



THE ROCK



Anglican Parish of
Cabersham Saint Peter,
Dunedin, New Zealand

November 2023—Advent



All sorts

By The Vicar

Dan and I have had a few visitors over the last few months who have challenged our understanding of ourselves as Christians. It is easy to welcome someone you know and have things in common with, but it is very different when that person is not known to you and sees things from another perspective.

It is all too easy to expect the other person to be what we want them to be and do what we want them to do. However, that isn't what love, tolerance and diversity are about.

The gospel of Jesus Christ challenges us to look more carefully at how we interact with those who aren't like us. Those who have had different experiences of life and have learnt different lessons.

Some of us grow up in a very monocultural society. Attending schools, churches and social functions which have been the same for generations, with people the same colour, education, faith and manners. Others have lived in diverse and challenging places and times which have forged different ways of thinking and behaving.

Jesus Christ walked and talked with a diverse group of people. Some had similar cultures, while others were definitely foreigners, aliens even. Jesus sat with tax collectors and lepers, priests and Pharisees, Samaritans and Romans, fishermen and women. The one thing we tend to overlook is that most of these people lived together in relative peace. Yes, there were struggles and skirmishes, crimes and violence but generally humanity strives for peace. Consider the millions of people today who live in relative peace. The violence we watch and the wars we hear about are aberrations. History has recorded battles to identify struggles by groups to gain power and wealth. Rarely does it record the times of peace. The common people mainly choose to live quietly with their neighbour. If one knows one's neighbour and respects the differences, stability and social cohesion remain intact.



IMAGE: FREEPIK ADOBE STOCK

Crime and violence are generally a result of social inequity and disrespect. If one group believes another group is not deserving of the abundance available, disputes will occur. Children starve, not because of lack of food but because of greed. Pollution occurs as a result of disrespect and negligence; poor education and ill-health are results of social inequality. Lack of housing is due to greed and profiteering. Each social ill has a solution but

(Continued on page 3)

Christmas
AT
SAINT PETER'S
SUNDAY, 17 DECEMBER
10.30am Festival of Nine Lessons
and Carols
CHRISTMAS EVE
8am Holy Communion (BCP)
10.30am Solemn Sung Eucharist
7.30pm Evening meal and
Combined Service with St Martha's
CHRISTMAS DAY
9am Holy Communion (BCP)
with carols

Obituaries

Michael William Forrest

Michael Forrest came to Saint Peter's in 1994 after encouragement from Father Geoff Hughes. Although Michael came from many years' absence from any church involvement, he became a pillar of Saint Peter's and a member of Vestry. As a server he regularly served at Sunday worship as well as at various special services including those held at Frances Hodgkins Retirement Village. Michael carried out a series of interviews with parishioners, resulting in profiles which were published with a photo in *The Rock*. These helped us to get to know our fellow parishioners better and to discover what interesting lives they had. When Saint Peter's acquired a new thurible and one which was rather different from our previous model, Michael wrote two very helpful articles on the background to and correct use of thuribles. A recent re-reading of this information resulted in a change in method of use and reduction in the number of charcoals needed. Michael and Father Geoff, together with Father Geoff's hearing dog, were a firm feature of life at Saint Peter's until November 2012 when Father Geoff died and then six years ago Michael moved to Wellington with

Deffa.

For nearly 30 years Michael worked for Southern Colour Print where he was a valued member of the team and on one occasion saved the firm from making a costly production error. A major hobby was trains, and he was interested in keeping up with local and world events. Michael was the President of the Otago Model Engineering Society for two two-year terms.



Michael was farewelled in a lovely service at St James' Anglican Church, Lower Hutt and on his coffin was a small remembrance from Saint Peters - the card we signed recently at the 10:30 service.

