



Anglican Parish of  
Cabersham Saint Peter,  
Dunedin, New Zealand

# THE ROCK

July 2023—Trinity



## Trees and growth and change

By The Vicar

I love big trees, really big trees. My siblings and I used to climb a favourite tree on our parents' property. It was an old gumtree which stood on the top of a hill and dominated the area. It wasn't tall, because the weather is harsh, but it did have long twisted branches which almost lay on the ground. It was easy for any age to climb and the branches flexed when you swung on them. We'd chase each other through the branches and if you touched the ground you were out. The tree shed its smooth and multi-coloured bark continually. There were usually a few little lizards, insects and birds within the tree's reach. It offered shade and shelter, kindling for fires and hours of entertainment and a place of peace and solace. The seed of a gumtree isn't very big and requires the chemicals found in smoke to initiate germination.

Jesus' parable of the mustard seed reminds us that apparently insignificant beginnings can lead to significant outcomes.

"He told them a parable: The kingdom of heaven is like a mustard seed, which a man took and planted in his field. Though it is the smallest of all seeds, yet when it grows, it is the largest of garden plants and becomes a tree, so that the birds come and perch in its branches."

Matthew 13:31-32

The history of Saint Peter's began in a pub conversation between some men with faith. Saint Peter's



IMAGE: [HTTPS://PIN.IT/2XpM0fE](https://pin.it/2XpM0fE).



"Thousands of people have worshipped in this church ...".

then seeded other churches and communities of faith over the next century. Thousands of people have worshipped in this church and many come back to celebrate anniversaries and visit and reconnect with this sacred space.

As with all things which grow, resilience is required to accommodate the inevitable changes. The kingdom of God is not static and continues to grow, to provide space and opportunity for all aspects of creation. It is exciting to see groups using the hall, the variety of worship services, people enthusiastic to explore faith and the Bible and discuss the potential future changes.

As more people come to Saint Peter's, I pray that we reflect grace, love and hope, through the knowledge that the kingdom of God is open to all. 🙏



## The Jewish Jesus

By Father James Harding

**T**his semester I am teaching a paper on Judaism in the time of Jesus. I teach this paper because I think it is important for Christian students especially to understand that Jesus was Jewish, a fact which is often forgotten, ignored or badly misunderstood. We are looking at ancient Jewish history, reading ancient Jewish texts and reading books by modern Jewish scholars.

Last week, I started a lecture on “Jews and Gentiles” by looking at the story of Jesus exorcising the daughter of a Canaanite woman in the Gospel of Matthew (Matthew 15:21-28). Jesus leaves Galilee and goes to the area around Tyre and Sidon, where a Canaanite woman begs Him to cast a demon out of her tormented daughter. Jesus ignores her, and when His disciples urge Him to send her away He tells them He was only sent to the lost sheep of the House of Israel. When she again begs Jesus to help her, He tells her it is not fair to take the children’s food and throw it to the dogs. Jesus relents only when she answers that even the dogs eat the crumbs that fall from the master’s table.

Some people will tell you that Jesus was testing the woman’s faith. I don’t believe this interpretation. I think Jesus meant exactly what He said, and we can only understand this by placing the story in its ancient Jewish context.

First of all, Jesus was a Jew from Galilee, who only a few verses earlier had to defend Himself against Pharisees and scribes from Jerusalem. The Jews of Galilee were apparently looked down upon by the Jews from Judaea and Jerusalem. Part of the background to this is that just over a century earlier, Galilee had

been conquered by the Judaeen king Aristobulus I (104-103 BCE) and the inhabitants forced to become Jews (some would have been Jews already). Perhaps this is why the Gospels of Matthew and

Luke are so keen to prove beyond doubt that Jesus was really descended from the Judaeen king David, lest his ancestry be called into question.

Jesus has crossed over into Gentile territory. Much like Elijah in the Old Testament, he heals the child of a Phoenician woman (see 1 Kings 17). Elijah’s healing proved that the God of Israel had authority outside the Land of Israel itself. This was in a context where the king of Israel, Ahab, had married a Phoenician princess, Jezebel, with disturbing consequences (see 1 Kings 18 and 19).

