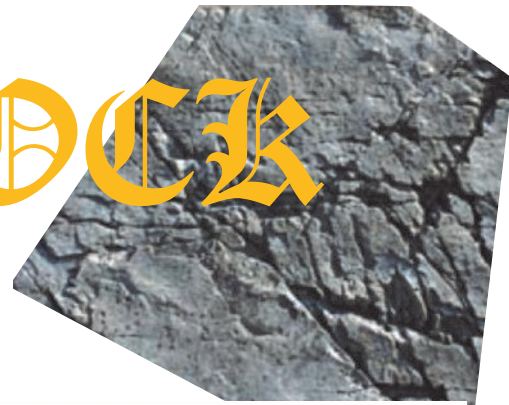




Anglican Parish of
Cabersham Saint Peter,
Dunedin, New Zealand

THE ROCK

October 2023—Trinity



What matters

By The Vicar

The shops are already stocking Christmas merchandise and people are already buying it.

During my quick trip back to visit family and friends, I noticed the most precious thing we can spend on family and friends is time. Time checking in with how everyone is feeling and whether they need to share in their successes and disappointments. A quick cup of tea and conversation about the latest football scores or the weather isn't enough. It takes time to get comfortable and talk about the important things.

Sharing memories and experiences builds on relationships. Questioning understanding and motivation is incredibly important and cannot be done without sharing time. As a clergy person, one of my professional requirements is to talk with a qualified person about how I feel and think about happenings in my workplace. This isn't something new to me. As a prison chaplain, I had two professional supervisors. This was to safeguard myself and those I was supporting. It recognised none of us can always get it right.

Most of the pain and hurt experienced in relationships is a result of misunderstandings and poor communications. If people feel uncomfortable about sharing issues, it is usually a result of a weak relationship. It doesn't matter how long people have known each other; what matters is how much they have shared with each other.

God came to earth in Jesus Christ to enable humans to get to know their Creator better. To see, hear and watch what it is to live in God's will. At first, it was confusing and challenging, however as the disciples spent more time with Jesus, they began to get some understanding.

The most painful lessons were when they felt helpless and alone, abandoned and worthless. It was not what they could give which mattered. It was their willingness to build relationships that mattered. As a Church, what matters is not what we look like or produce, it is our willingness to build on existing and new relationships in the spirit of love and grace.

Please consider carving out some time to strengthen your relationships over the next few weeks, so we may enhance the blessings God has provided. 📖

THE CAVERSHAM LECTURES 2023

Tuesday 7th November at 7.30pm

In Saint Peter's hall, Hillside Road

The Reverend Roly Scott

Now and then



A retired Baptist minister's personal reflections on 42 years of pastoral ministry in changing times.

THE CAVERSHAM LECTURES 2023

Tuesday 14th November at 7.30pm

In Saint Peter's hall, Hillside Road

Professor Sir Jim Mann

"Q & A"



Professor Mann has been involved with a number of international and national organisations concerned with nutrition, diabetes and cardiovascular disease, several of which he has chaired or continues to chair.

If you have a question you'd like Professor Mann to answer, email it to divalbest@outlook.com by 14 October.

THE CAVERSHAM LECTURES 2023

Tuesday 21st November at 7.30pm

In Saint Peter's hall, Hillside Road

Brian Miller

Stained Glass Windows from Dunedin and Beyond



An author, teacher, bookseller, publisher "and more", Mr Miller examines The work of Roy Miller, New Zealand's leading stained glass artist in the 1950s, 60s and 70s.

THE CAVERSHAM LECTURES 2023

Tuesday 28th November at 7.30pm

In Saint Peter's hall, Hillside Road

Dr Alexandra Chisholm

Nuts: Surprising facts and health benefits



Dr Chisholm has been involved in several studies with the Nut Research Group of Otago University's Human Nutrition Department. She will discuss the group's conclusions so far.



Chaos and Creation

By Father James Harding



Over the past three weeks, I have been watching the unfolding events in Israel and Gaza with a mixture of shock, sadness and alarm. I was shocked by the sudden and random violence with which this latest war began. I have been saddened by the human tragedy which was visited on

This is normally a joyous festival, when public worship in the synagogue is marked with singing and dancing with the Scroll of the Torah. This year it was

waste” and out of this chaos God brought order.