May he rest in peace. 🕊️

Emily Petre

Emily Petre was born and raised in the Vicarage of her grandparents at Wairoa as her grandfather was the Anglican priest of a Maori pastorate on the East Coast. This was a loving and devout household. In those days the area above Gisborne had many more people living there. Her early years there may have established Emily's love of the sea which was reflected in her coffin being decorated with sea scenes and Pohutukawa. For her schooling Emily went to a boarding school in Napier where pupils attended the Cathedral every Sunday and this was another stepping stone in her faith development. Coming from a nursing background, Emily also became a nurse. She faithfully and regularly attended Saint Peter's 8am

Service for many years, from at least the beginning of the 1980s. She was a very keen and proficient golfer and kept a beautiful garden clearly remembered by a fellow '8 o'clocker'. After living in Dunedin she went to live in a retirement village in Mosgiel. When she was no longer able to drive Father Hugh took communion to her regularly and continued with the home sacrament ministry until it was taken over by the Reverend Peter Stapleton, another resident in the village. Failing health was slowly but surely advancing.

Father Hugh described Emily as 'A person of quietly held opinions and deep faith expressed in a low key non demonstrative way'.

May she rest in peace. 🕊️

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



All sorts

(Continued from page 1)

it requires everyone to see their neighbour as equal.

The gospel of Jesus Christ is transformative, revolutionary and disturbing. It demands that those who follow Jesus consider another's needs above their own, act with compassion and share the abundance. All too often people are preoccupied with the distractions and become overwhelmed. As people of faith, Christians are reminded that the Creator God provides for all and that our responsibility is to love our neighbour without distraction.

As we come to the season of Advent, I pray we concentrate on what we can do for our neighbours, through the love of Christ, and not be distracted.

It is of the Lord's mercies that we are not consumed because His

compassions never fail, they are new every morning.

Great is thy faithfulness.

LAMENTATIONS 3:22-25

A friend wrote a poignant poem in memory of the loss of a loved one and it reflects the ultimate goodness of God.

Who was there when the sky turned black?

Who said, 'It's never coming back?'

But now it's here

A brand new day begun

Birds sing, children play

O Lord, what have you done?

ANTHONY SKEGG 2023. 🇩🇪

The Frolicsome Friar



"Shipping is really fast these days. I ordered something an hour ago, and it was shipped yesterday."

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



Advent musing

By Father Kit Bunker

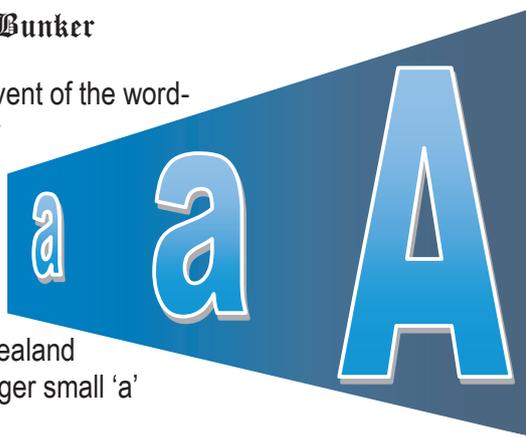
With the advent of the word-processor writing has been utterly

changed. That is a small 'a' advent. The advent of the welfare state changed New Zealand politics for ever. That is a bigger small 'a' 'advent'.

The Advent is the very biggest possible, capital 'A' change. It commemorates the beginning of a life which changed the world by altering the relationship between mankind and God.

The snake and the apple and the garden are a way to understand what goes on in the mind of any human being exposed to temptation. It is a nasty story about how we keep forgetting God and behaving disgracefully.

Grace, that undeserved gift, bought expensively for us by Christ on the cross, is the antidote. Christians are



forgiven sinners; our being right with God an undeserved gift. The Earthly life of Jesus, ended at Easter, began with Christmas. The Church year repeats time and again, but not endlessly. Christ will return in Glory, though until then it is like a stuck record, annually retracing the same history.

We believers are immensely privileged, we have heard the Good News, we pray for the grace to live accordingly. It is there for us; all we need is to remember to ask for it. Is it not marvellous, wonderful, spine-tingling to know we are loved and forgiven? It is a gift which asks to be passed on. And that is a part of what we are for. 🇩🇪



Nutritious



Diet and Inflammation

By Alex Chisholm

The two types of inflammation—acute and chronic—have different effects on our bodies. Some inflammation is good but too much is often bad. When we are hurt the result is often redness, swelling, warmth and pain around the injury. This indicates the immune system is reacting and releasing white blood cells to surround and protect the area. Acute inflammation is how our bodies fight infection and is also the process which works when we have a virus infection like a cold.