Also in the background is the strong separation between the Israelites and the Canaanites in the Old Testament (see Deuteronomy 7 for an extreme example). Jesus the Messiah of the Jews believes His mission is only to His own people, to the people of Israel. If this sounds harsh and prejudiced, and if it is hard to believe Jesus ignored someone in desperate need, we need to remember that Jesus was human. We also need to remember the strong sense of separation many Jews would have felt against outsiders, particularly the



**“The Jews of Galilee were apparently looked down upon by the Jews from Judaea and Jerusalem.”**

IMAGE: FREE.MESSIANICBIBLE.COM.



people of Canaan.

Yet this woman knows who Jesus is and knows that He is the only one who can help her. She addresses Him as “Son of David.” This is, of course, a royal title. Jesus was the expected Messiah, the heir to the throne of David, the ancient king of Israel. Jesus was indeed sent to the people of Israel, who were scattered like sheep without a

shepherd (see 1 Kings 22 and Ezekiel 34).

“Son of David” is commonly used in Matthew by those who beg Jesus for healing. I wonder whether, in the background, there is the tradition of King Solomon, son of David, who was traditionally associated with wisdom, magic and control of demons. I also wonder whether there is an echo here of the ancient belief that prophets from Israel, like Abraham and Daniel, had a particular gift for healing people from oppression by demons.

At any rate, we cannot understand this story without reading it in its ancient Jewish context and against the background of the Old Testament. At the very least, we have to remember that Jesus was Jewish. He may never have intended to found a church such as the church we know today—one which is now predominantly Gentile, has almost totally forgotten its Jewish roots and has a long history of vile anti-Jewish prejudice (and other sorts of prejudice, for that matter). Sometimes being honest about our faith means facing up to how strange and foreign it is and how different our Lord is from what we might expect. 📖



## The Frolicsome Friar



"We've been standing here for an hour trying to think of the password to enter the house. It just dawned on me that we just need the key."

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](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)

# An attempt to make sense of the Universe on one side of a single sheet of A4 paper



By Father Kit Bunker



hen God decided to make our universe, He had to put it somewhere. Thinking ahead, He invented the idea of space and now He had somewhere to put the universe.

But what use is a universe in which nothing at all ever happens? A universe is there, but that is all that can be said about it.... Unutterably boring that would be.

When the universe was created our God wanted things to happen within it. So it is one in which there is time. We live in the present. Before us is the future, events which have yet to happen, behind us is the past, fossilised as it were, fixed and frozen for ever.

We can imagine, if we will, a universe in which everything in the future is predictable, if we knew enough about the past to work out what will, in due course, happen. Imagine all you like, but you will be wrong.

The future can be modified, in the here and now, and by us. And possibly by dogs, too. We (and the cleverer of dogs?) can choose what we do next.

That is the way the world is, we choose and consequences follow. Work hard at school and get a good job. ...or not, since other people make their choices too; thus the future is unpredictable

The first good news was the Law, in which a glorious future is available: all you need is to be Jewish; follow the ten big commandments; and the four hundred or so smaller ones, and all will be well.

The only snag is that it cannot be done. No ordinary human being, Jewish or not, is able to. What a pity. Hard cheese, as it were.



PHOTO.: WWW.ANIMALWISED.COM.

The world is full of good citizens who rub along generally trying to do what is right, honest, good and profitable too. And sometimes failing.

What a miracle it would be if those failures could somehow be written off, cancelled, as if they had never happened. Then the Law would be fulfilled, and all would be well. For ever and ever, Amen. ☑

## Holistic Care

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# Nutritious



## Food facts—cautionary...

By Alex Chisholm



Claims, especially health claims, are often made for foods. Sometimes these are backed by evidence of a proven track record of benefit for specific effects. However, in other conditions and at other times not. Certain foods which are healthy in small quantities may be damaging to the body in larger amounts. You may be sensitive to some foods, so if they bother you, avoid them.

### Brazil nuts are healthy but only in small amounts.



They contain Selenium (Se), a nutrient we need and which is generally low in New Zealand foods. However, we only need about 55 micrograms (mcg) of selenium a day. Just one

Brazil nut kernel can have 96 mcg. That's more than a day's worth and too many can make you ill! Adults shouldn't get more than 400 mcg per day. That's no more than four or five Brazil nuts, if you don't get selenium from anything else.

