



# THE ROCK



Anglican Parish of  
Cabersham Saint Peter,  
Dunedin, New Zealand

August 2023—Trinity

## An especially festive morning tea

By Alex Chisholm, People's Warden



Notable milestones have long been marked by celebrations with special foods. A recent such occasion was Barbara Gilles' 101<sup>st</sup> Birthday, which we celebrated with a special morning tea in the Vicarage

after the 10am Service on Thursday, 10 August. The wonderful food, elegant surroundings and Reverend Natalie's hospitality were very much enjoyed by Barbara and her guests. Di Best and the Danish Bakery were responsible for the fabulous birthday cake. 🍰



Left: "The fabulous birthday cake"; Right: Jenny Maffey on the job;  
Below: Guests at table left to right The Vicar, Barabara Gillies, Helen Dwyer, Zac the Vicarage canine and Father Kit Bunker.

PHOTO'S: ALEX CHISHOLM AND JENNIFER MAFFEY.



## Our chance to build?

By The Vicar

Dan flies to Australia next week to visit family and friends. He'll travel from Melbourne, Victoria almost to the top of New South Wales. Although we have only been in New Zealand for 16 months a number of things back in Australia have changed. Some things we know about but others we may discover at the time. Change can be exciting but correspondingly alienating. To avoid feeling left out it is important to remain in touch and communicate one's feelings and expectations. By letting people know our intentions and plans, we are able to reduce the sense of disconnect. Just as Dan has let the children know

when he will be arriving and who he hopes to see, they in turn can make plans around each other's expectations.

This sort of planning and negotiating isn't often seen in business but is paramount in building healthy relationships and families. The church is a family full of incredibly diverse people under the authority of God. For a church to develop in mission, it is important for its members to discuss openly the plans, expectations and reasons why certain things are being done. Saint Peter's is one of the few functioning Anglican churches in South Dunedin.

(Continued on page 6)





# The Old Testament and the Synagogue

By Father James Harding



I had an unexpected but rather exciting experience yesterday as I was preparing a lecture on Jewish synagogues at the time of Jesus. I was browsing through the Israeli news in *Haaretz* over lunch and came across an article reporting the very recent discovery of a synagogue in the ancient city of Phanagoria on the Taman peninsula in southern Russia. At roughly the time of Jesus, there seems to have been a thriving Jewish community there and archaeologists have uncovered their synagogue. So

I hurriedly added a new slide to my lecture, and off I went to class.

There have been some remarkable finds connected with ancient synagogues. Jesus would never have visited the one found in Phanagoria, of course, but in 2009 the remains of a synagogue were discovered in the ancient town of Magdala, in Galilee. This would have been a major town in the time of Jesus and



Archaeologists excavating the second synagogue found in the hometown of Mary Magdalene in Magdala, Israel.

PHOTO.: UNIVERSITY OF HAIFA .



Fragments of a precious marble menorah from the Phanagoria synagogue with a reconstruction of what it looked like.

CREDIT: VITALY TIMKIV @ OLEG DERIPASKA VOLNOE DELO FOUNDATION .

he may well have known both the town and its synagogue. At least one of his associates seems to have come from there—Mary Magdalene.

This is one of the oldest buildings certainly identified as a synagogue in Israel. In the synagogue, a stone was found bearing the image of a Menorah, the

seven-branched candelabrum used in the Temple in Jerusalem. We don't know for sure what the stone was for, nor do we really know what the main purpose of synagogues was at the time of Jesus. One possibility is that the synagogue was thought of as a "little sanctuary" which would have effectively replaced the Temple as a place of prayer for those who lived too far away from Jerusalem. Another, less elaborate, synagogue was found at Magdala in 2021.

The word "synagogue" is from the Greek, meaning "[place of] meeting" and perhaps this was the original purpose of the synagogue: a place for the Jewish community to meet. The earliest inscriptions referring to synagogues, though, go back to the third century BCE in North Africa, where they called the building a "proseuchē," which is Greek for "[place of] prayer." Outside Judaea, far away from the Temple, perhaps these buildings were places where Jews could gather to pray. We read of just such a "place of prayer" in Philippi, in Macedonia, in Acts 16:13.

