

THE ROCK ONLINE

New format for online edition

This month's edition is formatted differently for online readers, with two pages per view.

This is so the centre spread of photographs from the 150th anniversary weekend displays correctly. Formatted as in the past, the photographs which spread seamlessly across pages 4 and 5 would have been cut in half with chunks missing from the centre.

We hope you find this a useable proposition and continue to enjoy *The Rock Online*.

Please let us know what you think so we can decide whether to do this again some time. You can do that by [emailing the Editors](#).

[Ed.]



Anglican Parish of
Caversham Saint Peter,
Dunedin, New Zealand

THE ROCK

October 2015—Trinity



The 150th Anniversary Weekend

By The Vicar

Bishop Victoria Matthews was the star turn of the weekend, taking time to speak to every parishioner and attendee she could from the moment she arrived. This personal attention and sense of available Episcopal presence was noticed and commented on by a number of parishioners. Her preaching and presiding on Sunday morning was another highlight as she exhibited a sure touch and high level of skill in leading Saint Peter's complex liturgy. It was encouraging to hear in her sermon that the Christchurch

transitional Cathedral is now averaging 550 worshippers a Sunday.

Douglas Mews had chosen an accessible and entertaining programme of organ music to lead off the weekend celebrations that at the same time reached widely into a classical repertoire. He certainly gave the Saint Peter's organ quite a workout.

Kate Paterson had chosen well in the caterers for the weekend. The opportunity to meet and talk at length with Saint Peter's parishioners from times past was enriched by the excellent buffet food. The bus trip to

the satisfying lunch at the East Taieri golf club capped off a well organised weekend.

A pleasant surprise was the well-attended Evensong and Benediction which was the last event of the Sunday—indeed we ran out of Service books for this.

Grateful thanks to David Scoular for taking photos of the attendees and the main events, and for bringing together the documentary *Thanks for the Memories*. DVD copies of this have sold well, and are still available. 📺

THE CAVERSHAM LECTURES 2015

3 November at 7.30pm

God, the Devil, and the Demon Drink



Associate History Professor John Stenhouse examines how suffragist and church politics constellated around the prohibition issue in the history of Dunedin.

10 November at 7.30pm

Dunedin's Warehouse Precinct



Associate History Professor Alex Trapeznik looks at the history of what was once the commercial heart of New Zealand's premier city, now undergoing something of a revitalisation. Includes many images of the buildings under discussion.

17 November at 7.30pm

How Vulnerable is Dunedin City to the Impact of Climate Change and What Should We Do About It?



Highly topical in the light of recent flooding of South Dunedin, Emeritus Professor Blair Fitzharris looks at the potential vulnerability of South Dunedin to coastal flooding and ocean inundation as a result of global warming and addresses the high water table and porous soils issues of the locality.

24 November at 7.30pm

The New Zealand Documentary and the Art of Propaganda



Media Studies Doctoral student David Hoskins reviews the history of the New Zealand Film Unit, with particular reference to the way in which different New Zealand governments realised the film unit's potential for shaping public opinion and influenced its films to offer different impressions of life in New Zealand.

All lectures are in the parish lounge off Hillside Road. For further information contact Father Hugh Bowron at hugh.bowron@extra.co.nz or 455 3961.

www.stpeterscaversham.org.nz

Letters

The Rock welcomes letters to the Editor. Letters should be no more than 150 words in length and 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,
57 Baker Street,
Caversham,
Dunedin, N.Z. 9012

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, 57 Baker Street,
Caversham,

Shirley Menzies RIP

By The Vicar

Shirley Menzies was born in Oamaru. Her father's school teacher job transfers took her first to Hampden and then to Musselburgh. As a young woman her life was centred on St Kilda, with the parish church of Holy Cross being a vital part of her faith development. She was confirmed there, belonged to the Girls' Club, was a Sunday School teacher, and was married to Jim at Holy Cross. Her interests ranged wider than just the church for she was a keen and graceful ball room dancer.

