



Anglican Parish of
Cabersham Saint Peter,
Dunedin, New Zealand

THE ROCK

September 2022—Trinity



EIR

The Queen is dead.

Long live the King.



CIR

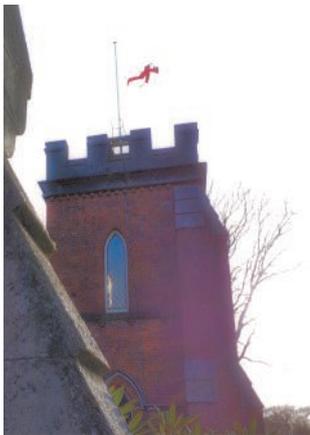


PHOTO: INFORMATION SERVICES OTAGO LTD.

Saint Peter's marked the period of mourning for Her Majesty the Queen, flying the flag of the Resurrection (see *The Rock*, February 2014) at half mast and marked the accession of King

Charles with the proper immediate change to the intercession, praying, in the words of the *Book of Common Prayer*, for "...thy Servant CHARLES our King...".

This edition of *The Rock* includes a number of items marking Her Majesty's remarkable life of love and service and her death. 📖



Page 3:
Obituary

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kings and queens

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The disarming
simplicity of it all



The greater good

By The Vicar

Dan and I have begun removing some of the enormous agapanthus plants along the north wall of the vicarage. They were growing up the wall and covering the air vents, had luxurious leaves full of snails and an unstable root ball. I could push the whole plant from side to side. The soil had been depleted, feeling and looking like dry sand.

I cut off all the leaves and have them composting. The root ball, now cut into pieces, will be heading to the green waste. A few bags of compost and manure should restore the soil so we can plant a few roses.

This whole process has taught me that when things are

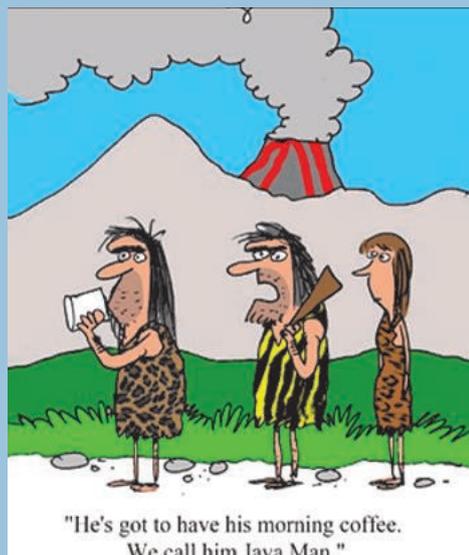
not nurtured and checked other aspects of the environment can be badly affected. Some of the bushes around the church need to be pruned or even removed to ensure the church's masonry remains dry and stable. This will change the look of Saint Peter's, however it will also enable more light to shine through our beautiful windows and let the community know that this church building is a place of nurture and beauty, which intends to remain strong and healthy into the future. 📖



"...feeling and looking like dry sand".

PHOTO: SUPPLIED.

The Frolicsome Friar



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

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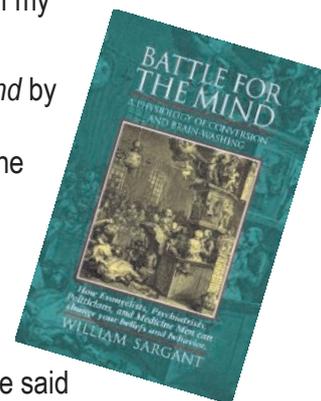
183 King Edward Street

Live and learn

By Rosemary Brown

While at Teachers' College I went to the Dental School for treatment, but in the two years following, out in the country, I had been very remiss. So when I was appointed to a teaching post in Dunedin and had toothache, the people I was staying with directed me to their dentist. He told me I was in for the long haul, but if I 'religiously' took care daily until I was 24, I should be able to keep them until the end of my life! (probably meaning it would automatic by then).

