

# MERRY CHRISTMAS



FROM SAINT PETER'S



Anglican Parish of  
Caversham Saint Peter,  
Dunedin, New Zealand

## THE ROCK

December 2016—Christmas



### Lecture reflection

By The Vicar

The 2016 Caversham Lectures focussed on themes of general social interest with a general trend towards medical themes. Some highlights which stood out in my memory were:

**Dr Stephen Tripp** spoke about a recent change in the Otago Medical School's training of GPs to emphasise listening skills, emotional intelligence and the ability to empathise with patients as an essential adjunct to their diagnostic skills and scientific knowledge.

**Brian Kilkelly** spoke of the way pioneering changes in New Zealand's youth justice system, with an emphasis on family case conferences and diversion, are leading to a plummeting of recidivist

youth reoffending rates. Before the country's Borstals had an 80% recidivist rate and the short, sharp, shock military style boot camps had an over 90% recidivist rate.

**The panel discussion** on practical end of life issues attracted the biggest turn out with a lively interaction amongst the panellists and with the audience. People seemed appreciative of the down to earth style of informative tips about what to do when a friend or family member dies, or is about to die.

**Don Evans'** enthusiasm for the break through discoveries in human reproductive possibilities as a result of stem cell research was infectious with potential pitfalls being mentioned in only a minor key.

Keeping up the high standard of presentations and engaging themes will be a challenge for next year's lecture series. 📺

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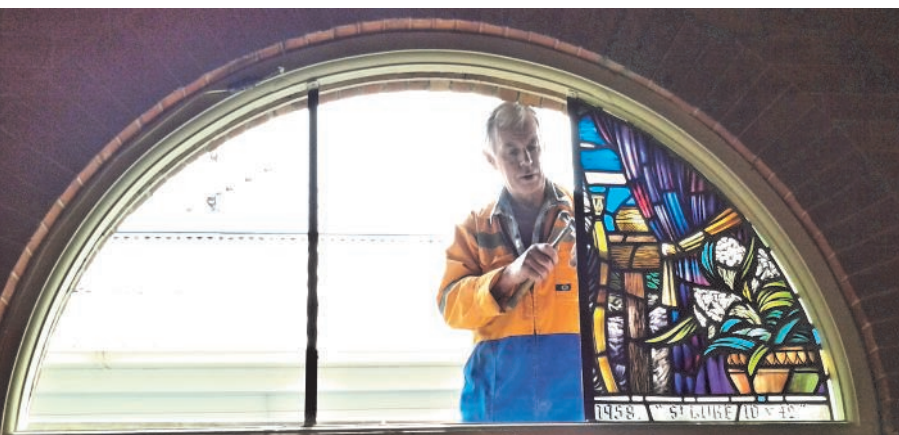
# Holy Cross windows on the move

**T**he project to preserve four stained glass windows from the now deconsecrated Holy Cross Church in St Kilda has taken its first tangible step.

Early this month, Mr Kevin Casey of Leadlights & Lamps Ltd removed the windows (see pictures below) and packed them for safe storage while Saint Peter's parishioners decide where and how to display them within the Saint Peter's complex.

This promises to be one of the highlights of our 2017—keep watching! 📺

PHOTO'S: INFORMATION SERVICES OTAGO LTD.



## 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,  
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Dunedin, N.Z. 9012

Emailed to:

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For answers to questions doctrinal, spiritual and liturgical.

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## The Articles of Religion

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

VIII. *Of the Three Creeds.*

**T**HE three Creeds, Nicene Creed, Athanasius' Creed, and that which is commonly called the Apostles' Creed, ought thoroughly to be received and believed; for they may be proved by most certain warrants of Holy Scripture.