Shirley and Jim were based at St Kilda for a while, but then moved to Pretoria Avenue St Clair, where their children Alan, Ainsley and Beverley were born. The proximity of St Peter the Less and the opportunity for the children to attend Sunday School there resulted in their long association with that mission church, beginning in the 1960s and continuing right through until its closure in the 1980s. They then made the transition to Saint Peter's Caversham, with Shirley often attending both the main morning Service and Evensong.

Throughout these years of raising children and of being a mainstay of her parish church she also cared for two aunts and then her parents. In latter years Shirley and Jim moved to Ravelston Street, a return to Musselburgh.

Since 2014 Shirley's last illness prevented her coming to church, yet she received the sacrament often at home and met the diminished circumstances of her life with the fortitude of a deep faith. Her long journey through the last months of her life revealed the Menzies family in their true worth through the devoted care her children gave their mother. Shirley spent the last short period of her life within sight of Saint Peter's at the Fulton rest home in Eastbourne St. Fittingly she received the last rites of the church during the weekend of the 150th anniversary celebrations of Saint Peter's.



Year 150



plus ça change

Excerpts from the parish magazine of October, 1955

VICAR'S LETTER

DEAR PEOPLE,

Since the Worship and the Sacraments of the Church are its main activity, then it is very encouraging for us in this parish to note the increase in the ordinary Sunday congregations. I remember about two and a-half years ago hoping for the congregation at our St. Peter's 10 a.m. Eucharist to go up to 70, 80, or 100. But now I am quite disappointed if it drops below 140. Indeed, lately we have had a fairly steady 150 every Sunday at that service. The St. Peter's 10 a.m. Eucharist is now attended by 200-250 people.

KNOWING GOD

We know about the Queen, but we do not *know* her. To know a person we must make personal contact with him or her. Talk, listen, get to understand.

This is true of knowing God.

The Bible tells us about God. The Catholic Church in its creeds and traditions interprets the Bible for us, telling us about God.

Philosophers and theologians skilfully and learnedly discuss the being of God.

But only by personal prayer, Bible reading and worship can each of us *know* God.

So many people think Christianity "a good thing" but they do not plunge into it. They spend their lives content with being agnostic, and they consider other world-views as "better" than these. But having

MUST YOU?

When planning your holidays, do consider staying at home for Christmas and going, if you go, after Christmas. After all, Christmas is one of the greatest of the Church's Festivals, and it is in the Parish Church we ought to be on such Festivals. Christmas is first a religious observance and only secondly a time of holiday from secular employment. It is, too, the Festival of the home, and is far better observed by the family at home than away from home.



More online at www.stpeterscaversham.org.nz

Select Our Printed Heritage from the News menu for the full text of the October 1955 and other historic parish magazines..

Saint Peter's Caversham



By Ian Condie

Iron mike does not refer to a fit and muscular member of the crew but to the gyro compass-controlled automatic steering gear and 'she' refers not to a female crew member (there were none) but to the ship. That is, the ship was being steered by autopilot, not a human helmsman.

Two one nine is the compass course being steered—roughly South West—and the one high means there is an error of one degree on the compass which has been allowed for.

There are no hazards or unusual objects visible.

Weather's due at seventeen hundred—a reminder that the six hourly weather observation is to be made at 5pm and **Sparks is on the Monkey Island fiddling with his D.F. loops** warns that the Radio Officer is not in the radio room but on the deck above the bridge. He is making repairs to the radio direction finding equipment and

not indulging in some abnormality.

Stars at eighteen hundred is not a reference to a television programme, but a friendly hint that nautical twilight will occur at 6pm and nautical twilight is the time of day—morning and evening—when it is possible to make observations in order to fix the ship's position by the stars.

The Mate refers to the Chief (Deck) Officer, the second in command of the ship who is responsible for the cargo and everything in the ship outside the engine room and auxiliaries. In this example he and **Chippy**, the Carpenter/Plumber, are not doing unmentionable things to a stowaway



"Stars at 1800".

agriculturist.