The most reliable evidence we have suggests that synagogues were originally places where the scriptures

(Continued on page 3)

## Holistic Care

- \* Personal care
- \* Decluttering
- \* Spring cleaning for mind body and spirit, house and home

"I come to you"



Prue Paterson R.Comp.N., Dip. Mass. T

'phone: 021 1356 895. email: pruepg@gmail.com

Wednesdays 1 to 3 pm

Thursdays 9.30 to 11.30am

By Donation:

100% to Saint Peter's

## The Frolicsome Friar



"Wow, Grog, fire and drawings. This is quite an entertainment center you have here."

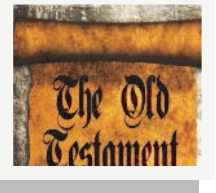
SOURCE: WWW.HOWTOGEEK.COM..

# The Old Testament and the Synagogue

(Continued from page 2)

were read on the Jewish Sabbath, mainly the Torah but also the Prophets (see Luke 4:16-21). These scriptures were read aloud from scrolls, studied, preached upon and perhaps translated for congregations who did not know Hebrew. There is a first-century CE synagogue inscription found near the site of the Temple in Jerusalem, known as the *Theodotus Inscription*, which describes the purpose of the synagogue (which is no longer there) as for reading the Law, teaching the commandments and offering lodging to people coming from abroad, perhaps as pilgrims to the Temple (see Acts 2:1-13). There is no mention, though, of prayer.

It seems fairly clear that the synagogue is where the earliest Christians learnt how to read and understand the scriptures. The earliest Christians were Jews, of course, like Jesus Himself. They heard the scriptures read aloud on the Sabbath—our Saturday—and those who could studied them and debated their meaning. The Gospels and the Acts of the Apostles make it clear that it was in the synagogues where Jesus taught and where the apostles preached the word about Him.



## 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)



"It seems fairly clear that the synagogue is where the earliest Christians learnt how to read and understand the scriptures".

For them, the scriptures spoke beforehand about Jesus Himself, something the majority of their Jewish contemporaries could not accept. They were reading the same scriptures, but these same scriptures meant something quite different to them. They can hardly be blamed for this—there was,

after all, nothing obvious in the scriptures which pointed without any shadow of a doubt to Jesus—and it is one of the gravest tragedies of history that this is exactly what too many Christians have done.

When we read the *Old Testament*, or hear it read from the lectern, it is worth remembering where and when this all began: in the Jewish synagogues in Galilee and Judaea, around two thousand years ago, when Jesus taught his contemporaries. After his death and resurrection his followers searched the scriptures anew, then preached the word from synagogue to synagogue around the Mediterranean and beyond. 📖

## REFERENCES:

LAWRENCE H. SCHIFFMAN, "THE MAGDALA STONE," AMI MAGAZINE, MAY 28, 2017, PP. 161-164:

[HTTP://LAWRENCESCHIFFMAN.COM/WP-CONTENT/UPLOADS/2017/06/MAGDALA-STONE.PDF](http://lawrenceschiffman.com/wp-content/uploads/2017/06/MAGDALA-STONE.PDF)

RUTH SCHUSTER, "SYNAGOGUE FROM LATE SECOND TEMPLE PERIOD FOUND BY BLACK SEA IN RUSSIA," AUGUST 16, 2023:

[HTTPS://WWW.HAARETZ.COM/ARCHAEOLOGY/2023-08-16/TY-ARTICLE-MAGAZINE/SYNAGOGUE-FROM-LATE-SECOND-TEMPLE-PERIOD-FOUND-BY-BLACK-SEA-IN-RUSSIA/00000189-fae4-d0b9-a5a9-ffef91b90000](https://www.haaretz.com/archaeology/2023-08-16/ty-article-magazine/synagogue-from-late-second-temple-period-found-by-black-sea-in-russia/00000189-fae4-d0b9-a5a9-ffef91b90000)

NATHAN STEINMEYER, "ARCHAEOLOGISTS DISCOVER NEW FIRST-CENTURY SYNAGOGUE IN MAGDALA, ISRAEL," BIBLE HISTORY DAILY, DECEMBER 15, 2021: [HTTPS://WWW.BIBLICALARCHAEOLOGY.ORG/DAILY/NEW-FIRST-CENTURY-SYNAGOGUE/](https://www.biblicalarchaeology.org/daily/new-first-century-synagogue/)





# Nutritious



## Food facts—more cheerful

By Alex Chisholm



Some more good news from the vegetable world.