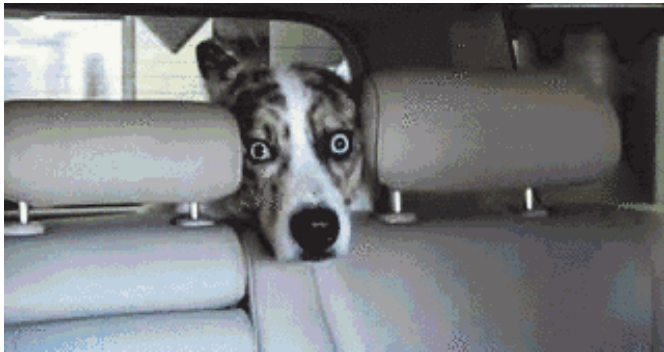
# His Master's Voice

By Ian Condie

Once upon a time in a far off land there was a doctor, a rural GP, who lived on the outskirts of a small village. His practice included a large part of the surrounding district which meant, since few people owned cars in those days, that he spent much of his day away from his home and surgery.

As well as a car, a wife and four daughters, the doctor had two sons who, as soon as their education was done, were despatched to various parts of the then British Empire either to make their fortunes or be killed off by accident or disease. The daughters, when not at school or college, were useful when it came to laying out the bodies of those of their father's patients who were no longer in need of them.

The family was rounded off by two dogs. There was the large golden Labrador who was very much a house dog although she was only too willing to go for walks. The other was called Dash and was, uncompromisingly, a gun dog and paid homage only to the owner of



"Dash and the gun went in the car."

PHOTO: WWW.GIFWAVE.COM.

the gun—the doctor. In those more innocent, or perhaps more honest, days the shotgun was kept in the tiny passageway leading from the living room to the doctor's surgery and there Dash slept and challenged anyone who approached. And, since there was often a rabbit to be seen on the doctor's rounds, Dash and the gun went in the car.

One fine afternoon, the doctor's wife decided to walk down to the village to do a few errands. Her husband, she assumed, was out on

his rounds but when she had completed her tasks and was walking homewards she noticed her husband's car parked outside the chemist's shop and decided she might as well be driven home.

It was not surprising to find the car there for, in those days, the relationship between doctors and the local chemist was closer than now for the chemist, instead of merely transferring pills from a large bottle into a small packet, often had to make up the pills or potions from the doctor's (barely legible) prescription. At any rate, the doctor's wife approached the car confidently and reached for the door handle.

Instantly, it appeared that the interior of the car was filled with a mass of black hair standing on end and partly obscured by two flaming eyes and two rows of alarmingly large and white teeth while the noise was such that it was surprising the entire village did not run out into the street in alarm. In vain did the doctor's wife admonish the furious Dash and endeavour to identify herself, watched by some apparently amused children and one or two passing adults. Every time she approached the car door, the furious tirade resumed. Nobody, but nobody was allowed to approach the doctor's gun or car while Dash was on duty.

There could be no disguising the doctor's wife's anger and embarrassment at her predicament but the anger was as nothing compared to what she felt when she turned from the car and happened to glance at the window of the chemist's shop and saw, in plain view, the chemist and her husband standing side by side watching the show and laughing. It is fortunate that divorce was neither easy or cheap once upon a time. 📺

## The Frolicsome Friar



*"For a second there I thought I heard a page turn, as if someone was actually reading a book. Must be repressed memories from the old days."*

SOURCE: WWW.HOWTOGEEK.COM

## Help please—do you know these people?

The Vicar has been shown the photograph at right as part of his researches into the parish history. It is of a confirmation class in 1920 and a note on the back identifies the following people: Back row (l to r) 1: <unknown> Jones 2: Irene Isaac 3: <unknown> Hensley 4: Beth <unknown> 5: <unknown> 6: <unknown> 7: <unknown> Hensley, 8: Gladys Crossan 9: "Smuts" Smeaton: Front row: 1: <unknown> 2: <unknown> 3: <unknown> Jones 4: Rose Ryder.

If you can supply any of the <unknown> names, please let the Vicar know or write to *The Rock* (addresses on page 7). 📧







# Nutritious



## Christmas goodies

By Alex Chisholm

**I**n times past the

special and often much richer food eaten at Christmas followed on from Advent fasting or eating patterns, which for most of the population generally consisted of simple if not frugal foods. Festive foods were markers for higher calorie (energy) intake but also in some situations for a better nutrient intake by providing particularly protein, vitamins and minerals that were not otherwise readily available.

