beautiful, resilient and valuable. The artist has not only

restored but transformed the object.

A close relationship with God enables us to recognise our cracks and flaws and trust that God can use our suffering to create a more resilient and beautiful person. Don't be afraid of your weaknesses: God's manifold grace and mercy will transform you because His love endures forever. Consider using this season of Lent as a time to intentionally explore your past, present and future and build on your relationship with God. 

## Saint Peter's People

Joel  
Stutter, our  
new Curate,  
introduces  
himself.



**I**'m originally from Plymouth, England but have lived in New Zealand since I was three years old (a very long time ago). My Father was a Congregational / Presbyterian Minister and Mother was a devout Anglican. My first memories of church are ones of diversity. We would worship together as a family wherever Dad was preaching, but more often Mum would take my sister and me to an Anglican service where, in her words, 'They did things properly'.

I left school at sixteen and joined the Broadcasting Corporation of New Zealand as a trainee Radio Technician. Electronics had always been a hobby of mine, so it seemed a natural progression to make a career of it. Our team kept all the TV and radio services on the East Coast on the air. Over the next twenty years I worked at various radio studios and transmitter stations around the North Island, ending up at our head office in Auckland in 1999. Ten years later I took on a role as a Technical Writer with Honeywell, a multinational technology company.

For many years I had been ignoring God's nudges towards ordination, when a heavy storm left me stuck in Ponsonby. Out of frustration, I asked God: 'what is all this about?' God replied, telling me I had a role to follow in his church and to go to St Columba in Grey

(Continued on page 8)

# A Priest's tale

## Part 3: Oamaru and on

By Archdeacon Bernard Wilkinson

**W**e moved to Oamaru in 1976, with very mixed feelings. We had heard stories about what a barn the vicarage was, two-storeyed, bleak—so it was good to

be able to say we found it a lovely spacious, gracious warm home, on the best residential section in Oamaru. We considered ourselves most fortunate that it was our home for the next sixteen years. Much of the criticism came from people who had never been in it, so soon after we moved in Anne and I walked out for the day and declared it open for inspection to all comers. Many came – and approved. St Luke's Church [pictured above] is surely the second best in the diocese—the best is St Andrew's, at Maheno—and both of them were part of the parish. A fine organ in both churches, a robed choir, dignified worship—it was all part of parish life.

Ministry took an unexpected turn in 1980, when Bishop Peter Mann asked to see me. At that time there had been a huge upheaval in the neighbouring parish of East Otago and things became so heated the vicar resigned. It was all over whether to renovate the vicarage at Waikouaiti, or sell it and build a new one at Palmerston. The Bishop asked if I would take the parish on (while remaining vicar of Oamaru) and see if I could get it resolved. The Reverend Glenys Lewis came to be my assistant at Oamaru, because of my absence—the first woman priest in the diocese and most capable. I had to decide how I would operate—I didn't want to be driving back and forth to Palmerston all the time. It so happened that at that time I had a little motor cycle, so I kept it in a garage at Palmerston for transport in the parish and hitch-hiked back and forth between Oamaru and Palmerston. It worked like a charm—of course, people always stopped to


Archdeacon Bernard Wilkinson got the 2022 Caversham Lectures under way with recollections from his fifty-six years of ministry.

We thought the story would interest a wider audience, so asked him for this condensed version which will appear in several parts over the coming months.

**THE CAVERSHAM LECTURES 2022**  
**Tuesday 1<sup>st</sup> 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, eldest 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.



find out why this mad priest had a thumb out and I got a big story on the front page of the *Oamaru Mail*. I remember one woman who picked me up and heard my story, then asked me if I would accept a gift from her—and she gave me a crucifix. It became one of my treasures. Another sent me home with some fresh bread rolls she had bought in Dunedin. A man once picked me up in Oamaru on his way to Dunedin. And at the end of the day, as I waited a few moments on the road, guess who came along. The same man, going home.

Well, I think God surely guided me, because slowly the issues began to be resolved and peace reigned once more. (They decided to renovate the vicarage at Waikouaiti!) I had told the Bishop I would give him a year and the year expired at Easter. A new vicar was appointed. He moved in in Holy Week and his institution was in Holy Week! Unusual, but the Bishop kept faith with me and I was able to be back at St Luke's for Easter.

