



THE ROCK

Anglican Parish of
Cabersham Saint Peter,
Dunedin, New Zealand

December 2020—Christmas

Vicar to retire

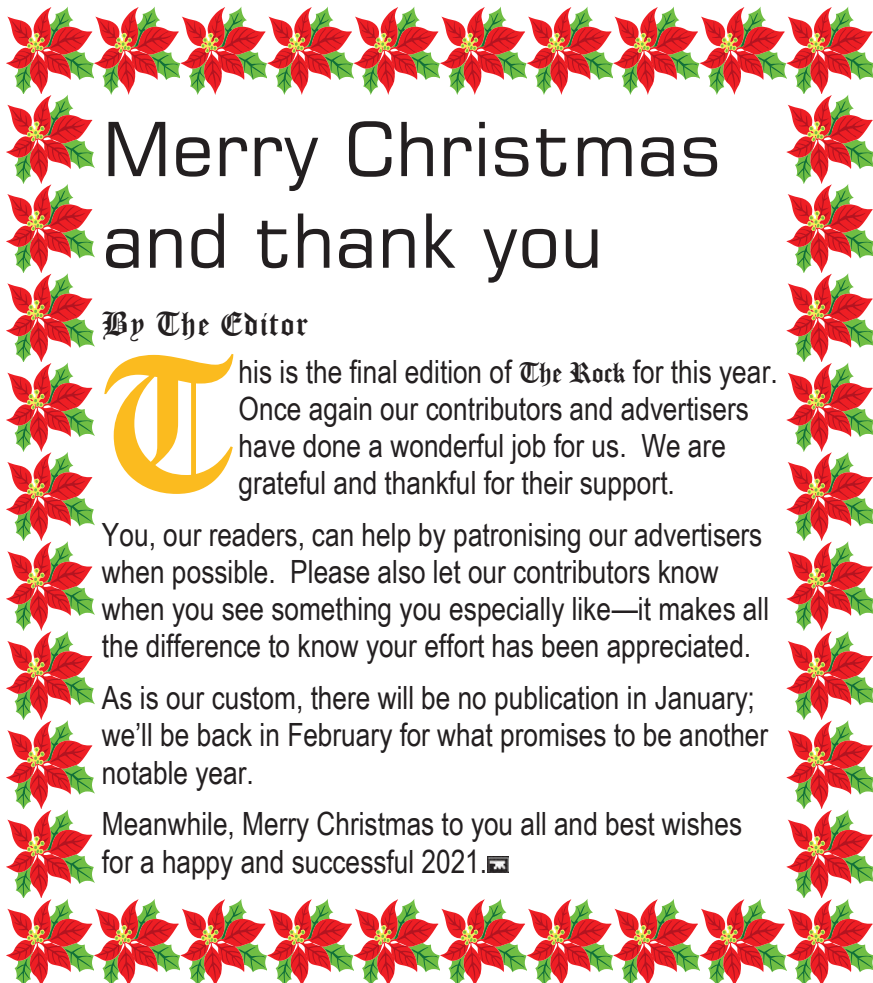
Father Hugh Bowron, vicar of Saint Peter's since 2011, has announced his intention to retire on Easter Day next year.

The text of his announcement appears on page 2.



Part of the large congregation at Our Vicar's Installation Service in February, 2012.

PHOTO.: INFORMATION SERVICES OTAGO LTD.



Merry Christmas and thank you

By The Editor

This is the final edition of *The Rock* for this year. Once again our contributors and advertisers have done a wonderful job for us. We are grateful and thankful for their support.

You, our readers, can help by patronising our advertisers when possible. Please also let our contributors know when you see something you especially like—it makes all the difference to know your effort has been appreciated.

As is our custom, there will be no publication in January; we'll be back in February for what promises to be another notable year.

Meanwhile, Merry Christmas to you all and best wishes for a happy and successful 2021.



“Behold, a virgin shall be with child and shall bring forth a Son, and they shall call His name Emmanuel” (which being interpreted is, “God with us”)

MATTHEW 1:23

Retirement imminent

By The Vicar

For some time now I have been thinking about the possibility of retiring. I have noticed that my energy levels are not what they were and that my grasp of detail is not what I would wish.

I had originally planned to retire in early September when I turned 68 but Covid came along and I wasn't going to leave the parish until it had been stabilised and normalised after the lockdown so I pushed the planned retirement date out to the end of the year.