The farmer refers to one of the sailors (A.B.'s.). There are three A.B.'s. on each watch, two of whom take turns or tricks steering (if iron mike is not engaged). The third man does not steer but, during night watches, does the second and third hour on lookout. Those duties are rotated to even them out.

The double bottom has nothing to do with anatomy. It is the space between the outer shell of the ship and the inner that forms the floor of the cargo spaces. It is entered through a manhole, is about a metre deep, claustrophobic and presents an exhausting series of obstacles to anyone working in it.

Warning his relief that **the booby is open** refers to the fact that the small hatch which allows access to the cargo spaces for personnel and which is normally kept locked, is not secured. The reason being that the Mate and his team had to use it to descend

Learned Locum



PHOTO: ALEX CHISHOLM.

After a busy few weeks culminating in the successful 150th Anniversary Celebrations, Our Vicar took a couple of weeks' well-earned leave.

During his absence, Sunday Services were taken by the Reverend Dr James Harding, pictured above.

As well as being a priest in the Dunedin Diocese, Dr Harding is Senior Lecturer in Hebrew Bible/Old Testament Studies at the University of Otago. The University

web site (<http://www.otago.ac.nz/theology/staff/otago013676.html>) lists his current research interests as

- ◆ the book of Job
- ◆ issues of gender and sexuality in the biblical texts
- ◆ the reception history of biblical texts
- ◆ Judaism in the Second Temple period, especially Sirach, Philo, and Qumran
- ◆ the origins of biblical commentary

Parishioners enjoyed Dr Harding's visit and look forward to seeing him again in the rôle of temporary paterfamilias to Saint Peter's.

The Frolicsome Friar



Children in Church

A Sunday School teacher asked, "Johnny, do you think Noah did a lot of fishing when he was on the Ark?"

"No," replied Johnny. "How could he, with just two worms."

WITH THANKS TO KATE PATERSON AND HER FRIEND

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Christmas is coming and so is the CWS Christmas Appeal.

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Saint Peter's Cabersham 150th Anniversary Celebrations



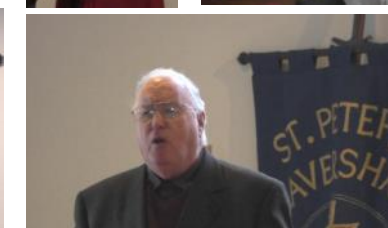
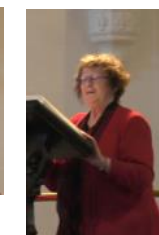
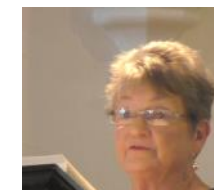
Clergy in attendance: (L to R) Right Reverend Victoria Matthews, Bishop of Christchurch; Father Hugh Bowron, Vicar of Saint Peter's; Right Reverend Dr Kelvin Wright, Bishop of Dunedin; Father Carl Somers-Edgar, Priest of St Michael and All Angels and immediate past Vicar of Saint Peter's; Father Les Steele.



Afternoon tea on Saturday was a noisy affair.



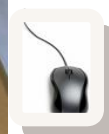
The Anniversary Cake, made by Marjory Finnie and devoured by all.



Douglas Mews, his wife Guthrun and page-turner Jason Anderson.



A model of the Church, made for the Centennial in 1982, also featured.



More online: at Saint Peter's website
www.stpeterscaversham.org.nz

For further photographs of the weekend
select Photo Gallery from the News

menu.



Video of the weekend's highlights, of the Anniversary Eucharist and of Bishop Victoria's sermon are also available. Links appear on the home page at present.



Uncaptioned photo's (L to R): Top row: the Altar Party—Michael Forest, The Vicar, Bishop Victoria Matthews, Alex Chisholm; Kate Paterson leads the intercession; Faye-Noel Brown reads the lesson; The Vicar and The Bishop leave the Service; Middle row: The Vicar reads the Gospel; Bishop Victoria Matthews preaching; Arnold Bachop sings the motet; Bottom row: Arriving at J-Tees Function Centre for lunch; Lunch at J-Tees Function Centre.

ALL PHOTO'S: INFORMATION SERVICES OTAGO LTD.