Someone gave me a book to read—*Battle for the Mind* by William Sargant. It was fascinating. I had the book sticking out from my raincoat pocket when I was at one dental appointment and the dentist asked about it. I had been told that he (the dentist) was a Christian Scientist (not a Scientologist—they didn't exist then) but I couldn't believe it because of the nature of his belief as I understood it to be—about healing wholly by faith. When he saw the section about hypnosis, he said he did not approve, then told me that what I had heard about his faith was correct. "How then", I asked, "could you become a dentist?"



He said when he was a lad his mother had told him that as a girl she had gone to a dentist to have one aching tooth out. When she came to, she found they had all been extracted. He was so shocked and outraged to hear this that he vowed to become a saviour of teeth.

Well, his faith perhaps explained why he did not give injections for normal cavity repairs (painful in those days—I used to press my right thumbnail into the first knuckle of my left little finger) and he only extracted one of my molars, because the repair was extensive and I was going to be living for some time in a very remote area. I became more tolerant of pain as appointments went by and not apprehensive about them.

I knew he was very highly regarded at that time. The dentist I went to when I came back to live here in more recent times confirmed that. He had also held him in great respect.

His name? Mr Alex. Bagley. He saved my teeth.

And gave me a glimpse of how little I knew in reality or understood about myself and those around me. Even when I thought I did.

Just as well, O God, You do know us all, love us anyway, are more ready to heal us—sometimes perhaps often through others and not necessarily in the way we would expect.

We may not know how many times God has reached others through us.

The book I mentioned is in the Dunedin Public Library. There is only one copy—in the stacks. 📖





The Queen R.I.P.

By Father Carl Somers-Edgar

I cannot help wondering if an obituary for Her Late Majesty is not in fact what the Thirty-Nine Articles call a Work of *Supererogation*. We know too much already, in other words, so I do not intend to detail the events of her long life and reign. You know them already.

When, seventy years ago, she ascended the throne, both the Queen and the monarchy were shielded from a kind of lascivious curiosity by the absence of the modern technology which now dominates the airwaves—and just about everything else as well.

We live in an Age of Immediacy. Everything must be modern and without mystery, accessible to all. Perhaps we can no longer feel the mystery of the past because quantum physics, and other recently revealed cosmic marvels, have exhausted our capacity for mystery and awe and thus put such wonders of the past in the shade.

The Queen's funeral Services have been (to me, at least) a welcome reminder of an almost vanished way of doing things at great moments in our life, which rise to the occasion in ways that not even quantum physics can manage. Not that there were not temptations along the way to give in to the present Zeitgeist—some of which were unfortunately acted upon. But, despite enormous pressure from the media and from fashionable opinion, the Queen still kept the ship upright.

It would be hard to imagine who else could have been able to do this so successfully and for so long. The extraordinary response (both day and night) to Her Majesty's death from millions of her erstwhile subjects—especially in the United Kingdom—was astonishing to see.

Queen Elizabeth was a devout and prayerful Christian as well as a most remarkable human being. Perhaps that has something to do with it.

May she rest in peace and rise in glory. Amen. 🙏



Justin Welby
The Archbishop of Canterbury

Sermon for the
State Funeral of
Her Majesty Queen
Elizabeth II.



Christmas message, 2020

For me, the life of Jesus Christ, the Prince of Peace, whose birth we celebrate today, is an inspiration and an anchor in my life. A role model of reconciliation and forgiveness, he stretched out his hands in love, acceptance and healing. Christ's example has taught me to seek to respect and value all people, of whatever faith or none.

“Her Late Majesty's example was not set through her position or her ambition, but through whom she followed. I know His Majesty shares the same faith and hope in Jesus Christ as his mother; the same sense of service and duty.” 🙏



More online :

Read the complete text at:

<https://www.archbishopofcanterbury.org/speaking-writing/sermons/archbishop-canterburys-sermon-state-funeral-her-majesty-queen-elizabeth-ii>





Nutritious



Diet and high cholesterol in the family

By Alex Chisholm

A reader recently asked if there have been any new developments in the dietary recommendations for dealing with high blood cholesterol, especially if it runs in the family. The medical term for this inherited condition is *Familial Hypercholesterolaemia*, usually shortened to FH.

