



Anglican Parish of
Caversham Saint Peter,
Dunedin, New Zealand

THE ROCK

February 2016—Lent



Happy Start to 2016

Vestry daughter weds



On Saturday, 23 January, Sarah Ferguson, daughter of Joan and Ken (a member of our Vestry) Ferguson, married Aaron Kitson in Saint Peter's.



Sarah and Aaron.

PHOTO.: SUPPLIED BY FRIENDS OF THE FERGUSON FAMILY.

Parishioners present on the day told *The Rock* the extensive preparations in the Church were well worthwhile and the ceremony was a delight.

Special mention was made of the father of the bride, resplendent in ancestral tartan.

Further photo's on page 8.

Return of the Rare Byrds

NEW ZEALAND INTERNATIONAL EARLY MUSIC FESTIVAL

Rare Byrds Consort and Chorus
In Mr Byrd's Chamber
Music of a Tudor Genius

Songs, dances, fantasias, madrigals and motets by William Byrd and his contemporaries

Sunday 28 February, 3pm
St Peter's Church, Caversham
\$30/\$25/\$15 (including afternoon tea)
Email: nziemf@gmail.com

OTAGO Southern Cross

See the Rare Byrds
in saint Peter's again on Sunday,
28 February at 3pm.

Holy Week Services

Palm Sunday: Usual Sunday Services

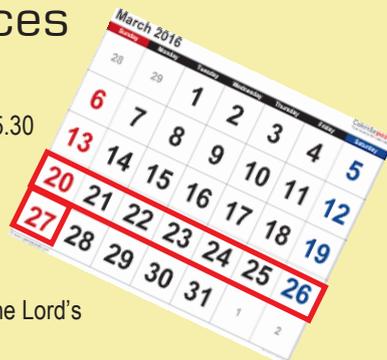
Monday, Tuesday, and Wednesday: 5.30 pm The Eucharist

Maundy Thursday: 7 pm
Commemoration of the Institution of the Lord's Supper

Good Friday: 12 noon Celebration of the Lord's Passion

Holy Saturday: 8 pm The Easter Vigil, the ceremony of new light, renewal of Baptismal Vows and first Mass of Easter

Easter Day: 8 am Holy Communion
10.30 am Solemn Sung Eucharist and procession



"A good Lent ...

.... makes space for the hope of Christ. It makes space for the hope of Christ not only in our own individual lives but also in the life of the household and family, in the life of the Church and of local communities and, I would suggest, in the life of society generally."

MOST REVD AND RT HON JUSTIN WELBY, ARCHBISHOP OF CANTERBURY



More online:

Read the full text at

www.archbishopofcanterbury.org/articles.php/5503/what-makes-a-good-lent-making-space-for-the-hope-of-christ

John Donne on Death and Resurrection

By The Vicar



On Sunday 17 April at 5 pm we will have a Service based around four poems of John Donne—*This is my play's last scene*—*At the round Earth's imagined corners, blow—Death be not proud* and *Hymn to God my God in my sickness*. These are very suitable poems to be

reflecting upon in the Easter season between Easter Day and

Pentecost.

Donne, a famous Metaphysical poet and former Dean of St Paul's, has much to offer us in furthering our understanding of the amazing transformation which awaits us as we follow our Lord Jesus Christ through the gate of death into the life that really is life.

This Service is a follow on from the successful "La Corona" Service we held in Advent and will be in the same meditative vein, with similar music of the period. Further details will follow as we get closer to April. ☒

Holy Sonnets: This is my play's last scene

BY JOHN DONNE

This is my play's last scene; here heavens appoint
My pilgrimage's last mile; and my race,
Idly, yet quickly run, hath this last pace,
My span's last inch, my minute's latest point;
And gluttonous death will instantly unjoint
My body and my soul, and I shall sleep a space;
But my ever-waking part shall see that face
Whose fear already shakes my every joint.
Then, as my soul to heaven, her first seat, takes flight,
And earth-born body in the earth shall dwell,
So fall my sins, that all may have their right,
To where they're bred, and would press me, to hell.
Impute me righteous, thus purg'd of evil,
For thus I leave the world, the flesh, the devil.

