



THE ROCK



Anglican Parish of
Cabersham Saint Peter,
Dunedin, New Zealand

February 2022—Ordinary Time

Are 'believing' and 'commitment' the same thing?

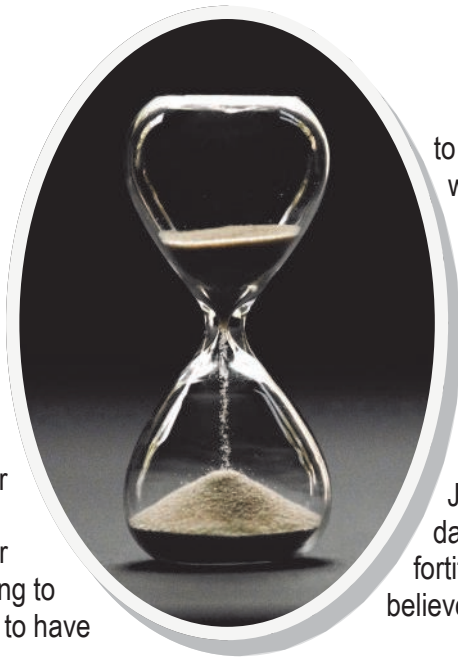


By Father Kit Bunker

The short answer is no. But one often follows from the other. And the test for what we think of as commitment is time. Give it enough time and the commitment follows from the believing. If you cast your mind back to the summer when you learned to swim, you will remember that learning to swim depended on first learning that the water would support you, but only if you were prepared to put most of your head under water with the rest of your body. Learning to swim is largely a matter of learning how to have your head under water and still breathe.

You soon believe the water will support you and after a little while you commit to trusting that fact: you swim.

That is the difference between belief that water can support you and being able to swim: many of us learned



"...the test for what we think of as commitment is time."

to dive in the same summer months as we first learned to swim. When you dive in, you are, while in the air, committed to the dive. Belief has become commitment.

It is perfectly possible to believe in Jesus and stop there. But I promise you that commitment, risky though it may seem, is worth risking. Jesus is Jesus and He'll not let you down. One day I summoned up the intestinal fortitude to tell Jesus in prayer that I believed AND that I committed my life to Him. Just as Paul instructs. It is, I am convinced, something for everyone, but not all of us ever quite overcome the fear of diving in. We shrink back.

Commitment to Jesus is a risk. So is getting married. Or learning to fly an aeroplane or sail a dinghy. Or swim. In the end it is your decision; dive in, with all the joys which follow, or stand shivering at the shallow end. ☒

Fridays in Lent

The Bishop will lead the Saint Peter's tradition of the Holy Eucharist followed by a Fish and Chip supper in the Parish Lounge on Fridays during the Lenten season this year, beginning Friday, 4 March at 5.30pm. Everyone is welcome. ☒



A current vaccine pass is required for entry to all gatherings in Saint Peter's buildings—whether for Services or for social functions. The question will be reviewed as new information is received. ☒

www.stpeterscaversham.org.nz

Eileen Pratt R.I.P.

By Rosemary Brown

Eileen's mother died when she was only four years old. Her only sibling was her elder brother. So her father had a big task bringing up the young family himself. He did seek advice from women in the congregation when he felt at a loss. Fay-Noel Brown's mother, Irene Isaacs, was one of those.



Eileen's father was choirmaster at Saint Peter's and young Eileen had the task of pumping the organ bellows. One day she was so tired she fell fast asleep! That did not strike a good note, or any note, and she rapidly learned from her Dad not to do that again!

She was baptised and confirmed at Saint Peter's and spent many years here. She and her brother became friends of the children of one Vicar. I don't know which family was the instigator of mischief but she had amusing tales to tell.

After she left Otago Girls' High School she attended the Technical College then became an office lady and in spare time organised and led Marching Girls, which became a lifetime involvement.

She married Leonard Pratt and they had three children, two of whom now live in Australia and one here in New Zealand.



Rosemary Brown presenting flowers and a card during a parish celebration of Eileen Pratt's 99th birthday in October 2019.

PHOTO: ALEX CHISHOLM.

In later life she worked for charity. She told me that in one place they would send her to deal with unruly customers, which she did very reluctantly. How to be popular!