Nutritious

Fats and oils—different types: Do we eat enough of the right sort?



By Alex Chisholm

SOMEWHERE IN GERMANY

Recent articles in the media have again highlighted the issue of dietary fats and oils. Various claims, some of which are quite dramatic and run counter to general healthy eating recommendations, have caused quite a bit of confusion. Fats are one of the three nutrients (macronutrients), which together with carbohydrates and proteins are the major constituents of our diets. Fats have many important functions in the body including producing healthy cell membranes and optimising the absorption of fat-soluble vitamins and fat-soluble antioxidants such as vitamin E in nuts, beta-carotene in carrots and lycopene in tomatoes.

Both animal and vegetable foods supply sources of fats. The building blocks of fats are called fatty acids. You may have heard of saturated (SAFA), monounsaturated (MUFA) and polyunsaturated (PUFA) fatty acids. Generally foods have a mixture of these making up the total fat content but often with one type predominating. However all fats have the same amount of energy—37 kJ or 9 calories per gram.

Having consumed these fatty acids in our food, our bodies can then use them in metabolism and re-arrange them into other fats which we need. However the PUFA have a particularly important role in supplying the body with omega 3 and omega 6 fatty acids, which the body cannot manufacture—thus they are called 'essential' fatty acids.

Generally the New Zealand diet is plentifully supplied with saturated and monounsaturated fats from animal products, but has a somewhat lower level than desirable of monounsaturated and particularly polyunsaturated fat from plant products or oily fish. Apart from the food choices we make, how we use added fats and oils can have an influence on the overall 'fat profile' of our diet.

For instance coconut oil, in spite of being a plant oil, is almost completely made up of saturated fatty acids, so using this oil in cooking or adding to other foods will increase the saturated fat load of our diets.

On the other hand plant oils such as canola



oil, flaxseed oil or walnut oil will contribute to supplying essential PUFAs.

Oils have other components with health benefits. Hazelnut oil is a good source of vitamin E and olive oil has compounds called polyphenols which may also contribute to heart health.

Buying and storing oils

If possible buy locally produced cold pressed oil that is sold in a dark bottle. Cold pressed oils contain the 'minor compounds' which have health benefits but are likely to be lost when oil is heat treated. Dark bottles protect from the effects of light.

Store oils in a cool dark place. If stored in the fridge they may go cloudy and thicken up. This is harmless and reverses at room temperature. Flaxseed oil should be kept in the fridge.

Using oils

Cold pressed oils, especially walnut, hazelnut and flaxseed oils, are best used added to foods without heating—for example dressings on salads—or added to already cooked food. This preserves the subtle flavours of the nut oils. Flaxseed oil should not be heated and to get health benefits you need only a very small amount—a few drops or a quarter teaspoon.

If you need oil for shallow frying canola, sesame, peanut or rice bran oils are good choices.

Some oils break down when they are heated to high temperatures and should be kept



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well under the temperature where they start to smoke.

Common food sources for each type of fat

Saturated Fat

Butter, cheese, meat fat, meat products (sausages, hamburgers), full-fat milk and yoghurt, pies, pastries, biscuits, cakes, lard, dripping, hard margarines and baking fats, coconut and palm oil.

Monounsaturated Fat

Olive oil, canola oil, nuts (pistachio, almonds, hazelnuts, macadamia, cashew, pecan, peanut) and the oils from these nuts, avocados, avocado oil, lean meat

Polyunsaturated Fat

Long chain Omega-3 polyunsaturated: Oily fish (salmon, mackerel, herring, trout), Alpha linolenic acid from walnuts, lean red meat, canola oil, soybean, flax seed, and their oils. *Omega-6 polyunsaturated:* sunflower seeds, wheat germ, sesame, walnuts, soybean, corn and their oils. Certain margarines.

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Saint Peter's Caversham

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: **first Sunday of the month only** : Evensong and Benediction followed by a social gathering in the lounge.

