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Anglican Parish of Caversham Saint Peter, Dunedin, New Zealand

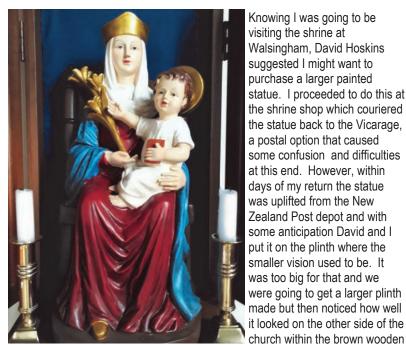
October 2018—Trinity—Ordinary Time



New Statue of Our Lady of Walsingham

By The Vicar

ntil recently we have had a brown relatively small statue of our Lady of Walsingham on a plinth by the altar where we celebrate the Eucharist on Thursday mornings in the summer months. On the other side of the church by the Hillside Road entrance to the church there was a medieval gothic print of our Lady—what came to be colloquially called "Our Lady of Caversham." Both were on permanent loan from Father Carl.



The new statue of Our Lady of Walsingham in place in Saint Peter's.

PHOTO.: INFORMATION SERVICES OTAGO LTD.

the bowl of sand where parishioners light votive candles before the Sunday Services. It is also the place where our Lady is venerated at the conclusion of Evensong and Benediction.

The statue is a gift to the parish from me, which I was glad to give to beautify the church and to encourage devotion to Our Lady of Walsingham. The former statue and image have been returned to Father Carl. The new statue was made in Italy and constructed from fiberglass, so it should be pretty durable. Often images of this kind have the Virgin dressed entirely in blue. This one has her partially dressed in red, which apparently was her medieval colour. By the time The Rock goes to print the statue will have been blessed at the Sunday 10.30 am Service.

Seismic investigations

under way



on Saint Peter's so future decisions on work required for earthquake strengthening can be based upon sound data.

This is in two parts, one for the land upon which the Church stands and another for the Church building.

On 29 September, the field work for the second of these exercises was carried out by Ross and Dallas of Geosolve, an engineering consultancy, and Brendan from Ground Investigation Ltd.

The Geosolve people conducted a penetration test, which involves extracting a soil sample and analysing the soil type, moisture and silt content. These samples are taken from 2.5 metres below ground.

In a separate exercise,

(Continued on page 3)





Top: Dallas bores 2.5 metres into the land beside the sanctuary for a soil sample. Bottom: Dallas and Ross analyse the sample and record their findings.

PHOTO'S: INFORMATION SERVICES OTAGO

LTD.

frame. David purchased some

blue scrim to back it and now it

appropriate as it is adjacent to

looks very fine. This new

position is also more

David's 65th







At morning tea following the Solemn Sung Eucharist on 8 October, the parish helped Director of Music David Hoskins to celebrate his 65th birthday. Photo's of the event, from the top: a birthday cake cooked by People's Warden Di Bunker for the occasion; David gets ready to cut the cake; Di does the hard yards; part of the crowd of assembled well-wishers.

PHOTO'S: ALEX CHISHOLM.

O'NEILL DEVEREUX LAWYERS

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Good news

he September 2018 edition of With Grace, the newsletter of the Columba College Foundation, says "This year marks a significant milestone for Columba College with the appointment of an onsite chaplain".

Dr Jennifer Macleod's induction as Columba College chaplain in February, 2018, marked the return of a chaplain based on campus. Since the 1960s the role has been carried out in a part-time capacity by local parish ministers With Grace said.