### Nutifacts

### Leafy green vegetables and Kidney Stones.



Just about everyone needs to eat more veggies. Dark, leafy greens like spinach are some of the best. But if you tend to get kidney stones, you'll want to

watch how much you eat. These greens have a lot of oxalate, which can

cause kidney stones. If you're at risk, your doctor may recommend no more than 40-50 milligrams (mg) of oxalate a day. And half a cup of greens can have close to 10 mg of it. So you can have a couple of servings, but don't pack huge amounts into your green smoothies. One cup of raw spinach leaves has about 656 mg of oxalate.



### Nightshades and Joint Pain.

Potatoes, tomatoes, eggplants and peppers are all nightshades. They have sometimes been given a bad name because they contain solanine. Some say it causes joint pain, but there's no research to

back that up, probably because most of the solanine is in the leaves which are not eaten.

### YOU CAN HELP

You can make a donation to Saint Peter's bank account 06-0911-0008804-00 with the ANZ Bank. Donations of over \$5 per year qualify for a tax receipt. Be sure to identify yourself consistently so multiple donations can be accumulated correctly.

Our inaugural High Tea was held on 8 July and Alex Chisholm was there to get some pictures of the happy revellers.



Saint Peter's Cabersham



# ... and cheerful



**A**lthough the amounts of some vegetables may occasionally need to be smaller, generous servings are a positive addition to our meals. Vegetables supply many necessary vitamins and minerals, which differ with the various types so eating a wide range can give us the maximum benefit.

Those of you with a productive garden will have the pleasure and advantages of a fresh supply. Even with the smaller selection caused by the recent dreadful weather further north there is still some choice available, though the prices have been higher. When this happens, it may pay to compare the prices with frozen or even canned vegetables as with modern processing methods the nutritional value is still high. Here are what some of the winter vegetables can offer: -



## Brussels Sprouts

contain

kaempferol, an

antioxidant which may be particularly effective in preventing cell damage and has anti-inflammatory properties which

may protect against disease. This

vegetable is a great source of fibre, an important nutrient which supports bowel regularity, heart health and blood sugar control. Additionally, Brussels Sprouts are very nutrient-dense. Each serving is packed with folate, magnesium and potassium, as well as vitamins C and beta carotene which the body converts to vitamin A. However, Brussels Sprouts also contain vitamin K, which may interfere with blood-thinning medications like warfarin. Vitamin K can promote blood clotting, so people on blood thinners are advised to keep their vitamin K intake consistent and not too high. If you're on blood thinners, talk with your doctor before you start to pick the Brussels Sprouts from your garden.

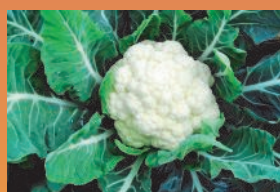


**Broccoli:** Just 1 cup (91 grams) of raw broccoli provides 77% of the daily amount for vitamin K, 90% of the daily amount for vitamin C and a good amount of folate, manganese and potassium as well as zinc, copper and selenium. Different cooking methods, such as boiling,

## Nutifacts

microwaving, stir frying and steaming change the vegetable's nutrient composition, particularly reducing

vitamin C, as well as soluble protein and sugar. Steaming appears to have the fewest negative effects.



**Cauliflower:** Is known for both being versatile and having a great nutrient profile. Just 1 cup (155 grams) cooked packs 3 grams of fibre, 3 grams of protein and a variety of other important

nutrients, including folate and vitamins C and K.

Cauliflower is also often used as a low carb, low calorie alternative to ingredients like rice, potatoes and flour.



**Green peas:** Peas are a starchy vegetable, which means they have more carbs and calories than non-starchy veggies and may affect blood sugar levels when eaten in large amounts.

Nevertheless, green peas are incredibly beneficial. Just 1 cup (160 grams) contains 9 grams of fibre, 9 grams of protein, and vitamins A, C, and K, as well as riboflavin, thiamine, niacin and folate. Because they're high in fibre, peas support digestive health by boosting the good bacteria in your gut. 🌱

The afternoon was a huge success and another High Tea is scheduled for 7 October.





By Jennifer Maffey,  
Vicar's Warden

As a way of hearing about families from my early years I receive, via email, the weekly newsletter from my 'Mother' Church, Holy Trinity, Dargaville. In one earlier this year they talked about tidying up the memorial steps [pictured below right] and surrounding gardens and included a picture of a new statue, the Patron Saint of Gardeners [pictured at right]. I was curious so investigated further.