Having fond memories of her time at Saint Peter's she decided to return. It is always a very brave thing to go back to a place you had loved long ago, as it's never exactly as you remembered. "It wasn't all high church in my day," she exclaimed. But then she told me that her father had taken them to make their confession. He went in first (the bell tower was the confessional), and her brother said "I don't want to do this!" She agreed, so they both scarpered.

She was aggrieved to find there was no parish record of her confirmation at Saint Peter's—though there was of her brother.

She kept her driver's license 'till her late nineties, but soon realised the trip into the city from Mosgiel was a bit much, so I had the pleasure of driving her in. On the way, if the traffic lights did not appear to know what they were doing she would say "I'll ring up! They're out of sync!" If I exclaimed a little a bit rudely about some traffic problem she would say, "I'm going to tell everyone at church what you just said!" I'd say, "All right, and I'll tell them what you said last

Sunday on our way home." "Oh, all right then, I won't say a word."

I found her vehement, firm in her opinions, generous, not afraid to have an argumentative discussion, but enjoying a good laugh. 'Colourful', someone said appreciatively. The locally made baking she brought to Saint Peter's was not just to keep us well fed. Unable to eat it herself, she was concerned especially about those she saw to be truly in need of support and encouragement. She made friends with many in the community.

Her friend and neighbour Joan visited her twice a day in recent times. They looked out for each other. Eileen insisted on her independence but was 'close to', loving and much loved by all her family who kept in touch by phone, coming to stay, (young ones especially, booking a room) and occasionally managing to persuade her to spend time at their places. Last year family members insisted they took her to watch them ice-skating—at night! She said she had been extremely uncomfortable, but was glad she went.

She had not felt able to attend Saint Peter's for some months, had advanced cancer, grafts not healing, and found transport too uncomfortable.

Eileen, at 101 years of age, your long-awaited journey finally arrived. We miss you greatly. If we forgot your name, you'd say remember the song- 'Irene(Eileen), Goodnight! May you rest in peace.☘



Visiting Saint Peter's just prior to Christmas, ~~The Rock~~ found Joan and Ken Ferguson preparing floral arrangements for Christmas. The result was wonderful—as evidenced by these arrangements at the high altar on Christmas Day.

PHOTO'S: INFORMATION SERVICE OTAGO LTD.



Tonga Emergency Appeal

Anglican Missions is working with The Anglican Diocese of Polynesia to **replenish prepositioned relief supplies** located at four Anglican churches in Nuku'alofa, along with assisting in a response and recovery project based on needs assessments from our communities in Tonga.

To donate to this work visit <https://angmissions.org.nz/donate>



The Frolicsome Friar



"Our cook is new, so he's Googling what goes on a bacon, lettuce and tomato sandwich as we speak."

SOURCE: WWW.HOWTOGEEK.COM..

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



"Thanks for your concern, Mrs Watkins, but the 'suspicious youths hanging around the church' are actually our new churchwardens"



Nutritious



A new year, a new reminder

By Alex Chisholm

I was just looking through my list of possible topics for this year's Nutritious column when an email arrived from EUFIC (see sidebar) with the usual selection of interesting topics and colourful pictures, charts and infographics. Their email was to remind me that 10 February was #WorldPulsesDay! and not far behind was similar information from FAO (see sidebar). Clearly this is a topic of present interest as it includes a wide selection of plant-based foods, with several health promoting and planet-friendly benefits.

The other name for pulses when they are dried is legumes and I suspect they were a staple of many of our grand parents' recipes, especially soups and stews in the colder months. More recently fresh or canned pulses are appearing in salad recipes.

Pulses are edible seeds from the legume family including peas, chickpeas, lentils, kidney beans, black beans and navy beans in tomato sauce (baked beans). Fresh or frozen peas, green beans, broad beans, mixed beans etc. may be considered 'regular' vegetables whereas canned or dried cooked beans are more likely to be in recipes.

These were not only a staple in recent generations but also far back in time.

Legumes were discovered in pits and other domestic contexts of archaeological sites, including in Israel, where they were radiocarbon dated back to around 10,240–10,200 years ago. These discoveries indicate the farming of



Navy beans, also known as haricot beans and as Boston beans.

legumes was practiced in southern Levant as far back as the Early Pre-Pottery Neolithic B period. They are very high in protein and fibre and low in fat and supply vitamins and minerals. In addition they are sustainable and planet-friendly, with pulses having a nitrogen fixing function in the soil. Indeed, with recently rising food prices they could be a valuable and cheaper source of dietary protein and fibre. The Spiced Casserole recipe in the November 2021 edition of *The Rock* is an example of making the meat or falafel go further with the addition of chickpeas.