More online

For the full story, visit

https://hail.to/columba-

collegefoundation/ publication/ nFc8pD1/ article/ S9Hhuf5



Letters

The Borts welcomes letters to the Editor. Letters are subject to selection and, if selected, to editing for length and house style. Letters may be:

Posted to: The Editor of The Rock,

c/- The Vicarage, 57 Baker Street,

Caversham, Dunedin, N.Z. 9012

Emailed to: TheRockEditor@stpeterscaversham.org.nz

Ask The Vicar

For answers to questions doctrinal, spiritual and liturgical. Write to: Ask The Vicar, c/- The Vicarage as above Or email: AskTheVicar@stpeterscaversham.org.nz

ASK THE VESTRY

Questions about the secular life and fabric of the parish may be:

Posted to: Ask The Vestry,c/- The Vicarage as above Emailed to: AskTheVestry@stpeterscaversham.org.nz

The Articles of Religion

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

XXVIII. Of the Lord's Supper.

The Supper of the Lord is not only a sign of the love that Christians ought to have among themselves one to another, but rather it is a Sacrament of our Redemption by Christ's death: insomuch that to such as rightly, worthily, and with faith, receive the same, the Bread which we break is a partaking of the Body of Christ; and likewise the Cup of Blessing is a partaking of the Blood of Christ.

Transubstantiation (or the change of the substance of Bread and Wine) in the Supper of the Lord, cannot be proved by Holy Writ; but is repugnant to the plain words of Scripture, overthroweth the nature of a Sacrament, and hath given occasion to many superstitions.

The Body of Christ is given, taken, and eaten, in the Supper, only after an heavenly and spiritual manner. And the mean whereby the Body of Christ is received and eaten in the Supper, is Faith.

The Sacrament of the Lord's Supper was not by Christ's ordinance reserved, carried about, lifted up, or worshipped.

Congratulations



ong time **Rock** advertiser and Friend of Saint Peter's, Uncle Joe's of Marlborough, has again scooped the pool at the New Zealand Gourmet Culinary Oil Awards this year.

Uncle Joe's won Class Champion for Hazelnut Oil, gold medals for their Hazelnut and Walnut Oils (for the fourth year in the past five) and Bronze awards for both Pumpkin seed and Hemp seed Oils.

©the Rock and the parish congratulate Uncle Joe's and look forward to the results of next year's competition!

■



DIFFERENT

By Jan Condie

et another Caversham Lecture stimulated the writer's memory of an organisation different from that explained by Archbishop Moxon—and yet with similarities.

When funnels first poked up among the masts and began polluting the sails with smoke they brought a new element, one which resented the centuries old traditional hierarchy; engineers. Those "black-avised" intruders maintained they were the future and the age-old system no longer held sway. They would have their own

leader, the Chief Engineer.

infallible

For many years the

As we turn our attention to this year's Caversham Lectures (next month!) our mariner is reminded of something by one of last year's.

two branches—Deck and Engine Room—maintained a sometimes bitter rivalry even though the Master held unquestioned command by order of a higher authority. The advent of ships where both deck and engine room officers were the only Europeans and had perforce to eat at the same table did much to break down the mutual antipathy and, eventually, one Mate (senior deck officer) had an idea.

He approached the Chief Engineer one lunch time and, over a gin, got him to allow one of the deck apprentices to go down below to the engine room when the ship was arriving at the next port, to see how

it was done.

The seventeenyear-old junior apprentice was duly told off to don a boiler suit and represent the Deck down below. The ship docked without incident and an hour or so later assembled for morning smoko. One of them suddenly asked if anyone had seen the junior apprentice lad since they had docked.

At that moment an exhausted, oil covered figure dragged its way

The Frolicsome

Friar

"You shouldn't be ashamed of yourself. A lot of parents aren't smart enough to help their 7-year-old with their homework."

Source: www.howtogeek.com.

through the door. It was the junior. The engineers, delighted by having one of the deck department at their mercy, had set the boy to crawling over, into and through every oily, sooty, hot piece of machinery. Oddly enough, the lad had thoroughly enjoyed himself. The engineers had been joined by the deck officers in making fun of the lad and the ship suddenly became a more efficient and happy

Seismic investigations under way

(Continued from page 1)

Brendan was using a purpose-designed drilling rig to bore 20 metres into the ground. A special probe at the tip of the bore measures pressures, friction, resistance and water content as it passes through the soil, so providing a technical description of the nature of the soil.

