



THE ROCK



Anglican Parish of
Cabersham Saint Peter,
Dunedin, New Zealand

April 2019—Eastertide

Seismic Assessment received

Work to improve the safety of our church building during an earthquake has taken another step forward with delivery of a Detailed Seismic Assessment by Hanlon & Partners Ltd, a structural engineering firm.

The assessment offers no surprises and confirms what earlier verbal indications led the vestry to expect. The news is not so bad as may be. There is no requirement for major work to reinforce or replace foundations for example.

The assessment confirms one major seismic weakness:

The West wall (beside the cottage) is leaning significantly and needs to be strengthened. Contrary to the impression most people gain when looking at this wall, it is leaning inward not outward. This means it is pushing the roof eastward—toward the Altar.

Because the present roof structure is not connected to the side (North and South) walls, the roof is in turn pushing against the wall between the nave and sanctuary—as evidenced by stress cracks in that wall.

The solution is quite straight-forward. A solid layer—known as a



The West wall of Saint Peter's—leaning inward and pushing the roof Eastward.

PHOTO.: INFORMATION SERVICES OTAGO LTD.



Stress crack in the nave/sanctuary wall.

PHOTO.: HANLON & PARTNERS LTD.

diaphragm—needs to be placed under the roof slates, making the roof a single rigid structure. This structure is then attached to the side walls.

Once this is done, the West wall will effectively be leaning against the side walls along their length—a very strong support indeed.

This is of course a considerable job, but given we must replace the roof slates soon (because they are failing during wild weather), the added work is not so significant—once the scaffolding is up and

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Open Church

By The Vicar

Often when people attend a funeral or wedding at Saint Peter's they remark, "What a beautiful church this is—I drive past it every day on the way to work but I have never stopped to take a look inside". The reality is that if they did they wouldn't get very far because apart from the open outer doors which give a limited view of the rear of the church it is locked most of the day except for the times when I say Morning and Evening Prayer, or when it is open for our regular Services.

Until comparatively recently the church was open every day, as were many churches in the land. That changed after a disturbing incident in Father Carl's time when a lovely individual tried to torch the church by setting fire to the font cover. The one we have now is but a faint echo of what was once there.

The increasing incidence of vandalism and burglary attacks on churches have led to the state of affairs where many are now locked. This is most regrettable as one of the functions of a church is to provide a tranquil place for prayer and reflection. I always go to a church which is open to pray on my day off, particularly if it has the Blessed Sacrament reserved. Even if all an open church does is to provide a beautiful space in which people can rest a while it is doing its job.

Recent Vestry discussions about the possibility of carrying out renovation work on the church have turned to how we might make Saint Peter's more open and available to the public without neglecting safety concerns. As a tentative start we are discussing suitable signage, either flags or a sandwich board, to let passers-by know when the church is open. For instance most Saturday mornings David Hoskins and I are pottering around the church making preparations for Sunday. This could be extended if volunteers were prepared to give an hour or two of their time to be quietly

(Continued on page 2)

Seismic Assessment received

(Continued from page 1)

the slates removed for replacement, access for the earthquake strengthening is quite uncomplicated.

Two further—though much less major—concerns are raised:

- ◆ The “fingers” (“crenellations”) around the parapet of the tower are at risk of falling in the event of an earthquake. Two ways this can be approached are to remove the top of the parapet or to strengthen the “fingers”. Neither is a particularly onerous job and either can be undertaken independently
- ◆ The Oamaru stone crosses at points around the roof and the chimney over the sacristy are also at risk of falling during an earthquake. The simple solution here is to remove them.

In addition to these earthquake-related jobs, the assessment looks at what would be involved in correcting the uneven nave floor.

Two methods are considered; first is to “strengthen and level the existing timber floor”, a job which is “very difficult to estimate” because of the widely varying conditions of different areas of the floor and the fact every floorboard removed may bring to light further trouble not included in initial estimates; the second option is to remove the existing floor and replace it with a concrete slab, a job which is a known quantity from the beginning so can be more accurately estimated.



Two samples of the varying construction styles supporting the nave floor, near the centre (left) and at the West end (right).

PHOTO'S: HANLON & PARTNERS LTD.

The assessment also looks at ways and means to deal with the rising damp in the exterior brick walls—which is damaging to the interior plaster and paint work. The assessment recommends periodic cosmetic work to treat and repaint affected areas.

