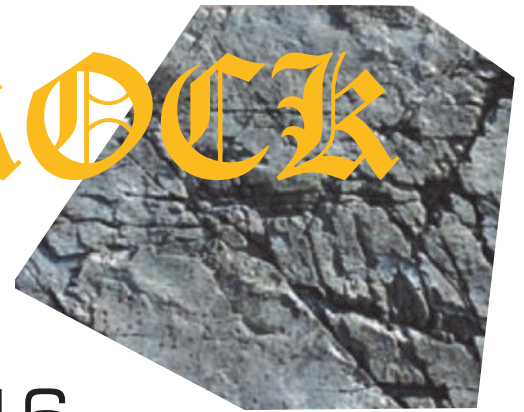




Anglican Parish of
Cabersham Saint Peter,
Dunedin, New Zealand

THE ROCK

September 2016—Trinity—Ordinary Time



Diocesan Synod 2016

By The Vicar

This year's Synod met at the Invercargill Working Men's Club, the most spacious and comfortable venue yet encountered at Synod events with lots of room to spread one's papers on the table and good catering.

The strongest impression left in one's memory is that for the first time Synod members began to get a sense of the size and scale of the diocese's financial problems and began to develop a resolve to do something about it. Much credit must go to the Diocesan Accountant Ginny Kitchingham for revealing the true picture of the state of affairs of the diocesan budget. Formerly deficits were dealt with by drawing down capital reserves. These have all gone and deficits must be met by the parishes.

A reform process began on the statute which governs the calculations whereby parish financial contributions are calculated. The former rather complicated formula is to be abolished and replaced by a simple calculation based on actual income. The effect of this for Saint Peter's will be to increase our present parish contribution from just over \$4,000 for this year to around \$8,000 next year.

An issue yet to be grappled with is whether these are voluntary contributions as at present, i.e. parishes are free to decline to pay the full amount if they so choose, or whether it is an affiliation levy which must be paid if a parish is to be part of the Anglican franchise.

A motion was passed whereby representation of elected members on the Diocesan Nominators panel is to be made up of an equal gender balance of men and women, a measure that was thought to be in line with recommendations from the recent General Synod. The nominators assist in the choice of new Vicars for parishes.

A motion was passed from the Diocesan Mission committee establishing a Diocesan Mission Fund with a capital base derived from the proceeds of sale of churches, halls, vicarages and other property in the diocese where the terms on which these funds are held allow. The one exceptional situation in which parishes will be



"... the most spacious and comfortable venue yet..."

PHOTO.: WWW.IWMC.CO.NZ.

allowed to retain the proceeds of such sales is when they are realigning their property portfolio in such a way as to make the operation of the parish more effective. Ten percent of these funds will

be used to meet diocesan administration costs with the rest being used to extend the mission and ministry of the church in the diocese including the bishopric. Parishes will be free to apply for funding from this mission fund to finance mission projects in their locality.

A request was made for more information from the Diocesan Trust Board regarding its share investments with particular reference to assurances that these had been ethically invested. I spoke to this

request and agreed to provide this further information.

Next year's Synod will meet in Dunedin.

The Synod was told there will be an Episcopal election next year but that there is considerable uncertainty as to when this will be. 🗳️

Synod 2016

- ◇ Financial position begins to sink in
- ◇ Reform of parish contributions
- ◇ "Gender balance" for nominators
- ◇ Diocesan Mission Fund established—to be funded by property sales
- ◇ Next year's Synod in Dunedin
- ◇ Episcopal election next year

Quiet Day at Saint Peter's

By Michael Forrest



In a cold wet Saturday morning, 27th August, 25 people (including four men) from ten different Dunedin churches met in the lovely warm venue which is our parish lounge for a day of reflection. It was facilitated by Mother Keleni of New Zealand's sole Anglican Order, the Community of the Sacred Name, well assisted by Sister Alena. Mother told us that after ten years she is soon to step down from the role of Superior of the Order.

Father David Crooke, led the gathering in Midday Prayer. A shared lunch followed.

After lunch Mother called for Luke 12:32-38 to be read then preached a homily from its theme of "treasure in Heaven", teaching that such treasure could include a smile or a helping hand. She had us each pick a card from a collection of children's personal development training cards scattered on the table and tell why we had chosen that particular card, tying this in to the theme of the reading. The cartoon animals depicted on the cards caused some mirth, and the exercise was rewarding and thought-provoking.