When all the data collected has been analysed we will receive a report indicating how the land is likely to perform in the event of an earthquake—for example, the extent of liquefaction if any.

What this means in terms of effects upon the Church building is a matter for other experts, Ross says.



The "special probe at the tip of the bore ...".

PHOTO'S: INFORMATION SERVICES OTAGO LTD.

This report will in turn be part of the data used by engineers to provide an overall picture of just how the Church will perform in an earthquake and what is best done to handle that.

The final report is expected to be available for consideration by the Vestry when it meets on 21 November. ■



Brendan from Ground Investigations drills into subsoil beside Saint Peter's.

Nutritious



Magnesium an important mineral found in nuts

By Alex Chisholm

onday, 22 October was National Nut Day, another occasion to reflect on the benefits of including nuts in

your diet. Nuts of all varieties are rich sources of a number of minerals. One of the possibly lesser known of these is

magnesium (Mg). needed but it is important that a Magnesium is doctor checks any involved in interaction with hundreds medications first. an optimal intake of

"a wide variety of different foods is rich in magnesium and eating a selection is important "

of processes in the body and is a co-factor for many of the enzyme reactions, including those involved in the metabolism of carbohydrates and fats. It is needed to create energy within our cells, for the signaling between nerves, for muscle contraction and creating new

DNA. It keeps your heart beating steadily and your immune system strong.

The latest New Zealand National Nutrition Survey (NNS) showed that in spite of its importance the average magnesium intake for all age groups was lower than the recommended daily intake (RDI). For those 65 years and over on average only 74 per cent (men) and 78 per cent (women) are getting the RDI of 400-420 mg (men) and 310-320 mg (women) for magnesium.

About 60% of the magnesium in the body is in the bones, the rest in muscle, soft tissues and fluids

[magnesium] supplement may be needed but it is important that any interaction

with medications first".

WWW.NATURESFURRYFRIENDS

including blood. The kidneys regulate the excretion of excess magnesium so it is difficult to get too much of this mineral, but there are some health conditions where there may be a risk of deficiency, either due to decreased absorption or increased requirement. A supplement may be

> Although research is ongoing in these areas it has been suggested that

magnesium may play a role in reducing blood pressure, be important in type 2 diabetes and reduce insulin resistance, have anti inflammatory effects, aid mood and brain

function and may help to prevent or reduce migraine symptoms.

In addition as we age our absorption of this mineral may decrease. Magnesium is needed to effectively regulate vitamin D

> and calcium, and deficiency may increase the risk of osteoporosis and other bone conditions. Another good reason to include magnesium rich foods in our diets! As you will see from Table 2, a wide variety of different foods is rich in magnesium and eating a selection is important to get the benefits from interactions with other nutrients in that food 'type'.

Although it takes a selection of a doctor checks magnesium rich foods for us to achieve our recommended intake it is great to know that a food as healthy, versatile, and great tasting as nuts can make a significant contribution.



Magnesium content of assorted nuts

	Magnesium	(mg)
	100g	30g
Almonds	268	80
Brazil Nuts	376	113
Cashews	292	88
Hazelnuts	163	49
Macadamias	130	39
Peanuts	176	53
Pecans	121	36
Pine nuts	251	75
Pistachios	121	36
Walnuts	158	47

Table 1: Milligrams of magnesium in 100g and in 30g servings of assorted nuts.

Magnesium-rich foods other than nuts

3/4 cup cooked chickpeas	50mg
1 cup cooked spinach	160mg
1/2 tablespoon	
toasted pumpkin seeds	50mg
(90mg in 100g roasted)	
1 cup peas	40mg
50g Kumara	15mg
1 med potato with skin	48mg
100g Avocado (one half)	29mg
1 large banana	37mg

Table 2: Foods other than nuts which are rich in magnesium.

