



THE ROCK



Anglican Parish of
Caversham Saint Peter,
Dunedin, New Zealand

October 2019 — All Saints

Internationally acclaimed violinist to join English at Saint Peter's



By David Hoskins, Director of Music

Dr Kemp English will be joined in the Celebrity Organ Recital on Saturday, 23 November at 2pm. The programme is wide-ranging and presented in the usual inimitable English fashion. This much we know and look forward to. With composers ranging from Handel to the exciting contemporary composer Mons Leidvin Takle it will be an event to remember!



Dr Kemp English and Yuka Eguchi.

PHOTO'S: COURTESY KEMP ENGLISH.

However there is an added bonus in the form of distinguished Japanese violinist, Yuka Eguchi.

A pupil of the legendary Josef Gingold, she has won many competition prizes—including the Washington International Competition and the prestigious Paganini Competition in Genoa. In 2015 she took up the role of Assistant Concertmaster of the New Zealand Symphony Orchestra.

While Yuka and Kemp have been concertising recently with Kemp at the forte-piano and piano, for the Caversham concert it will be works for violin and organ to the fore.

Kemp English, of course, is one of the country's most in-demand performers on a variety of keyboard instruments. He regularly tours world-wide and throughout New Zealand to great acclaim.

The instrument he uses for touring around New Zealand is a large and resourceful Johannus Digital Organ. I had the pleasure of making its acquaintance while it was installed a while ago in St Paul's Cathedral for

(Continued on page 2)

Organ recital

Saturday, 23 November 2019 at 2pm

in Saint Peter's, Hillside Road

Kemp English and his state-of-the-art digital touring organ



- * Handel
- * Karl Jenkins
- * Rawsthorne
- * Walond
- * Madden
- * Fumagalle
- and a selection of magical works by the contemporary Norwegian composer,
- * Mons Leidvin Takle

With guest violinist Yuka Eguchi

Entry \$10 at the door



www.stpeterscaversham.org.nz

Internationally acclaimed violinist to join English at Saint Peter's

(Continued from page 1)

a round of concerts. I was suitably impressed by the sheer range of sound and tone colour produced. The use of this fine instrument allows Kemp to tour with all the necessary stop changes etc. programmed in so a great amount of time and sheer bother is avoided at each different venue.

During the 1980s I toured parts of New South Wales in Australia. The variety of 'instruments' was daunting enough, but one had to deal with pipe organs badly affected by humidity, wood-worm and neglect. In fact I was responsible, in part, for the collapse of an instrument in a large country centre. The concert went well. I had been told it was 'bogun country' and no one would attend. In fact the church was full and on a rather uncomfortably humid afternoon. I played a popular program and, at its close, I was doing the usual 'meet and greet' at the back of church when, accompanied by a deafening crashing and

groaning, all the organ's front pipes and part of the casework crashed to the ground! I have not been invited back in all these years.

The November concert at Saint Peter's is a rare opportunity to hear two fine musicians at the top of their game. Not to be missed!



The Johannus D470 Concert Organ.

PHOTO.: COURTESY KEMP ENGLISH.

Saturday, 25 January 2020 at 11am



Visit to St Barnabas, Warrington

for celebration of the Feast of the Conversion of St Paul
with lunch to follow

Saint Peter's Caversham

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

XXVIII. Of the Lord's Supper.

The Supper of the Lord is not only a sign of the love that Christians ought to have among themselves one to another, but rather it is a Sacrament of our Redemption by Christ's death: insomuch that to such as rightly, worthily, and with faith, receive the same, the Bread which we break is a partaking of the Body of Christ; and likewise the Cup of Blessing is a partaking of the Blood of Christ.

Transubstantiation (or the change of the substance of Bread and Wine) in the Supper of the Lord, cannot be proved by Holy Writ; but is repugnant to the plain words of Scripture, overthroweth the nature of a Sacrament, and hath given occasion to many superstitions.

The Body of Christ is given, taken, and eaten, in the Supper, only after an heavenly and spiritual manner. And the mean whereby the Body of Christ is received and eaten in the Supper, is Faith.

The Sacrament of the Lord's Supper was not by Christ's ordinance reserved, carried about, lifted up, or worshipped.

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Because I'm in The Rock

Another Happy Birthday

By Alex Chisholm

After the 10.30am Service on Sunday, 13 October, we marked an imminent 99th birthday.

