



Anglican Parish of
Caversham Saint Peter,
Dunedin, New Zealand

THE ROCK

July 2024—Trinity



Roses a sign

By The Vicar

I heard it commented that the winter had been quite mild and there were still roses blooming in some sheltered places. The roses on Carl's casket were definitely a case in point. I do suspect that it also has something to do with a sheltered environment.

The roses I found were not in a highly formal or ordered garden. They were amongst some spindly bushes along the side of a fence, protected against the winds and frost. They weren't cultivated, showy blooms but modest flowers there for the occasion.

Not everything we do needs to bring attention, but we are, as faithful children of God, prepared to be used to bring beauty, comfort and grace. Many of our congregation members worship in Saint Peter's

because of the shelter and nurture they have had and continue to receive. The love and support dispensed by Saint Peter's is a heritage which has been fostered over many



Roses on Carl's casket.

PHOTO.: ALEX CHISHOLM.

decades. The inclusive nature is a strength which needs to be continually cultivated. Not everyone is able to attend regularly but it is such a joy when new and familiar faces are seen sitting together. It is a beautiful sight. More than any garden.

We will be co-hosting sessions for the Anglo-Catholic Hui in August and it looks like it will be

an excellent opportunity for us to meet and share in affirming the faith and practice of this church. It will provide an environment in which all of us can be nurtured and strengthened for the times ahead. 📖

Father Carl Somers-Edgar



1946—2024
Vicar of Saint Peter's
1985-2011

Father Carl Somers-Edgar was born in Dunedin in 1946 and died last month. He trained for the ministry at Saint Stephen's House, now part of Oxford University, and ordained priest in St Paul's Cathedral London by the Bishop of London.

His second curacy was at All Saints' Margaret Street (not far from Oxford Circus), one of the best-known of all Anglo-Catholic churches.

He was the Vicar of St Mary's Liscard in Wallasey (on the other side of the Mersey from Liverpool) from 1982 until 1985 when he returned to Dunedin to become Vicar of Saint Peter's Caversham, where he remained until retiring in January, 2011. 📖

Traces of a Vicar: page 6

Ah! An Organist!: page 7



By Raylene Kallston,
People's Warden

CHURCH WARDEN CORNER

Where do we start!
So much has
been happening
in the Church.

The new stage for the organ,
refurbishing the cottage, removing
the shed, with the new build coming
in a few months.

Thank you Dan for all your hard
work in the vicarage preparing it for
our new tenants who are enjoying
the comfort and warmth. To Natalie
and Joel for all their hard work;
thank you from all the parishioners
of Saint Peter's.

I would like to share with you all this
lovely, easy and nourishing Tomato
and Pumpkin soup for these very
cold days.

Tomato and Pumpkin Soup

- ◆ ½ a pumpkin cooked and pureed
- ◆ 1 medium onion chopped
- ◆ 2 rashers of bacon sautéed in
butter

Put in a large pot. Add:

- ◆ 1 cup tinned tomato soup
- ◆ 1 cup water
- ◆ 1 cup milk
- ◆ 1½ teaspoons brown sugar
- ◆ 1 teaspoon curry powder
- ◆ ½ teaspoon pepper and salt

Cook all together for ½ hour.

Enjoy!!

A Little Prayer

God's Rainbow

When you feel battered by life's storms and you are filled with
doubt and dismay, just remember God's rainbow is coming. It's
only a prayer away. 🌈

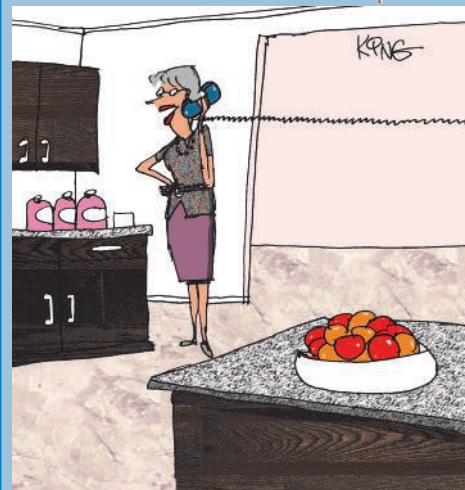


Joel and Dan hard at work on one
of their early collaborations.

PHOTO.: ALEX CHISHOLM.



The Frolicsome Friar



"I love my new mobile phone. I have a
radius of at least 10 feet."