In Saint Peter's Garden

By Marwick Harris

Further Grave Matters

he Arthur Street cemetery, Dunedin's first public cemetery, opened in 1846 two years before Dunedin was founded in 1848. The cemetery closed in 1858 although until 1865 relatives of those already interred in the cemetery could be buried there. Some bodies were exhumed and reburied in the Southern Cemetery after it was established in 1858 to accommodate the needs of the rapid population growth of Dunedin which came with the gold rush.

After closure for burials the area of the Arthur Street Cemetery was used for military barracks, a metrological station, a lunatic asylum and a school. The area originally set aside for the Cemetery is now partly occupied by Otago Boys' High School and the Arthur Street Reserve. After burials in the cemetery ceased it was neglected and subject to vandalism. There was also concern that runoff from it was passing through it to the city below. Using the area to graze cows most likely did not help in this regard. So, in 1879 all the bodies known to remain there were exhumed and reinterred in

one mass grave. An obelisk, still standing, was erected. It bears the names of those presumed to have been reinterred, but it is considered likely that other bodies still lie where they were originally

buried.

From the first interment in 1858. the Southern Cemetery accommodated 23.000 burials until it was closed to further interments in 1985. The area to become a cemetery was squatted on by Scottish settlers from Paisley who arrived in Dunedin on the ship *Philip Laing* in 1848. They were weavers by trade. Tiring of prolonged accommodation in the Immigration Barracks, they set up camp on the area, which came to be named "Little Paisley", until they



The obelisk marking the site of the Arthur Street Cemetery.

PHOTO'S: SUPPLIED

The Family Plot of the Reverend William Ronaldson in the Southern Cemetery.

were granted areas of land.

The Southern Cemetery was divided into areas for burial of Anglicans, Roman Catholics, Presbyterians together with other dissenters and nonconformists, Jews and Chinese. Anglicans were responsible for keeping burial records for their area until this responsibility was passed over to the Dunedin City Council in 1941. The Southern Cemetery, with its proximity to Saint Peter's Caversham, was the burial place of many of the church's early parishioners. Saint Peter's first vicar, William Ronaldson, who lived for 93 years, was buried there in 1917.

The 5.7 ha of the Southern Cemetery slopes down towards the flat land of South Dunedin, Much of this flat land would not have been drained and built on at the time the Cemetery was opened. Perhaps because the Southern Cemetery was in view of the raw industrial, commercial and poor housing landscape of South Dunedin, a more tranquil setting was chosen for the Northern Cemetery. Its 8 hectare area is part of Dunedin's green town belt. Set aside as a cemetery in 1872 its last remaining plot was purchased in

1937. There is no separation of the people buried there according to their sectarian affiliation.

Those living who have ownership rights for the purchased plots in the Northern Cemetery can still elect to be buried there. As the use of the Southern and Northern Cemeteries for burials overlapped for some time this would have provided a choice for Dunedin citizens of their place of interment. Likely, many of those who gained from the affluence gold brought

(Continued on page 6)



By Tubby Hopkins, Vicar's Warden



s I write this on the Sunday of Labour Weekend one gets the feel that Summer may be just around the corner, wouldn't that be

great!

Prior to the St Kilda Band concert, I was asked to remove a couple of the choir seats from the nave to allow more room to accommodate the band. My first thought was, don't say this is the thin edge of the wedge to remove

the pews as has happened in many churches and cathedrals in recent times and to replace them with chairs but no, this was clearly not the case. So with Ken Ferguson's help, I moved the required pews as requested. It wasn't until the following Sunday, as I went up to communion, I noticed what a great space we had created there which is largely unused at present and perhaps we should look at leaving the said pews at the rear of the church. During some discussion with Father Hugh, he suggested the newly discovered space could be an asset when it came to funerals and weddings, as there had been times when it was difficult to manoeuvre the casket at a funeral and it was sometimes a tight squeeze for a larger wedding



The St Kilda Brass performs in the "enlarged" nave.