**Carrots:** As one of the most well-known root

### Nutifacts

vegetables, carrots also top the charts as one of the most nutritious. They're full of vitamins A and K, as well as the

important antioxidant beta-carotene. Eating carrots has been linked to improved action of antioxidants and lower

cholesterol levels in our bodies. Other research shows that a higher intake of carotenoids, such as beta-carotene, may be associated with a lower risk of certain diseases. What's more, eating carotenoids may have protective effects on the eyes.

Studies show that a varied diet rich in vegetables—including carrots—can support natural immune function, digestive processes and cardiovascular health.

**Parsnips:** Similar in appearance to carrots, parsnips are another kind of root



vegetable with a host of

unique health benefits. Like carrots, parsnips grow sweeter as frigid temperatures set in, making them a delightful addition to winter dishes. They have a slightly earthy taste and are highly nutritious. One cup (156 grams) of cooked parsnips contains almost 6 grams of fibre and 34% of the daily recommended intake of vitamin C. Additionally, parsnips are an excellent source of vitamins B and E, potassium, magnesium and manganese. The high fibre content of parsnips also makes them an excellent choice for digestive health.

They are especially high in soluble fibre, which forms a gel-like substance in the digestive system. This can help slow the absorption of sugars into the bloodstream, which is especially helpful for those with diabetes. Soluble Fibre has also been linked to a reduced risk of heart disease, breast cancer and stroke.

**Potatoes:** Potatoes are incredibly versatile and widely available, with up to 2,000 different varieties currently cultivated in 160 countries around the world.

They're also very nutritious, packing a good chunk of fibre, vitamin C, vitamin B6, potassium and manganese. Potatoes which have been cooked and cooled are also high in resistant starch, a type of starch which passes undigested through your digestive tract and helps feed your beneficial gut bacteria.

**Sweet potatoes:** sweet potatoes are vibrant and delicious root vegetables which are highly nutritious and jam-packed with health benefits. They're rich in fibre, vitamin C, manganese and vitamin A and a good source of several

antioxidants—including beta-carotene, chlorogenic acid and anthocyanins. Due to their vitamin A content, some studies suggest this root vegetable may also improve immune function, protect against the loss of vision and support skin health. Sweet potatoes can be baked, boiled, roasted or sautéed and enjoyed as a delicious side dish or added to everything from sandwiches to salads to breakfast bowls. 🍷



# Healthy combinations: Vegetables and Eggs

By Alex Chisholm

**I**n the past eggs were often restricted in the 'advice on healthy eating' for people with high blood cholesterol. More recent recommendations from The New Zealand Heart Foundation are more relaxed. This is indeed good news! There used to be a popular slogan 'When there's an egg in the house there's a meal in the home'. Even with the recent increase in the price of eggs they are still reasonably priced when compared with some other protein foods such as lean meat or fish. An average egg contains 6-7grams protein, that contains all the essential amino acids and is found in the yolk as well as the whites.

including those with Type 2 diabetes—can eat up to six eggs per week as part of a heart-healthy eating pattern. However,

care should be taken with the company eggs keep! It is the combination of foods often eaten with eggs, such as processed meats, like bacon or sausages, refined white bread and/or butter or salt, which could cause a problem. This is where both green and root vegetables come in and can be important partners for eggs. So the saying 'When there's an egg in the house there's a meal in the home' is never more so than when eggs are combined with vegetables.

Other organisations to have relaxed their recommendations on eggs include the Australian Heart Foundation, British Heart Foundation and American Heart Association. Also, the latest Dietary Guidelines for Americans have removed dietary cholesterol as a cause of concern for overconsumption.