During the lockdown I shared these plans with the Wardens who were not pleased to hear of them and who put in a counter bid asking me to stay on until Easter. I could see where they were coming from as there are few priests in this diocese who could get the parish through the Paschal Tridium. After a period of reflection I agreed to this so my last Sunday here will be Easter Day when I can, as one of the Wardens put it, go out with a bang.

Most Vicars of Caversham have stayed either for a long time or a short time. I will have been the exception in staying for an intermediate time of nine years. In fact I have never stayed in any parish for longer than 10 years.

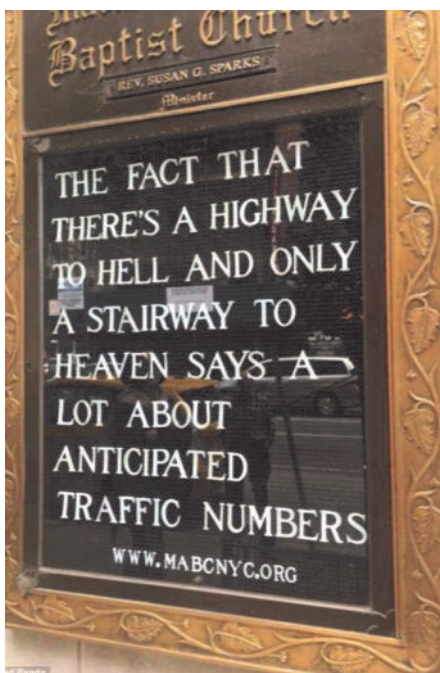
This will bring an end to a ministry in the Anglican Church that has lasted for 41 years during which time I have served in four different dioceses. In retirement I will return to Christchurch to live in close proximity to my sister Jane.

I want to reassure you that the writing of the parish history will remain a top priority for me; indeed I will now have more time to devote to it. From time to time I will return to Dunedin to carry out research in the Hocken Library and to see my supervisor.

Last time the parish was in this situation it had to endure a longer interregnum than was necessary and it felt that the diocese had not served it well. Aware of this I shared my retirement plans with the nominators and they have been working hard discretely and quietly to make arrangements for the interregnum ministries and to reach out to potential future appointees. This is a niche market parish and the usual procedure of simply advertising the position and then passively waiting for people to apply doesn't work anymore.

Vicars are obliged to give three months' notice of their resignation. I am giving four months' notice. During that time let us enjoy one another's company in the precious time that is left to us. 📧

CHURCH SIGNS



At Services on Sunday, 6 December, Father Hugh Bowron announced his intention to retire next year as vicar of Saint Peter's. This is the text of his announcement.



Letters

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:

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

Caption competitions

Not so very many suggestions received for captions to these photo's, but what we got was good.



Eileen Pratt's 100th birthday.

PHOTO.: ALEX CHISHOLM.



David Horne's 80th birthday.

PHOTO.: JENNY MAFFEY.

♦ **From Joan and Ken Ferguson:**

"I heard that David!"
"Say that again and I tell you, you won't be up here at 100!"

♦ **From Jimmy Sprague:**

"Jimmy, I've told you before, you don't need sugar in your cup of tea!"

♦ **From Joan and Ken Ferguson:**

"Stop it Father Hugh." "I baked those and there is nothing wrong with them!"



The Frolicsome Friar

"Your online doctor is currently with another patient. Please go into the other room, put on some awful music and read an outdated magazine. He'll be with you in a few hours."

SOURCE: WWW.HOWTOGEEK.COM.

Festival Of Brass and Carols

A carol Service for Christmas with the ensemble of the St Kilda Brass Band



In Saint Peter's, Hillside Road
10.30am, Sunday 20 December, 2020

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IN SAINT PETER'S HILLSIDE ROAD

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Nutritious

Chocolate: A sweet treat?

By Alex Chisholm

Chocolate is something many of us enjoy in different forms at Christmas, be it sweeter fancy or milk chocolate or the dark, very high cocoa solids (80% - 95%), chocolate or anything in between. I tend to suspect that for many people the 'Dark Ghana' from Whittakers at 72% would be dark enough.

These differences may be important. A recent article examining the research into the effects of cocoa and chocolate stated that cocoa flavonols and other beneficial compounds are higher in dark chocolate and may have positive health benefits. These are anti-inflammatory, may influence blood vessel elasticity, have beneficial effects on heart and brain health, on blood cholesterol, on weight so long as total daily energy intake doesn't go up and even on mood.