PHOTO.: INFORMATION SERVICES OTAGO LTD.

CHURCHWARDEN CORNER

party. As you will have seen in recent copies of The Pebble, the decision was made to leave the pews out of this area permanently.

It was good to welcome Father Hugh back after his visit to the UK and no doubt from time to time we will hear more of his visit. At this stage I'd like to acknowledge the effort of both Father Brian Kilkelly and Father Kit Bunker, who was so ably supported by our People's Warden Di Bunker where

necessary in leading our worship. I think sometimes we don't realise just how fortunate we are to have these people within the parish to carry out these roles, when you consider there are some parishes which don't even have a full time Vicar. Well done to all those involved, thank you!

Don't forget about the baskets at the rear of the church; the donated contents are delivered to St Vincent de Paul for distribution to families needing some help, perhaps you could consider some special Christmas treats as well. Contrary to what some people have been heard to comment, these people are entitled to have pets too, so some pet food may be a suggestion.

Further Grave Matters

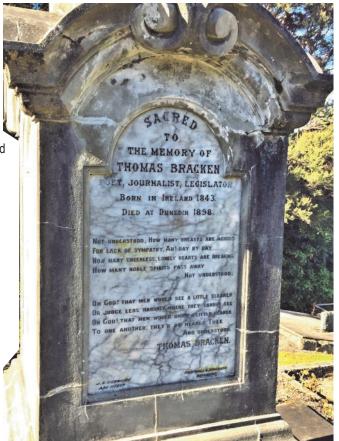
(Continued from page 5)

to Dunedin lie in the Northern Cemetery and had their place of burial marked by substantial monuments.

A stroll through the Northern Cemetery provides an interesting experience coming from its green and pleasant landscape, heritage roses and other garden plants growing there, and records of those buried there inscribed on those gravestones which remain standing. As an example, that of Thomas Bracken, author of New Zealand's national anthem, is pictured at right. The second verse of the national anthem seems a good way to end this brief look at Dunedin's old cemeteries.

Men of every creed and race,
Gather here before Thy face,
Asking Thee to bless this place,
God defend our free land.
From dissension, envy, hate,
And corruption guard our state,
Make our country good and great,
God defend New Zealand.

FOR THIS, AND THE OTHER ARTICLES IN THIS SERIES, ACKNOWLEDGEMENT IS MADE OF INFORMATION PROVIDED BY THE DUNEDIN CITY COUNCIL CEMETERY RECORDS, DUNEDIN FAMILY HISTORY GROUP, TE ARA-THE ENCYCLOPEDIA OF NEW ZEALAND, HERITAGE NEW ZEALAND, AND WIKIPEDIA.



The gravestone of Thomas Bracken in the Northern Cemetery, Dunedin.

PHOTO.: SUPPLIED.

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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estry meetings are generally held every two months. There was no meeting in October.

Remember you can donate to Saint Peter's online.

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









THE CAVERSHAM LECTURES 2018

Tuesday evenings in

and December at

7.30pm in the

parish lounge,

Saint Peter's

Hillside Road

Sunday, 11 November: Armistice Day Service

Tuesday, 13 November: Caversham Lecture: The Reverend Toby Behan, recently ordained Priest in the Christchurch diocese and former dancer with and choreographer of the New Zealand Ballet Company; 'The faith of a ballet dancer'

Tuesday, 20 November: Caversham Lecture: Professor John Reynolds, University of Otago Brain Health Research Centre; 'Teaching an old brain new tricks'

Sunday, 25 November: Deadline for copy

for the November edition of The Rock

Tuesday, 27 November: Caversham Lecture: The Right Reverend Dr Steven Benford, Bishop of Dunedin; 'The faith of a Bishop'

Tuesday, 4 December: Caversham Lecture: Dr Margo Barton who teaches fashion at the Otago Polytechnic; 'The ID International Emerging Designers Award'



Dunedin's own hymn tune

t our monthly Evensong and Benediction, one of the hymns is sung to the tune *Dunedin*. This splendid music is sadly coupled with less than distinguished words in some hymnbooks but at Saint Peter's it works well with some seriously fine words! But who wrote it and why *Dunedin*?