Nowadays we consume a diet rich in both energy and nutrients for most of the year. Thus the 'nutritional boost' from festive foods does not have the same implications for health. In contrast we may be concerned about the effect of festive foods on our 'diets'.

However these are often not eaten at other times of the year and may be associated with memories which are associated with earlier Christmas meals, so it is good to be able to enjoy them. Some foods have moved from being special foods to be part of our usual eating pattern with increased benefit to our health, for example nuts. Spiced nuts were traditionally included in festive meals especially at Christmas, but are now available in a wide variety and fresh unprocessed nuts are a year round recommended snack food.

The type of foods which form a part of any festivities will depend on traditions, custom,



PHOTO.: THEORGANICPREPPER.CA

geographical location and availability. In New Zealand there tend to be two main trends. The English traditional, usually hot, meal which may include roast chicken, roast lamb, cold ham, roast vegetables such as pumpkin, sweet potato, other root vegetables and traditionally potatoes. Increasingly though steamed or boiled local new potatoes are a popular and delicious menu item. Green peas are the most traditional of the green vegetables and fresh they taste especially good—sometimes eaten raw. I have happy childhood memories of being sent out to the garden to pick green peas and various berries—quite a few of both didn't make it into the house. Plum pudding with custard or vanilla sauce, brandy butter and cream as accompaniments is the most traditional hot pudding, and trifle as the cold pudding. Strawberries and other berries are now included as part of the traditional Christmas meal along with Pavlova.

In keeping with the summer weather BBQ Christmas dinners are now also the norm. A variety of meats, fish, seafood and even vegetarian fare, cooked



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outdoors and eaten with salads and followed by a variety of desserts, sometimes unique in families, belong to the 'flavours of memories' for many New Zealanders.

Festive food has a long tradition of being a feature of especially joyful occasions, so what could be more appropriate for Christmas—this most special of birthdays—a time of light and joy and promise. 🍷



The new normal in Christmas dinners?

PHOTO.: PINTEREST.COM

# Of spices, incense and silk

By Alex Chisholm

IMAGES:

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**S**pices have an amazing history—their trade played a role in the rise and fall of empires. At one time nutmeg for instance was weight for weight worth more than gold. The spice trade began in the Middle East over 4000 years ago and grew into a huge industry. The rarity of the products, their mysterious origins and the distances travelled to obtain them ensured a high value. Initially

camel caravans travelling over the Silk Road connected Asia with the Mediterranean world, Africa and Europe. Silk Road trade contributed to the development of the great civilizations of China, India, Rome, Egypt, Persia and Arabia.

With all this rich trade competition for a part of 'the action' was inevitable. By the 13<sup>th</sup> century Venice was becoming wealthy as the

controlling seaport for spices going to western and northern Europe. In the 15<sup>th</sup> century exploration resulted in the expansion of the sea access to sources of spices and furthered the beginning and development of the Portuguese, then the Spanish, Dutch and British Empires. All succeeded in finding sea

(Continued on page 7)





# In Saint Peter's Garden



By Warwick Harris

## Tale of Two Christmas Trees

The origin of Christmas Trees goes back into the mists of history, well before the beginning of Christianity. Some Christian sects regard them as idolatrous, using text from Jeremiah 10:2-4 in support.

It is safer to say the Christmas Tree tradition dates from 16<sup>th</sup> century Germany, when trees called "Pardiesbaum" (paradise trees) were brought into houses on 24 December to celebrate the



The botanist Solander on Cook's first voyage collected the specimen which is the type for *M. excelsa*.

A curious possibility is that pohutukawa was introduced to Europe before Abel Tasman ventured into New Zealand waters in 1642. When visiting La Coruna, Galicia, northern Spain in 2001 I was told the city mayor had chosen

pohutukawa as the city's floral emblem and I was shown a large pohutukawa tree believed by locals to be 400 to 500 years old. With reference to the dates of Tasman's and Cook's voyages I expressed my disbelief at this. A press reporter was there and his article caused a renewed flurry of interest in New Zealand, Spain and elsewhere as to whether European voyagers had visited New Zealand before Tasman.