Are you interested in what houses sold for in your area and Dunedin?

My monthly newsletter contains this information, what properties have been listed, a general market overview and more. Subscribe for a year or more, mention this ad. and I will donate \$10 to Saint Peter's. To subscribe to this free monthly service or for any real estate queries contact:

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The Frolicsome Friar

DID YOU KNOW?



Thanks to the particularly bitter winter of 1794-1795, French cavalry were able to charge across the Zuiderzee (a shallow bay in the North Sea) and capture Dutch ships frozen in place; it is the only capture of ships by horsemen in recorded military history.

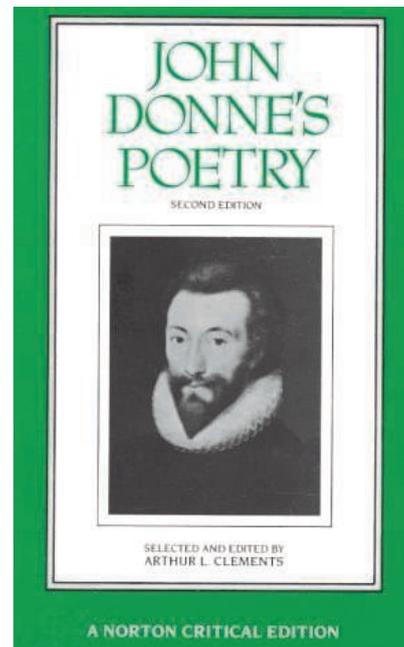


IMAGE: [HTTP://D.GR-ASSETS.COM](http://d.gr-assets.com)

Letters

The Rock welcomes letters to the Editor. Letters should be no more than 150 words in length and 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,
57 Baker Street,
Caversham,
Dunedin, N.Z. 9012

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, 57 Baker Street,
Caversham,
Dunedin, N.Z. 9012

Emailed to:

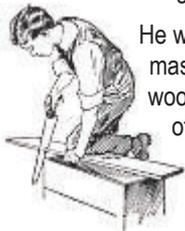
AskTheVestry@stpeterscaversham.org.nz



“CHIPPY”

By Ian Condie

This word could mean, in England, the local fish and chip shop. In most part of the world it refers to a workman, a carpenter, but in the Merchant Navy it meant The Carpenter. He was a skilled man, one of the three highest ranking petty officers in any ship.



He was, in a sense, a jack of all trades, but also a master of most. Obviously he attended to any woodwork repairs and maintenance but also to much of what was regarded as deck machinery which meant roller leads, the windlass, watertight door clips and generally any lump of metal that could be taken apart, oiled and put together again.

In the old days he was responsible for the wooden hatch covers but, with progress, hatches became steel shutters and Chippy was the man who greased all the moving parts and securing clips. There was no shortage of maintenance jobs for Chippy but perhaps his most important job was sounding the bilges and double bottoms which he had to do every day in port or at sea; in bad weather, he could get quite wet doing it.

The bilges are the ‘sumps’ which run along the bottom of the ship on each side into which any spare water or other fluid drains. Finding any liquid in them meant there was a problem somewhere (and usually in an inaccessible somewhere).



“...sounding the bilges and double bottoms ...”.

PHOTO.: [HTTP://WWW.OCEAN-AUTOMATION.COM](http://www.ocean-automation.com)

Double bottoms have nothing to do with passengers. They are tanks stretching across the bottom of the ship under the cargo holds. They are about a metre deep and intended for holding fresh water or sea water. (Those containing oil fuel were the responsibility of the engineers). Fresh water is for ship’s domestic use and sea water was to help the ship’s stability.

They had to be sounded regularly to check whether they contained any water and if so, how much. In the old days that was done by Chippy using a long length of woven rope with a length of steel links



“...the local fish and chip shop...”.

PHOTO.: [HTTPS://WATTSUPWITHTHAT.FILES.WORDPRESS.COM](https://wattsupwiththat.files.wordpress.com)

on the end. Each link was six inches (15cm) long. They had to be lowered—carefully—down a very long steel pipe until Chippy heard the clunk as the lowest link struck the bottom of the tank some twenty or twenty-five metres below. The line was then carefully pulled up and the length of the wet portion recorded. This was done twice each day and the ‘sounding chits’ distributed to the Master, Mate and Chief Engineer.