Saint Fiacre is an Irish saint born circa AD 600, the patron saint of gardeners. A Catholic priest, abbot, hermit and gardener born in Ireland and raised in a monastery. In AD 628 he sailed to France to seek solitude so he might devote himself to God.

He was known for his sanctity and skill in curing infirmities and devoted his life to prayer, fasting, vigils and cultivation of his garden. Legend has it that when he arrived in Meaux, France, Saint Faro the Bishop of Meaux allowed him as much land as he could hoe in one day. He turned over the earth with his staff, removing trees briers and weeds. He then built a hermitage, vegetable and herb garden, an oratory in honour of the Blessed Virgin Mary and a



PHOTO'S.: SUPPLIED.



hospice to care for travellers. Reputedly averse to women he banned them from the precinct of his hermitage.

He is also patron to sufferers of fertility, Haemorrhoids and fistulas, and to box makers, florists, hosiers, pewterers and tilemakers. (a very busy patron!) In the Middle Ages haemorrhoids became known as 'Saint Fiacre's Figs'. As a sufferer of this ailment Cardinal Richelieu venerated Saint Fiacre's Holy remains in the hope of being cured.

On his death on 8 August AD 670 his body was interred in the local church of the site of his hermitage but in 1568 it was transferred to Meaux Cathedral which then became a centre of devotion to him.

From the mid-1600s Hotel de Saint Fiacre in Paris hired out carriages. These became known as 'fiacres' and thence the general term for hired horse-drawn transport.

In 1999 to mark the second Millennium Saint Fiachra's [an alternative spelling—Ed.] Garden was opened at the Irish National Stud and Gardens in Tilly, County Kildare, Ireland. 🇮🇪

## But his feet don't reach the pedals!

(Continued from page 8)

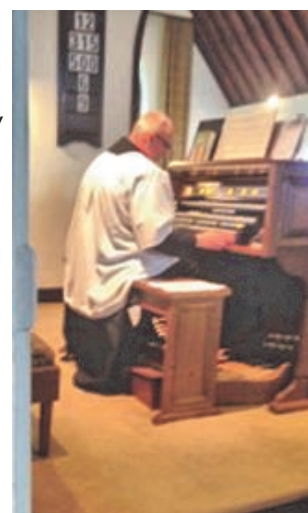
the notes and chords as necessary. All went well and come 7pm I was seated at the organ playing some of my piano pieces while the organist changed stops and turned pages. The fact that my feet didn't really reach the foot-pedals was not my major concern—the end of Evensong was! However, I basked in some form of minor glory for a few days and then happily went back to my piano lessons. However, here began my relationship with this extraordinary instrument—the organ.

My grandmother died suddenly in her late 60s and I was sent to the Sisters at the local convent for my lessons. If I though Gladys was a hard taskmaster (and she was) she could have been considered 'laid back' compared to the strict regime pertaining at the convent. However, I got through the music grades. I continued some organ studies with the local organist but was sent to Auckland each month for organ lessons and prepared for my advanced examinations.

I have now played the organ for 50 years and it is intriguing that I still remember the chant for the Magnificat at Evensong all those years ago is the same one I use at Evensong at Saint Peter's in 2023. I also remember the closing hymn from that 1963 service: *The day thou gavest, Lord, is ended*. The choir sang the lovely descant for John Ellerton's fine tune, 'St Clement' and I even got to use 'full organ'!

It is a wonderful privilege to still play in church and what remains of one's technique etc is a tribute less to natural ability and more to very good training over the years. And my feet now reach the pedals. 🇮🇪

Rock music



"And my feet now reach the peddles."

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 MONDAY OF EACH MONTH:

1pm: Holy Communion at Radius Fulton Home

### FIRST TUESDAY OF EACH MONTH:

11am: Holy Communion in the lounge of Frances Hodgkins Retirement Village, Fenton Avenue

### SECOND AND FOURTH TUESDAY OF EACH MONTH:

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

### WEDNESDAY:

9am: Morning Prayer  
10.30am Bishop's Companionship Programme  
- Studying the Bible, prayer and life in Christ

### THURSDAY:

10am: Holy Communion according to the Book of Common Prayer

## Special Services

Contact The Vicar to arrange baptisms, weddings, house blessings, burials, confessions and other special services.

