



THE ROCK



Anglican Parish of
Caversham Saint Peter,
Dunedin, New Zealand

May 2018—Trinity



Engineering Report for our Church

By The Vicar

Recently in *The Rock* I reported on the challenges facing our Church building. To begin thinking through what we should do about these challenges the Vestry decided at its May meeting to commission an engineering report—a thorough assessment of what is required to put things right.

The report will consider four things:

- ◆ What is the percentage of earthquake resistance strength in the building? The IEP report done in 2013 put this at 20 to 30% but this was a once over lightly report that would tend to be conservative to cover the engineer concerned since there were neither time nor resources for a thorough investigation
- ◆ What is wrong with the building and what are the developing vulnerabilities in it?
- ◆ What could be done to remedy these, what kind of approach would the engineer recommend and what are the likely costs of these courses of action?
- ◆ Would it be possible to incorporate the recently removed stained glass windows from Holy Cross, St Kilda(now stored in our bell tower) in such a renovation of the building?

We are approaching four firms recommended by the DCC Heritage Planner as having a track record in working with heritage buildings. At this stage we want to know what they would charge for such a report, when they might be able to do the work and the kind of approach they would be likely to take. All of these firms have a backlog of work and could not start on our project for anything up to four to six months.

That doesn't matter too much because the parish, having selected the firm it wants to work with, would then file an application with the DCC Heritage Fund to fund the report. This has two funding rounds each year. Thus it is unlikely that we would have the completed report available to us until sometime next year. ☹️

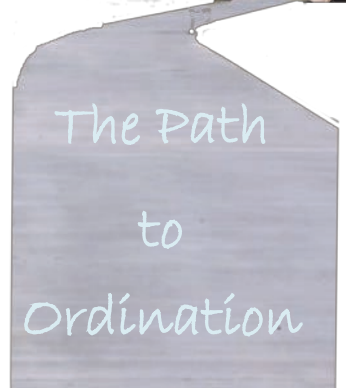
What Do Deacons Do

By The Vicar



On Sunday 10 June at the 10.30 am Service Brian Kilkelly will be ordained a Deacon.

From then on he will exercise a Deacon's liturgical function at the 10.30 liturgy—that is he will read the gospel, set the table at the offertory and perform the ablutions after communion.



Saint Peter's parishioner Brian Kilkelly, who is to be ordained a Deacon in June, reads from the Epistle to the Ephesians during Saint Peter's Armistice Day Service on Remembrance Sunday, 12 November 2017.

PHOTO.: INFORMATION SERVICES OTAGO LTD..

In the early and patristic church deacons were the social work administrators of the church performing tasks like ensuring that widows and orphans were looked after, and organising the distribution of food and alms to the urban poor. The early church

(Continued on page 2)



What Do Deacons Do

The Path
to
Ordination

(Continued from page 1)

was noted for its philanthropy.

Changes in church and society downgraded those functions and the diaconate became what it is today—an apprenticeship first step towards priesting, typically lasting a year and usually taking place at the beginning of one's curacy. In Brian's case it is highly likely that this transitional step will be less than a year because his background qualifications of several law and theology degrees and extensive life and work experience make that unnecessary.

Attempts have been made in recent years to revive the permanent diaconate but these have met with limited success. Even permanent deacons have a way of making their way to priesthood. We can



Reverend Bryan King.

see that pattern in the ministry of a son of this parish and arguably the most famous social worker priest this diocese has ever produced, the Reverend Vincent Bryan King, son of the Reverend Bryan King, the Vicar who brought ritualism to this parish. Ordained a deacon in 1904 he was then ordained a priest in 1909.

Next month in *The Path to Ordination* Brian Kilkelly tells his story.



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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:

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The Articles of Religion

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

XXIII. Of Ministering in the Congregation.

It is not lawful for any man to take upon him the office of public preaching, or ministering the Sacraments in the Congregation, before he be lawfully called, and sent to execute the same. And those we ought to judge lawfully called and sent, which be chosen and called to this work by men who have public authority given unto them in the Congregation, to call and send Ministers into the Lord's vineyard.