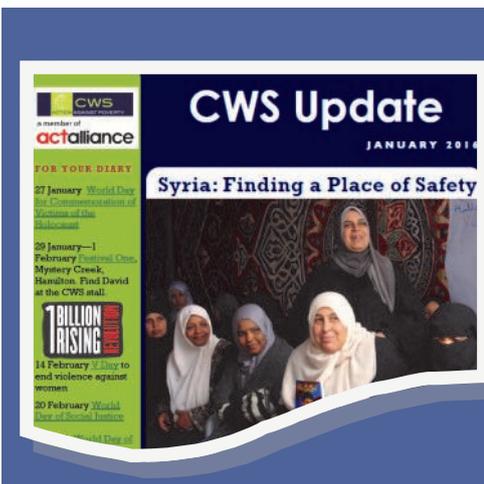
When entering or leaving port, Chippy’s station was on the Forecastle Head in charge of the windlass and of lowering and heaving up the anchors. The former operation was particularly satisfying. Turning a handle released a five ton lump of steel which fell away and dragged many metres of huge steel chain roaring over the gypsy and out through the hawse pipe.

Chippy had his own cabin and shared a mess room with the other petty officers. He had no subordinates but if he needed any unskilled help, it was the apprentices who were detailed for the job. He often stayed in the same ship for many voyages.



Lowering anchors “...was particularly satisfying...”.

PHOTO.: [HTTP://IMG.BHS4.COM](http://img.bhs4.com)



Joan Dutton has left a copy of the January *CWS Update* in the Link because CWS asks us to make the information known around the Parish.



More online :

Read the *CWS* January update online at

<http://www.cws.org.nz/sites/default/files/UpdateJanuary2016.pdf>

Older issues are available at

<http://www.cws.org.nz/newsroom/cws-magazine/newsletter-archive>



Nutritious

Dietary Guidelines from South to North



By Alex Chisholm

Many of the sessions at the conference I attended in Berlin last year were devoted to presentations on the latest ‘Dietary Recommendations’ in conjunction with existing dietary patterns known to promote health. Dietary Recommendations or guidelines tend to be produced for a single country, or a group of countries with relatively similar diets such as the Nordic countries (Norway, Denmark, Sweden and Finland). They give guidance for an optimal macronutrient (fats, protein and carbohydrate) content together with goals for fibre intake (Table 1). The fat guidelines are often broken down to give recommended quantities for the fatty acids -SFA, MUFA, & PUFA; (see this column in *The Rock* October 2015 for further explanation).

Table 1:
Updated macronutrient recommendation example—the Nordic Nutrition recommendations 2012

Recommended intake population ranges for

- ◆ cis-Monounsaturated fatty acids from 10-15 % of the energy intake (E%), to 10-20 E%
- ◆ saturated fatty acids should be < 10 E%
- ◆ cis-Polyunsaturated fatty acids 5-10 E%
- ◆ at least 1 % TE omega-3 fatty acids
- ◆ trans-fatty acid as low as possible
- ◆ total fat intake now 25-40 E%, from 25-35 E% in NNR 2004 -based on the sum of the ranges for the main fatty acid categories
- ◆ dietary fibre 25-35 g/d (>3 g/MJ) from foods naturally rich in dietary fibre ,wholegrain, fruit and berries, vegetables, and pulses
- ◆ added sugars less < 10%
- ◆ Carbohydrate changed to 45-60 E% from 50-60 E% in NNR 2004
- ◆ Protein, expressed as E% (10-20 E%) and in gram/kg body weight per day

‘Dietary Recommendations’ and Guidelines have been around for decades, however in recent times with, for example, the Nordic Nutrition Recommendations (NNR), more emphasis than previously has been put on local dietary patterns. This enables the translation of the recommended intakes of single nutrients, and nutrients as a percentage of total energy, to actual foods. Recent research evidence also supports this approach. Consideration of the local food culture helps the adoption of the recommended dietary advice whether in the

Mediterranean patterns, the Healthy Nordic diet, the New Zealand Eating and Activity Guidelines, or the most recent American guidelines. They all place more emphasis than previously on the local food environment and dietary customs. Recent research evidence also supports this approach as consideration of the local food culture and customs is important in achieving change. It has been shown that adapting familiar patterns is easier than learning a completely new way of eating.