Several times during the day Mother and Sister, who harmonise so well, led in singing some Taize-style chants, accompanied by Sister on guitar.

The day was rounded off with admitting four Companions (Ruth Matthews of Holy Cross, Margaret Harding of the Cathedral, our own Joan Dutton and Barbara Dineen of St John's/the Cathedral) and an Oblate to the Order (Felicia Wade of St John's/Saint Peter's).

The Grace was said to conclude proceedings and like everyone, I'm sure, I found the day helpful and refreshing, and the atmosphere throughout warm and supportive.

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,
Dunedin, N.Z. 9012

Emailed to:

AskTheVestry@stpeterscaversham.org.nz

Following morning tea and opening prayers Mother asked each of us to introduce ourselves by giving our name and parish and naming someone who had been important in the formation of our faith. This resulted in some very interesting stories. Next the Chaplain of the Order,

The Bishop's (last?) Synod

In his charge to Synod, the Bishop, the Right Reverend Dr Kelvin Wright, made much of two things: first, this was to be his last Synod as Bishop of Dunedin and second, the future of the Diocese of Dunedin is by no means clear. There was also an auto-biographical element to his remarks.



More online

Read Bishop Kelvin's Charge to Synod in full at

<http://vendr.blogspot.co.nz/#!/2016/09/bishops-charge-to-synod-2016.html>



The Bishop during a visit to Saint Peter's in March 2014.

PHOTO: ALEX CHISHOLM.

THE CAVERSHAM LECTURES 2016

7.30PM TUESDAY, 1 NOVEMBER
IN SAINT PETER'S HALL, HILLSIDE ROAD

What makes for
a good doctor?



Dr Steve Tripp

Medical Teaching Fellow, Department of Physiology, Otago School of Medical Sciences, University of Otago talks about the traits and training of the kind of doctor we would hope to find in our local GP consulting room

THE CAVERSHAM LECTURES 2016

7.30PM TUESDAY, 8 NOVEMBER
IN SAINT PETER'S HALL, HILLSIDE ROAD

Child Welfare:
Can We Deliver and How Will We Know?



Len Cook

Families Commissioner and Chairman of the Social Policy Research and Evaluation Unit

The Articles of Religion

ISSUED BY THE CONVOCATION OF CLERGY OF THE CHURCH OF ENGLAND IN 1571

V. Of the Holy Ghost.

THE Holy Ghost, proceeding from the Father and the Son, is of one substance, majesty, and glory with the Father and the Son, very and eternal God.



STILL MORE SPARKS

By Ian Condie

Note; Health and Safety Officers should stop reading at this point.

There must be something health-giving about sea air, for serious illness and serious injuries were not frequent occurrences. That in spite of working conditions and practices which would keep Health and Safety officers and lawyers happily employed and even on overtime. But what if there was a bad accident or sudden physical collapse when the ship was equidistant from South America, Antarctica, New Zealand and Hawaii?

The ship's officers would do everything they could but their medical training and experience were sketchy and their equipment minimal. There would come a time when it would be as much use as a knowledge of phrenology. St. John's is an admirable organisation but in such a case they might as well have been based on Mars, It was of no use to pick up the phone for the only telephone had a range of little more than the horizon. It would mean a very great diversion and take several days steaming even at full speed to reach trained medical assistance.

As soon as the initial diagnosis of malingering was ruled out and the limitations of *The Ship Captain's Medical Guide* reached, the Master would write up the cause, symptoms and condition of the patient on a message pad and hand it to Sparks. Sparks would then start up his equipment and send out the emergency signal which gave him immediate priority with the nearest shore station. He would then tap out the Master's message in Morse Code which would be received by the shore operator (whose first language might not be English) who would transliterate it and hand it to his superiors who would contact a doctor or hospital.

The medical specialist would then have to puzzle over the amateur report and would possibly request clarification of some points and that demand would have to be turned into Morse, re-transliterated, puzzled over, acted upon, the answer written out, changed into Morse, changed back and finally be of some help to the doctor making a long distance diagnosis and who would then offer suggestions or instructions for treatment. It might also be that the doctor's first language was not English. It is not to be wondered that

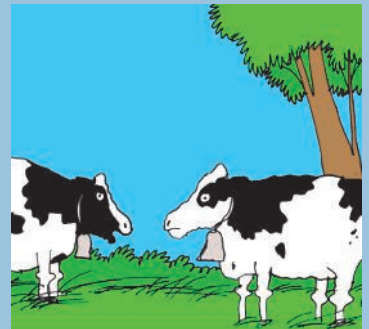
the best hope for the patient was that he would recover in spite of the best endeavours of shipmates and of modern communications. There is an old saying, 'if you intend to get ill, don't come to sea'.