CHARITY ETC.

By Ian Condie

There is a village in the North East of Scotland which enjoyed a minor economic boom at the latter end of the 19th century owing to the discovery and exploitation of excellent building and road making materials. The village had expanded but not in an eyesore way. Fortunately the industrial area was naturally confined and the new houses and shops were well built in the fashion of the day.

The main road from the nearest city had by-passed the centre of the village as it ran along the base of a low hill but it was not long before the more affluent residents put up houses all along its length from the end of the village main street to the first farm on the outskirts. They were all solidly built two storey houses with gardens surrounded by stone walls and at first they overlooked a large open field and a couple of small wooded areas.

In time the open field became what was called The Pleasure Park and had two soccer pitches laid out on it and goal posts erected. At the edge nearest the main road a bowling green and a tennis club sprang up, all surrounded by the ubiquitous stone walls. At one end, the Pleasure Park ended at the boundary of the village school and at the other there was a small but thick wood and a road leading into the countryside.

The house that stood opposite this wood was owned by an elderly spinster called, let us say, Miss Pamela Earl who, since the house was far too big for her use, rented the upper floor to a school teacher

and his wife. The relationship between landlady and tenants was, if not hostile, distant and courteous. The latter paid their rent on time and observed the terms of the lease and the former did not bother them.


All three attended the parish church—as did nearly everyone in the village as was the custom in those days. There was, it is true, a Roman Catholic chapel nearby which some people were suspected of going to and whose priest was on cordial terms with the Parish Minister. There was also an Episcopalian Church but the incumbent was too busy courting the Laird’s daughter for much else.



One Sunday, the teacher’s wife was getting ready for church when there came a knock on the door. Her landlady stood on the

mat dressed in her churchgoing costume and carrying a purse. She was going to church, she explained, and didn’t have the right amount of cash for the collection plate, could her tenant oblige her and give her change?

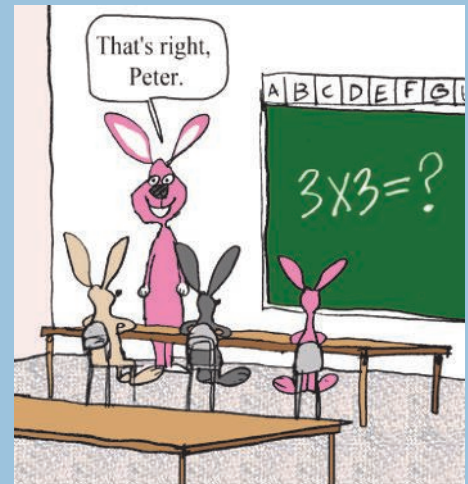
The tenant did a quick calculation of her own purse and her husband’s pockets and replied that she would, if she had enough loose cash. What did the landlady need change of?

Without a flicker of emotion, the landlady replied. “A three penny piece,” (about eight cents) she said. 



The Frolicsome

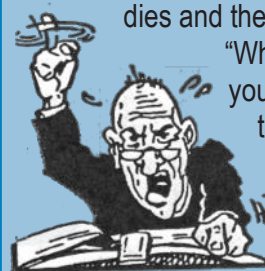
Friar



To rabbits, multiplication came easily.

SOURCE: WWW.HOWTOGEEK.COM.

- ◆ A TCP packet walks into a bar, and says to the barman: “Hello, I’d like a beer.” The barman replies: “Hello, you’d like a beer?” “Yes,” replies the TCP packet, “I’d like a beer.”
- ◆ Jean-Paul Sartre is sitting at a French café, revising his draft of Being and Nothingness. He says to the waitress: “I’d like a cup of coffee, please, with no cream.” The waitress replies: “I’m sorry, Monsieur, but we’re out of cream. How about with no milk?”
- ◆ A preacher goes into a Wild West Saloon and starts to explain the perils of the demon drink. The locals are not receptive. “Look, I’ll show you” says the parson. He orders a glass of water and half a glass of whisky from the bartender, then drops a live worm into the glass of water. The worm swims around quite happily until the preacher extracts it and drops it into the whiskey. The worm shrivels up and dies and the preacher says “What does that tell you?”. A voice from the crowd says “Drink plenty of whiskey unless you want worms”.