Most clergy have some kind of extra-parish duties—mine at one stage was to be warden of lay ministers. This was the time when women were just beginning to be used in this role and the question arose of appropriate robing to lead worship. The newest woman present solved the issue for us. She said, "Oh, when I'm taking a service I don't wear anything." (I am unable to report on the size of the congregation).

Oamaru was a great parish. As was my universal experience, I was made welcome wherever I went. I remember one of my first visits to a very elderly couple. The woman said so lovingly, "Oh, our vicar has come to see us." Then there was the time when I went to a home, and the door was slightly ajar. I could hear people behind it. I knocked. No reply. I knocked again. Again, no reply. So I slowly put my head round the door, just in time to face the man of the house who was behind the door putting his head slowly round to see who was there. We met face to face. We laughed and laughed.

I saw many changes in church life during my sixteen years in Oamaru—I would like to write about these in a later instalment. But one was the appearance of the *New Zealand Prayer Book*. It had been in the making for about twenty-five years and I believe the year it appeared it was the highest selling of all books in New Zealand. The congregations of the two churches took very readily to the new liturgies and there are now probably few who remember the 1662 *Book of Common Prayer*. (Sections

(Continued on page 4)



# What it's all about

By Father Carl Somers-Edgar



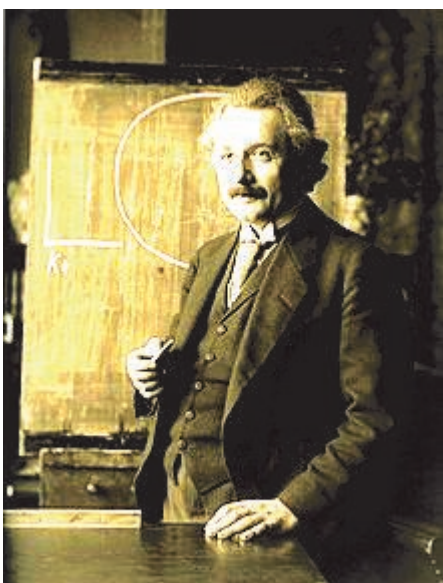
**I**n my youth, when the subject of Christianity came up in the conversation, one of my late uncles would murmur quietly (but not so quietly that I couldn't hear him) 'Ah yes, little children dying of cancer in agony—and all to please the God of love.'

Being young and inexperienced in such matters, I could never think of what to say in reply. Most people would probably think (as I did on such occasions) that only silence would do. However, I don't now believe that to be the case at all. I agree that it would be if Christianity were an entirely materialist faith. But it isn't. At its very heart is the resurrection of Christ and with it the necessary assertion that human life survives death, agonising or otherwise.

Of course, that can strike people as ridiculous—not to mention out of date. Are we not all materialists now? Well no, I very much doubt that we are and modern science (of all things) is the reason for that.

Let me give you an example of why I believe this to be the case: the atom itself. We believe it to be the fundamental building block of the universe. So you would have thought that atoms at least would be nice and solid—but they aren't. Every single atom is nothing more than 99% empty space; and the 1% which is not empty space is just a sort of quantum fuzz. An atom is not unlike a large gothic cathedral which is completely empty except for a fly buzzing about inside it!

Atheist scientists (of whom there are far too many, I'm afraid) such as Professors Richard Dawkins and Lawrence Krauss, have been happy enough to proclaim this somewhat counter-intuitive truth concerning the atom, but it is beginning to seem as if they are going to have to accept some much larger regular truths as well, which may well play havoc with their determined unbelief if they are not careful.



Albert Einstein.

Perhaps the most important of these is the fact that the universe had a beginning. Most people thought the universe was eternal, that it had always existed and therefore had no need of a creator. Now we know that it came into being (apparently from nothing) with the so-called Big Bang billions of years ago. Indeed, it is even the case that there was no such thing as empty space before it began. Even nothingness had to be created at the beginning too!

I might point out that the reality of the Big Bang was discovered by one Georges Lemaitre (1894 – 1966) a Belgian Catholic priest, if you please. Naturally the scientific community, including Albert Einstein, could not accept his findings



Richard Dawkins.  
Photo's: Wikipedia



Lawrence Krauss.