## REFERENCES:

REFS: [HTTPS://ASSETS.HEARTFOUNDATION.ORG.NZ/DOCUMENTS/SHOP/SUBMISSIONS/EGGS-POSITION-STATEMENT.PDF?MTIME=1667526711](https://assets.heartfoundation.org.nz/documents/shop/submissions/eggs-position-statement.pdf?mtime=1667526711)

[HTTPS://NUTRITIONFOUNDATION.ORG.NZ/EGGS-WHAT-DO-THEY-CONTAIN/](https://nutritionfoundation.org.nz/eggs-what-do-they-contain/)

THE GOLDEN EGG: NUTRITIONAL VALUE, BIOACTIVITIES, AND EMERGING BENEFITS FOR HUMAN HEALTH SOPHIE RÉHAULT-GODBERT \*, NICOLAS GUYOT AND YVES NYS. NUTRIENTS 2019, 11, 684; DOI:10.3390/nu11030684

[HTTPS://WWW.HEARTFOUNDATION.ORG.NZ/WELLBEING/HEALTHY-RECIPES](https://www.heartfoundation.org.nz/wellbeing/healthy-recipes)

[HTTPS://WWW.HEALTH.HARVARD.EDU/HEART-HEALTH/ARE-EGGS-RISKY-FOR-HEART-HEALTH](https://www.health.harvard.edu/heart-health/are-eggs-risky-for-heart-health) [HTTPS://ASSETS.HEARTFOUNDATION.ORG.NZ/DOCUMENTS/SHOP/FOOD-INDUSTRY/PDFS/HEART-FOUNDATION-VEGETABLE-COOKBOOK.PDF?MTIME=1667526704](https://assets.heartfoundation.org.nz/documents/shop/food-industry/pdfs/heart-foundation-vegetable-cookbook.pdf?mtime=1667526704)

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.

## STEWART Construction Ltd

- Passive Fire Protection
- Specialised Kitchens
- Housing

- Design and Build
- Timber Joinery
- Alterations

29 Fox Street, South Dunedin  
P: 03 455 2057 F: 03 455 5959

W: [www.stewartconstruction.co.nz](http://www.stewartconstruction.co.nz)  
E: [info@stewartconstruction.co.nz](mailto:info@stewartconstruction.co.nz)







By Alex Chisholm,  
People's Warden

Three times in one day!  
What you may ask—  
having meals, walking  
the dog, going for a run?

Well, no but rather listening to three sermons. Thanks to the wonders of modern technology, I was able to listen to Reverend Natalie's at Saint Peter's in the morning, Father Hugh's in Christchurch in the afternoon, then Father Peter's at All Saints Margaret Street, London in the evening. Christchurch and London courtesy of YouTube.

The Gospel of Matthew 14:22-33 tells of Jesus walking on the water in the Sea of Galilee. Themes are the sea, seen as a source of evil and chaos, which threatens our ordered life and which Jesus, walking on the water conquers. The disciples fear at the sight of Jesus thinking him a ghost then Peter's attempt to walk on the water that results in him crying out to Jesus. The still calm after



IMAGE: WWW.ACHURCHNEARYOU.COM.

## CHURCHWARDEN CORNER

Jesus returns to the boat, as the forces of wind and water respond to the One who made them—the theme of finding God in the silence.

Another theme "You of little faith why did you doubt?" Peter is unsure—this is resolved in Jesus

reaching out his hand and catching hold of Peter, as he can for us. Where can Christ more easily reach out to us and assure us of his presence? Father Peter suggests every Sunday not only in word and sacrament but in our interactions with each other. I shall watch the recorded sermons and services again. This was something usual during the COVID lockdowns and I still find it interesting and helpful to hear various interpretations and explanations—definitely more than once! Being able to make notes to refer to and in addition enjoy the music and visual impact of the Mass is a definite plus. 🇬🇧

# Our chance to build?

(Continued from page 1)

Many others have had to close due to diminishing congregations and unsafe buildings. Our property survey has highlighted lack of maintenance as the cause of both structural and functional issues. Some of these problems we will be able to deal with fairly easily, however other things will require major discussion and negotiation.