The key features in the food-based dietary guidelines are 1) whole grain products, 2) abundance of vegetables, fruit and berries, 3) lower fat dairy products. 4) fresh good quality unsaturated oils, as well as nuts and seeds, 5) inclusion of fish in the diet, and 6) red and processed meat, salt, alcohol, and beverages with added sugar to be used sparingly.

The recommended dietary patterns—Mediterranean diets and the DASH-diet—are generally plant-based and fibre-rich diets which also include fish. The Healthy Nordic diet is low in added sugars, red meat, saturated fat and trans fat with the majority of fat coming from rapeseed oil, sunflower oil, seeds and nuts (for example hazelnuts, almonds) and fatty fish. Carbohydrate sources include wholegrain rye, barley and oats, but less from wheat. In addition, fruits—for example apples and pears—as well as cereals, root vegetables and cabbages and berries such as bilberries, are also key foods (Table 2).



The effects on cardio-metabolic risk factors have been pronounced with significant reductions in blood lipids (especially LDL cholesterol), blood pressure and insulin. In



“The key features in the food-based dietary guidelines [include] an abundance of vegetables, fruit and berries”.

PHOTO: WWW.HD-WALLPAPERSDOWNLOAD.COM.

addition, body weight was significantly lowered despite the diet being ad libitum. This probably reflected the high-fibre content, with lower energy density but higher beneficial nutrient levels of the diet.

Table 2
Distinctive national dietary features: but several healthy foods in common-

Healthy Nordic food items include:	Mediterranean food items include
Rye Bread	Various breads and rolls, mainly white
Oatmeal	Pasta, dried beans, chickpeas
Cabbage	Broccoli
Fish white & oily,	Fish and fish products, sardines
Apples & Pears	Apricots and peaches
Root vegetables, e.g.carrots	Tomatoes, zucchini, egg plant
Berries	Citrus fruit, grapes
Shellfish	Shellfish, squid
Rapeseed oil	Olive oil
Hazelnuts	Almonds

Rock music

By David Hoskins, Director of Music

Sing a New Song

It is always easy, where hymns are concerned, to slip into the mindset of: 'we always sing it to that'. When Saint Peter's acquired the New English Hymnal in 1989, it was always the intention to learn the many fine tunes the book contained. Over the last few years we have tried a few 'new' tunes to familiar hymns with mixed results, but over the next few months I would like to introduce a number of particularly fine tunes to the singing mix at the 10.30am Solemn Sung Eucharist. Two of the tunes under consideration rate as very good music in any category.



Cypress Court can be set to the well-known text 'Hear the prayer we offer' (NEH 357) and its quite different tone brings a new perspective to familiar words. Composed by Barry Ferguson (b.1942), the tune is specifically designed to contrast the two sections of each of the verses written by Love Maria Willis (1842-1908).



Barry Ferguson.
PHOTO: SUPPLIED.

Ferguson had his attention drawn to the hymn by a woman who found strength in the text and lived in Cypress Court, Strood, Rochester-upon-Medway (UK), hence the name of the tune. His tune clearly marks out the two halves of each verse in a most original way.