The health benefits are thought to come from the relationship between polyphenols and the gut bacteria, which break these down into smaller compounds which can enter the blood stream. A 25g serving of high percentage (more than 75%) dark chocolate can contain more than 80mg cocoa flavanols compared with around 10mg or lower per 25g for a milk chocolate bar.

Another way to consume these beneficial compounds is to use pure cocoa powder without any other additives. Nearly every evening I have a drink of cocoa made with Trim Milk and a teaspoon of 'Trade Aid' Baking Cocoa. The baking Cocoa is stronger and it contains only organic cocoa powder, so no sugar, sweeteners or other additives.

This is another way to get a higher intake of flavonols. Indeed, research shows that natural cocoa powder contains almost ten times more flavanols than cocoa which has been through a manufacturing process.

An important article in *Consumer* (26 November 2020) entitled 'Can you really buy 'ethical' chocolate?' highlighted the importance of our choice of chocolate for a wider group—the cocoa farmers, many of them in West Africa and earning less than US\$2 a day. An estimated 1.56 million children work on these farms and there is growing concern that these numbers are rising due to the economic impact of COVID-19. They have also risen 14% over the last 10 years and there is an increase in the children exposed to hazardous agricultural chemicals.

There has also been a huge environmental cost in rainforest destruction. When the cocoa industry's practices came to light, manufacturers began signing up to certification programmes in an effort to assure consumers their chocolate was guilt-free, however not all certification schemes are independent and it is difficult to find out what farmers are actually paid. The



(Continued on page 5)

References:

MONTAGNA T.S. ET AL REVIEW. CHOCOLATE, "FOOD OF THE GODS": HISTORY, SCIENCE, AND HUMAN HEALTH INT. J. ENVIRON. RES. PUBLIC HEALTH 2019,16,4960; DOI:10.3390/IJERPH16244960

STYLES R. 'CAN YOU REALLY BUY 'ETHICAL' CHOCOLATE? IT'S A HARD ROAD BUYING CHOCOLATE WITH A CLEAN CONSCIENCE'. CONSUMER 26 NOVEMBER 2020
[HTTPS://WWW.CONSUMER.ORG.NZ/ARTICLES/ETHICAL-COCOA-CAN-YOU-REALLY-BUY-GUILT-FREE-CHOCOLATE](https://www.consumer.org.nz/articles/ethical-cocoa-can-you-really-buy-guilt-free-chocolate)



 **Nutritious**

Chocolate: A sweet treat?

(Continued from page 4)

pay rates are critical to lifting households out of poverty and ending



“There has also been a huge environmental cost in rainforest destruction”.

PHOTO.: WWW.RAN.ORG.

reliance on child labour.

Fair Trade is probably the most recognised logo and to get the fairest chocolate for your money *Consumer* recommends products with both Fair Trade and organic certification as being the best choice.

Christmas will be different for many of us this year but difficult and not necessarily a Time of Joy for very many more. Maybe our choice of gifts and treats will go some way to helping others, whose efforts make them available to us. 📧

LOOKING FOR A SPECIAL CHOCOLATE CAKE RECIPE FOR CHRISTMAS?

This Hazelnut Flour Chocolate Cake is just one of the lovely recipes from the selection at Uncle Joe’s, Marlborough.

<http://www.unclejoes.co.nz/recipes>



By Deirdre Harris
Vicar’s Warden

CHURCHWARDEN CORNER

This summer many families will be missing sons, daughters, grandchildren and grandparents unable to visit because of COVID-19 travel and quarantine restrictions.

Once, letters from overseas took weeks to arrive and international phone calls were expensive and not always of good quality. However, these days we are fortunate to be able to have face to face contact with absent family members and friends via Skype and Facebook. We can



“We can now have video chats with our grandchildren...”.

PHOTO.: WWW.DREAMSTIME.COM.

now have video chats with our grandchildren, watch their school activities, see their drawings and listen to their music.

With closed borders and weeks of quarantine—to say nothing of booking and the cost of isolation rooms—even with the hope of vaccines, the chances of family holiday visits look like receding into the future for our generation. We are therefore very lucky to have modern technology which allows us immediate and real contact. 📧



Season’s greetings from 6-year old Japanese granddaughter Lucia.



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In Saint Peter's Garden



By Warwick Harris

Once Clad with Ivy

In previous issues of *The Rock* leading up to Christmas I have considered plant species associated with the season. This time it is ivy. In the December 2017 issue, when considering holly, I mistakenly wrote that fortunately ivy had been kept off Saint Peter's Church walls. I now know better.