Church stewardship needs to align with the Anglican Five Marks of Mission adopted by our Diocese and I believe there are real

opportunities, within a Five Marks framework, to do things differently and reutilise some of the resources we have. For us to secure a future for Saint Peter's, we need to generate an income, introduce new people into the congregation, continue to provide hospitality through the use of our hall,

begin much needed work on the church and retain a full-time clergy person. While I have shared some examples of what could help secure a future with some people I haven't had the opportunity to sit with everyone and

discuss the possibilities. Some of my suggestions include the Saint Peter's congregation rent the Vicarage to young Christians studying at university, upgrade the hall kitchen and begin repairs, continue to work with Heritage Dunedin for support in funding grants and create a small residence for the clergy person. Part of the task is not to get overwhelmed by some of these ideas, but to keep thinking, talking and praying ....seeing if this is something that God could be giving us a nudge to do.

During Saint Peter's 120 years the various congregations have moved a church, built a church, built a Vicarage, built a belltower, moved a hall, built a new hall, added a new sanctuary and added the Link. I'm asking this congregation to consider how we will improve and build on the legacy we have received. Some of the changes will feel exciting and others alienating, but if we

communicate our expectations and feelings, I know we can achieve change that not only honours the Five Marks of Mission but all the congregations of Saint Peter's, past, present and future. 🇬🇧

## Five Marks of Mission

1. To proclaim the Good News of the Kingdom
2. To teach, baptise and nurture new believers
3. To respond to human need by loving service
4. To transform unjust structures of society, to challenge violence of every kind and pursue peace and reconciliation
5. To strive to safeguard the integrity of creation, and sustain and renew the life of the earth

## 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.

### Parish Contacts:

#### VICAR:

The Reverend Natalie Milliken : (03) 455 3961  
[Vicar@stpeterscaversham.org.nz](mailto:Vicar@stpeterscaversham.org.nz)

#### CHURCH WARDENS:

##### VICAR'S WARDEN:

Jennifer Maffey : (03) 455 4601  
[VicarsWarden@stpeterscaversham.org.nz](mailto:VicarsWarden@stpeterscaversham.org.nz)

##### People's Warden:

Alex Chisholm : (03) 487 7356  
[PeoplesWarden@stpeterscaversham.org.nz](mailto:PeoplesWarden@stpeterscaversham.org.nz)

#### VESTRY SECRETARY:

[Vestry@stpeterscaversham.org.nz](mailto:Vestry@stpeterscaversham.org.nz)

#### DIRECTOR OF MUSIC AND PARISH CENTRE MANAGER:

David Hoskins : (03) 453 4621  
[ParishCentre@stpeterscaversham.org.nz](mailto:ParishCentre@stpeterscaversham.org.nz)

#### FINANCE:

[Finance@stpeterscaversham.org.nz](mailto:Finance@stpeterscaversham.org.nz)

**The Rock** is published by The Anglican Parish of Caversham,  
Dunedin, New Zealand

EDITOR: David Scoular : (03) 454-6004

[TheRockEditor@stpeterscaversham.org.nz](mailto:TheRockEditor@stpeterscaversham.org.nz)

#### ADVERTISING QUERIES:

[TheRockAds@stpeterscaversham.org.nz](mailto:TheRockAds@stpeterscaversham.org.nz)

PRE-PRINT SERVICES : Information Services Otago Ltd.

PRINTED BY: Dunedin Print Ltd.

# "Gadgets to God"

By Alex Chisholm

The Fellowship Group heard a fascinating account last month from our Deacon Joel Stutter [pictured at right], of his journey from 'Gadgets to God'.



PHOTO.: ALEX CHISHOLM.

He showed slides of some of the truly amazing places he has visited and where he has worked. The more technical aspects of the various stages in his career covered the very tiny (a crystal set at age 10) to the absolutely enormous, pylons and factory equipment, to his present job writing manuals to explain systems and how to use them correctly. There were slides of the interiors of various pieces of larger equipment as well as the uses to which smaller items have been put (with some to try out) so the technically minded were catered for. We had a trip through the years from having specially recorded overseas broadcasts to be played on National News Radio, definitely pre-TVNZ then TV with some nostalgia including the Goodnight Kiwi from TV2, right up to the present day.