## The Frolicsome Friar



*"Can you show me how to use the fax machine? You're the only one in the office that was around when people actually used them."*

SOURCE: [WWW.HOWTOGEEK.COM..](http://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](mailto: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](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](mailto:AskTheVestry@stpeterscaversham.org.nz)

# A Priest's tale

(Continued from page 2)

of it are used at the Victorian Heritage Celebrations each November.)

I tried to take my part in community events, as did Anne. She was a devotee of Save the Children and worked very hard for them, setting up a shop in the main street which raised a great deal of money for Save the Children.

On one of his visits to the parish, I spoke with the Bishop about my interest in arranging an exchange of parishes with someone in the UK. He was supportive of the idea and encouraged me to see what I could do. I placed an ad in the UK publication *Church Times* (this was long before internets and emails) and I had seven replies. One was from the vicar of a parish in Hemel Hempstead and since it was the closest to London I arranged the proposed exchange for a year in 1988.

Soon after this arrangement was made, I was visiting an elderly widow in Oamaru. She had come out from the UK many years earlier, but was now all on her own and longed to return. One day she rang and asked me to call and then raised the subject of travel to the UK. But how would she travel, she asked. She'd get lost. (She would indeed.) But the upshot of all this was that I would escort her back to England—with all expenses paid. I asked the Bishop and Vestry who were all supportive and away we went. As it happened my daughter had gone to the UK on her great OE and married an Englishman over there. I was able to stay with them during my brief one week visit. And I was also able to visit Hemel Hempstead as a kind of introduction to the coming exchange. (More of that next month.) But before I close this chapter I must write about the one Sunday I had in London. I went to the 8am service at Southwark Cathedral, 9.30 at St Martin's in the Fields, 11am at St Paul's, 5pm at All Saints Margaret St and 7 pm at All Souls Langham Place. If you want to know more, just ask. 📧

Next time: Time abroad.



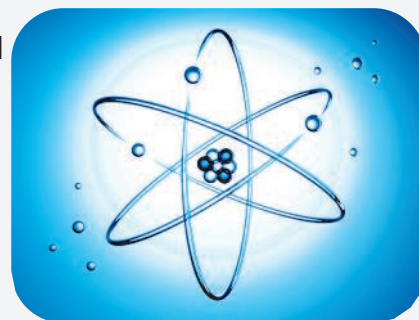
All Saints Margaret Street, London.

PHOTO.: WWW.HATLEY.INFO.

# What it's all about

(Continued from page 3)

because they saw God hovering on the horizon, a scientific no-no then as now. I am glad to say that Einstein had the grace to admit his error later on.

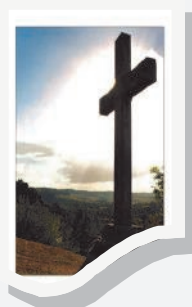


While it is gratifying that many scientists can see the truth of the Christian religion it is also sadly true that many Christians fail to grasp anything like the fullness or completeness of what it is about. And by that I mean the resurrection to eternal life beyond the grave,

However magnificent our present existence can be, it is still just the entrée. And this entrée can be rather poisonous, not just for us, but for all other conscious beings as well.

This is the world where we learn what life can be without God. Here there is great injustice, suffering and despair, just as my late uncle said. And if this were the only life living creatures could ever know, it would have been better (in my opinion) if God had not bothered to create conscious life at all.

There is, however, a remarkable twist to this story. God became a vulnerable human being called Jesus of Nazareth and thus became a partaker of our pain and anguish and even our despair, crying out during his crucifixion, "Why have you forsaken me?" before commending his spirit to his Heavenly Father.