The assessment will be discussed by the vestry at its next meeting and thinking can begin to turn to ways and means. Exciting times as we prepare for the next 150 years of Anglicanism in Dunedin. 📷

Open Church

(Continued from page 1)

available to show visitors around and to keep the church safe. This would involve a brief bit of training on the main features of the church which could be pointed out to the interested. In this way Saint Peter's could be kept open for much of Saturday.

Hillside Road has quite a bit of foot traffic and casual conversations with those who drop in might lead to opportunities for people to reconnect

with the worshipping life of the church. Often there would be no visitors but the church open sign gives the message that we are very much a going concern, an active Christian parish. Who of us would not benefit from an hour or two spent quietly in church, even if we were engaged in leisure tasks? If you are prepared to help in this way do get in touch with me. 📷



PHOTO.: WWW.STPETERDEBEAUVOIR.ORG.UK.

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

The Articles of Religion

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

XXXIII. Of excommunicate Persons, how they are to be avoided.

That person which by open denunciation of the Church is rightly cut off from the unity of the Church, and excommunicated, ought to be taken of the whole multitude of the faithful, as an Heathen and Publican, until he be openly reconciled by penance, and received into the Church by a Judge that hath authority thereunto..

The Frolicsome Friar



“I want to know why when I'm in a room people ignore me.”

SOURCE: WWW.HOWTOGEEK.COM.

In Saint Peter's Garden



By Warwick Harris

Saint Esme

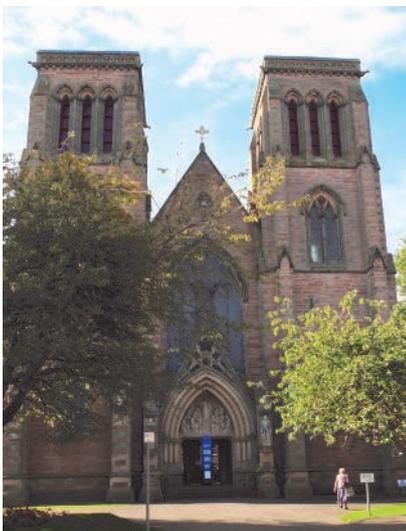
In the September 2017 issue of *The Rock* [available in *The Rock Archive* on the News menu of the parish website—Ed.] I referred to a one-day bus tour Deirdre and I made on Orkney's Mainland Island. This involved sailing from John o' Groats in the *Pentland Venture* across the stormy seas of Pentland Firth and over the more sheltered waters of Scapa Flow to Kirkwall, Orkney's main town. As a diversion to avoid motion sickness we watched rubbish bins slide across the passenger deck and the reactions of a North American family of five to the ship's tossing and rolling. Mother and father sat firmly in their seats, their two younger children happily danced in response to the ferry's motion, swinging around the poles holding the upper-deck above the passenger deck, while the teenage daughter discretely retreated to the privacy of the "bathroom".



The *Pentland Venture* "waits to carry the our correspondent to Orkney."

The day before going to Orkney we travelled from Inverness to John o' Groats in a less than straightforward way. The day began with Deirdre attending the 8.15am service at the northernmost cathedral of the British Isles mainland, St Andrew's Cathedral of the Scottish Episcopal Church. That left time, before we set out for John o' Groats in the afternoon, to explore Inverness and its environs on a bus tour along the Ness River and Caledonian Canal and past Culloden Moor, site of the 1745 battle pivotal to Scotland's history.

The train service to Wick does not run on Sundays so we found a bus which travels up the east coast of Scotland bordering the North Sea. On the way we saw redundant oil rigs anchored in Cromarty Firth, retired from their use in exploration for gas and oil in the North Sea. I retain images of the ruins of small and roofless stone churches surrounded by clusters of gravestones perched on steep slopes running down to the North Sea coast.



St Andrew Scottish Episcopal Cathedral, Inverness.

PHOTO'S: DEIRDRE HARRIS.

There is no bus service from Wick to John o' Groats on Sundays. Approaching Wick I went

up the bus aisle to ask the driver where I could find a taxi and he gave a general direction. Alighting from the bus, pondering just where a taxi could be found and what the taxi fare would be, a woman passenger asked if

we would like a lift to John o' Groats. She had overheard my enquiry to the bus driver and said that John o' Groats was on the way to where she lived in the northernmost part of mainland Scotland.