Like tree nuts, legumes have also sustained early humans and, having come down through the mists of time, are being acknowledged in the setting of our modern eating patterns for their health promoting and in some situations life preserving properties. A paper (Lukas et al 2020) has recently reported that "...both observational and experimental studies carried out among adults with

(Continued on page 5)



- ◆ The European Food Information Council (EUFIC) is a consumer-oriented non-profit organisation, founded in 1995 to help make the science behind food and health more accessible and easier to understand. It is based in Brussels, Belgium.
- ◆ The Food and Agriculture Organization of the United Nations (FAO) is a specialised agency of the United Nations that leads international efforts to defeat hunger.

1 Etymology
Pulse: The word pulse originates directly from the Latin pulser meaning "What's good, healthy, fresh".

2 Pulses vs. Legumes
Legumes: refers to the plants of the Fabaceae family.
Pulses: a subcategory of legumes that are dried before consumption.

3 Crops of ancient origin
Pulses have been grown in the southern Levant for centuries.
The earliest archaeological evidence of beans, chickpeas & lentils dates back to 10,000-10,000 B.C.

4 Versatile ingredients with long shelf life
Pulses can be stored for long periods without losing their high nutritional value, requiring no additional food preservatives.
A key ingredient in many cuisines and traditional dishes such as:
• Pasta, soups, dips
• Hummus, falafel
• Chili, chili con carne

5 Part of the vital web of biodiversity
Intercropping with pulses increases soil fertility and creates a more diverse landscape for animals and insects.

6 Foster sustainable agriculture and soil protection
The atmospheric nitrogen fixation of pulses improves soil fertility, which in turn increases the productivity of subsequent crops.

7 Highly water efficient
Water efficiency of pulses compared to other protein sources:
1 kg Lentils: 1,294 litres
1 kg Chickpeas: 4,223 litres
1 kg Almonds: 9,229 litres
1 kg Beef: 33,409 litres

8 Unexpected ally against climate change
Pulses have a natural genetic ability to fix atmospheric nitrogen, reducing the need for synthetic fertilisers.
By producing a smaller carbon footprint, pulses indirectly reduce greenhouse gas emissions.

9 Economically accessible and multipurpose
Pulses are a high-protein, low-fat, low-sodium, and low-sugar food.
One cup of pulses provides 15g of protein and 10g of fibre.

10 A potential superfood
Low glycaemic index
Low fat, low cholesterol
High in fibre

COOKING WITH BEAN

Recipes including red kidney beans always say the beans must be soaked and boiled, and the cooking water discarded before use. What is the toxin in red beans, and is it destroyed by heat or dissolved in the water?

More online :



Find out at

<https://www.theguardian.com/notesandqueries/query/0,5753,-1342,00.html>

If you've avoided cooking dry beans from scratch because "it takes too long," consider the actual "hands-on" time can be just minutes! All it takes is a little planning ahead for a time to soak the beans and a time to cook them.

More online :



To find out how it's done, visit

<https://food.unl.edu/article/how-cook-dry-beans-scratch>

A new year, a new reminder

(Continued from page 4)

and without diabetes have provided support for pulses to improve lipid profiles (blood cholesterol), glycaemic (blood sugar) control and blood pressure." All of these are major risk factors of cardiovascular (heart) disease which can be changed.

REFERENCES:

CARACUTA V, VARDI J, PAZ Y, BOARETTO E.(2017) FARMING LEGUMES IN THE PRE-POTTERY NEOLITHIC: NEW DISCOVERIES FROM THE SITE OF AHIHUD (ISRAEL). PLOS ONE 12(5): E0177859. <https://doi.org/10.1371/journal.pone.0177859>

PATRICIA K. LUKUS, MSc, KATARINA M. DOMA, MSc, ALISON M. DUNCAN, PhD, RD THE ROLE OF PULSES IN CARDIOVASCULAR DISEASE RISK FOR ADULTS WITH DIABETES

AMERICAN JOURNAL OF LIFESTYLE MEDICINE FIRST PUBLISHED MAY 25, 2020 REVIEW ARTICLE <https://doi.org/10.1177/1559827620916698>