Pohutukawa—"the New Zealand Christmas Tree."

PHOTO.: WWW.SERENITYSECRETGARDEN.COM

Gurus of New Zealand history dismiss this

possibility without consideration. However, Winston Cowie has compiled a record of the many items of evidence which suggest Iberian voyagers ventured into our waters before Tasman. For those curious and with open minds, this record is published in Cowie's book, *Conquistador Puzzle Trail*, which was published by Northern Tuatara Press in 2015.

mostly made in China and in the symmetrical form of firs rather than pines, are progressively replacing freshly cut aromatic *Pinus radiata*. Some lament the loss of the aroma of freshly cut pine, but others are happy as they are allergic to the smell of its essential oil. It seems likely the symmetrical shape and rigidity of synthetic trees, ideal for arrangement of decorations and lights and convenient for storing to bring out for successive Christmas seasons, will determine the kind of Christmas Tree which will dominate in future.

Pohutukawa (*Metrosideros excelsa*), our native Christmas Tree, as well as flowering at Christmas time in New Zealand, has an historical link with the bringing of the Christian mission to the country by Samuel Marsden. Marsden's Christmas Day service in 1814 in the Bay of Islands is pictured as being amongst many pohutukawa. Missionary Henry Williams records holding a service under a pohutukawa in 1833. In 1867 geologist Ferdinand von Hochstetter gave the first written record of calling pohutukawa a Christmas Tree.

It has been speculated that when French explorer Surville was at Doubtless Bay in the Far North on Christmas Day 1769, the Dominican priest with him would have marked the

day with a mass. I cannot immediately find if Captain Cook and crews celebrated Christmas on their visits to New Zealand.



Deirdre Harris with dignitaries of La Coruna City Council and the city's pohutukawa tree in 2001.

PHOTO.: WARWICK HARRIS.

Feast of Adam and Eve. Observance of the tradition in New Zealand has acquired unique features from pragmatic use of trees which are common and available and which have links to our history and economy.

*Pinus radiata*, or Monterey Pine indicating its origin from coastal California, is the most common species providing Christmas Trees in New Zealand today. First recorded in New Zealand in 1904, its branches and saplings decorate and provide aroma to homes, halls, shops, churches etc. in celebration of Christmas. When mature, its trunks provide logs of wood important to our economy and make their presence felt when in transport on roads to our ports.

In recent years, synthetic Christmas Trees,

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# Property notes



By Andrew Nicolson

## Exterior House Maintenance

House maintenance can be one of those things we keep putting off, or even forget, however we do need to make time to have a good look over the roof and cladding of our homes at least once a year.

We have no control over the environment which the exterior of our houses experiences, but maintaining the house exterior is so important to protect the interior from damage the elements can cause. It is also very important in maintaining the value of your property.

All houses require regular maintenance and upkeep. Not doing so can lead to more expensive repairs, an unhealthy living environment, a potential reduction in the sale price of the property and even insurance issues.

### Roof

Your roof is vital in keeping the elements out of the house structure and its interior, so maintaining it correctly is crucial. If the roof fails, all the other parts of your house are at serious risk of damage. The elements, including changes in temperature, can play havoc with your roof materials, so checking your roof's condition regularly is important even if your house is fairly new. 'Some roofs are easier to inspect than others and due to their design and height from the ground roof inspection can be dangerous. Consider using binoculars or even a digital camera to assist you in inspecting your roof, or those areas which can be difficult and potentially dangerous to get to.

New Zealand's most common type of roof is galvanised /coated steel, followed by tiles and coated metal. There will be maintenance common to all the types of roofing, with some

specific types requiring more maintenance than others. Steel roofs and guttering need to be checked for corrosion and more so if the house is close to the sea. If you have a steel roof regular inspection of the nails holding the roof in place is also important, as these can loosen, potentially allowing water to enter. New houses with steel roofs use special roof screws which perform better than the traditional roof nails. Tiled and shingle roofs also require regular checks for wear and tear, cracks and movement in the tiles and shingles.