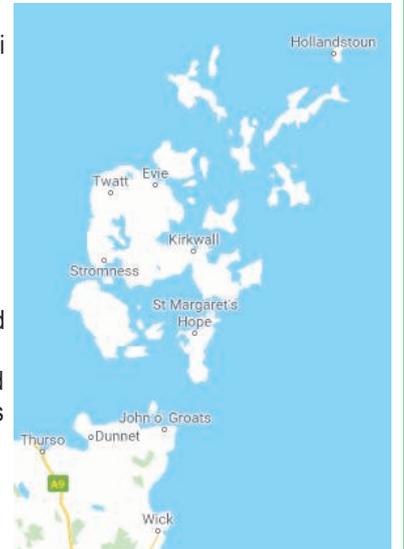
Her offer was accepted, she said her name was Esme and that she was on her way back from a church

meeting in Aberdeen. Esme led us to the manse in Wick where her car was parked. She chatted to Deirdre along the way while I trundled along behind pulling our suitcase. She said she was anxious to get back home to see her dog, left behind while away in Aberdeen.

Esme apologised that her car was small and that she drove slowly. I managed to fit our suitcase into the boot and myself into the front seat while Deirdre sat in the back. Strong winds buffeted the car on the 27km to John o' Groats. I was very happy that Esme drove slowly and safely. We chatted about where we came from and our church affiliations. Esme said she had a friend who had gone to settle in New Zealand and while she would love to go there, that was unlikely. We said our plan was to get a ferry to the Orkneys the next day.

Before setting out from Wick I offered to contribute to Esme's petrol costs. No doubt a return fare for a taxi from Wick to John o' Groats is substantial. She replied that was not necessary. But I think she pondered on the offer. When she dropped us off at the Seaview Hotel at John o' Groats she said that if we visited St Magnus Cathedral in Kirkwall (correctly a Presbyterian parish church) we might like to give a donation there. We did.

Esme said she was very happy to have had time with "fellow travellers". On returning to Dunedin a careful search of the internet told us more about Esme. A saint indeed. 🙏



"from John o' Groats...across the stormy seas of Pentland Firth and over the more sheltered waters of Scapa Flow to Kirkwall...".

MAP: GOOGLE.



More online

Read "Saint" Esme's story at

<https://www.johnogroat-journal.co.uk/news/church-stalwart-stunned-at-birthday-honour-106944/>



Our Isle of Lewis trip (ii)

By Ken Ferguson

Leaving Ullapool at 0700 hours on the Caledonian MacBrayne Ferry was as calm as it could be, much to my disappointment. I've crossed the Minch many times and without exception, it has been calm.

However, Joan felt her prayers had been answered.

Crossing the Minch takes about two and a half hours depending on the weather. Lewis is actually the biggest Island in the United Kingdom, about 36 miles in length and 12 miles in width. The lower part of the island is called Harris, hence the world famous Harris Tweed.

The Harris Tweed industry is no longer what it once was but people on the Island still weave the fabric on home looms and sell it to agents who distribute it around the world.



"There is a lighthouse at the Butt, situated on high rugged cliffs. One has to be very careful not to venture too close to the edge for fear of being blown off".

PHOTO.: WWW.VISITOUTERHEBRIDES.CO.UK.



The Standing Stones of Callanish.

PHOTO.: SUPPLIED.

It is a time consuming business, as the looms are worked by a treadle mechanism powered by one's legs and the bolt of cloth is only 27 inches wide.

No need for a gym on Lewis. My cousin Fiona's loom is double width, so I don't know how she gets around the 27 inch restriction.

We docked in the town of Stornaway, the main township on the island. Stornaway has a population of approximately 8,000 and although there are many scattered settlements throughout Lewis and Harris, the majority of people live in Stornaway and Tarbert in Harris.

Employment on the island consists of farming, fishing and as in my cousin's case, like so many, 'fly in and fly out' as far even as Malaysia, on oil rigs.

Settling in at my cousin's house in Newmarket, Stornaway, over the following two weeks Joan and I visited cousins and relatives and revisited the sights of the island. The Stornaway Castle, the Neolithic standing stones of Callanish, the Viking broch and my favourite, the Butt of Lewis.

Sunday saw us at The Free Church of Scotland. It was an all Gaelic Service which is quite different to Services in this country, although I believe there are a couple of Free Churches of Scotland in the North Island. There are no musical instruments in the church, not even an organ. A precentor, a male with a good singing voice, will sing the first line of the psalm and then the congregation repeats it. They sing only from the psalms in the Gaelic service. It is the most beautiful and haunting sound imaginable.

Other than that the Service was the usual bible readings, prayers and sermon. I couldn't understand the Gaelic language, but it wasn't a problem, as listening to the beautiful Gaelic I felt as if I was missing nothing.