Christianity is about life beyond the grave, a life of ever-increasing growth and joy. The world to come will be like this one except that everything will be restored and renewed. God promises us a new heaven and a new earth - and we should be looking forward to it all. 📧

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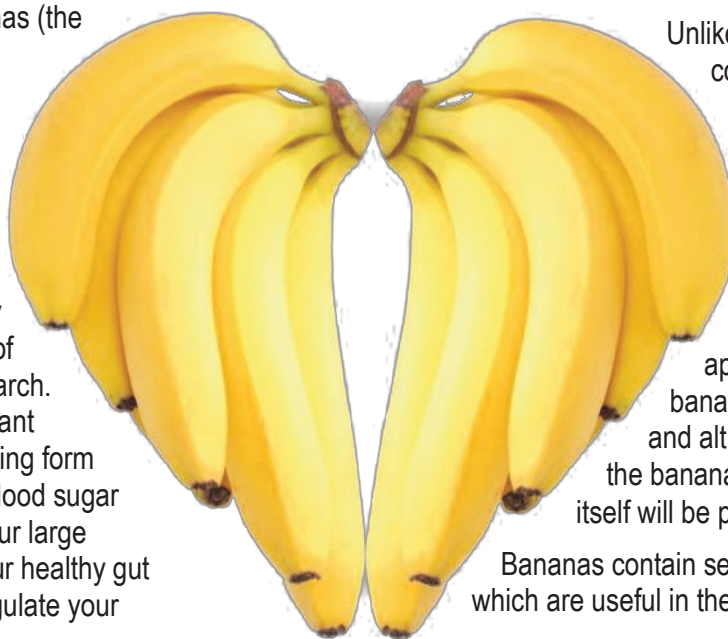
# Nutritious



## Fruit in season—the hidden benefits of Bananas

By Alex Chisholm

**T**his year fruit seems to be much more expensive than in previous years, although bananas at \$3.89 / kg giving you 3 large or 5-6 smaller ones are a good buy. Bananas, one of the most popular fruits worldwide, are consumed as a staple food in many countries. They are classified into dessert or sweet bananas (the ones we usually eat) and cooking bananas or plantains. They are a high carbohydrate food and their starches turn into sugar as they ripen. However, if you eat your bananas before they're fully ripe, you'll get the benefits of different types of healthy starch. The slowly digestible 'resistant starch' acts as a longer-lasting form of fuel and helps stabilise blood sugar levels. It is fermented in your large intestine, where it feeds your healthy gut bacteria. This may help regulate your appetite by slowing the emptying of your stomach.



February is Heart Month and bananas can play a role in supporting Heart Health.

Bananas are also rich in soluble fibre. During digestion, soluble fibre dissolves in liquid to form a gel. It's also what gives bananas their sponge-like texture and is important for heart health. Eating more may help to reduce levels of low-density lipoprotein (LDL), or "bad" cholesterol.

Bananas contain minerals such as potassium and magnesium, which your body uses for nerve and muscle

function, as well as to maintain fluid balance. Vitamin B6 is needed for our bodies to absorb vitamin B12—which we get mainly from animal foods—and to produce red blood cells and immune system cells. Plant-based foods, such as oats, wheat germ, soya beans, peanuts and bananas are good sources of vitamin B6.

Unlike some fruits, bananas continue to ripen after picking. They will ripen steadily at room temperature but if you need them to ripen even faster, you can try keeping them in a paper bag, possibly with an apple. Kept in the fridge bananas will ripen more slowly and although the outer peel of the banana will darken the banana itself will be perfectly fine.

Bananas contain several other compounds which are useful in the diet as they have positive effects on human health and well-being. Many of these compounds are active

and effective in protecting the body against various stresses and may help to improve mood. 📺

♦ **Note: Some people should take care not to eat too many bananas. If you are taking medication, especially for your blood pressure or your kidneys, check with your doctor if you are planning to eat more bananas.**

### REFERENCES:

[HTTPS://DOI.ORG/10.3389/FPSYG.2018.00487](https://doi.org/10.3389/fpsyg.2018.00487)

[HTTPS://WWW.HEALTH.HARVARD.EDU/HEART-HEALTH/EAT-MORE-FIBER-RICH-FOODS-TO-FOSTER-HEART-HEALTH](https://www.health.harvard.edu/heart-health/eat-more-fiber-rich-foods-to-foster-heart-health)



## Fridays in Lent

5.30 pm Holy Eucharist and Lenten Meditation  
followed by Fish & Chips





# The Old Testament in Lent and Easter

By Father James Harding



I have spent the past few weeks getting ready for the new academic year. It is always an exciting time of year, helping new and returning students to sort out their courses and preparing classes for the coming semester. Hopefully there is a bit of time to do some reading and writing, too.