Throughout such an ordeal, Sparks would remain at his desk, earphones on his head, waiting either to send more information or to receive advice and his meals would be brought to him in the Radio Room by one of the stewards. It could be a lonely job. 📺

For more on *The Ship Captain's Medical Guide* see *Medicine at sea* in *The Rock* of October 2012, page 3.

BACKGROUND IMAGE: /HAMRADIO.ARC.NASA.GOV

The Frolicsome Friar



"These cowbells are driving me crazy. If they want to track us, they should just give us smart phones."

SOURCE: WWW.HOWTOGEEK.COM.

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THE CAVERSHAM LECTURES 2016

7.30PM TUESDAY, 15 NOVEMBER
IN SAINT PETER'S HALL, HILLSIDE ROAD

Practical End of Life Issues



PHOTO: WWW.COSMOLOGICAL

Keith Gillions Funeral director	Prof. Peter Skegg Professor of Law	Dr Tony Fitchett GP	Gayle Elliott Palliative care nurse
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Will discuss issues such as how to make a wise will; planning my funeral Service; what do I do when a family member dies unexpectedly at home; what palliative care services are available to us; pain control options; dealing with grief

THE CAVERSHAM LECTURES 2016

7.30PM TUESDAY, 22 NOVEMBER
IN SAINT PETER'S HALL, HILLSIDE ROAD

New Zealand Youth Justice System: leading the world



Brian Kilkelly
Dunedin Barrister

THE CAVERSHAM LECTURES 2016

7.30PM TUESDAY, 29 NOVEMBER
IN SAINT PETER'S HALL, HILLSIDE ROAD

Exploring and Exploiting the Secrets of Life itself: wonderful possibilities and potential perils



Don Evans

Bio-ethicist Don Evans examines the life enhancing and life extending possibilities of current stem cell research and the ethical dilemmas they present



Nutritious



Whole foods and nutrient supplements

By Alex Chisholm



The real thing—
salmon on a plate.

PHOTO: PREVIEWS.123RF.COM

The Omega-3 fats in fish, also sold as fish oils in capsule form, have been credited with protective effects against CVD. These benefits may be mediated through reductions in blood pressure, lower levels of triglycerides, effects on the inflammatory response, and improved functions of the blood vessel walls. The recommendations for general health in the population relate to eating fish, (*The Rock*, August 2016) rather than taking capsules. Higher amounts may be prescribed for people with raised levels of blood triglycerides. These are not the same as blood cholesterol but another blood fat, which also needs to be kept as close as possible to recommended levels. The amount of fish oil to treat this may be up to 4grams /day, which is much higher than could be gained from eating fish. Consuming fish oils at this level should be under medical supervision as they may interact with prescription medication such as blood thinners or aspirin.

Recent papers written on the state of commercially available fish oil supplements in New Zealand caused some consternation. The authors reported their investigations showed that of the 32 capsules tested only three contained quantities of the essential fatty acids EPA and DHA which were equal to or higher than the amounts stated on the label. However this is in line with results of older studies in the UK, Canada and the USA. In addition the researchers found that only 8%



Typical fish oil supplements.

PHOTO: CDN.BUILTLEAN.COM

of the supplements met the international standards for very low levels of markers of oxidation. They also noted that the 'best-before-date', cost, country of origin and how exclusive the capsules were did not influence the results. This means consumers cannot use these as 'signposts' to what may be the best product. One possible indication of the final capsule quality may be how they are stored—they should be in opaque containers and kept in a refrigerator, or chilled cabinet, never in clear bottles under bright light.