The Butt of Lewis is at the very northern tip of the island, at the port of Ness.

The day my cousin Donald and I drove to Ness it was snowing and blowing a gale. There is a lighthouse at the Butt, situated on high rugged cliffs. One has to be very careful not to venture too close to

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Our Isle of Lewis trip (ii)

(Continued from page 4)

the edge for fear of being blown off.

Upon returning from Ness I noticed an isolated stone building and inquired of Donald what it was, as it appeared different in terms of size and architecture. Leaving the relative safety and comfort of our vehicle we walked down a long, narrow, fenced-off pathway to discover it was actually an Anglican Church. Quite unusual, as nearly all of the churches are variations of the Free Church of Scotland. A sign further up the road read in gaelic:

“Teampall Mholuaidh—St Moluag’s Church”.



Teampall Mholuaidh—St Moluag’s Church.

PHOTO.: WWW.UNDISCOVEREDSCOTLAND.CO.UK.

A plaque inside the church read:

This building dates from the 12th century. The site is believed to have been consecrated in the 6th century and is where Christianity was first preached in Lewis and Moluag, companion of St. Columba, founded a chapel here. It was referred to as St Olaf’s, after 13th century Olaf the Black of Norway. This chapel is one of four places of holy pilgrimage in Scotland for the cure of insanity and sores, and is one of the remotest Christian outposts in Europe.



Inside St Moulag’s, looking East.

PHOTO.: WWW.UNDISCOVEREDSCOTLAND.CO.UK.

It was a simple stone Church, fully functional, but used only for weddings and special occasions.

On the way back from Ness we stopped at the cemetery, but because of blizzard conditions we couldn’t find Donald’s family plot. We could hardly see the tombstones let alone the inscriptions on them. Deciding to head for home I was asked “would you like to buy a black pudding?”, they are famous over all the island. I answered “yes”, so Donald stopped at a store and I purchased the pudding.

I was unaware it was 3kg of heavy sausage, like a dog roll. Now, I love black pudding but there is only so much black pudding one can eat at a given time.

At another stop at a garage I discovered that the owner, in his younger days, had been a surfer and tried the surf at the Catlins and St Clair, Dunedin. Small world!

All too quickly, our two weeks was over and we were making our way across a very calm Minch. Two days in Edinburgh and then the train back to London, from London to Doha and then on to Perth for a few more days with our daughters.

Back to Dunedin and home.

Arriving home at midnight on Saturday night saw the shuttle bus driver drop us off, unload our luggage, but forget to secure the trailer doors. He drove off into the night jettisoning the ten or so remaining passengers’ luggage up Merchiston Street. Unaware of the situation he drove on. I gathered up the suitcases and sitting on a pile of suitcases in the dark on the footpath waited for his return, which didn’t happen for the next half hour. I have no idea how they got on as the person that collected them was rather angry and didn’t speak much. There’s no place like home!

From these few lines I hope you can imagine what a beautiful yet rugged Island Lewis is.

I fully understand what my father felt as he told my sisters and myself of the place he had left behind.

But then the Hebrides were a different place in the depression years to now. 📷



More online

Check out St Moulag’s at

[https://
www.undiscoveredscotland.co.uk/
lewis/stmouluags/index.html](https://www.undiscoveredscotland.co.uk/lewis/stmouluags/index.html)



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Nutritious



Mindful Eating

By Alex Chisholm

Mindfulness has been described as ‘..... the capacity to bring full attention and awareness to one’s experience, in the moment, without judgment’. Mindful Eating brings mindfulness to food choice and the experience of eating. In this post-Lenten fast period we may be more aware of what we are eating / what we have not been eating and gathered some new experiences in relation to food. The mindfulness concept can be a useful tool for helping us to not only appreciate our food more but also help us, if necessary, to make changes which may benefit our health. When I did a search to find out what was readily available on the topic in New Zealand I was intrigued and delighted to discover one of the best descriptions and practical outlines in the Journal of the New Zealand Law Society.

From my point of view I find the recommendation to... ‘Turn off to turn up your senses’—setting the scene for a mindful meal by turning off the TV, switching off the phone and resisting the temptation to check out the latest news online—most useful. Focusing on enjoying your meal as well as your own company, or that of those around you, is another tenant of mindfulness. Having been aware of and used mindfulness as a clinical tool I was very interested to see it being referred to in relation to a new set of population dietary guidelines from Canada.