EUFIC@EUFIC.ORG

<https://www.fao.org/3/BC435E/BC435E.PDF>

COOKING DRIED LEGUMES: SEE SEPARATE NOTES

<https://food.unl.edu/article/how-cook-dry-beans-scratch>

<https://www.nhs.uk/live-well/eat-well/beans-and-pulses-nutrition/>

Mrs Isabella Mary Beeton and her famous books

By Alex Chisholm

Contrary to the picture which often comes to mind with mention of Mrs. Beeton, she was not a middle aged lady with years of experience. In fact she was just 21 and had been 'keeping house' for only 12 months when she started writing her books. The most well known, *Household Management* was published when she was 23. It was her identification with other new wives struggling to negotiate the complicated structure of Victorian domestic life which prompted her to write. However the circumstances of her



Mrs. Beeton in about 1854.

PHOTO: WIKIPEDIA.



A page from *Household Management*—was this the first full colour illustrated cook book?

PHOTO: INFORMATION SERVICES OTAGO LTD.

upbringing meant she came into contact with large scale catering at a very young age. As a widow with four daughters, her mother had married a well-to-do widower who also had four children.

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Mrs Isabella Mary Beeton and her famous books



Nutritious

(Continued from page 5)

The family eventually grew to twenty one and Isabella, as the eldest girl, helped their nanny raise her younger half brothers and sisters. Spending time in the cavernous quarters below the grandstand of Epsom racetrack, where Mr Dorling was Clerk of the Course, Isabella came into contact with large quantity catering as meals were prepared in the grandstand's kitchen for thousands of race-goers.

On 10 July 1856, Isabella married an up-and-coming young publisher called Samuel Orchart Beeton and became very much involved in his publishing business.

She wrote columns and provided recipes and advice for one of their most successful ventures *The Englishwoman's Domestic Magazine*. These later appeared in book form as *Household Management*. Recipes were basically sourced from older cookery

books, some of them dating back to the 17th century.

She did, however, improve their layout by listing all the ingredients at the start and giving exact cooking times. When testing the recipes to ascertain the cooking times it is possible there were other minor ingredients added.

Mrs Beeton's guide to a good life: 10 pieces of



"First catch your rabbit"—the most famous remark Mrs. Beeton never actually made.

advice are listed in the article by Dr Kathryn Hughes and make interesting reading. They include the benefits of early

rising and cold baths, but also, choose your friends wisely, give to charity, enjoy your children, eat well and try new recipes.

Isabella and her husband had four children but only two survived into adulthood. Following the birth of their fourth child Isabella died of puerperal fever in July 1865.

She was just twenty eight. 📧

REFERENCES:

[HTTPS://PAULINECONOLLY.COM/2016/ISABELLA-BEETON-THE-TRUTH-ABOUT-HER-LIFE/](https://paulineconolly.com/2016/isabella-beeton-the-truth-about-her-life/)

[HTTPS://WWW.HISTORYEXTRA.COM/PERIOD/VICTORIAN/MRS-BEETON-ISABELLA-BOOK-HOUSEHOLD-MANAGEMENT-LIFE-ADVICE/](https://www.historyextra.com/period/victorian/mrs-beeton-isabella-book-household-management-life-advice/)

DR KATHRYN HUGHES 'THE SHORT LIFE AND LONG TIMES OF MRS BEETON' (4TH ESTATE, 2006)

Not The 'A' Word for Forty Days and Nights

Rock Music

(Continued from page 8)

and introduces the chorale melody prior to the congregation singing the hymn.

J. S. Bach (1685-1750) wrote sublime music for the penitential parts of the Church year.

Some of these will feature this year at Saint Peter's. But it is the silence which is most telling.



J.S. Bach at the organ.

In 1952, the American composer John Cage wrote '4'33"', a four-minute, thirty-three second piece of music for either solo instrument or group of instruments. The performer comes on-stage and sits at the piano, for example. The performer makes all the usual adjustments to the stool etc. and plays nothing for the prescribed 4'33'. He then stands, bows and leaves the stage—often leaving the audience utterly mystified.



John McCormack.

SOURCE: TWENTY THOUSAND HERTZ.COM.

Cage uses the piece shrewdly to focus on the fact that there is no such thing as 'no noise/sound'.

The room itself makes sounds, sometimes from outside activity, often from those within. You become aware of those around you, who finds silence difficult, who uses the time to listen to the sounds within the hall, and those who begin to reflect on what music is all about. Yes, it is a gimmick piece, but challenging never the less.