This turned out to be a very timely question as when checking the Heart UK site this week it opened with the banner

FH Awareness Day is on 24th September to spread the word about familial hypercholesterolemia (FH)

Cholesterol has three main functions:

It is part of the outer layer, or membrane, of all your cells.

It is used to make vitamin D and steroid hormones which keep your bones, teeth and muscles healthy.

It is used to make bile, which helps to digest the fats you eat. 📺

High levels of blood cholesterol can contribute to heart attacks. Medications such as Statins (the most widely used medicine) and others are important, but they all tend to work best when you eat well and keep active. Diets for people with FH are similar to those recommended for other population groups with raised cholesterol. So, what are the latest pointers for eating well.

Look at your diet as a whole

- ◆ Variety is the spice of life
- ◆ Choose more foods with healthy fats
- ◆ Check the proportions of the different food groups
- ◆ Focus on whole foods, limit processed foods

These recommendations are summed up visually in the Canadian Food Plate (at right).

Some earlier advice has been modified, for instance diets do not need to be very low-fat to lower cholesterol. In fact, including some healthy fats and oils has been shown to be more effective.

We need fat in our diet for several reasons including a healthy immune system and good brain function. The type of fat we eat rather than the total fat amount is important.

Saturated fats tend to raise the amount of bad cholesterol (LDL) in the blood. Unsaturated fats, MUFA and PUFA, have been found to help lower the blood levels of LDL cholesterol. To see more on where fats are found check the sidebar above.

'Nuts are high in fat so should be avoided', used to be the recommendation, but nuts should not be avoided in your diet. In fact, the opposite is true, with the UK and New Zealand guidelines recommending nuts as part of a healthy diet because they are high in unsaturated fats.

Dietary fats are not all used by the body in the same way.

Saturated fats, found in red and processed meats, full fat dairy products, coconut milk and palm oil, as well as foods made from these such as cakes, biscuits and pastries, can raise the amount of 'bad' cholesterol (LDL) in the blood.

Unsaturated fats, found in nuts, seeds, cooking oils made from plants such as olive oil and rapeseed oil, as well as in avocado and oily fish have been found to help lower the blood levels of LDL cholesterol. This helps to decrease the risk of cardiovascular disease. 📺

Nuts do not carry risk from weight gain—in fact some research shows that not all energy from nuts is absorbed by the body. They also contain protein, vitamin E, magnesium, potassium and natural plant sterols.

'Eggs should be avoided' is advice which used to be given, but now the general recommendation is 3-5 per week are fine. There is some confusion around whether eggs can be part of a heart healthy diet, as egg yolks are high in dietary cholesterol. However eggs are low in saturated fat



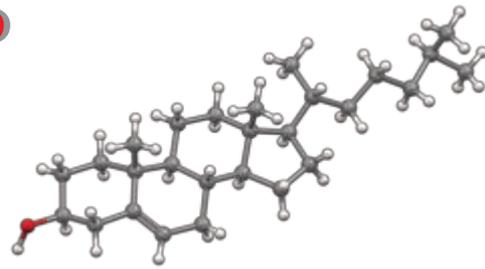
The Canadian food plate.

SOURCE: [HTTPS://WWW.CPC-CCP.COM/CANADA-S-FOOD-GUIDE](https://www.cpc-ccp.com/canada-s-food-guide).

(Continued on page 5)



Nutritious



Diet and high cholesterol in the family

(Continued from page 4)

and have many other nutritional benefits.

Fruit and vegetables are also high in fibre, and particularly fibre called 'soluble' fibre which can help to lower your cholesterol. It blocks some cholesterol from being absorbed from the intestines into the blood stream.

Pulses such as beans, peas and lentils are particularly high in this kind of fibre. Sweet potato, aubergine, okra, broccoli, apples, strawberries and prunes are also good

options.