The new *Canadian Food Guide*, the first since 2007 in a series which dates back to 1942, closely aligns with the recommendations of the Lancet-EAT Commission (more of this at a later date). When the new food guide was launched at a Farmer’s market in Montreal, Quebec, on 22 January, Canada’s minister of health, Ginette Petitpas Taylor, explained that in rethinking its public food advice the Government suggests people “cook more often”, “eat meals with others” and “..take time to eat, to pay attention to feelings of hunger and fullness, and to avoid distractions such as eating in front of a screen. This is known as mindful eating”. I will be discussing these guidelines in more detail in a later article as I find the holistic setting appealing, the guidelines sensible and able to be applied to numerous personal eating styles and dietary requirements. They also state ‘eat protein foods’ and show a mixture of animal and plant sources!

I wish you a Happy Eastertide and enjoyment of your food-of all kinds. Now where did I put those Easter Eggs? 🍫

REFERENCES:

[HTTPS://WWW.LAWSOCIETY.ORG.NZ/PRACTICE-RESOURCES/PERSONAL-AND-CAREER-DEVELOPMENT/MIND-AND-BODY/EMOTIONAL-EATING-VS-MINDFUL-EATING](https://www.lawsociety.org.nz/practice-resources/personal-and-career-development/mind-and-body/emotional-eating-vs-mindful-eating)



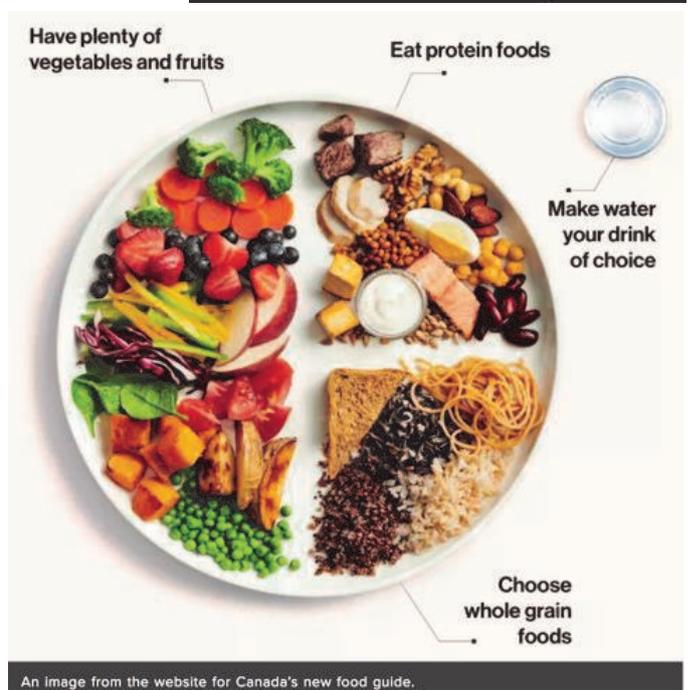
[HTTPS://JEANHAILES.ORG.AU/NEWS/THE-SEVEN-STEPS-TO-MINDFUL-EATING](https://jeanhailes.org.au/news/the-seven-steps-to-mindful-eating)



[HTTPS://FOOD-GUIDE.CANADA.CA/EN/](https://food-guide.canada.ca/en/)



[HTTPS://WWW.THELANCET.COM/JOURNALS/LANCET/ARTICLE/PIIS0140-6736\(19\)30202-8/FULLTEXT?DGCID=RAVEN_JBS_ETOC_EMAIL](https://www.thelancet.com/journals/LANCET/article/PIIS0140-6736(19)30202-8/fulltext?DGCID=RAVEN_JBS_ETOC_EMAIL)



An image from the website for Canada's new food guide.

Nutifacts

- ◆ **Brussels Sprouts** were believed to have been cultivated in Italy in Roman times
- ◆ They are named after the city of Brussels in Belgium from where they were widely cultivated in the 1800s.
- ◆ The word **Parsnips** is from the Latin 'pastus' meaning food and 'sativa' meaning cultivated and they have been grown in Europe since Roman times
- ◆ They were used as a sweetener before the sugar beet industry was established during the 19th century. As one of the sweetest vegetables their juices were evaporated and the residue used as honey—much as we would use golden syrup today. 🍯



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: **every second Sunday:** Evensong and Benediction followed by a social gathering in the lounge.

THURSDAY:

10am: Eucharist

FIRST THURSDAY OF EACH MONTH:

11am: Eucharist in the lounge of Frances Hodgkins Retirement Village, Fenton Crescent

Special Services

Contact The Vicar to arrange baptisms, weddings, house blessings, burials, confessions and other special services.