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Nutritious

The Gut Microbiota



By Alex Chisholm

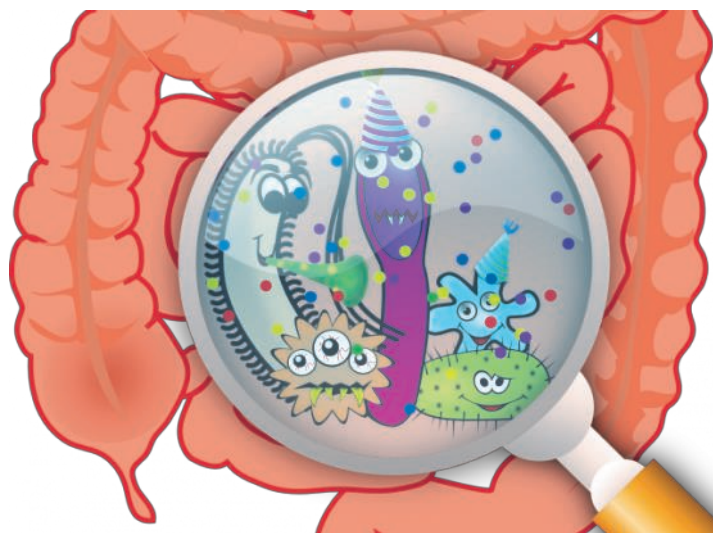
Some new words have become prominent in the vocabulary of those of us interested in developing areas of nutrition research and discovery. Words in frequent use now are 'gut microbiota' (was known as the gut flora) and 'the microbiome'. We are super-organisms of human and microbial cells and exist in a delicate host/microbe equilibrium. It has been calculated that a reference person with around 30 trillion cells would have 39 trillion bacterial cells, mainly in the gut or on the skin. We have perhaps been accustomed to thinking of all bacteria as (only) harmful but recent research has pointed to positive effects. So what are some of the things our gut microbiota do for us? They-

Meantime links with other body systems are just being discovered

Bad Press

Advertising messages have generally portrayed all microbes as being bad—without discriminating between the microbiota (the helpful bacteria) and pathogens (those which can make us ill). Only a very small fraction of microbes are pathogens.

Antibiotics, one of the miracles of modern medicine, while dealing to the pathogens also have an effect on the helpful bacteria and it can take a while for these to return to baseline.



"We are super-organisms of human and microbial cells and exist in a delicate host/microbe equilibrium".

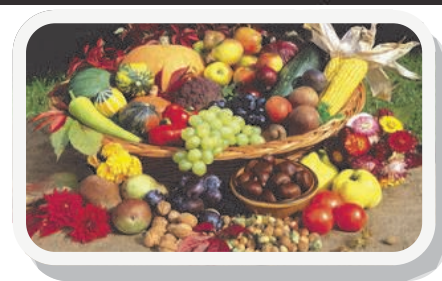
IMAGE: [HTTPS://MEDICALXPRESS.COM](https://medicalxpress.com)—CCO PUBLIC DOMAIN.

- ◆ Help to regulate our immune systems
- ◆ Crowd out potential pathogens
- ◆ Extract energy from foods
- ◆ Make some essential vitamins and cofactors
- ◆ Improve intestinal function
- ◆ Remove toxins and carcinogens

In the world, biodiversity in the ecosystem can affect the overall health of the planet. High diversity of species promotes balance, a healthy eco system and resistance to damage while low diversity can lead to a sick ecosystem and susceptibility to damage. This applies also to our gut 'ecosystem', which is unique to each individual and is laid down very early in life. Lack of diversity may be



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As always, fruit, nuts and vegetables are good.

having a detrimental effect on our health.