THURSDAY:

10am: Eucharist

FIRST THURSDAY OF EACH MONTH:

11am: Eucharist in the lounge of Frances Hodgkins Retirement Village, Fenton Crescent

Special Services

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

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Vestry Notes

By Ian Condie,
Vestry Secretary

There was much business before Vestry this month

- ◆ The recent events were reported upon and discussed in some detail. The 150th Anniversary celebration was analysed and lessons noted although it is not expected that any vestry members will be involved in the next 150th! It was noted that several people had registered but did not attend and that might have been because there were so many activities taking place in Dunedin that weekend
- ◆ The Spring Flower Festival attracted a good turnout on the Saturday and it is hoped that the event will be held at Saint Peter's next year
- ◆ The topic of the Synod breakfast and session gave the Vicar an opportunity to report on Synod as a whole. Among other matters, it is regretted that the Diocesan Accountant has tendered her resignation. On the positive side, Father Hugh's bill concerning the future makeup of Synod was passed without opposition and the rather complex bill formalising the status of various church communities was also passed
- ◆ The Vicar also reported on the progress of the parish history he is writing
- ◆ It was noted that a church flag has been stolen. It is a very unusual design and if one like it is sighted it will almost certainly be ours
- ◆ It is regretted that Father James Harding is unable to be a regular stand-in for the Vicar and alternatives were discussed.



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Saint Peter's online

<http://www.givealittle.co.nz/org/SaintPeters>

For your diary

Sunday, 1 November : "Bed-Pushing" at the Hospital Chapel

Tuesday, 3 November: **Caversham Lecture**—Associate Professor John Stenhouse—*God, the Devil and the Demon drink*

Tuesday, 10 November : **Caversham Lecture**—Associate Professor Alex Trapeznik—*Dunedin's Warehouse Precinct*

Tuesday, 17 November : **Caversham Lecture**—Emeritus Professor Blair Fitzharris—*the potential vulnerability of South Dunedin to coastal flooding*

Tuesday, 24 November : **Caversham Lecture**—David Hoskins—*Government influences in the history of the New Zealand Film Unit*

Sunday, 29 November : Advent vigil incorporating John Donne's La Corona sonnets at 5pm

Sunday, 20 December : Festival of Nine Lessons and Carols at 10:30am

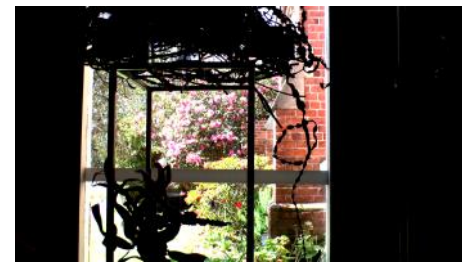
Sunday, 17 January 2016 : "Bed-Pushing" at the Hospital Chapel

www.stpeterscaversham.org.nz

Festival of Flowers: 17 & 18 October



The sun shone on what is becoming an annual event in Saint Peter's—the Spring Festival of Flowers. Once again this year the guiding light was our parishioner Faye-Noel Brown. A wide variety of floral art pieces was created by members of the Floral Art Society and dressed the Church and lounge for the weekend—adding a certain *je ne sais quoi* to Services and encouraging new visitors to our Church. 📷




More online :

For further photographs of the Festival of Flowers visit Saint Peter's website www.stpeterscaversham.org.nz and select Photo Gallery from the News menu.




Don't forget to
[let us know what you think of this format.](#)



Plan ahead for those left behind

For many of us, the thought of leaving our loved ones with our funeral to organise is inconceivable – but the reality is, it happens.

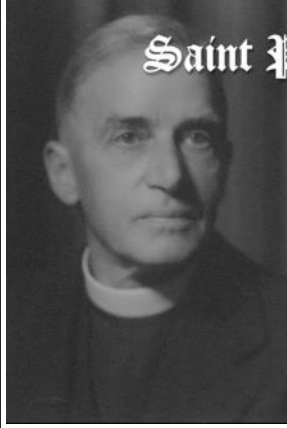
There are, however, ways for you to help those you care about most get through this difficult time. Call us today and ask about the options available.



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