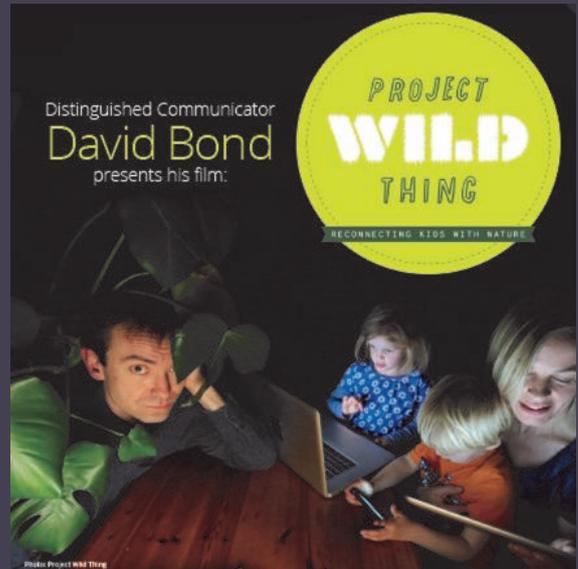
Guiting Power, by John Barnard (b.1948), is set to the words 'Christ triumphant, ever reigning' by Michael Saward (b. 1932). This must surely rate as one of the great hymn tunes of the 20th century. It has all the elements of a fine tune: a melody readily embedded in the memory, a real 'sense of occasion' and music and words complimenting each other perfectly. As with so many Anglican hymn tunes, there is a back-story to the title. *Guiting Power* refers to an English village of that name rather than a dramatic action.



John Barnard.
PHOTO: SUPPLIED.

These are just two of the splendid hymns to be introduced. Some we may, in the end, not retain liturgically, but it would be a great shame if we didn't explore all the music on offer in this splendid hymnary.

The hymn-tunes discussed are easily accessed on YouTube and well worth a listen before we rehearse them!



The Department of Conservation, Dunedin City Council and the Centre for Science Communication are excited to invite you to attend a screening of UK film-maker David Bond's best-known film *Project Wild Thing*. A Q&A session will follow with David Bond himself.

7pm Monday 7 March 2016

College of Education Auditorium,
Union Street East

Entry by Donation

Project Wild Thing was one of the biggest documentary film releases of 2013. The film's aim is to kick-start a movement for social change which gets kids playing outside freely and re-connecting with the natural world.

David's film *Project Wild Thing* sparked *The Wild Network*, a movement aimed at getting kids outdoors and leading nature-rich lives.

St Barnabas' Rest Home Services 2016

The Eucharist will be celebrated on Tuesday at 11am twice a month, generally at fortnightly intervals. Sometimes exceptions have to be made, either because the Chaplain will be on leave, or because the Diocesan Trust Board meetings prevent this. Easter and Christmas Services can also affect this pattern. In January and June for instance the Services occur in close weekly proximity.

For queries about the roster, or if pastoral assistance is required ring Father Hugh Bowron on 455-3961, or 027-7555-831.

- Tuesdays 12 and 19 January
- Tuesday 9 and 23 February
- Tuesday 8 March
- Good Friday 10am 25 March
- Easter Eve 6pm 26 March
- Tuesdays 12 and 26 April
- Tuesdays 10 and 24 May
- Tuesdays 7 and 14 June
- Tuesdays 12 and 26 July
- Tuesdays 9 and 23 August
- Tuesdays 6 and 20 September
- Tuesdays 11 and 25 October
- Tuesdays 8 and 22 November
- Tuesday 6 December
- Christmas Eve 6pm Saturday 24 December

Holy and Wise Decision Making

The vicar's Candlemas sermon attracted some appreciative comments. Here for the sake of further reflection is the essence of what he said.

Don't be in a rush to make hard decisions. A good night's sleep often sheds fresh light on and suggests a more patient approach to a difficult dilemma. The passage of years also teaches us that sometimes what appears to loom large as a source of major anxiety isn't as much of a big deal as we first thought it was. Time for mature reflection also means we can make calm and considered decisions from a place of inner strength, providing of course this doesn't become an excuse for procrastination and avoidance.

Take careful note of the kind of decisions and possible solutions which most immediately appeal to you. There is a wise saying, "God draws the devil drives." Possible solutions driven by anxiety, anger, greed for pleasure, the desperate search for personal happiness at all costs, or the urgent desire to make emotional pain go away are almost always the wrong solutions. By contrast the Holy Spirit's characteristic style of operation in directing our decision making process tends to work by way of subtle attraction, wholesome suggestion and other oriented perspectives, i.e. we consider the question "where will this possible outcome leave others?"