While the influences of our gut ecosystem on various aspects of our health are under investigation, is there anything we can do to improve the situation via our diets?

We need to minimise the effects of an Average Western dietary pattern which is rich in refined foods, low in fermented foods, complex carbohydrates and fibre.

- ◆ Try to include fermented foods—yoghurt would be the most usually consumed. Other fermented foods such as sauerkraut, kimchi and kifer are not so



likely to be a part of our diets

- ◆ Eat more fibre—gut bacteria digest certain fibres to produce short chain fatty acids (SCFA), which reduce inflammation and affect the workings of the immune system. Include fruits, vegetables, nuts and grains

(Continued on page 6)

In Saint Peter's Garden



By Warwick Harris

A Befriended Church

In my previous article about the Farr family grave at St Jerome church, Llangym Uchaf, Wales, I said that finding the church was a story in itself.

Here is that story.

I mistakenly said we found the church in 1989. The actual time of discovery was August 1998. On reaching the village of Llangym we could not find an Anglican church, only a Baptist church. Asking where we could find St Jerome Church I mistakenly asked for the location of the “Church of England” and got the stern reply that it would be the “Church in Wales I was looking for”.

Pointed in the direction of Llangym Uchaf (Upper) we were soon in a narrow country lane and came across St John's Llangym. This remains a functional church of the Usk Ministry Area of the Church in Wales. Disappointed that we had not found St Jerome church, and not being able to turn around, we continued 400m down the lane. There we found St Jerome church tucked in amongst hedges, fields and barns. The church entrance was locked and a search of the scattered grave stones did not find one for Farr.

Our Brit Rail journey in Great Britain in 2017 ended at Newport. There, close to the confluence of the river Usk with the Severn estuary, we met Deirdre's brother Buzz and sister in law Penny and drove to Llangym. The river Usk at Newport is strongly tidal. At low tide it looks like a monstrous grey-black eel. Perhaps it is still stained by coal dust from the days when Newport was a major port of export of coal from South Wales. Even so Atlantic salmon run this stretch of the Usk to spawn in the higher reaches of the river. It was on part of these reaches that my great-grand father, William Farr, had been a game keeper to ensure the river was well stocked with salmon and other fish for the sport of gentry.

An internet search for information about St Jerome found it had been declared a redundant church of the Church in Wales in 2014 and that now it is under the care of the charity



Buzz before St Jerome's tower.

PHOTO.: DEIRDRE HARRIS



The rood screen, St Jerome church.

PHOTO.: DEIRDRE HARRIS

Friends of Friendless Churches. Arriving at Llangym we encountered St John's again. Confirming that this was not the church we were looking for, Penny walked purposefully down the lane to find St Jerome's. The church was unlocked and the Farr grave easily found, most likely because it had been recently tidied up by members of the extended Farr family.

We did not have time to carefully explore the interior of the church before travelling south to Somerset to visit family there. It was sad to see a church without a congregation, abandoned, its furniture still in place and a bible on the pulpit. Although befriended by the *Friends of Friendless Churches*, St Jerome misses the warming and drying of occasional services. It provides a home for bats with a warning that they should not be disturbed.

It would be interesting to further consider this 12th century, Grade I church, especially for its rood screen, unusual tower, effigies of green men and ancient links with people who have occupied Wales. 🇬🇧

Friends of Friendless Churches describes itself as a “very small charity” which “now owns nearly 50 ancient churches, preserving them as peaceful spaces for visitors and the local community to enjoy”.



More online :

<http://friendsoffriendlesschurches.org.uk/>

- Website of *Friends of Friendless Churches*



Research coincidence

While researching his article *A Befriended Church* (see p. 5), Warwick Harris stumbled upon a bit of a coincidence.



The ball which Warwick used?
PHOTO.: WWW.GILBERTRUGBY.COM.

“As an aside, it is curious how sometimes one thing leads to another. In searching for Newport I found that Newport beat the All Blacks 3 - 0 in 1963. Locking with Colin Meads in that game was Ron Horsley, with whom who I locked when playing for Kia Toa in the Senior competition in Manawatu in the late sixties. I had the height but certainly not the bulk of Ron Horsley”.