However, if this acute response gets turned up too high or lasts for too long the immune system may keep fighting and attack healthy tissues. The result could be chronic inflammation which research has shown may be associated with heart disease, diabetes, cancer, arthritis and bowel diseases. This has encouraged research into specific therapeutic diets or general dietary changes

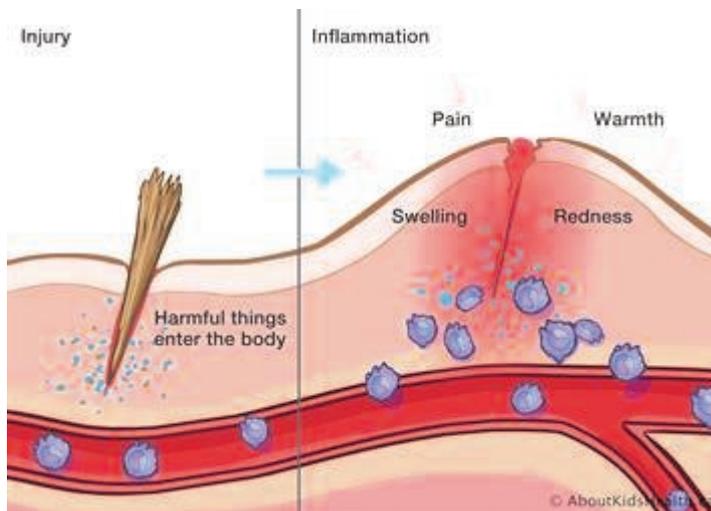


IMAGE: WWW.ABOUTKIDSHALTH.COM

which may help relieve symptoms.

Certain eating patterns such as the Mediterranean dietary pattern—rich in fruits, vegetables, fatty fish, nuts extra virgin olive oil and whole grains—is linked to reduced blood markers of inflammation. As well as that, individual compounds found in nutrient-dense foods including omega-3 fatty acids, fibre and olive oil polyphenols have been shown to have anti-inflammatory properties. That is, they should help reduce the effects of chronic inflammation.

A recent study in Glasgow showed that people who did not eat a Mediterranean diet could improve their heart health with regular consumption of olive oil. In contrast, Western dietary patterns, with low intakes of fruits and vegetables and high intake of calorie-dense ultra-processed foods, are associated with increased levels of inflammatory markers.

However, healthy Western dietary patterns such as that recommended in the Healthy eating, active living—HE1518 document from the Ministry of Health – Manatu Hauora, 2023 would also help to increase the beneficial anti-inflammatory foods in our diets and keep the quantities of the less healthy foods low.



IMAGE: WWW.THEMEDITERRANEANDISH.COM

REFERENCES:

BIOMEDICINES 2020, 8, 201; DOI:10.3390/BIOMEDICINES8070201

INT. J. ENVIRON. RES. PUBLIC HEALTH 2019, 16(6), 942;

ADV NUTR 2021;12:1681–1690

J NUTR 2015;145:1692–7

[HTTPS://HEALTHED.GOV.T.NZ/PRODUCTS/HEALTHY-EATING-ACTIVE-LIVING](https://health.govt.nz/products/healthy-eating-active-living)

HEALTHY EATING, ACTIVE LIVING - HE1518

AM J CLIN NUTR . 2015 JAN;101(1):44-54. [HTTPS://WWW.GLA.AC.UK/NEWS/ARCHIVEOFNEWS/2014/NOVEMBER/HEADLINE](https://www.gla.ac.uk/news/archiveofnews/2014/november/headline)

Questions and Answers

By Alex Chisholm



In Tuesday, 14 November, Professor Sir Jim Mann presented a fascinating Caversham Lecture about the life and times of the Reverend Dr Hubert (Hugh) Carey Trowell who was a pioneer in the area of dietary fibre and its effects on 'Western Illnesses'. Hugh Trowell was a medical doctor who went to Uganda but in later years, on returning to England, became an Anglican Priest. Christianity and nutrition were his consuming interests and he wrote with distinction about both, especially nutrition."