The liturgical silences of Lent offer the same experience and when there is not 'bridging' music, there will still be the sounds of the faithful attending to their prayers and so on.

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

SECOND AND FOURTH TUESDAY OF EACH MONTH:

11am: Holy Communion
in the chapel of the Home of St Barnabas, Ings Avenue

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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Not The 'A' Word for Forty Days and Nights

**Rock
Music**

(Continued from page 6)

The music of Lent is rich in its symbolism and story-telling ability. I hope always to find music which, rather than attracting attention to itself, encourages a prayerful atmosphere within the liturgy.

Perhaps words taken from Ray Palmer's (1808-1887) wonderful hymn *My faith looks up to thee* encapsulates much of the organist's work this Lent...

May thy rich grace impart
Strength to my fainting heart,
My zeal inspire;
As thou hast died for me,
O may my love to thee
Pure, warm, and changeless be,
A living fire. 📖

Episcopal Entertainment



Some cheerful tunes from Bishop Steven relaxing and recharging after a shared breakfast between services. Epiphany Sunday 9 January 2022.

PHOTO, AND STORY: JENNIFER MAFFEY.

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FUNERAL SERVICES

For your diary

Wednesday, 2 March : Ash Wednesday : Holy Eucharist and Imposition of Ashes at 5pm

Friday, 4 March : **Fridays in Lent begins.** Holy Eucharist followed by a Fish and Chip supper in the Parish Lounge

Sunday, 20 March : Deadline for copy for the March edition of *The Rock*

Friday, 15 April : Good Friday

Not The 'A' Word for Forty Days and Nights

As Lent approaches for 2022, there are preparations for Ash Wednesday ushering, as it does, the forty days and forty nights of the penitential season. I have encountered more than a few church organists full of dread at the thought of the seemingly endless verses of Psalm 119 at Evensong and hymns of untold verses extolling the virtues of self-denial (not something which comes altogether naturally to some musicians!). Then there is the discreet embargo on where and when organ music can be played. Anglican organists, in particular, cannot bear even the smallest moment of silence and always have a verset to hand in order to cover what may well have been a prayerful pause in the liturgy—lest prayer actually take place.

At Saint Peter's, the hymns will reflect the season as they always do. *Take up thy cross the Saviour said* and *My faith looks up to thee* are well known and will be welcomed. But there are others from years gone by which still feature in the hymnbook. The wonderful imagery of *Christian, dost thou see them* is a case in point. Not sung so often nowadays but much loved in days of big parish choirs more for the words of J.M. Neale (1818-1866) than the highly expressive tune *Gute Baume Bringen* by P. Sohren (c. 1692). The first verse begins

Christian, dost thou see them,
On the holy ground,
How the troops of Midian
Prowl and prowl around?

And warms to its task with...

Christian, up and smite them,
Counting gain but loss;



By David Hoskins, Director of Music

Smite them by the merit
Of the Holy Cross

J.M. Neale's remarkable 'technicolor' imagery exhorts Christians to 'never tremble', 'never be down-cast', always fast and vigil', always watch and pray'. Yet Christian is able to answer, 'While I breathe, I pray'. This hymn would always feature prominently at Evensong in the late Victorian era and continued on as a staple until fairly recently. Yet it has much to offer. I remember the remarkable impression it had on me and my fellow choristers as our 11 and 12-year-old imaginations took flight (which was not often the case at Evensong!).



J.M. Neale (1818-66).

Rosamond Herklot's (1905-1987) words...

How can your pardon reach and bless
The unforgiving heart
That broods on wrongs, and will not let
Old bitterness depart?

are set in the *New English Hymnal to Epworth*, a fine tune by Charles Wesley and one which will feature somewhere in the liturgy during the Lenten season. But what of the organ music? In Germany, of course, the great tradition of the chorale-prelude holds sway. The organist interprets

(Continued on page 6)



Justin Welby
The Archbishop of Canterbury

Archbishop of Canterbury's presidential address to General Synod ON 8 February, 2022

“A society that forgets about God, that loses the sense that it needs God (something discussed in the second interview I did), that no longer desires God—for John's gospel has desire at its heart—such a society loses the profound call to see the wholeness of the individual human person and the call to love, by that person being set free in relationship with others. And without the church, without that community of faith, as the salt and light of that society, that society loses its way.”



More online :

Read the complete text at:

<https://www.archbishopofcanterbury.org/news/archbishop-canterburys-presidential-address-general-synod>