The revelation that Saint Peter's Church was once clad with ivy arose when I came across a black and white photo in the Hocken Library collection, dated 1903. By coincidence, in the Vicar's article for October 2020, "Making History", there is a colour postcard of a similar perspective of Saint Peter's from the early 1900s.

Although I had read his article I had not registered the postcard in the article, or that it was coloured, until Editor David Scoular drew my attention to it.

This left me wondering when the ivy was removed from the Saint Peter's Church. Asking a venerable member of the congregation if they remembered the church being clad in ivy they answered "yes". Others of the



Ivy penetrating a garden fence.

PHOTO'S: SUPPLIED.

congregation may also remember the ivy and I wonder if at the time the removal of the ivy was a controversial issue. Perhaps there was the concern the ivy was drawing sustenance from the mortar between the bricks, so weakening the structure of the church? Now ivy lurks around the perimeter of the Church, along the fence line, under the

hedges and trees and up the fence and walls around the small garden by the patio and kitchen.

In gardening I have come to regard ivy, aka *Hedera helix*, as a pernicious weed. When Deirdre and I came to Dunedin, now almost six years ago, apart from the road frontage, the fences around the house we bought were

infested with ivy. With the help of neighbours the side fences have been cleared of ivy, but the back fence is built of boards almost flush with each other with a trellis above them. This allows continuous penetration of ivy into our section and an ongoing battle to keep it at bay.

Most likely naturalised in New Zealand well before its first collection in 1875 as a wild plant, because of its cultural

symbolism ivy would have been introduced into New Zealand in the early days of European settlement. It can grow stems 30 m long. This capability can be seen in the ivy climbing up the old quarry face viewed from the wonderful track along Second Beach, St Clair.

Being evergreen gave it decorative value in European winters and it was brought indoors to cast out evil spirits. The clinging of ivy was symbolic of love and friendship and thus it was given to newlyweds. It also symbolized the eternal life of souls after death. In the Christmas carol, *The Holly and the Ivy*, ivy is symbolic of the Virgin Mary.

Merry Christmas. 🎄



Ivy covering a former quarry face, Second Beach, St Clair .



Saint Peter's Church Caversham, 1903 Clad in ivy.

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: 1st and 3rd Sunday of each month: Evensong and Benediction

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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Special gift



PHOTO.: JENNY MAFFEY.

At a farewell morning tea on 3 December, Joan Dutton was presented with this magnificent gift. The lap quilt was made by Jennifer Maffey, who also finished the cross stitch cushion.

Anyone who has visited Joan and seen the pampered lifestyle of her real-life feline companion will surely agree this is the perfect remembrance of her time at Saint Peter's. 📧



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FUNERAL SERVICES

For your diary

Sunday, 20 December : Christmas Festival of Brass and Carols at 10.30am

Christmas Eve : A Candlelit Service of Carols, Readings and First Mass of the Nativity at 8pm

Christmas Day : Holy Communion with Carols at 9am (Book of Common Prayer 1662)

New Year's Eve : Watchnight Service at 10.30pm

Sunday, 10 January : Carols for the Feast of the Epiphany at 10:30am

Sunday, 21 February : Deadline for copy for the February edition of *The Rock* (no publication in January)

Time of sweet sorrows



In late November and in December we said farewell to two long-standing parishioners, each of whom is moving out of town to be closer to family.

In November Marjory Finnie was farewelled at morning tea following the 10.30am Solemn Sung Eucharist.



PHOTO'S: ALEX CHISHOLM.

Then in December Joan Dutton left for Timaru. We said our goodbyes at a number of functions hosted by different parish organisations. 📺



PHOTO'S: JENNY MAFFEY.



Justin Welby
The Archbishop of Canterbury

A sermon delivered in Southwark Cathedral on the 850th anniversary of Thomas Becket preaching in Southwark.

“God is no democrat, nor does God overlook sin. What is wrong is wrong, and at times that necessitates confrontation with the courage of Becket—albeit not his cause. That courage was found in Jeremiah and in St Paul. In the apostles before the Sanhedrin. In Paul before the Emperor. In our living memory, Bonhoeffer before the Nazi court. Oscar Romero before his Government.

“Becket’s cause is not our own. We do know better than him in some areas. But too often his courage is not our own either; the courage that puts our all in the hands of God and like the modern martyrs sees death as simply the cost of discipleship.” 📺



More online :

Read the complete text at:

<https://www.archbishopofcanterbury.org/speaking-writing/sermons/archbishop-canterburys-sermon-850th-anniversary-thomas-becket-preaching>