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Vestry Notes

Vestry meetings are generally held every two months. No meeting was held in April. ☒

Nutifacts

Zucchini's hidden secrets

- ◆ Like many apparently fairly bland not super exciting vegetables zucchini has some hidden secrets. These relate to it's nutrient content but also versatility
- ◆ The zucchini or courgette is a summer squash which can reach nearly 1 metre in length, but is usually harvested when still immature at about 15 to 25 cm. A zucchini is a thin-skinned cultivar of what in Britain and Ireland is referred to as a marrow
- ◆ Because of its subtle buttery flavour zucchini can be used cooked or raw to add bulk / volume to cooked dishes (an important ingredient in Moussaka—both with meat and vegetarian versions), in falafel, pasta dishes or salads. There are also recipes for courgette muffins and loaf
- ◆ The values at right (USDA) are for zucchini with the skin on. ☒

Nutrition Facts			
Zucchini ▾			
Amount Per 100 grams ▾			
Calories 17			
		% Daily Value*	
Total Fat 0.3 g			0%
Saturated fat 0.1 g			0%
Polyunsaturated fat 0.1 g			
Monounsaturated fat 0 g			
Trans fat 0 g			
Cholesterol 0 mg			0%
Sodium 8 mg			0%
Potassium 261 mg			7%
Total Carbohydrate 3.1 g			1%
Dietary fiber 1 g			4%
Sugar 2.5 g			
Protein 1.2 g			2%
Vitamin A	4%	Vitamin C	29%
Calcium	1%	Iron	2%
Vitamin D	0%	Vitamin B-6	10%
Cobalamin	0%	Magnesium	4%



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For your diary

Sunday, 19 May : Deadline for copy for the May edition of *The Rock*

Saturday, 8 June : Pentecost Vigil Service 6 pm

Sunday, 30 June : Patronal Festival

Saturday, 7 September : Concert by The St Kilda Brass Band ("The Saints")

Rock music

By David Hoskins, Director of Music



The Paradox of Lent:

An Individual Journey best achieved in Community

By Anne McNair

(Director of Music, First Presbyterian Church, Savannah, Georgia)

As we embark on our Lenten journeys each year, we often think of those journeys as personal and private. We enter into a somewhat solitary season of reflection, prayer, fasting, reading and meditation. Indeed, the liturgical season of Lent gives us opportunities for personal reflection like no other time in the church year.

The hymns we sing have the power to strike a chord deep within which often shape our theological and spiritual approach to being a faithful child of God. So the hymns we choose to sing are vitally important and must be selected with care. While some hymns rather

Our Director of Music passes on a view of Lent and Passiontide written by a “lady organist I greatly admire”.

with us and has created the church, that we may offer support and encouragement to one another in community.

The very act of singing is mysterious. Often, our individual voices are not what we deem to be worthy of singing our praise to God. Yet, each week we join our voices with others and somehow the Holy Spirit gives us a collective voice to rival that of the angels singing God’s glory.

overemphasize the individualistic nature of our Lenten journeys, the truth of the gospel message is that we are not alone in our faith journey.



The Crucifixion—Mosaic in the Lutheran Church of the Ascension, Jerusalem.

[HTTP://PRES-OUTLOOK.ORG/2018/02](http://pres-outlook.org/2018/02)

But during Lent we forego the “Alleluias”, what should we sing? Of course, that may be different for each congregation. Many congregations cherish the traditional hymns. When singing hymns which are familiar, we have the opportunities to be transported by the music itself since we don’t have to think too much about learning the words and the tune. Many of us have the tune and text of a very familiar hymn memorised, so we may sing from deep within our souls.

During our individual and corporate journeys as God’s faithful people, may we be inspired by the hymns we sing during Lent and Passiontide, listening for God’s voice in the music which surrounds us. May we sing with gratitude for individual insights received during our Lenten journey, as well as for the opportunity to worship in community. 📺



Justin Welby
The Archbishop of Canterbury

From one in a series of Holy Week 2019 talks delivered by the Archbishop of Canterbury at Canterbury Cathedral.

👉 We do not want to join Jesus in falling, and so with the crowds we watch him become one of the poorest. We admire, perhaps—but the call of discipleship is to share. To participate. To join. To follow.

So where do we stand? 📺



More online :

Read the complete text at:

<https://www.archbishopofcanterbury.org/speaking-and-writing/sermons/way-cross>



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