A few years ago another New Zealand research study compared the effects of eating salmon versus taking salmon oil capsules. The findings highlighted differences between eating whole foods compared with consuming isolated nutrients as supplements. The study looked at three different levels of salmon oil intake by giving three groups of volunteers either 2, 4, or 6 capsules per day. A fourth group ate 2 x 120 gram servings of salmon per week. All groups had increases in the blood levels of the omega 3 fatty acids, but those eating salmon had increases in blood selenium as well. This was a controlled study and those who took part had to be low fish consumers and not have taken selenium or fish oil supplements over the last 6 months. The salmon oil groups were asked to consume the capsules with food and those eating salmon were given a second portion to cook, which was then frozen



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References:

Albert BB, Derraik JG, Cameron-Smith D, Hofman PL, Tumanov S, Villas-Boas SG, Garg ML, Cutfield WS. Fish oil supplements in New Zealand are highly oxidised and do not meet label content of n-3 PUFA. *Sci Rep*. 2015 Jan 21;5:7928. doi: 10.1038/srep07928. PMID: 25604397 Free PMC Article

Stonehouse W, Pauga MR, Kruger R, Thomson CD, Wong M, Kruger MC. Consumption of salmon v. salmon oil capsules: effects on n-3 PUFA and selenium status. *Br J Nutr*. 2011 Oct;106(8):1231-9. doi: 10.1017/S000711451100153X. Epub 2011 May 18. PMID: 21736825

for later analysis.

The increase in selenium is of particular relevance in New Zealand given the low to marginal Se status in the population due to low levels in the soil. Selenium is a critical component of several compounds involved in vital body processes. Thus consuming fish as opposed to fish oil provided at least one vital micronutrient as well as a good source of protein and the omega 3 fatty acids in an optimal form.

THE RECIPE

Appears on page 6

Food of the month

Onions



Onion (*Allium cepa* L.) is among one of the oldest cultivated plants, used in the past both as a food and for medicinal applications. In fact, these common plants are a rich source of several phytonutrients recognised as important elements of the Mediterranean diet.

A variety of onions is grown in New Zealand, main crop (brown), red, white, pickling and shallots. Onions are low in calories but a source of vitamin C and rich in phytonutrients—flavonoids, fructans, saponins and sulphur containing compounds. The red varieties are a source of the flavonoids anthocyanins. Shallots

are a source of magnesium.

Onions should be stored in a cool, dark, well-ventilated place and optimal storage will enhance their shelf life. Do not put them in plastic bags; if purchased in plastic, remove as soon as possible. Avoid refrigerating or storing with any food that may absorb their flavour. It is advisable not to store onions and potatoes close to each other. They need the same storage conditions but potatoes may have detrimental effects on onions' keeping quality.

In Saint Peter's Garden



By Warwick Harris

A Scholars' Garden

While Deirdre and I were travelling in Singapore, Japan and China during July and August our attention was often drawn to plants and gardens. This was a diversion from Saint Peter's Garden and provides the excuse for me to give attention to foreign gardens in this and some future contributions to *The Rock*.

In Beijing we spent time with Professor Fan Jiangwen of the Institute of Geographical Sciences and Natural Resources Institute of the Chinese Academy of Sciences. Since doing research with me as a student in New Zealand in the early 1990s Fan has progressed to be the supervisor of a stream of post graduate students. On this visit to Beijing I was able to help his present group of four PhD students tackle the critical requirement of publishing a paper in English in a reputable international science journal in order to gain their doctorates.



Confucius smiles upon his scholars.

Imagine if it was a requirement for New Zealand PhD students to publish a paper in Mandarin!

Certainly a demand which requires periods of light relief, so as a reward for them, and for my help with the English and science of their studies, we went to visit

the Guozijian, or Old Imperial College in Beijing. This is an important, although not as frequently visited cultural site in Beijing as, for example, the Forbidden City and the Temple of Heaven.

Once there were several Guozijian in China. Beijing's is the only one which remains. They were all closed in 1905, bringing to an end centuries of service for several Chinese dynasties as the highest institutes of learning in China. The teachings, philosophies and principles of Confucius were central to the function of the Guozijian.

Of the very many features the Guozijian offers to visitors I draw particular attention to one thing—a tree. This is the Japanese pagoda or Chinese scholar tree. Now with the botanical binomial name of *Styphnolobium japonicum*, it was previously named *Sophora japonica*, linking it to New Zealand's kowhais. Peculiarly, though included in the legume pea family, scholar trees do not support rhizobia which contain nitrogen fixing bacteria in their roots.

While its specific name *japonica* suggests it is native to Japan, it is actually a native of China. Thus Chinese scholar tree is the name I prefer. When we visited the Guozijian, the scholar trees provided shade from the heat of a day in the mid-30 degrees Celsius. Shedding its leaves in winter lets light reach the ground from the often heavily polluted sky above. Fortunately, the scholar tree is very tolerant of the atmospheric conditions prevailing in Beijing and it helps to ameliorate the adverse effects of city's pollution. It is also one of the 50 fundamental herbs of traditional Chinese medicine and has a long list of beneficial properties.