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



Holy
Communion
according to
the Book of
Common
Prayer

- ◆ Sundays at 8am
- ◆ Thursdays at 10am



Nutritious



Beetroot as a healthy 'super' food?

By Alex Chisholm

Beetroot is probably not the first food that we think of in relation to Heart Health. So, what is the reason for this Health Claim? What could there be in beetroot that is good for the heart? Recently I bought this can of sliced beetroot (at left) and

was interested to see that the label on the tin was promoting it as good for the heart.

Admittedly this is a can of Australian Beetroot and a similar can of Watties

New Zealand Beetroot did not have a Health

Claim though both had a Health Star rating of 4 out

of 5.

Checking out some recent research directions on the topic of beetroot, it seems that eating beetroot has advantages not only for heart and blood vessel health but possibly also for blood pressure, fighting inflammation, improving digestive health, supporting brain health, boosting the immune system, helping prevent heart disease and strokes and assisting endurance athletes with performance and stamina.

In fact, according to one researcher 'a genuinely super food'.

Several research groups in different countries are studying these health related areas in studies with groups of participants. Research carried out by the British Heart Foundation (BHF) has highlighted just how these health benefits occur and I'll explain more detail about how this happens in another article.

In general beets/beetroot are versatile foods, full of vitamins, minerals, antioxidants, fibre and other healthy plant compounds. However, as is sometimes the case, there are one or two groups, for example people at a higher risk for calcium oxalate kidney stones, who may be advised by their doctor to limit their beet intake. 📺



"Easy beet salad".

SOURCE: [HTTPS://CUISINWITHME.COM](https://cuisinewithme.com).

REFERENCES:

[HTTPS://WWW.BHF.ORG.UK/WHAT-WE-DO/NEWS-FROM-THE-BHF/NEWS-ARCHIVE/2022/JUNE/DAILY-BEETROOT-JUICE-
COULD-HELP-PEOPLE-WITH-COMMON-HEART-CONDITION](https://www.bhf.org.uk/what-we-do/news-from-the-bhf/news-archive/2022/june/daily-beetroot-juice-could-help-people-with-common-heart-condition)

THE NEW ZEALAND HEART FOUNDATION HAS RECIPES FOR BEETROOT INCLUDING THE TASTY-

[HTTPS://WWW.HEARTFOUNDATION.ORG.NZ/WEELLBEING/HEALTHY-RECIPES/GRATED-BEETROOT-CARROT-AND-APPLE-SALAD](https://www.heartfoundation.org.nz/wellbeing/healthy-recipes/grated-beetroot-carrot-and-apple-salad)
WHICH YOU CAN WATCH ON YOUTUBE.



Nutifacts

What are phytonutrients and why do we need them?

- ◆ Plant foods contain thousands of natural chemicals. These are called phytonutrients or phytochemicals, because they come from plants. "Phyto" refers to the Greek word for plant. These chemicals help protect plants from germs, fungi, bugs and other threats
- ◆ Although Phytonutrients aren't essential for keeping us alive, unlike the vitamins and minerals which plant foods contain, they may help prevent disease and keep our bodies working properly
- ◆ More than 25,000 phytonutrients are found in plant foods!
- ◆ We eat several regularly and some common ones are:
 - Lycopene in Tomatoes
 - Flavonols in Apples, Berries and Onions
 - Carotenoids in yellow, orange and red colours in fruits and vegetables where they supply the colour. Our bodies can convert carotenes into vitamin A
- ◆ Next time you tuck into fruits and vegetables—some brightly coloured, some not so—think of the many benefits they are providing. 🍎



Reading the Prophets

(Continued from page 5)

Likewise, in Hosea, we read, "When the LORD first spoke through Hosea ..." (Hosea 1:2). This seems to mean not just that God began speaking to Hosea (and then carried on speaking to him), but that a new era in the revelation of God's word began with Hosea, and carried on beyond Hosea

down to Malachi several centuries later.

The prophets remind us that there is a divine word and will which lies beyond our hearing and sight, but holds the whole of creation in its grasp. We see and hear hints of it in the scriptures and behold its fullness in Jesus. 📖



The Prophet Hosea.

IMAGE: WWW.ART.COM.

Ah! An Organist!

(Continued from page 7)

Peter's. The hall was fine but the church....? I was able to persuade him to have a number of concerts during his tenure and all went well as he noted the full church.

A final thought, of many not mentioned here, was of Carl's 'party trick'. Occasionally there would be no organist available to play for the Solemn Eucharist. Attired in full

Eucharistic garb, he would leave the sanctuary and elegantly slide onto the organ bench and play for the hymns—and very well too.