All Theology students are supposed to take at least two papers on the Old Testament during their degree at Otago, which isn't much all things considered. Teaching Old Testament can be challenging sometimes, either because students find it unfamiliar and don't know why it is important for Christian life and ministry, or because they have previously been taught things about the Bible which are not really true. Generally though, it is a joy and a privilege to be able to teach Scripture. Indeed, it is a privilege of which I often feel deeply unworthy.

This year, I will be working through two parts of the Old Testament in Hebrew with a small class. For the first few weeks, we will be reading from the part of 1 & 2 Samuel which begins with the anointing of David as the future king of Israel and ends with David's lament for his friend Jonathan (1 Samuel 16 to 2 Samuel 1).

It is the sort of story people don't necessarily expect to find in Scripture. It is a very human story, about the cost of friendship and the corruption of power. It is about frail

human beings who behave the way they do because of the flaws and weaknesses in their own character, or because they are at the mercy of natural and supernatural forces beyond their control. It is a story of love and loyalty, power and paranoia and the grief and trauma of losing those we love through war.

Later in the year, we will turn our attention to the book of Proverbs. We will look at the first few chapters, including Proverbs 8:22-31, which was very important to the early Christians as they tried to understand who Jesus is (see Colossians 1:15-20). Proverbs 1-9 is a collection of poems and sayings about the importance of living wisely and in the "fear" of God, not recklessly going our own way, but trying to live according to the order God has created.

I will also be reading the book of Job with a group of medical students. Job is a righteous man who suffers so gravely that he believes the order of things has been turned upside down by the very God who created it in the first place. We will be thinking about how one part of the Bible responds to mental, physical, emotional and spiritual trauma, and asking how this ancient book might still help us to respond to the experience of suffering.

We need scriptures such as this, because terrible events, such as the earthquakes in Turkey and Syria—not to mention Christchurch, the anniversary of the February

(Continued on page 7)



## Nutritious

### THE RECIPE : RHUBARB, ORANGE AND YOGHURT CAKE (DAN'S BIRTHDAY CAKE)

#### What you need

- ◆ 1 orange
- ◆ 250g caster sugar
- ◆ 300g rhubarb, peeled & thinly sliced
- ◆ 300g self-raising flour
- ◆ pinch salt
- ◆ 2 eggs
- ◆ 125 gr plain, unsweetened yoghurt
- ◆ ½ tsp vanilla essence
- ◆ 125g butter, melted

#### Method

- ◆ Finely chop the whole orange in food processor or by hand. Place orange in bowl; add sugar; cover with plastic wrap and leave at room temperature overnight. This will soften the orange and the natural juices will dissolve into the sugar

#### The next day.....

- ◆ Preheat oven to 180deg C. Lightly grease a 20cm cake tin with butter and line with baking paper
- ◆ Mix rhubarb, flour and salt together. In another bowl put eggs, yoghurt, vanilla and

butter and mix well

- ◆ Add orange and sugar mixture and combine well. Gently mix through the dry ingredients
- ◆ Pour into prepared tin and bake for 50 minutes or until the centre of the cake is firm to touch. If cake is browning too fast turn oven down and cover loosely with foil
- ◆ Cool for 15 minutes before removing from tin and cooling completely on a cooling rack.

Recipe from Alison Lambert  
published in *Otago Daily Times' Ask a Chef Volume 3*.



Our Vicar's husband Dan celebrated his birthday recently and parishioners marked the occasion with a morning tea. Jenny Maffey used this recipe to bake a birthday cake which was declared a notable success. Pictured at left, Dan Milliken with People's Warden Di Best and the cake.

PHOTO.: ALEX CHISHOLM.

## 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

### 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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## The Old Testament in Lent and Easter

(Continued from page 6)

earthquake falling on Ash Wednesday this year—or the recent flooding in the North Island, can leave us speechless and uncertain how to respond in faith.

At the heart of it all is the God who, in Jesus Christ, came to live amongst us and share in part of the suffering of the world. The season of Lent is meant to remind us of the testing of Jesus in the wilderness at the beginning of his ministry and the journey of Jesus to a cruel death in Jerusalem at the end. It is a time of soul-searching for us, as we allow ourselves to come face to face with our own demons and the sheer ugliness of our own trespasses, against God and one another.