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# Dishwasher replaced

After a project which seemed at times to take on a life of its own, the dishwasher in the parish hall has been replaced by a new commercial model.

The Starline GLV (pictured at right after installation) has a capacity of up to 960 glasses or 840 plates per hour, with a choice of 60 or 150 second cycles. We have received very positive feedback about how easy the new dishwasher is to use.

As part of the project, the hall hot water system was upgraded which has brought benefits to everyone using hot water in the building, not only our dish washers.

Vicar's Warden Alex Chisholm guided the replacement project and is to be congratulated on persevering with a job which grew beyond expectations.



PHOTO.: ALEX CHISHOLM.



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## For your diary

**Tuesday, 8 August :** Vestry meeting.

**Sunday, 13 August :** Church lunch.

**Sunday, 20 August :** Deadline for the August edition of *The Rock*.

**Date TBA in August :** Working bee.

**Saturday, 2 September :** Garden day—various groups present their activities.

**Saturday, 9 September :** Concert by the St Kilda Brass at 2pm.

**Tuesday, 12 September :** Vestry meeting.

**Saturday, 7 October :** High tea in the lounge.

**Saturday, 14 October :** Display of quilting and craft.

**Tuesdays in November :** The Caversham Lectures.

**Saturday 25 November :** Garage Sale.

# But his feet don't reach the pedals!

# Rock music



By David Hoskins, Director of Music

**R**ecently a number of parishioners have asked how long I have played the organ. Perhaps they felt it was getting rather late in the day for my technique to improve! This month's *Rock Music* is devoted to a quick, thumbnail sketch of the accidental beginnings of my organ-playing.

In a world far, far away, musically, liturgically and culturally—1963 in fact, I began my relationship with the organ. I was 10 years old. Mozart had been playing the organ for quite some time at age 10, but as an uncle noted around that time, having heard my piano playing, “He ‘aint no Mozart!”. I had been learning piano from my grandmother Gladys Hoskins, a noted music teacher in my home town of Thames in the North Island. Although she felt five was ‘latish’ to begin lessons, I got along with the theory and made a good job, by and large, of the practical aspects of keyboard study. Gladys was really quite up to date with her teaching methods and I encountered the theoretical keyboard work of the Australian Miriam Hyde in some of my lessons. Very good method, still relevant today.



The Church of St George the Martyr, Thames.

Below: Inside St George's—the organ, at top right, always seemed so much bigger when I was young.

PHOTO'S.: SUPPLIED.



I doggedly progressed and began to make my way ‘through the grades’. At the same time, I became a member of the trebles of the Junior Choir of St George's Church. My father was a member of the bass section of the choir for many years. St George's had decided to separate the junior and senior choirs which I always thought was a mistake. However, the Juniors were 15-20 voices which could stand on their own merits and did, when required, make a fine sound.

Back to 1963. The Vicar of the time arrived at the Hoskins residence during the course of a Sunday afternoon. The organist had injured his right hand and couldn't play. Perhaps ‘the boy’ could play something. I was used to the life of the church and had even turned pages for Mr Verrall, the organist—great honour! I was whisked along to the church by the Vicar (not a good driver, as I recall) and there was a much-bandaged George Verrall beside the organ. I was placed on the organ bench and proceeded to play the chants and give

(Continued on page 6)



Justin Welby  
The Archbishop of Canterbury

The Archbishop pays tribute to his late mother, Lady Jane Williams.

My mother lived a full human life, with all its ups and downs. Her story is one of redemption – which she found through faith in Jesus Christ, and loving service to others. In recovery from alcoholism, she helped countless others to know freedom from addiction. She spent many years supporting people to rebuild their lives after leaving prison, professionally as a Probation Officer in Camberwell, then in the National Parole Board, and also as a Prison Visitor. In 1977 she married my stepfather, Lord Williams of Elvel, and it was a happy marriage of over 40 years until his death in 2019. Each step in her journey towards greater fullness of life brought me such joy.

“Towards the end of her life she showed great courage, faith and hope. She knew she would soon be with God.”



PHOTO.:  
WWW.ARCHBISHOPOFCANTERBURY.ORG.



More online :

Read the complete text at:

<https://www.archbishopofcanterbury.org/news/news-and-statements/archbishop-canterbury-pays-tribute-his-late-mother>