Although they are reputed to be fine



Modern scholars of the Geographical Sciences visiting the Guozijian.

PHOTO'S: DEIRDRE HARRIS.

specimen trees, scholar trees seem not to be commonly grown in New Zealand. I wonder why this is so, and whether there is one growing in Dunedin? 📷



A scholar tree to the left of the Square Pavilion, Guozijian.

Background image: Flowers of the scholar tree.

PHOTO: WWW.CNSEED.ORG.

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Looking back

By Ray Hargreaves

Dunedin's Sir Alfred Hamish Reed, known affectionately as "A.H." by his friends, was well known for his various walking trips throughout New Zealand, including a journey the length of the country. This was claimed at times as being the first to be undertaken, but this was not so. Less widely known is the fact that a woman walked from the far north to the far south in 1931-32.

This was Esther James (1900-90) who walked from Spirits Bay to Bluff, then crossed to Stewart Island. Although offered car rides, James never accepted one. Her walk was aimed at advertising the quality of New Zealand made clothing and footwear. She seized every opportunity to spread the message and quickly became a celebrity. She was publicly welcomed by the communities she passed through, by official welcomes, radio and newspaper interviews.

In her autobiography she describes how, on her arrival in Dunedin the Mayor, R. S. Black, surprised her by his announcement that she was



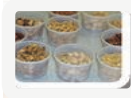
Esther James photographed at Whakapara near the beginning of her New Zealand walk.

PHOTO.: SUPPLIED.

being granted the "freedom of the Dunedin". He presented her with a leather medal and explained her "to walk as far as you please on our pavements, breathe as much as you want of our good fresh air and drink as much as you want of our pure water—and all for nothing".

At the suggestion of Gordon Coates, New Zealand's Prime Minister, subsequently from Melbourne via Sydney. Her aim was to make New Zealand known as a tourist destination.

James, one of ten children, was married and divorced twice and always used her family name. She was prepared to take any job offered. Thus during her lifetime she was a fashion model, a broadcaster, collected and sold sea shells and even built herself a couple of homes. As she once stated, "Much of the fun I have had out of life has come from creating jobs for myself". Esther James' entry in volume 4 of *The Dictionary of New Zealand Biography* described her as having "a simple charm, a love of fun and a zest for hard but creative work". Her autobiography, *Jobbing Along* was published in 1965 by Whitcomb & Tombs.



Nutritious

THE RECIPE : ONION TART

What you need

- ◆ Pie crust of your choice to line a medium-sized springform. You can use homemade, filo or bought refrigerated pastry, or if you prefer make a bread dough base.

Filling:

- ◆ 2 tablespoons butter or margarine
- ◆ 630g onions, finely diced (if not using bacon increase the onions to 700 grams).
- ◆ 5 slices thick cut bacon, finely diced (optional)
- ◆ 1 1/2 cups full fat sour cream
- ◆ 4 large eggs
- ◆ 2 tablespoons all-purpose flour
- ◆ 1 teaspoon caraway seeds (optional)
- ◆ Freshly ground black pepper

Method

- ◆ Fry the bacon (if using) in a little oil. When the bacon is done add the onions to it along with 2 tablespoons of butter or margarine. Reduce the heat and let the onions slowly caramelise to a nice golden brown, about 30-40 minutes. Remove from heat and allow the mixture to cool
- ◆ In a bowl, combine sour cream, eggs, all-purpose flour, and some freshly ground pepper. Add the onion/bacon mixture to it and thoroughly combine everything
- ◆ If using pie crust, grease the springform and gently press the crust into the tin, leaving about 1 inch or so margin along the top. If using filo pastry use 8 sheets with a little oil

between the first 4 and second 4 sheets. Ease gently into the tin, taking care not to tear the pastry. Tuck any excess pastry around the top to make a thicker edge. Pour in the onion mixture. Top with freshly ground black pepper or sprinkle a few caraway seeds on top

- ◆ Place on the middle shelf in the oven preheated to 200 degrees C (400 degrees F) if using fan bake 180 degrees C. Bake for 55-60 minutes, until the top is light brown and the center of the pie feels fairly firm to the touch. Let cool for at least 20 minutes before serving. Can be eaten lukewarm or cold. Serves 6.