Flashings are another important part in protecting vulnerable areas of the roof and should they fail, the watertightness of the roof could be severely compromised. In particular inspect the flashings around chimneys, plumbing vents and skylights checking to see if any flashing has lifted or is loose.

If you have a valley in your roof or an area of insufficient slope, these should also be inspected at least yearly to make sure water can drain quickly and that ponding is minimalised as ponding can lead to surface deterioration.

Moss and lichen growing on the roof will contribute to the deterioration of the surface, so its removal is also important to the longevity of your roofing material.

there to keep the elements out. Some sides of your house will take a bigger beating from the elements than others—the south side and those sides which receive the most sun may experience faster deterioration for example.

Making sure exterior painted surfaces are all in good condition is very important—some materials will only perform properly when the painted surface is painted correctly. Any natural wood surface should be painted to prevent deterioration and rot from starting. Cracked or flaking paint can be the first sign that the paint is failing and can also be a sign of damage to the material underneath from rot or moisture. Washing the cladding regularly also helps as dirt and salt build up will shorten the cladding life span.

If there is mold, lichen and moss growth on your cladding it is usually a sign of damp

conditions. Addressing the dampness issue if you can—or using one of the number of cleaning products available to remove the growth—will extend the life of the cladding.

If you have holes in your cladding this will allow water, mice, rats, slaters, birds and bees access, so blocking the hole up quickly is very important.




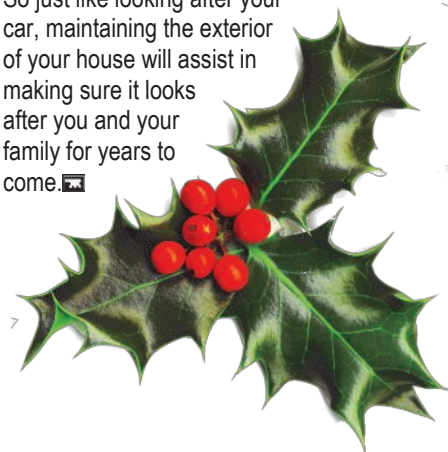
**"...holes in your cladding ... will allow water, mice, rats, slaters, birds and bees access..."**

PHOTO: GEORGE SHUKLIN.

Where you have cracked bricks/blocks or crumbling concrete it would be advisable to seek professional assistance to determine the cause and the remedy options available.

If you are unsure of how to maintain the materials used in your roof you should check with the manufacturer or supplier.

So just like looking after your car, maintaining the exterior of your house will assist in making sure it looks after you and your family for years to come. 



Gutters and down pipes need to be cleaned at least yearly to make sure they can take away the water. Installing a leaf guard system in the gutters can be a viable option, particularly if you have a lot of trees around your house.

### House exterior

As with your roof the exterior cladding is

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## Regular Services

(for variations consult *The Pebble* or our website)  
All services are held in Saint Peter's unless noted otherwise

### SUNDAY:

8am: Holy Communion according to the Book of Common Prayer  
10.30am: Solemn Sung Eucharist  
5pm: **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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**The Rock** is published by The Anglican Parish of Caversham, Dunedin, N.Z.

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PRE-PRINT SERVICES BY: Information Services Otago Ltd.

PRINTED BY: Dunedin Print Ltd.



# Vestry Notes

No vestry meeting was held in December. The next scheduled meeting is for February. 📅

## Of spices, incense and silk

(Continued from page 4)



routes to India and as the popularity of spices had risen among the growing middle classes from the time of the Renaissance the competition further intensified. The Indonesian Spice Islands on the 'Spice Road' were involved in wars between expanding European powers which carried on during the 15<sup>th</sup> and 17<sup>th</sup> centuries.

However, the story of spices doesn't stop there—it is on going and there is renewed interest now in their health-promoting properties. Common spices such as Cinnamon, Cloves, Nutmeg, Ginger and the not so common Cardamom have all been considered and for some at least research studies have been carried out. There will be more about these individual spices, their history and present state of any research in the February issue of **TheRock**.