2017 AGM elects 2018 Vestry

The parish AGM elected a largely unaltered Vestry. The only change is of People’s Warden,

Kate Paterson relinquishing the role which has been taken up by Di Bunker. Vestry members for this year are:

- ◆ Tubby Hopkins, Vicar’s Warden
- ◆ Di Bunker, People’s Warden
- ◆ Alex Chisholm, Secretary
- ◆ Ken Ferguson
- ◆ David Hoskins
- ◆ Brian Kilkelly
- ◆ Kate Paterson
- ◆ David Scoular



Newly-elected People’s Warden, Di Bunker.

PHOTO.: INFORMATION SERVICES OTAGO LTD.

Synod representatives elected were:

- ◆ Alex Chisholm
- ◆ Deirdre Harris

Rock music Pandora’s Box

(Continued from page 8)

him to give up the post of Court Music Director.

Rheinberger was a prolific composer. His religious works include twelve Masses (one for double chorus, three for four voices a cappella, three for women’s voices and organ, two for men’s voices and one with orchestra), a Requiem and a Stabat Mater. His other works include several operas, symphonies, chamber music and choral works.

Today Rheinberger is remembered above all for his elaborate and challenging organ compositions; which include two concertos, 20 sonatas in 20 different keys (of a projected set of 24 sonatas in all the keys), 22 trios, and 36 solo pieces. His organ sonatas were once declared to be undoubtedly the most valuable addition to organ music since the time of Mendelssohn. They are characterised by a happy blending of the modern Romantic spirit with masterly counterpoint and dignified organ style.

Rheinberger died in 1901 in Munich and was buried in the Alter Südfriedhof. His grave was destroyed during World War II and his remains were moved to his home town of Vaduz in 1950.

REFERENCES:

WIKIPEDIA.ORG/WIKI/JOSEPH RHEINBERGER)
J. WESTON NICHOLL, GROVE DICTIONARY OF MUSIC AND MUSICIANS (1908 EDITION), v. 4, 85



Nutritious

(Continued from page 4)



Fruit, vegetables, nuts!

- ◆ Avoid high fat diets of the unhealthy type as these could cause a reduction in a bacterium which helps to reduce inflammation via changes in the immune cells
- ◆ As refined foods are easily broken down in the upper GI tract there is very little left-over food to make it to the colon where our helpful bacteria need it.



The so called 'non-digestible fibre' compounds which your microbes can digest to provide food for your microbiota are known as Prebiotics.

Next article on this topic:

‘That Gut Feeling’

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 Alex Chisholm
Vestry Secretary

Highlights of the May Vestry meeting:

- ◆ The Vestry decided to proceed with obtaining an engineering report on the Church. Four firms with experience of heritage work are to be approached to see:-
 - › the time frame in which they could produce the report
 - › how much they would charge
 - › what approach they would take to resolving the building's issues
- ◆ Preparations were discussed for the Patronal Festival with lunch to follow, as per last year's event
- ◆ Arrangements for Brian Kilkelly's ordination were also discussed—we are planning to have a pot luck lunch to follow. Lists for food will be on the noticeboard shortly
- ◆ Time for the Autumn chores—arrangements are being made to have the gutters cleared
- ◆ There have been requests for a further defibrillator training session, St John will be approached to arrange a suitable time
- ◆ Vestry members welcomed Di Bunker, our new People's Warden, to her first meeting. 📧



The St Kilda Brass Band will perform in Saint Peter's on Saturday, 8 September. The programme will feature items chosen in conjunction with Saint Peter's Vicar and Director of Music, both of whom are excited by this further addition to our musical offerings.