During his time in Uganda, he became aware of the differences in health status between those who ate the local high fibre foods and the European groups who still adhered to their traditional higher fat and lower fibre diets. Professor Mann is presently researching further into Dr Trowell's work on dietary fibre, a topic we hear about frequently today, particularly in relation to eating patterns for heart health and diabetes. The connection was initially established by Dr Trowell and I'm sure we can look forward to hearing further of his interesting pioneering work in future. Initially this lecture was going to be a general question and answer session and the questions that were sent in included: -

1: What foods can reduce inflammation? See the previous page!

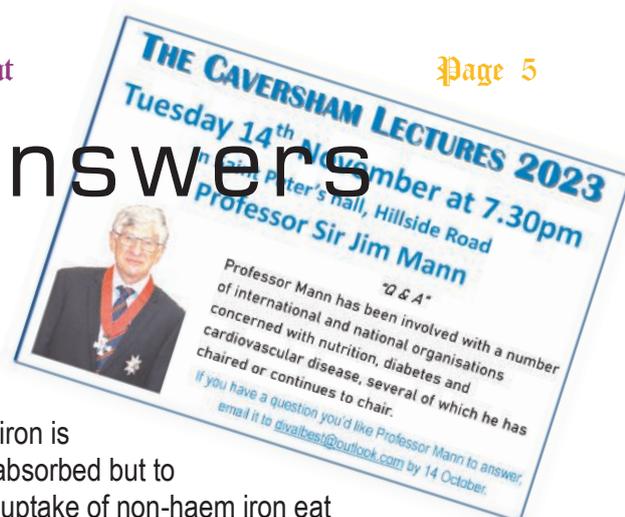
2: What foods are good sources of iron? Haem iron is found in red meat, poultry and fish. Non-haem iron is

found in plants, eggs and nuts. Haem iron is more easily absorbed but to increase the uptake of non-haem iron eat vitamin C rich fruits and vegetables in the same meal and avoid drinking tea in the same meal, as tea can inhibit the absorption of iron. Wait an hour before drinking tea. Coffee has a similar but a weaker effect.

3: Are there foods we shouldn't eat together at the same meal? And are there foods we should eat together to get the best out of them? Generally no, tea and iron containing foods are the main combination to avoid and a usual eating pattern with mixed meals provides for sufficient variety to ensure the advantage of various good combinations for nutrient absorption

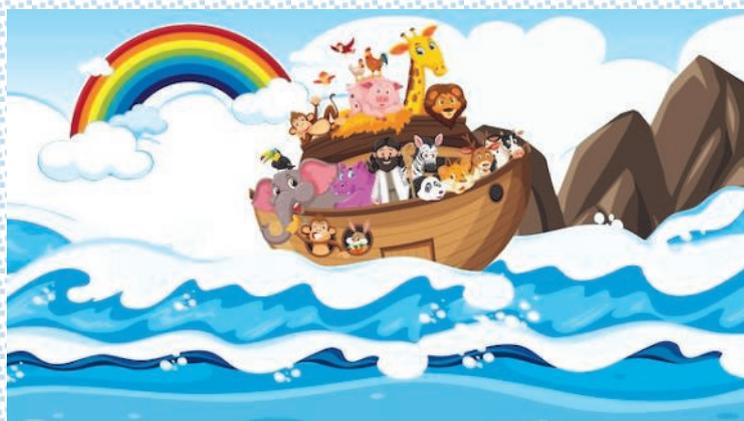
4: I am interested to know if there are important nutrients needed, for good health, specific to older age. People over 60 need more of some nutrients and especially important are protein, vitamin D, calcium and vitamin B12. Thus it is important to keep up your intake of protein foods as well as a variety of fruits and vegetables, and healthy starchy foods. Possibly though, not so many calories.

I will answer questions 2 and 4 in detail in my Nutritious column next year. 📧



Everything I need to know about life I learned from Noah's Ark

- ◆ Don't miss the boat
- ◆ Remember we are all in the same boat
- ◆ Plan ahead. It wasn't raining when Noah built the boat
- ◆ Stay fit. When you're 60 years old someone may ask you to do something really big
- ◆ Don't listen to critics, just get on with the job which needs to be done
- ◆ Build your future on high ground
- ◆ For safety's sake, travel in pairs
- ◆ Speed isn't always an advantage. The snails were on board with the cheetahs
- ◆ When you're stressed, float awhile
- ◆ Remember, the Ark was built by amateurs; the Titanic by professionals
- ◆ No matter the storm, when you are with God there's always a rainbow waiting.