Many have mentioned Father Carl as a genuine 'character'. I experienced an extraordinarily Godly and gifted man it was a pleasure to serve—yes on all those rosters, committees and even at the organ. 🎹





Reading the Prophets

By Father James Harding



A new semester has just begun at the University of Otago. For the first time in several years, I will be teaching a class on the prophetic books of the Old Testament.

These books are very important for Christians and some passages are very familiar. The seasons of Advent and Christmas, for example, would be difficult to imagine without the prophecies of Isaiah, especially as they are sung in Handel's great oratorio *Messiah*, and the Gospels and Acts in particular are replete with quotations from, and allusions to, the writings of Israel's prophets. The birth and death of Jesus and the mission of the Church are all understood to be the fulfilment of ancient prophecy.

In the Christian Bible, the prophetic books include Isaiah, Jeremiah, Ezekiel, the Twelve from Hosea to Malachi and Daniel. In the Jewish scriptures — the *Tanakh* — the prophetic books include Joshua, Judges, Samuel, Kings, Isaiah, Jeremiah, Ezekiel and the Twelve.

Daniel, in the Jewish tradition, is not placed among the prophets, even though Matthew's Gospel (Matthew 24:15) and a passage from one of the Dead Sea Scrolls make it clear that for at least some Jews at the time of Jesus, Daniel was considered to be a prophet. The Dead Sea Scrolls and Matthew's Gospel also make it clear that King David was considered by at least some Jews to have spoken prophecy. Matthew quotes Psalm 78 as prophecy (Matthew 13:35).

Reading the biblical prophets can be a strange and unnerving experience. There are many familiar passages—Ezekiel's prophecy of the valley of dry bones (Ezekiel 37:1-14), for example, is very well known—but there are also strange passages too. Two of the lectures this semester contain "trigger warnings," because their

content might be disturbing (Hosea 1-3; Ezekiel 16 and 23).

It is important to remember that the prophets were not, first and foremost, foretellers of the future. They were

men and women of their time and called the kings and people of their own generation to account for their actions when they did not live up to the ideals of God's righteousness and justice. That is why Elijah holds King Ahab to account for the wrongful acquisition of Naboth's vineyard (1 Kings 21) and the execution of Naboth on a false charge. Amos, indeed, seems to claim that he either is not, or was not, a prophet. Yet God's word compelled him to cross the border from Judah to Israel and hold King Jeroboam to account (Amos 7:10-15).

Above all, the prophetic books are about the word of God, which seems to exist and operate outside and beyond the will of individual prophets. When the boy Samuel is summoned by God in the night at the shrine of Shiloh, we have just been told that, "The word of the LORD was rare in those days; visions were not widespread" (1

Samuel 3:1). The spiritual senses of God's people had become dull, everyone did what was right in their own eyes (Judges 21:25) and they needed to be shaken up and called to account.

That is what we find in the Latter Prophets also. Isaiah is sent to a people whose spiritual senses are dull (Isaiah 6:9-10). The book which bears his name was, in fact, written in Hebrew over several centuries, beginning in the mid-eighth century BCE. Its words were not just for Isaiah's own generation, but had to wait for future generations to bear fruit. The book begins by referring to a "vision" which Isaiah "saw," or, possibly, to "the vision of Isaiah, who prophesied" (the Hebrew is ambiguous). I tend to prefer the former—Isaiah saw a vision which came to him, that was not of his own making, the significance of which would take centuries to unfold.



Stained glass in Jesus College chapel, Cambridge, designed by Edward Burne-Jones and made by William Morris. This depicts the Old Testament prophets Isaiah, Jeremiah, Ezekiel and Daniel.

PHOTO.: STEVE DAY, FLICKR.

(Continued on page 4)

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 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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Traces of a Vicar

Many of Father Carl's sermons during his time at Saint Peter's were recorded in audio, video and/or text form.

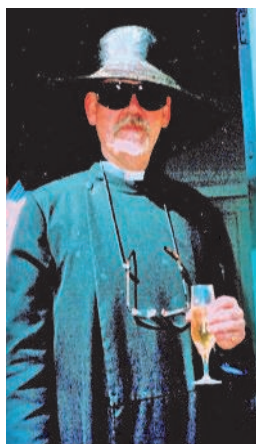
You can find audio and video sermons at

www.stpeterscaversham.org.nz/speaks.html



Or read text of selected sermons at

www.stpeterscaversham.org.nz/writes.html



Clockwise from bottom left: As Priest of St Michael's Antiochian Orthodox Church, a post undertaken after retirement from Saint Peter's; Father Carl hosts a Saint Peter's garden party; Father Carl Somers-Edgar leaves Saint Peter's for the last time. His funeral, led by our current Vicar, the Reverend Natalie Milliken, was attended by a large congregation and included a eulogy by Carl's long-time acquaintance Father David Crooke.