Meanwhile as well as spices, incense travelled over similar routes for thousands of years. In the early 1990s the lost city of Ubar was rediscovered in Oman and is believed to be a centre of the Frankincense trade along the recently rediscovered "Incense Road". A mural depicting sacks of Frankincense traded from the Land of Punt (NE Somalia) adorned the walls of the temple of the ancient Egyptian Queen Hatshepsut, who died circa 1458BC.

Frankincense was used extensively as one of the consecrated incenses mentioned in the Old Testament. The incense was seen as a symbol of the Divine name and an emblem of prayer. Often associated with Myrrh, Frankincense was made as an offering to the infant Jesus together with gold. "...And going into the house, they saw the child with Mary his mother, and they fell down and worshiped him. Then, opening their treasures, they offered him gifts, gold and frankincense and myrrh" (Matthew 2:11).

Frankincense has a long history, approximately 5000 years of use in religious and ceremonial situations, as nowadays in many Christian churches. Estimates of the current annual world production of frankincense vary, but generally are around several thousands tonnes. More than 82% of the production comes from Somalia with some Frankincense also gathered in adjacent Southern Arabia and Ethiopia, Sudan and other central African countries. Production is declining somewhat so it is interesting that a *Boswellia sacra* tree, from which Frankincense is derived, was planted and is growing inside Biosphere 2.

Where, you may ask, is silk in all this? Silk has been used for fine clothing and is still to be found in ecclesiastical vestments and some church fittings. 📅

PHOTO. OF FRANKINCENSE : [WWW.LUCYLOO.CO](http://WWW.LUCYLOO.CO)

# For your diary

**Christmas Eve** : 10.30pm A Candlelit Service of Carols, Readings and the First Mass of Christmas

**Christmas Day** : 8am Holy Communion 1662

10.30am Christmas Day Mass with carols

**Saturday 30 December** : 10.30pm : New Year's Eve Watchnight Service

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

# Entrance gets the treatment

Areas around the main entrance to Saint Peter's have been treated to clear moss, mould and lichen which have built up over the decades.

Mr David Mehrtens, Store Manager of the newly-opened Wet&Forget outlet in Dunedin, applied the treatment without charge in November and already results are evident, with concrete and bricks whiter and cleaner.

Mr Mehrtens, who was married in Saint Peter's, said he had noticed deterioration while driving past and wanted to do something to help remedy the situation. His parents Geoff and Rosalie were parishioners for some years.



David Mehrtens, the Wet&Forget man, at Saint Peter's.

PHOTO: INFORMATION SERVICES OTAGO LTD.

# That rowdy church hall

An anecdote from the vicar's researches into parish history.

By The Vicar

When the "new" Saint Peter's opened on Hillside Road in 1882 it had a hall as well. It was obviously a popular and well used community facility for the Vestry soon found that it had to pass a couple of restraining measures for the better governance of the hall. The problem was noise complaints from nearby neighbours. We need to recall that the present Vicarage wasn't on site until the Great War so neighbouring houses were much closer. It was decided that all hall users would have to be off site by 11.30pm, and then dancing in the hall was prohibited. What a boisterous and late night owl bunch of revellers our Victorian ancestors must have been! Today the parish hall remains just as popular and well used by the local community though no group stays later than 9.30/10pm and there have been no recent requests for a dance venue although perhaps ball room dancing would be a rather charming activity to take place there on a regular basis.



# Thank you

By The Editors



Once again we thank our contributors and advertisers for their indispensable contributions to The Rock during the year.

We wish you and our readers the very best Christmastide and a happy and successful 2017.

The Rock will not be published in January. Next edition is in February.




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Justin Welby  
The Archbishop of Canterbury

“As Christians, we believe in a direction, a journey. A journey that we heard in the readings this evening. A journey that began with God and ends with God and in which God accompanies us the whole way along the journey. In which there is both a sense of being looked after, but also of being held accountable and responsible.”

Homily preached at the annual Advent Service at Lambeth Palace for parliamentarians and their staff.

- 6 DECEMBER 2016



More online: Read the full text at:

<http://www.archbishopofcanterbury.org/articles.php/5816/archbishop-gives-homily-at-advent-service-for-mps-and-staff>