I have also been alarmed, not so much by the Israel-Hamas war itself, but by the effect it has had around the world—especially by how quickly people far away from Israel and Palestine have become drawn in



southern Israel and the humanitarian catastrophe that is now unfolding in Gaza. I have also been alarmed, not so much by the Israel-Hamas war itself, but by the effect it has had around the world—especially by how quickly people far away from Israel and Palestine have become drawn in (the recent protests outside Auckland Museum are just one example among many).

The war began with a series of massacres in southern Israel, perpetrated by the Islamic Resistance Movement (Hamas), on October 7, 2023. This coincided with the Jewish holy day known as *Simchat Torah*, which means “Rejoicing of the Law.” This marks the day when the yearly cycle of readings from the Torah comes to an end with the last section (“parashah”) of Deuteronomy and the next cycle begins, with the first section of Genesis.

marked by a senseless tragedy which has led to another devastating war and will leave a legacy of trauma for decades to come.

Recently I read an article in the *Jewish Review of Books*, written by the Jerusalem-based author Cole Aronson, who visited Kibbutz Be’eri near the Gaza border, where more than a hundred people had been massacred by Hamas terrorists just a few days earlier. The devastation he witnessed brought to mind what he described as “the most frightening phrase” in the first section of Genesis: *tohu va-vohu*, which is translated “without form, and void” in the King James Bible and, more vividly, “welter and waste” in the translation by Robert Alter.

This refers to the chaos out of which God brought order to the cosmos (Genesis 1:2). The earth was “unformed and void” or “welter and

The crowning glory of God’s creative work is humankind (Genesis 1:26-28; Psalm 8). Created in the image of God, we can in a sense imitate God by engaging in our own creative work, ordering the things we make to some kind of purpose. Yet the choice of God to make the world out of chaos means the possibility of chaos is still there. Creation can dissolve into chaos once more.

For Aronson, Kibbutz Be’eri represented “a human whole with a human purpose,” a wholesome place of peace and order, where a close-knit community went about its daily life and work. This was reduced to chaos by a sudden and senseless act of terror. Yet there is hope. The hope, for Aronson, is that this terrible act will be avenged by rebuilding the kibbutz, clearing away the debris, memorialising the dead and settling Be’eri once more. It will once again be “the land of the living.”

When God brings judgement in the



(Continued on page 3)

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Chaos and Creation

(Continued from page 2)

Old Testament it is sometimes by reducing His creation to chaos and disorder, so He can create anew (Genesis 6-8; Jeremiah 4:23-26). In the world in which we live, however, chaos and disorder are not necessarily signs of divine judgement. Chaos and disorder can come about simply because of the sheer wickedness of which human beings are capable (this was surely the case with the recent attacks by Hamas). At other times, the lives of communities and individuals can be reduced to chaos by events which can appear random and senseless, with apparently no rhyme or reason.

It is significant that when Job suffers a series of tragedies which seem to have no rhyme or reason, he responds by cursing the day of his birth using words and images drawn from the story of creation (Job 3:3-10). He longs for the day of his birth to be blotted out, reduced to the very chaos and disorder which existed before God divided light from darkness and created the day on which Job was born and the night when he was conceived.

The story of Job is, amongst other things, about someone desperately trying to find some kind of order in the chaos of his suffering. He never learns the reasons why he has suffered, which under the circumstances is no bad thing. In

the end, God appears to him and reveals the glory of the cosmos, which is a place of wonder and terror, violence and mystery. Job then takes a step back. It is not clear whether he submits to God in humility, or turns away in despair. In any case, he finds a way to go on living. He pieces his life back together, and finds a way to go on (Job 42:10-17).

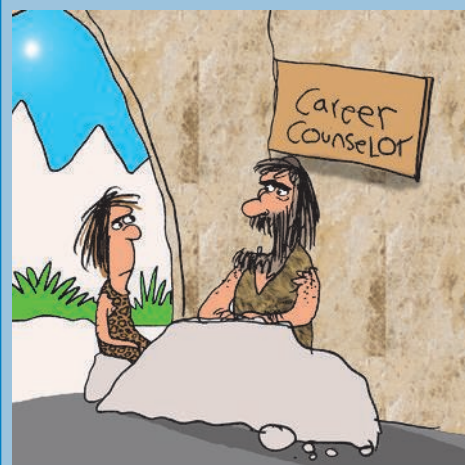
In a world like ours, scarred by traumas of all kinds, perhaps this is where hope lies—in the capacity each of us has to find a way to go on, to find a slender ray of light in the darkness and to bring some semblance of order out of chaos. 📖

REFERENCE:

COLE S. ARONSON, "KIBBUTZ BE'ERI, CHAOS, AND CREATION." JEWISH REVIEW OF BOOKS (OCTOBER 19, 2023).