The Old Testament readings during Lent are meant to guide us along the way, trusting in the justice and compassion of God, who rejoices more over one sinner who truly repents than over a hundred righteous people who have no need of repentance.

At the Easter Vigil, the deacon sings the Easter Proclamation—the Exsultet—and we hear a long series of readings and psalms, all from the Old Testament, which tell the story of the creation of the world, the disobedience of human beings and God's willingness to give all of us a second chance. This is our story. However strange it may sometimes seem, the Old Testament is our story. It tells us who we are before God, gives us a way of speaking honestly to Him out of the mess of our lives, and, if we are willing, moves our hearts to find Jesus not just in the words of Scripture and in the Eucharist, but in everyone we meet. 📖

## For your diary

**Ash Wednesday, 22 February** : 7pm Holy Eucharist and Imposition of Ashes

**Fridays in Lent** : 5.30pm Holy Eucharist and Lenten Meditation followed by Fish & Chips

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

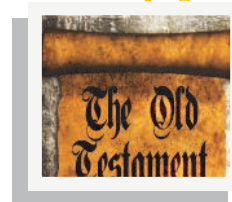
**Palm Sunday, 2 April** : 8am Holy Eucharist (1662)  
10.30 am Solemn Sung Eucharist  
5pm Evensong and Benediction

**Maundy Thursday 6 April** : 7pm Stripping of the Altars and Vigil

**Good Friday, 7 April** : 12noon Veneration of the Cross

**Holy Saturday, 8 April** : 8pm Vigil Mass and Ceremony of New Fire

**Easter Day, 9 April** : 8am Holy Eucharist (1662)  
10.30am Solemn Sung Eucharist



# Saint Peter's People

(Continued from page 1)

Lynn where I would meet the person I would spend the rest of my life with. Two weeks later, at St Columba, I met Deb and we have just

celebrated our eighteenth wedding anniversary. Between us, we have five adult children with two of them living here in Dunedin.

Following God's call, I left my job to study. In 2019, Deb and I sold up and moved south so I could study theology at the University of Otago. Once here we joined St Martha's, an Anglican home-church with a strong message for social justice which comes from Christ. As well as studying for the past few years, Deb and I have been restoring a 1904 villa we share with two dogs, two cats and a constant stream of visitors.



Joel Stutter during his Ordination as Deacon by Bishops Richard Wallace (left) and Steven Benford.

PHOTO: INFORMATION SERVICES OTAGO LTD.

Curates don't normally have much say in where they are placed, but a few months before my ordination I received another nudge from God, telling me I should serve at Saint

Peter's. I suggested this to Bishop Steven and here I am! I am already enjoying working alongside Natalie, getting to know the people of our parish, serving them and our Lord in South Dunedin, where you will see me speeding around on my electric bicycle. 🚲

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Justin Welby  
The Archbishop of Canterbury

Sermon at the opening Service of the 18<sup>th</sup> meeting of the Anglican Consultative Council on 12 February at the Church of Christ, Legon, Accra.

“Pope Francis once started an address to the Curia—the most senior Cardinals—at the Vatican by saying, more or less, you are all theoretical believers and practical atheists. What he meant was that they did believe, but they kept belief in an active God locked away in one compartment of their lives and when there were problems they went ahead and tried to sort it out without God.

“It is a typical fault of clergy and a great temptation, Your Excellency, for politicians.

...

“So he said to the man who asked: your statistics are wrong and wrongly calculated, but I thought to myself that, much worse, was the questioner's assumption that God will not do anything in the Church of England—either in judgement of the church, for its faults and failings, or in bringing revival and reversing the trend.

But when I suggested to people around me that that was the right answer, several looked at me as though I was mad. One said: “But, we don't know that God will work, so how can we be sure that he will?”

“But the Bible says something completely else. The Bible speaks of God who is infinitely greater than we can think or imagine, but who is revealed definitively by Jesus and who is involved in every aspect of life.” 📖



More online :

Read the complete text at:

<https://www.archbishopofcanterbury.org/speaking-writing/sermons/trust-nothing-except-christ-archbishops-sermon-acc-18-opening-service>