PHOTO'S.: ALEX CHISHOLM AND INFORMATION SERVICES OTAGO LTD.





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For your diary

Thursday, 18 July—Friday, 2 August : Vicar on leave.

Tuesday, 13 August : Vestry meeting.

Thursday 15—Friday 16 August: Anglo-Catholic Hui.

Friday, 23 August : Deadline for the August edition of *The Rock*.

Ah! An Organist!

Remembering Father Carl.



By David Hoskins, Director of Music

Early in 2001 I arrived in Dunedin 'from the North' and took up residence at Forbury Corner a block or two from Saint Peter's. I noticed the church along Hillside Road and decided to attend there on Sunday. Things were different at Saint Peter's, I thought to myself, as the sides-person handing me my service book warned, 'don't tell the vicar anything! You'll be on a roster before the end of the service.' The service proceeded and I noted the old (and ailing) pipe organ and how the mechanical action rattled as Professor Monteith produced surprisingly good sounds above the clatter.

Afterwards, I was greeted by Father Carl and he found out I had moved to the parish and I asked if I could practice on the organ. 'Ah! An organist', he exclaimed and the sides-person was so right—the following Sunday I was deputising for John and Vivienne Monteith at keyboards which long ago had earned the Saint Peter's organ the title of 'Bone Crusher'. I continued to play for services on a casual basis until the Monteiths moved to Australia. It was then that my experience of Father Carl became much deeper and sometimes even adversarial.

As has been noted in the many tributes to our late parish priest and friend, relationships sometimes could be a trifle prickly. Carl was extremely well read and versed in things to do with liturgy and the music of the church. This had led, in the past, to some difficult times with musicians at Saint Peter's. He and I had both been choirboys and had a life-long love of church music. We discussed music often and at length—particularly during his 'Mahler-period' when he devised a method of listening to such vast works—a movement per day, accompanied by his beloved ice-cream! How very Viennese!

As the now resident organist, I came to look forward to our Saturday morning meetings to go over the music for Sunday. They were late mornings—Father did not 'do mornings'. He would be encased in his famous Teddy Bear dressing gown, sipping English Breakfast Tea and munching rather good biscuits

which were occasionally shared. The choice of music was always eclectic to say the least—but to good point. A plainsong hymn from the Latin tradition could well share a service with a lustily-sung rendition of 'Blessed Assurance', Schubert's 'German Mass' with Taize chants and the occasional 'chorus'. It all made sense somehow and I learned much.

The Saint Peter's pipe organ had started life as a small house organ in St Clair with an awkward addition the famed Miss Favell had installed: a 16' pedal bourdon and a coupling action which was akin to weightlifting. This had served the parish well and the musical life of Saint Peter's was well-respected and much loved. However, by the 2000s the organ was just not doing the business and with the Mazey Bequest, received in the mid-2000s, it was possible to consider a replacement. The result was the rather magnificent Johannus digital organ which has done such sterling service at services and concerts of all kinds.

Father Carl was forever editing new liturgical booklets—always creative and great worship aids. Saint Peter's has always had fine liturgy and Carl enhanced this greatly. We experimented with a setting of the traditional Merbecke setting but it didn't seem to work, a fine setting with Taize chants worked for some years, then was replaced by the Schubert which we still use. The hymns were chosen with care for words and liturgical placement—nothing was left to chance.

He had a great suspicion of organists 'wanting to fool around with things'.

Having been used to the plaintive offerings of the old organ, the new one seemed to some in the congregation able to produce a tsunami of sound which was rather overpowering. Carl suggested I play more softly (whatever that meant) and after a Sunday or two of 'quiet flute tone', he

whispered, 'you win!'.

He was unsure of the place of concerts in the life of Saint



"I came to look forward to our Saturday morning meetings to go over the music for Sunday."

PHOTO. MONTAGE: INFORMATION SERVICES OTAGO LTD.



A 2019 concert in Saint Peter's.

PHOTO.: ALEX CHISHOLM

(Continued on page 4)