Grains and cereals, especially oats, contain a soluble fibre which when you eat it forms a gel which binds to cholesterol-rich bile acids in your gut, reducing the amount. Your liver then has to take more cholesterol out of your blood to make more bile, which lowers your blood cholesterol. 

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The wisdom of kings and queens



(Continued from page 6)

In this solemn vocation, human rulers have often failed. In the Bible, the kings who have been anointed to the LORD's service bear a weighty responsibility and incur His judgement when they fail in their duty and cause others to suffer.

At a Service of prayer and reflection for the life of Her Late Majesty in Llandaff Cathedral, the First Minister of Wales, Mark Drakeford, read from 1 Kings 3:4-15. Here, King Solomon worships at the shrine of Gibeon and prays to the LORD for a wise and discerning heart to judge the

people entrusted to his care. Elsewhere in the Bible, in a psalm attributed to King Solomon (Psalm 72), the king prays to the LORD that He may grant the king His judgements and His righteousness, so that he may rule God's people justly. There is a particular concern in this psalm for the wellbeing of the poor.

There is an ideal of wisdom and justice here which is meant to guide the sovereign in ruling according to the ways of the LORD for the wellbeing of all those entrusted to his or her care. It was this ideal of wisdom and justice which guided Her Late Majesty. May this ideal of wisdom and justice guide His Majesty King Charles III also.

God save the king. 



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The wisdom of kings and queens

By Father James Harding

Her Late Majesty, Queen Elizabeth II, spoke of her Christian faith without any hint of self-importance, uncertainty or embarrassment. What is so striking about this is how unusual it is in this day and age for anyone to speak of faith with such humble assurance. We live in a secular society where it is far more common for people either to insist that others must submit to their version of faith as the only truth, or to hide their faith away as something almost to be ashamed of. The late Queen did not express her faith like this. Her faith was gentle, unassuming and absolutely rock-solid.

Since 1558, the monarch has been the supreme governor of the Church of England. The coronation of the sovereign is a profoundly religious occasion. It is a ceremony saturated in words and symbols drawn from Holy Scripture, particularly the Old Testament.

At her coronation in Westminster Abbey on June 2, 1953, Queen Elizabeth II was presented with a Bible by the Moderator of the General Assembly of the Church of Scotland, with these words:

Here is Wisdom;

This is the royal Law;

These are the lively oracles of God.

The choir sang Handel's *Zadok the Priest*, with words taken from the story of the anointing of King Solomon (1 Kings 1:39, 40). Shielded from sight by a canopy, she was then anointed by the Archbishop of Canterbury with holy oil, in the tradition of kings, priests and prophets in the Old Testament. Her anointing was a solemn act of consecration to the service of God



and His people. This is very much how Her Late Majesty understood her role, to the very end of her life.

As Rowan Williams recently pointed out, the word "Christ" itself comes from a word in Greek meaning "anointed" in the tradition of the kings of ancient Israel. It is by this word that we acknowledge Him as our Saviour and King and it is in Christ that we see the fullness of the wisdom and justice of God.

Yet the Old Testament does not seem to be able to make up its mind about human kings and queens. For the people of biblical Israel, the LORD Himself was their king.



A golden canopy is brought forward to shield the anointing ceremony from general view during the Coronation Service of Elizabeth II in 1953.

From the video available at

https://www.youtube.com/watch?v=B_rxJcjNZgw.

The Hebrew scriptures are very clear about this and there are several psalms which proclaim the LORD as king, not just of Israel, but of all creation (Psalms 47; 93; 96-99). To this day, Jews recite the prayer *avinu malkenu*, "Our Father, Our King" at services during the Ten Days of Awe between New Year and the Day of Atonement.

When the people of Israel demand that a king be appointed over them, God regards their demand as a rejection of Him (1

Samuel 8:7). Yet a king named Saul is duly anointed by the prophet Samuel (1 Samuel 9:1-10:16). He is judged to be unworthy and is rejected (1 Samuel 13:8-14; 15:1-35). A young shepherd named David is anointed in his place (1 Samuel 16:1-13). It is the dynasty of David which goes on to rule Israel in a sacred covenant with the LORD (2 Samuel 7:1-29), and it is from his descendants that Jesus was born.