BACKGROUND IMAGE: WWW.GOURMANTINEBLOG.COM

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.

Parish Contacts:

VICAR:

Father Hugh Bowron,
The Vicarage, 57 Baker St., Caversham, Dunedin,
New Zealand 9012.
(03) 455-3961
Vicar@stpeterscaversham.org.nz

CHURCH WARDENS:

Vicar's Warden:

Tubby Hopkins
(03) 454-2399
VicarsWarden@stpeterscaversham.org.nz

People's Warden:

Kate Paterson
(03) 455-5384
PeoplesWarden@stpeterscaversham.org.nz

VESTRY SECRETARY:

Heather Brooks
(03) 489-1916
Vestry@stpeterscaversham.org.nz

DIRECTOR OF MUSIC

AND PARISH CENTRE MANAGER:

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

FINANCE:

Danielle Harrison
(03) 455-0759
Finance@stpeterscaversham.org.nz

The Rock is published by The Anglican Parish of Caversham, Dunedin, N.Z.

EDITORIAL TEAM:

David Scoular
Telephone (03) 454-6004
TheRockEditor@stpeterscaversham.org.nz
The Vicar, Father Hugh Bowron
Telephone (03) 455-3961
The Vicarage, 57 Baker Street
Vicar@stpeterscaversham.org.nz

ADVERTISING QUERIES:

TheRockAds@stpeterscaversham.org.nz

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Vestry Notes

By Alex Chisholm,
Secretary to the meeting

At the September meeting the following items were of note:

- ◆ Two further initiatives for the de-mossing of the Church roof were agreed to
- ◆ The Synod representatives reported on this month's Synod in Invercargill
- ◆ A memorandum from the diocese regarding the recording of clergy sick leave and annual leave was considered. It will be necessary to draw up a covenant regarding issues such as clergy leave, allowances and attendance at conferences—the wardens and Vicar will work on this
- ◆ It was agreed that the parish would financially underwrite the bus trip so the Teschemakers outing can proceed
- ◆ It was resolved that the fate of the stained glass windows at Holy Cross, St Kilda was a conservation issue for that parish to resolve with Saint Peter's being available to help if asked
- ◆ Last month's election of Tubby Hopkins as a replacement Synod representative was reviewed and confirmed
- ◆ Investigations into the practicalities of having a defibrillator available in the church or hall are ongoing
- ◆ The purchase of non-slip mats for the hall kitchen is still under investigation in relation to price and suitability of sizes available. 📺



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For your diary

Saturday, 1 October : Parish outing to Teschemakers

Tuesday, 1 November : 7.30pm : first of the Caversham Lectures, *What makes for a good doctor?*—Dr Stephen Tripp

Tuesday, 8 November : 7.30pm : second of the Caversham Lectures, *Child Welfare—Can We Deliver and How Will We Know?*—Len Cook, Families Commissioner and Chairman of the Social Policy Research and Evaluation Unit

Tuesday, 15 November : 7.30pm : third Caversham Lecture, *Practical End of Life Issues*—a panel discussion including Keith Gillion, Dr Tony Fitchett, Professor Peter Skegg and a palliative care nurse

Tuesday, 22 November : 7.30pm : fourth Caversham Lecture, *The New Zealand Youth Justice System: leading the world*—Brian Kilkelly, Dunedin Barrister

Tuesday, 29 November : 7.30pm : fifth Caversham Lecture, *Exploring and Exploiting the Secrets of Life itself: the wonderful possibilities and potential perils of breakthroughs in medical research*—Don Evans, a bio-ethicist and a parishioner of St Matthews Dunedin

Sunday 20 December : 10.30am : Festival of Nine Lessons and Carols

Sunday, 15 January 2017 : Hospital chapel assistance ("bed-pushing").

Two Saturdays in September

10th : Garden working bee 24th : Garage sale



Two special effort weekends in September saw people congregating at Saint Peter's. The Spring working bee in the grounds enjoyed fine weather and resulted in a spick and span property. The following week, a garage sale raised in the order of \$1000 for parish funds.

WORKING BEE PHOTO'S: ALEX CHISHOLM; GARAGE SALE PHOTO'S: INFORMATION SERVICES OTAGO LTD.



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.

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www.archbishopofcanterbury.org/articles.php/5761/john-swintons-dementia-living-in-the-memories-of-god-wins-michael-ramsey-prize

Visit the Michael Ramsey Prize website for further details:
www.michaelramseyprize.org.uk/