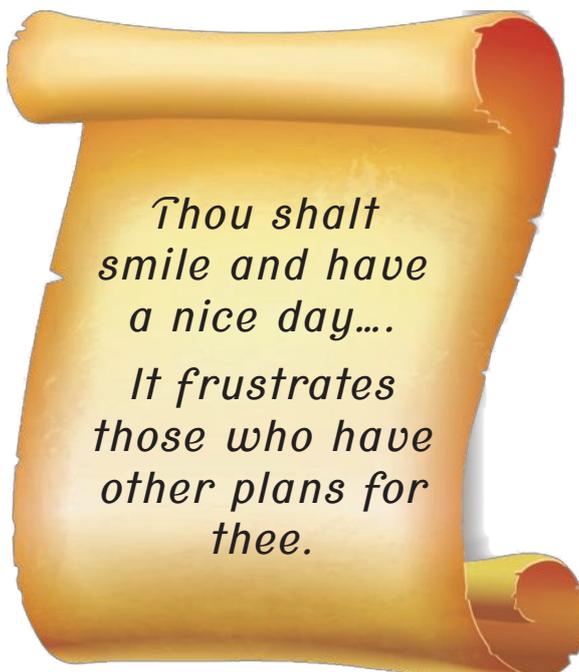
AN ANONYMOUS CONTRIBUTION FOUND IN
EWING'S PHONE PEOPLE VII;
LOGOS HOUSE 2004.

IMAGE: WWW.FREEPIK.COM



By Jennifer Mackey,
Vicar's Warden

Most of you are aware that I recently moved house. Another traumatic experience!! But I am thankful for the support I had from friends and family. Friends in Dunedin and family from the north of the North Island who came to help. My nephew and his partner were the organisers of the big moving day—the day of the last snow fling of winter (hopefully). They made mention several times of the cheerfulness and helpfulness of so many of my friends with the comment of “You wouldn’t get this in Auckland”. My brother arrived a week later and between us we



CHURCHWARDEN
CORNER

emptied lots of boxes and moved others back and forth. He came to Saint Peter's with me several times and he was struck by the welcome he was given and the friendly atmosphere. So thank you everyone and keep up the good work.

Old wishes, like old friendships, are the very nicest kind.

They bring the brightest joys and leave the warmest thoughts behind.

Merry Christmas to you all from the Vicar's Warden. 📧

Remembrance Sunday



Floral decorations—always a feature of Services in Saint Peter's—were especially prepared for when we marked Remembrance Day on Sunday 12 November.

PHOTO'S: 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: 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.

Parish Contacts:

VICAR:

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

CHURCH WARDENS:

VICAR'S WARDEN:

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

People's Warden:

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

VESTRY SECRETARY:

Vestry@stpeterscaversham.org.nz

DIRECTOR OF MUSIC AND PARISH CENTRE MANAGER:

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

FINANCE:

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

ADVERTISING QUERIES:

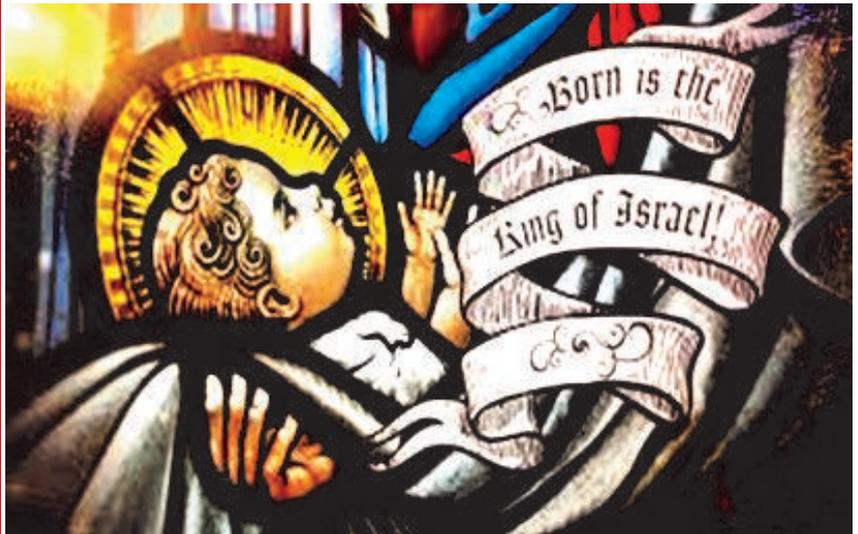
TheRockAds@stpeterscaversham.org.nz

PRE-PRINT SERVICES : Information Services Otago Ltd.

PRINTED BY: Dunedin Print Ltd.

Looking Ahead **Rock** music

(Continued from page 8)



time and from the 19th century it was also known as the *Epiphany Carol* and 'Noel' becomes 'Nowell' in further translation.

By 1918, the carol was sung at the conclusion of the Nine Lessons and Carols on Christmas Eve at King's College Chapel, Cambridge and has remained a seasonal staple ever since. Sir John Stainer arranged, most famously, the original tune in 1871 and this is the version we sing today. 🎵

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

GILLIONS
FUNERAL SERVICES

For your diary

Sunday, 26 November : Diocesan Family Christingle Service and Christmas Party at 2pm in Saint Peter's.

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

Thursday, 7 December : Fellowship meets for a meal at the Spirit House, St Clair at 6:15pm.

Tuesday, 12 December : Vestry meeting.

Sunday, 17 December : 10.30am Festival of Nine Lessons and Carols

Sunday, 17 December : Deadline for the December edition of **The Rock**.

Looking Ahead

Each year, after much energetic singing of Christmas-themed music, the Saint Peter's congregations attend to the joys of the Epiphany, a glorious season of the Church's year submerged in holidays and sunshine at the beach. Here we sing the carols and hymns of the season—two being particularly special: *We Three Kings of Orient Are* and *The First Noel*.

We Three Kings was written by John Henry Hopkins Jr in 1857. He was director of music at the Episcopal General Theological Seminary in New York and was responsible for writing and producing an elaborate yearly nativity tableau and pageant then very popular. The carol fits the story of the visit of the Wise Men to the Stable into a narrative style.



The Three Kings in pictorial form.

Rock music



By David Hoskins, Director of Music

We follow the journey of each of the Kings from separate parts of the world to Bethlehem with gifts of gold, frankincense and myrrh. It has been a seasonal staple since it was first sung.

The First Noel is popular at Christmas but has a strong affinity with the Epiphany season. Although widely thought to be an 18th century English carol, its origins are much earlier and French. In its medieval French form, the chanson, it would have been sung by criers in the streets, often outside churches, proclaiming the Christmas story. It is interesting to read a translation of the original....

'Today the King of Heaven in the middle of the night

Was born on Earth of the Virgin Mary.

To save the human race, pull it from sin,

Return the Lord's lost children to Him,

Noel, Noel, Noel, Noel!

Jesus is born, let us sing Noel!

William Sandys was the first to publish the English form we know today (in 1833, *Christmas Carols: Ancient and Modern*). Davies Gilbert added extra lyrics around this

(Continued on page 7)



Justin Welby
The Archbishop of Canterbury

A sermon while in Jerusalem on 22 October.

How do you hold on to a sense of the love of God? If your son, your brother, your daughter, your mother has just been shot by someone who had no right to be there in the first place by international law. How do you do that?

"It would be patronising for someone who lives in the immense security and safety of the UK to come and stand among you and tell you what to do.

"But I know after 20 years of working in places of appalling conflict and cruelty and savagery, such as you are experiencing and experienced from the 7th and on the 7th October, I know that putting your trust in God does not make things easy. But somehow, it changes the foundation on which you stand and prevents the corrosion and the danger of hatred from gaining a foothold in your lives, hearts and communities".



More online :

Read the complete text at:



<https://www.archbishopofcanterbury.org/speaking-writing/sermons/blessed-are-those-whose-hope-god-archbishops-sermon-jerusalem>