Kings in the scriptures are not a law unto themselves. They have no authority of their own, to wield over others as they please. but are bound to uphold the justice of God, for the sake of the wellbeing of the people.



(Continued on page 5)

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

FIRST AND THIRD 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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Garage Sale success

The parish garage sale held on Saturday, 24 September, was a great success with well over \$1,000 being raised for parish funds.



With moments to go until opening, goods and staff are ready (above) and a crowd is building waiting for the doors to open (below left).



Within seconds of opening, goods are obscured by eager punters (below right).

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FUNERAL SERVICES

For your diary

Saturday, 29 October : Community Displays and Spring Garden party

Sunday, 23 October : Deadline for copy for the October edition of *The Rock*

Dates to be confirmed, **November** : The Caversham Lectures

Friday, 11 November : Remembrance Day

Date to be confirmed, **December** : Service of Nine Lessons and Carols



The disarming simplicity of it all....

The choirs, organs, bands and pipers have now fallen silent after the burial of Queen Elizabeth II at Windsor Castle. It is timely to reflect upon (rather than review) the music which made the various memorial and funeral liturgies so memorable.

The late Queen loved simple, straight-forward hymns and the ever-present lone piper who signalled the beginning of her working day. It was not surprising that both featured throughout the period of mourning and remembrance.

Personally, I found the service from St Paul's Cathedral to be the most moving. The great space was filled, not with international notables but rather with ordinary folk who came to commemorate a life which spanned most of their own lifetimes. There were women carrying babies, people from all walks of life and age groups. It was a telling representation of contemporary Britain and we were the better for experiencing it.

Hymns like *The Lord's my Shepherd* sung simply were all the more moving when one recollected how the late Queen noted as a child how she and sister, Margaret, worked hard to learn the descant to the final verse. And there it was in the cathedral—sung by the cathedral choir. The lone piper walking slowly through the cathedral's vast central space was indeed a special moment.

It was fitting that music of the late Organist of the Temple Church should feature at St Paul's. Sir George Thalben Ball gave the opening recital on the new pipe organ in the 1970s. The service concluded with his *Elegy*.

Rock music

By David Hoskins, Director of Music



At Westminster Abbey, despite the presence of dignitaries from around the globe, it was a simple and moving ceremony—quite disarming in its 'personal' qualities. The organ held the hymns together very well but remained tellingly silent as much of the



Sir George Thalben Ball.

PHOTO.: [HTTPS://RECORDEDCHURCHMUSIC.ORG/](https://RECORDEDCHURCHMUSIC.ORG/).

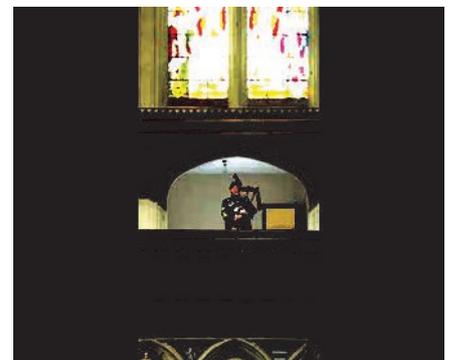
music was sung by the choirs unaccompanied. All the while a bell from the Elizabeth Tower sounded out in the background. Sir Hubert Parry's *My soul there is a country* sung magnificently by choir alone was a highlight for me.

A royal funeral is both a ritual of the state and a private, personal act. One was, in these services—and the sight of the hundreds of thousands who lined the streets the funeral cortege travelled—taken through both: the formal and the intimate. It was also a telling reminder of the power of music to speak into (and about) that conflicting tangle of formal and intimate which is a state funeral. 🇬🇧



St Paul's Cathedral, London.

PHOTO'S: WIKIPEDIA/YOUTUBE.



The Queen's Piper.