The hymn tune *Dunedin* was written by Vernon Griffiths who was born Thomas Vernon Griffiths in West Kirby, Cheshire, England in 1894. His father, a chemist, later entered the Anglican priesthood. Moving to London in 1913 to pursue his musical studies, Griffiths served in World War 1 as an officer in the Sherwood Foresters (Nottingham and Derbyshire Regiment). After being invalided out of active service he continued to serve in the Army's education service.

Winning an organ scholarship to Cambridge University in 1919, Griffiths was organist of Pembroke College until graduating in 1922 with a BA in History and a MusB. He declined offers of work at Cambridge and began a career in teaching. Converting to Roman Catholicism, he sought to escape his family's deep disapproval and took up the newly created position of Lecturer in Music at Christchurch Teachers' College in 1926.

At the Christchurch college he was responsible for training the student teachers and developing school music throughout Canterbury.

With extraordinary dedication he founded the college's Saturday morning music training classes for young people—always at minimal

cost. These highly successful schemes lasted five years, becoming the basis for the Christchurch School of Music.

By 1932, the effects of the Great Depression were being felt in New Zealand and Griffiths was retrenched by the government from his 300

Vernon Griffiths.
PHOTO:: SUPPLIED.

Christchurch position. However, in 1933 he moved to Dunedin to take up the position of music master at the then King Edward Technical College. Although music had received little attention prior to his appointment, Griffiths, encouraged by the College Principal, developed an extensive music programme. He believed passionately that all people should have the opportunity to make music in groups. Classes teaching instruments, chamber music groups, military bands, choirs and orchestras of all kinds began to flourish as part of the daily life of the school. The programme was recognised internationally and Griffiths eventually published a 1941 book called *An experiment in school music-making*.

Griffiths continued his personal musical development with a DMus in 1937. Moving back to Christchurch to take up the position of Professor of Music at Canterbury University, he continued his tireless work of music education for the young and the wider community. He produced a constant stream of compositions for church, school and civic choirs during this time. He was awarded an OBE in 1957 and

made Emeritus Professor upon his retirement in 1962. He died in Christchurch in 1985 aged 91, survived by his wife and five children.

His legacy of a nation of amateur music makers was only partially realised in his lifetime, but he set a powerful example as a teacher, music leader and innovator. The tune *Dunedin* is a relatively late work written to satisfy the demands of post-Vatican 2 worship music.

He was autocratic in many ways but he was also

supportive of the work of other musicians. A true conservative, Griffiths despised the gramophone, radio and, in particular, jazz. He never watched television! However, Vernon Griffiths' work lives on in New Zealand with the various incarnations of Saturday Morning Music encouraging young musicians.

Acknowledgement: Vernon Griffiths by Rachel Hawkey, The Dictionary of New Zealand, 1998 (TEARA.GOVT.NZ/EN/ BIOGRAPHIES/4G21/GRIFFITHS-THOMAS-VERNON)





Justin Welby The Archbishop of Canterbury

The role of ordained ministers, whichever the Church, is to ensure that all for whom

they are responsible are walking in the light of Christ, in their freedom as children of light. Through Christ there is salvation. In him there is life. With him there is light. From him there is

on 20 September.

wisdom.

Unless that light is shining freely and unhindered, the call of the Church to the world is vitiated. Unless its minister lead its people faithfully, there will be confusion within as well as without."



More online:

Read the complete text at:

https://www.archbishopofcanterbury.org/speaking-and-writing/sermons/archbishop-justin-welbys-sermon-radical-vocation-conference



The Archbishop preached this

sermon at the opening Evensong

of the 'Ancient Order, Radical

Vocation' conference in Dallas