Take note for future reference of the kind of emotional outcomes of certain kinds of solutions we tried in the past. We learn by experience. Sometimes we select solutions involving hard choices and perhaps a degree of moral heroism which leave us feeling at first that we have missed out on something important or betrayed our own self-interest, but later we feel at peace with ourselves and reassured by our conscience. Ignatius of Loyola called this a false sense of desolation followed by a genuine sense of consolation. Sometimes we make a decision which leads to quick gratification but later leaves us feeling ill at ease with ourselves, morally troubled and with a sick feeling that the gratification has turned to ashes in our



Ignatius of Loyola

IMAGE: WWW.LOYOLAPRESS.COM



"Welcome to Heaven. Here's all the computer files you lost in your life that you forgot to back up."

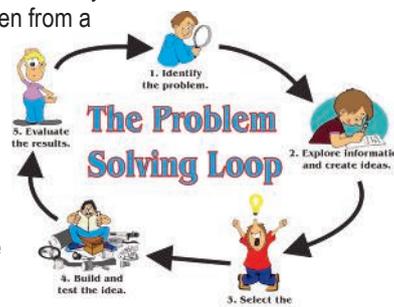
SOURCE: WWW.HOWTOGEEK.COM

desolation.

Take advice from a trusted and wise friend if you are not sure how to proceed and the problem seems too big for you. All of us have blind spots, all of us need to have crucial decisions audited, and all of us have gaps in our knowledge. A wise person knows what they don't know, and takes steps to consult with those who do know about a particular area of expertise. This is particularly the case when there are legal aspects to a tricky situation. We need to be prudential in such a litigious age. Make sure you have wise people in your inventory of friends, those who are evidently operating by a kind of sanctified common sense and who have a proven track record of good outcomes achieved through integrity and clarity of thought.

To find the best solution consider all possible solutions involving the widest range of possible ways forward. Think creatively, imaginatively and realistically. Bad decisions often come about because we have chosen from a limited repertoire of choices and have sunk into wooden pedestrian mental ruts.

Learn the art of problem solving as applied to affairs of daily living. It is a skill like any other and can be learned. Watch those who are good at it. Groups working toward a common end need to know how to do this. Good Vestry meetings exhibit these skills.



"[problem solving] is a skill like any other and can be learned."

GRAPHIC: HTTP://CDN.PLAYBUZZ.COM

Come to know yourself. Your strengths and weaknesses, your vulnerabilities and chief assets as a friend, an ally and as someone called upon to operate at times in testing situations. The maturity of age and the hard acquiring of wisdom through the passage of the years has hopefully taught us a basic emotional literacy. From this we learn what we need to do to refresh ourselves in leisure time, what works for us in counterbalancing bad experiences in the day, and what situations we should never allow ourselves to be drawn into because we wouldn't be able to cope with the temptations they present or because of the stress that would follow. "Do not bring us to the test," we pray in the Lord's Prayer. What does "the test" mean for each one of us? Above all, emotional literacy helps us to avoid making decisions based on loneliness, neediness or discouragement. Hopefully too it leads us to be at ease in our own company, and able to cope with and appreciate the gift of solitude.

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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 on the first Sunday of each month: Evensong and Benediction

WEDNESDAY:

11am: Eucharist in the Chapel of St Barnabas' Home, 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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PRE-PRINT SERVICES BY: Information Services Otago Ltd.

PRINTED BY: Dunedin Print Ltd.



Vestry Notes

By our Vestry reporter

- ◆ We will hold a stewardship programme in either April or May. The Vestry felt it was important that the Vicar have one of his financial facts sharing sessions with parishioners soon
- ◆ Averil and Tubby Hopkins have looked after the Church grounds for the last five years but will not be able to do so for much longer. Other garden care options were discussed—for example, parish working bees and parishioners taking responsibility for particular areas of the grounds
- ◆ A quote to trim the branches overhanging the hall and driveway leading to the kitchen from the tree on the adjoining Eastbourne St property will be accepted
- ◆ A quote will be sought to remove the moss build up on the hall and Church roofs
- ◆ It was noted that it may be appropriate to move the Corstorphine church bequest into the Saint Peter's Renovation fund as interest rates fall and as the unit price of the Renovation fund declines to an attractive purchase price
- ◆ this year's Patronal Festival Services in late June will be followed by a parish lunch at the Mornington Tavern, with Evensong and Benediction to round off that Sunday
- ◆ It was noted that attendances were well down at the Christmas Midnight Service. The Vicar outlined a new format for this Service for future use and reported that in future the Service would start at 10.30 pm and conclude at midnight. He would also be taking a Christmas Eve celebration at Frances Hodgkins as the regular attendances there were so good. 📺