Pictured at right, Rosemary Brown (on the left) presents Eileen Pratt with flowers and a card while Joan Dutton is amongst those watching on.



PHOTO: ALEX CHISHOLM.



Nutritious

Heartening news for cheese lovers!



By Alex Chisholm

For many years now dairy products including cheese have been in the 'eat in moderation' category due to their saturated fat content and the link between saturated fat and cardiovascular disease. However, recent research has indicated that certain dairy products may not in fact be so detrimental to heart health and have some beneficial effects on other areas such as bone health and possibly even weight control.



"Who knows? Maybe it's not so bad for you after all."

So what brought about this change in attitude? There is increasing interest in the food matrix, i.e. "the packaging" as opposed to just specific nutrients, "the contents" - e.g. saturated fat. In addition to the effect of the matrix, work is in progress to investigate the mechanisms. For example the calcium content of cheese may have a cardio protective effect and influence the amount of fat

which is excreted. A lowering of LDL cholesterol ('the bad cholesterol') is correlated with an increase in faecal fat excretion. In general, evidence suggests that milk has a neutral effect on cardiovascular outcomes but fermented dairy products such as yoghurt, kefir and cheese may have a positive or neutral effect. I mentioned fermented dairy products in *The Rock* of August 2019 and will be looking at them in more detail in the New Year.

REFERENCES:
 MOZAFFARIAN D DAIRY FOODS, OBESITY, AND METABOLIC HEALTH: THE ROLE OF THE FOOD MATRIX COMPARED WITH SINGLE NUTRIENTS. *ADV NUTR.* 2019 SEP 1;10(5):917S-923S. DOI: 10.1093/ADVANCES/NMZ053
 LORDAN R1, TSOUPTAS A2, MITRA B3, ZABETAKIS I4. DAIRY FATS AND CARDIOVASCULAR DISEASE: DO WE REALLY NEED TO BE CONCERNED? *FOODS.* 2018 MAR 1;7(3). PII: E29. DOI: 10.3390/FOODS7030029. DOI:10.3390/FOODS7030029

The Frolicsome Friar



FBI agents discuss grilling techniques.

SOURCE: WWW.HOWTOGEEK.COM.





Nutritious

THE RECIPE : A SPECIAL PARISH LUNCH



In our usual second Sunday of the month potluck lunch on October 13th, we enjoyed a very special treat. Our organist David Hoskins catered for the main course with a selection of very tasty dishes. They were from different 'traditions' but the flavours combined well. We enjoyed a Thai green curry with rice, a fresh green salad with cherry tomatoes, and a very tasty creamy, but relatively low fat, lasagne. David has kindly shared his lasagne recipe (below) and commented 'as I was very pressed for time I found it easier to use packaged goods from the supermarket; however if I had the option, I would use as much fresh produce as possible'.

The recipes we tried were all vegetarian DASH Diet (see 'DASH for Health' *The Rock* March 2014) type recipes and are examples of easy to make, quick and healthy main meal dishes. This lasagna recipe made a generous quantity and easily served the 10 of us who were there. 📷



"A very special treat".

PHOTO: ALEX CHISHOLM.

What you need

- ◆ 1 can Watties Original Pasta Sauce
- ◆ 1 Jar Heinz Lasagne Sauce
- ◆ 1½ cups of grated Edam cheese
- ◆ Parmesan cheese for topping
- ◆ 1 pack of Watties Frozen Spinach
- ◆ 1 packet 'No-cook' Lasagne sheets. (Barilla Lasagne All'Uovo product is great.).

Method

- ◆ Spread a light coating of tomato pasta sauce on the bottom of the baking dish. Place the first layer of pasta sheets on this
- ◆ Cover with a layer of spinach
- ◆ Followed by a layer of the cream sauce
- ◆ Dot with the tomato sauce
- ◆ Cover with cheese and repeat the process
- ◆ On to the top of the Lasagne place what is left of the tomato sauce, cream sauce and cheese. Add a generous sprinkling of cracked black pepper
- ◆ Before putting into oven, cover over with foil
- ◆ Place in a moderate oven 180C / 350F for 1½ hours
- ◆ The Lasagne will cook well and not dry out (drying out can result in a 'crunchy top', which is not always a great success).