PHOTO: [HTTP://WWW.STKILDABRASS.ORG.NZ/](http://www.stkildabrass.org.nz/)

For your diary

Sunday, 10 June : Brian Kilkelly will be ordained a Deacon at the 10.30am Service

Sunday, 1 July : Patronal Festival

Saturday, 8 September : Concert in Saint Peter's by the St Kilda Brass Band

14-15 September : Diocesan Synod

Sunday, 11 November : Armistice Day Service

Rock music



By David Hoskins, Director of Music



Pandora's Box

- Joseph Rheinberger (1839-1901)

It doesn't always pay to open boxes during a clean-up at home. However, recently I opened a storage box full of music scores I hadn't looked at for years. The modern French school I will pass by for the moment, but a volume of organ music by Joseph Rheinberger caught my eye. There are many good things about this composer's music and during June the postludes at the 10.30am Solemn Eucharist will feature various movements from his sonatas. Some are charming quiet pages while others feature the full organ. All this music is well worth hearing!

As few people, apart from organists, know anything about this composer, herewith some wise words ... and making no apology for using Wikipedia—it's a good entry.

Josef Gabriel Rheinberger, whose father was the treasurer for Aloys II, Prince of Liechtenstein, showed exceptional musical talent at an early age. When only seven years old, he was already serving as organist of the Vaduz parish church and his first composition was performed the following year. In 1849 he studied with composer

Philipp M. Schmutzer (31 December 1821 – 17 November 1898) in Feldkirch, Vorarlberg.

In 1851 his father, who had initially opposed his son's desire to embark on the life of a professional musician, relented and allowed him to enter the Munich Conservatorium. Not long after graduating, he became professor of piano and of composition at the same institution. When this first version of the Munich Conservatorium was dissolved he was appointed répétiteur at the Court Theatre, from which he resigned in 1867.

Rheinberger married his former pupil, the poet and socialite Franziska "Fanny" von Hoffnaass (eight years his senior) in 1867. The couple remained childless, but the marriage was happy. Franziska wrote the texts for much of her husband's vocal work.

The stylistic influences on Rheinberger ranged from contemporaries like Brahms to composers from earlier times, such as Mendelssohn, Schumann, Schubert and, above all, Bach. He was also an

enthusiast for painting and literature (especially English and German).

In 1877 he was appointed court conductor, responsible for the music in the royal chapel. He was subsequently awarded an honorary doctorate by Ludwig Maximilian University of Munich. A distinguished teacher, he numbered many Americans among his pupils, including Horatio Parker, William Berwald, George Whitefield Chadwick, Bruno Klein and Henry Holden Huss. Other students of his included important figures from Europe: Italian composer Ermanno Wolf-Ferrari and German composers Engelbert Humperdinck and Richard Strauss and the conductor (and composer) Wilhelm Furtwängler. When the second (and present) Munich Conservatorium was founded, Rheinberger was appointed Royal Professor of organ and composition, a post he held for the rest of his life.

On 31 December 1892 his wife died after suffering a long illness. Two years later, poor health led

(Continued on page 6)



Justin Welby
The Archbishop of Canterbury

Archbishop of Canterbury's sermon at Tearfund 50th anniversary, Sunday, 6 May 2018.

For there is nothing new about the real day to day struggles of everyone's lives obscuring the long term, or the real local needs overwhelming the cries of the distant poor. It is a conundrum that is as old as time. Yet its great fault is that it leaves God out of the equation."



More online :

Read the sermon in full at:

<https://www.archbishopofcanterbury.org/speaking-and-writing/sermons/archbishop-canterburys-sermon-tearfund-50th-anniversary>



From a sermon preached by Archbishop Michael Ramsey at Holy Trinity wall St, New York 1962.

Think how stupendous the words are: 'the grace of Christ'. That means nothing less than the personal impact of Christ Jesus Our Lord upon us, to make us quite different from what we were before. It means that here, this morning, we have in our midst the Lord Jesus very near to us, just as he was so near to those who saw Him in the towns and villages of Galilee, or by the lakeside, or in the streets of Jerusalem; and that He here and now can have the same effect upon us, that He had upon them. That is what His grace means. You know, perhaps, the old child's definition of grace, and I think it is impossible to improve upon it: —'Grace is the power Christ gives me to make me like Himself.'