For your diary

Sunday, 28 February 2015 : Afternoon Concert at 3pm in Saint Peter's. See details on page 1

Tuesday, 1 March : Documentary Film Season : *Best of Enemies* - 7.30pm in the Vicarage

Friday, 4 March : Lenten Extra—Fish and Chip Friday Eucharist—5.30pm in the lounge

Tuesday, 8 March : Documentary Film Season : *The World's Great Churches* - 7.30pm in the Vicarage

Friday, 11 March : Lenten Extra—Fish and Chip Friday Eucharist—5.30pm in the lounge.

Monday, 14 March : Frances Hodgkins house group meets

Friday, 18 March : Lenten Extra—Fish and Chip Friday Eucharist—5.30pm in the lounge.

Saturday, 26 March : Holy Saturday : Easter Vigil and first Mass of Easter—8pm

Sunday, 27 March : Easter Day : 8am Eucharist
10.30am Sung Mass and Procession

Monday, 11 April : Frances Hodgkins house group meets

Sunday, 17 April : 5pm John Donne Service—see details on page 2

Sunday, 24 April : Parish AGM follows the 10.30am Service

16-18 September : Diocesan Synod meets in Invercargill.

The Examen

After the first Sunday in Lent Services the Vicar left a piece of paper outlining the steps of Ignatius of Loyola's end of day Examen. It was so popular that there weren't enough to go around. Accordingly they are reproduced here. There is a Jesuit high school in Houston, Texas which does this together at 2.15 pm every school day. It would be mighty interesting to see the quality of life they have together as a result.

At the end of the day take 15 to 20 minutes to go through these five steps.

- ◆ **Ask God for light** : I want to look at the day with God's eyes, not merely my own.
- ◆ **Give thanks** : The day I have just lived is a gift from God. Be grateful for it. Count your blessings.
- ◆ **Review the day** : I carefully look back on the day just completed, being guided by the Holy Spirit.
- ◆ **Face your shortcomings** : I face up to what is wrong in my life and in me. Ask for grace to deal with this.
- ◆ **Look toward the day to come** : I ask God where I need God in the day which is to come. ☒



Plan ahead for those left behind

For many of us, the thought of leaving our loved ones with our funeral to organise is inconceivable – but the reality is, it happens.

There are, however, ways for you to help those you care about most get through this difficult time.

Call us today and ask about the options available.



Gillions
Funeral Services

407 Hillside Rd, Dunedin
Ph 455 2128 (24 hours)
www.gillions.co.nz

The La Corona Service

By Ross McComish

This is a belated thank you to all those who were involved in the Advent

The prime instigator of our special Advent Service last year reviews the exercise.

Service last year, which was based on John Donne's *La Corona* sonnets: to Father Hugh for agreeing to give the idea a try and then organising and leading the service; to David Hoskins for his brilliant selection and playing of the music; and to all the ladies whose personal reflections on the sonnets added so much to our understanding and appreciation of their contents. My thanks also to those of you who have given me so much positive feedback since the Service. Several people have told me that they hope we will repeat it for Advent this year.

I must say that, for me, it felt like a first try at something we could develop further and which might even become a permanent fixture in the parish's calendar. I thought I already knew the poems reasonably well, but I was surprised to find how much more there was to learn from them and how much more we can learn when others share their reactions to them with us. I also discovered again how well they can help us to a deeper understanding of the miracle of the incarnation. So, as you might have gathered, I too hope we will repeat the exercise this year.

The format we used last year worked well, but I'm sure it can be improved on. If you have any ideas about that, I'd be grateful if you would share them with me or Father Hugh.

Thanks again. ☒

Ferguson / Kitson wedding
Saint Peter's—23 January 2016
Story: page 1.




Top: Joan and Ken Ferguson, parents of the Bride. Bottom: The Happy Couple in Saint Peter's after the Service.

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