The Frolicsome Friar



"So, do you want to be a hunter or gatherer?"

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

Don't forget the parish garage sale

Saturday 25 November



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Nutritious



Whole Grains and Heart Health

By Alex Chisholm



October is 'Cholesterol Month'—at least according to Heart UK. Although the Heart Foundation of New Zealand did not specifically mention it, the director Professor Gerry Devlin did send around an email. This was to remind us, among other things that Friday, 29 September marked this year's World Heart Day. One question in his post was in relation to diets' effect on blood cholesterol and asked, 'Could your meal plan do with a bit of a makeover?'

On the list of suggested make overs was to base one meal a day around a whole grain, with the comment 'We love whole grains because eating them lowers your risk of heart disease. Refined grains (like white bread, pasta and crackers) contain fewer nutrients and less fibre. Unrefined whole grains, as they are found in nature, are best for our bodies. The list of grains includes Wholegrain oats, Brown rice, Barley, Bulgur (cracked wheat), Quinoa, Millet and Buckwheat. Some of these may not be so familiar but a grain many of us will know from winter soups is barley. A recipe for something a little different and very tasty is 'Barley and Pea Risotto'(see below). In New Zealand, most of our whole grains come from bread and



breakfast cereals, so when choosing these foods, it would be beneficial to include those containing whole grains where possible. In fact, a recent study has stated that replacing fine grains with wholegrains has benefits for heart health.

Some swaps or additions you may like to try could include:

- ◆ Rice bubbles to oats
- ◆ white bread to whole grain bread
- ◆ white rice to brown rice
- ◆ water crackers to whole grain crackers
- ◆ white flour to whole grain flours such as wholemeal flour
- ◆ white pasta to wholemeal pasta
- ◆ including barley or quinoa in your diet.

Look for products with whole grains you can actually see e.g. visible chunks of the grain rather than the grain being

(Continued on page 6)

REFERENCES:

<https://www.heartfoundation.org.nz/about-us/news/blogs/six-tips-to-eat-more-whole-grains>

BMJ 2016;353:i2716

<http://dx.doi.org/10.1136/bmj.i2716>



Nutritious

THE RECIPE : BARLEY AND PEA RISOTTO

What you need

- ◆ 1 tbsp oil
- ◆ 1 onion, finely diced
- ◆ 2 cloves garlic, crushed
- ◆ 1 cup pearl barley
- ◆ 1 cube of stock, or 1 tsp of stock powder
- ◆ 4 cups water
- ◆ 3 cups peas
- ◆ 1/2 cup grated cheese
- ◆ 2 tbsp. lemon juice

Method

- ◆ Heat oil in large pot
- ◆ Add onions and cook over low heat, stirring often, until soft
- ◆ Add garlic and barley and continue to cook while stirring for 1 minute
- ◆ Add stock cube and water and bring to a gentle simmer. Continue to simmer stirring often until the barley is cooked and most of the liquid has been absorbed
- ◆ Add peas and continue to cook until the peas are steaming hot

- ◆ Remove from the heat and add cheese and lemon juice. Stir until cheese has melted
- ◆ Serve.



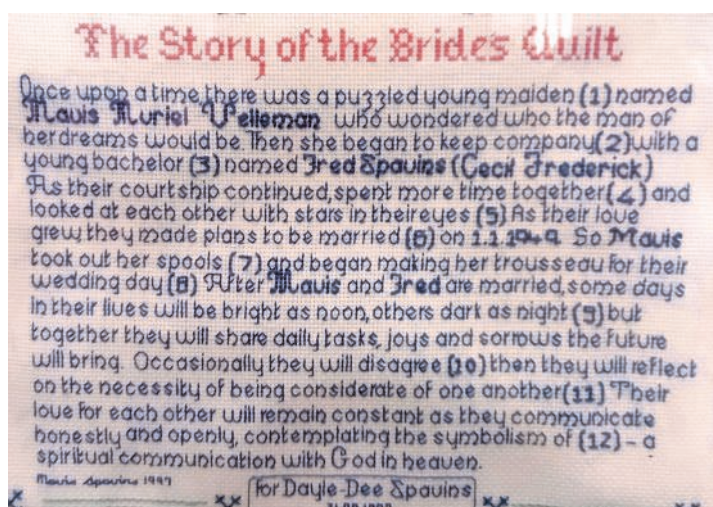
Recipe from
www.heartfoundation.org.nz/wellbeing/healthy-recipes/barley-and-pea-risotto#recipe-method

ARTS AND CRAFTS AT SAINT PETER'S IS BACK

Saturday, 14 October 1pm-4pm

Saint Peter's Arts and Crafts show and display of quilts returned this month. A feature of the display was this Bride's Quilt, given for display by a friend of a parishioner and stitched by her mother.