I was very taken with the way Joel described the teams' various trips to help remote communities and people often cut off from contact with others, as being like pastoral visits. In addition I was very interested to learn that he too is from a Presbyterian background, his father being a Presbyterian minister. 🇳🇿



We're locally and family owned and operated which means we'll always be here when you need us  
Compassionate guidance, support and advice 24/7

Ph: 03 455 2128 [24hrs]  
407 Hillside Rd, Sth Dunedin  
[www.gillions.co.nz](http://www.gillions.co.nz)



## For your diary

**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.

**Sunday, 24 September** : Deadline for the September edition of *The Rock*.

**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.



# The Lord's my Shepherd

**Rock** music



By David Hoskins, Director of Music

September sees a number of weddings at Saint Peter's. At one, the 23<sup>rd</sup> Psalm will be sung to the lovely tune, *Crimond*. It has become so popular as a 'double-act' that it is easy to forget the interesting background story of its journey to such fame.

The psalm itself has been translated in many ways and has not always been sung to *Crimond*. *The Brother James Air* by James Macbeth Bain and *Martydom* by Hugh Wilson come to mind.



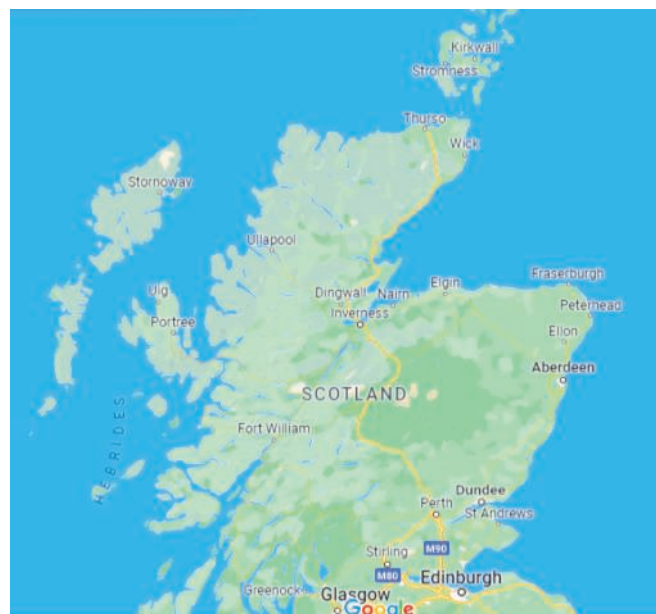
Jessie Seymour Irvine.

PHOTO: [HTTP://WWW.HYMNTIME.COM/](http://www.hymntime.com/).

However, the tune we mostly associate with the words of the psalm is *Crimond*, written by Jessie Seymour Irvine (1836-1887). She was the daughter of a Church of Scotland minister and a well-trained organist. The tune was arranged for publication by a fellow organist, David Grant (1833-1893).

Irvine had actually composed the tune in 1871 as an exercise for a composition class while she was living in *Crimond*, a town in the North-East corner of Scotland (near Peterhead). Although it is said there are competing claims as to authorship of the music, it is generally accepted nowadays in the Irvine-Grant formula.

The words are from the *Scottish Psalter* of 1650. At the Reformation, Protestants in England prepared a metrical psalter, *The Whole Booke of Psalmes* (1562). Much development and argument over decades concerned the psalter in Scotland. The central notion behind the Psalters was that the psalms be paraphrased for community recitation and singing. At best, as with Psalm 23, greatness happens. Other instances of the paraphrasing of psalms has resulted in a form of doggerel set awkwardly to undistinguished tunes. Initially, the psalm in question would have been sung to a wide range of common metre tunes. In the 20<sup>th</sup> century



WWW.GOOGLE.COM/MAPS.

hymnal editors began to settle on a favoured few.

*Crimond* rose to even greater fame when coupled with Psalm 23 at the wedding of Princess Elizabeth and Philip

**The Lord's my Shepherd**  
Scottish Psalter (Psalm 23) for mixed voices a cappella  
(CRIMOND)

Jessie Seymour Irvine, 1836 - 1887  
(Lyrics: Francis Rous, 1650)

*Andante*

Mountbatten in 1947 and more recently at the funeral of Queen Elizabeth II in 2022. I have played it many times over the years and the marriage of words and music never fails to resonate with congregations—especially those to whom the inside of a church is foreign territory. A long time ago, in a country church in the Waikato, seated at an ancient harmonium, I happily accompanied a small boy playing *Crimond* on a harmonica. He was very good and once we had found a key that both instruments were (mostly) happy with, so was the performance. 🎵