PHOTO'S: JENNIFER MAFFEY.



[More online](#)

You will find lots more photo's of the show on our website. Find the Photo Gallery at

<https://www.stpeterscaversham.org.nz/PhGallery.html>

Photo. Gallery

The main attraction though was the extensive display of quilts. Laid out in the church, they made a stunning display.





By Alex Chisholm, People's Warden

Of neighbours and peacemakers
—Glimmers of hope and acts of solidarity.

CHURCHWARDEN CORNER

The question of who our neighbour is and how we should respond to them will be very familiar to us from the Bible, most likely from the story of the Good Samaritan. Since the dreadful attack in Israel, there have been accounts of groups, often themselves under threat, responding and coming to the aid of others. The Negev's Bedouin tribes were some of the first to organise volunteer teams, made up of 600 people, to search for missing Israelis and Arabs. Some of them searched for missing people, some saved people who were hiding in homes or fields, some evacuated the wounded to hospital, some administered first aid. The Bedouins are a marginalised group living mostly in villages in southern Israel. They are unrecognised by the Israeli government and therefore without an air raid system or bomb shelters in their villages.

In Jaffa, a mixed city south of Tel Aviv, activist WhatsApp groups mobilised by nightfall on 7 October to organise a joint Arab-Jewish civil guard, unarmed, which can protect local people of all backgrounds and alert police if violence

breaks out. They now number more than 1,000 people. Eritrean asylum seekers in Tel Aviv, often unwelcome in the rest of Israeli society, have been cooking meals for the thousands of displaced people. Thousands of volunteers of different ethnicities are working to help victims of the violence and clean up neglected bomb shelters, making them fit for purpose and letting people know where they are, amid many other efforts at calming the heightened tensions around the country. Alon-Lee Green, a founder of Standing Together—a grassroots movement mobilising Jewish and Palestinian citizens of Israel in pursuit of peace, equality, and social and climate justice—which has been active since 2017, said the group's 5,000-strong membership was still bracing for potential unrest. Many though have found hope in the ability of Jewish and Palestinian citizens of Israel to band together.

May we include the peacemakers from all groups in our prayers. 🙏

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[HTTPS://WWW.NBCNEWS.COM/NEWS/WORLD/ARABS-LIVING-ISRAELS-NEGEV-DESERT-ARE-SITTING-DUCKS-HAMAS-RCNA120168](https://www.nbcnews.com/news/world/arabs-living-israels-negev-desert-are-sitting-ducks-hamas-rcna120168)

[HTTPS://WWW.THEGUARDIAN.COM/WORLD/2023/OCT/20/DESTRUCTION-CHASED-THEM-FUNERAL-HELD-FOR-THOSE-KILLED-IN-GAZA-CHURCH-AIRSTRIKE](https://www.theguardian.com/world/2023/oct/20/destruction-chased-them-funeral-held-for-those-killed-in-gaza-church-airstrike)

[HTTPS://WWW.THEGUARDIAN.COM/WORLD/2023/OCT/18/AL-AHLI-ARAB-HOSPITAL-PIECING-TOGETHER-WHAT-HAPPENED-AS-ISRAEL-INSISTS-MILITANT-ROCKET-TO-BLAME](https://www.theguardian.com/world/2023/oct/18/al-ahli-arab-hospital-piecing-together-what-happened-as-israel-insists-militant-rocket-to-blame)

[HTTPS://MINORITYRIGHTS.ORG/MINORITIES/BEDOUIIN/](https://minorityrights.org/minorities/bedouin/)

Whole Grains and Heart Health

(Continued from page 4)



ground or crushed. Of course how much and in what form you can eat whole grains varies from person to person. It could be that softer grains such as cooked barley may be better than harder grains such as kibbled wheat.

The bottom line?

Whole grains are a nutritious food, but there is no single

food which alone improves our heart health—it is our overall diet. Whole grains are best eaten, in place of refined grains, with plenty of vegetables and fruit alongside legumes (such as chickpeas and lentils), nuts, seeds, oily fish and reduced-fat dairy. 🥗



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. 🙏

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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 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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VicarsWarden@stpeterscaversham.org.nz

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Hymn tunes

(Continued from page 8)

gaze of the audience. 'How many of those eyes were there in rapture, or were counting the four dead lights in the central sunburst of the ceiling?

Elijah is hopelessly, awfully, irredeemably mid-Victorian', he said.

In the late-20th and early 21st century there has been a dramatic re-evaluation of the works of Felix Mendelssohn. Critical opinions and performances have changed to the point where the music is once again much-valued and performed. It is generally agreed that Elijah contains some of Mendelssohn's finest music.

O Rest in the Lord comes during Part 2 of the oratorio and is sung by 'Angel 1'. It speaks of trust in God and the rewards of the faithful—though not without quite a few references to the 'patience required'.



Mendelssohn conducting *Elijah* at Birmingham.

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For your diary

Tuesday, 14 November : Vestry meeting.

Tuesday, 7 November : The Caversham Lectures.
The Reverend Roly Scott : *Now and Then*.

Tuesday, 14 November : The Caversham Lectures.
Professor Sir Jim Mann : Q&A.

Sunday, 19 November : Deadline for the October edition of *The Rock*.

Tuesday, 21 November : The Caversham Lectures.
Brian Miller : *Stained glass windows*.

Saturday 25 November : Garage Sale.

Tuesday, 28 November : The Caversham Lectures.
Dr Alexandra Chisholm : *Nuts—surprising facts and health benefits*.

O Rest in the Lord

We are fortunate to have Arnold Bachop, a fine singer, as a member of the Saint Peter's congregation. From time to time, Arnold approaches the organ console with the opening line usually, 'What about doing ...'. And, in a matter of weeks, he and I are 'doing' a solo sung during a Sunday service, as always, with distinction.



Mendelssohn playing to Queen Victoria and Prince Albert.

Recently he suggested a piece he hadn't looked at for a while. *O Rest in the Lord* is a lovely aria from Felix Mendelssohn's oratorio, *Elijah*. The piece depicts events in the life of the prophet Elijah and was first performed in the Birmingham Town Hall on 26 August, 1846 with the composer conducting before an audience of over 2,000 people.

Structurally, it is in the spirit of the oratorios of J.S. Bach and George Frederik Handel. Mendelssohn admired both

Rock music



By David Hoskins, Director of Music

these composers and was responsible for the revival of interest in Bach's music. He conducted the first performance of the St Matthew Passion since the composer's death. Much has been made of Mendelssohn's use of the older form of oratorio but the lyricism and imaginative use of orchestral and choral colour reflect the composer's own genius as an early Romantic.

The work was a triumph when premiered, with *The Times* noting on 27 August, 1846 that 'never was there a more complete triumph—never a more thorough ... recognition of a great work of art'. Amongst the dramatic choral scenes of the prophets crying out in vain to the god Baal and fiery chariots to Heaven, there are exquisite moments of lyrical genius such as *O Rest in the Lord*.

After being hugely popular with the public and receiving many performances throughout the world—after all, Queen Victoria pronounced Mendelssohn her favourite composer—its popularity began to wane. The Boston critic, H.T. Parker, noted in the mid-1920s the upward



"Her favourite composer".

(Continued on page 7)



Justin Welby
The Archbishop of Canterbury



Cathedral of St John the Divine,
Harlem.

PHOTO.: UNTAPPEDCITIES.COM.

Preaching in the Cathedral of St John the Divine, Harlem, NYC at the inauguration and vesting of the first group of people who will be part of a new religious community in New York called the Community at the Crossing.

How can we love as Jesus loves? And how do we begin to love as Jesus loves? Well, first, maybe this is the year when you realise and live out the reality that to abide in God, we have to abide in each other. You can't do one, but not the other. What do we need in clergy in the church? We need people who love God and love people. You can teach everything else, but if there's no loving of God and loving of people, you can't teach anything at all. So, being in a community is how we begin to love God. Being in a community of a cathedral, being in a community of a parish church, being in a community like the Community of the Crossing, we learn to love each other."



More online :

Read the complete text at:



<https://www.archbishopofcanterbury.org/speaking-writing/sermons/church-cannot-flourish-without-religious-community-archbishop-justin-nyc>