Recipe Notes

- ◆ This recipe makes a large Lasagne. It can be easily cut up and packaged for freezing, to be enjoyed at a later date
- ◆ You can also add sun-dried tomatoes and olives if liked
- ◆ Don't add salt. There is more than enough in the various sauces
- ◆ Don't be afraid that it will arrive at the table tasting and looking like a ready-made nightmare. It tastes as good as it looks
- ◆ This recipe is a common one and widely enjoyed in a number of guises
- ◆ It is even better with fresh sauce and spinach—but if you are pressed for time, this is the go-to option
- ◆ By the way—don't allow the spinach to defrost. The liquid from the frozen spinach helps to create a good sauce during the cooking process. If using fresh spinach, wilt in a pan before adding to the lasagna.

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In Saint Peter's Garden



By Warwick Harris

Nissens for a mission

Amongst the highlights of a one-day tour of the Mainland Island of the Orkneys is a visit to the Italian Chapel of the Roman Catholic Parish of Our Lady & St Joseph. Mass is held in the Chapel on the first Sunday of the summer months. Tourism brings an estimated 100,000 visitors to the Chapel each year.

The primary structure of the Chapel consists of two Nissen huts joined together. These were acquired in late 1943 through the initiatives of the commandant of Prisoner of War Camp 60, Major Buckland, the Camp's padre, Father Giacobazzi and an Italian prisoner of war, Domeneco Chiocchetti.

There is a New Zealand connection to this story. Amongst the Italian prisoners of war taken to Camp 60 in 1942 to assist in the construction of Churchill Barriers to deny access of German submarines to Scapa Flow (see *The Rock*, June 2019) were probably some captured in the course of Allied actions against the Axis forces in North Africa in 1942. In October that year the New Zealand Division played a key role in the second battle of El Alamein and in the course of that battle a large number of Italian prisoners was taken. Many of them were interned in Prisoner of War camps in the British Isles. Camp 60 on the previously uninhabited islet of Lamb Holm was one of these.



The entrance to the Italian Chapel.

PHOTO'S: DEIRDRE HARRIS.

Nissen huts, designed in World War I and extensively used as barracks in World War II, are basically half-cylindrical skins of corrugated steel. They can be readily transported and quickly erected. Using materials mostly left over from the construction of the Churchill Barriers, two joined Nissen huts were converted into the Italian Chapel. The interior was covered with plasterboard. Concrete formed the material of the altar and altar rail and concealed the exterior shape of the huts to give the appearance of a church.

Decoration of the interior was led by Domenico Chiocchetti. In particular he painted the sanctuary end of the chapel while other prisoners decorated the remainder of chapel's interior. After the release of the Italian prisoners at the end of the war Chiocchetti remained to complete the chapel's decoration. Orcadians established a Chapel Preservation Committee in 1958 and in 1960 and 1964 Chiocchetti returned to assist restoration of the Chapel. Further restoration work has continued to the present to maintain this remarkably ornate Catholic chapel.



The Sanctuary and Altar.

More online:



For more information and images relating to the Italian Chapel visit: https://en.wikipedia.org/wiki/Italian_Chapel

For parish updates between issues of *The Rock*, visit our website at www.stpeterscaversham.org.nz



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By Di Bunker, Vicar's Warden

I am interested in the Orthodox Church in New Zealand and discovered that Father Carl's church was the first one to be built, in 1911.

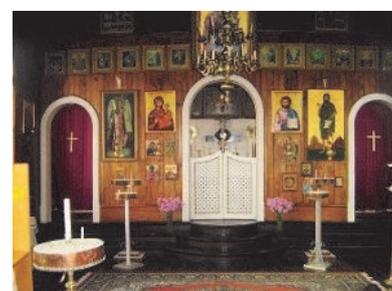
The Church of Antioch, (the Greek Orthodox Church of Antioch and all the East), has had a presence in New Zealand for over a hundred years. It is the only Orthodox jurisdiction in New Zealand which holds its services primarily in English though Arabic, Old Slavonic, Romanian and Greek are also used as required by the congregations.

St Michael the Archangel Orthodox Church in Dunedin is a parish within the Antiochian Archdiocese of Australia, New Zealand and the Philippines under Metropolitan Basilios.



St Michael the Archangel, Fingall Street.

PHOTO'S: WWW.ORTHODOXOTAGO.ORG.NZ.



Interior detail of St Michael's. At right is "an icon of a sort I hadn't seen before".



PHOTO.: DI BUNKER.

St Michael's was built by the Lebanese community, after permission was obtained via the Bishop of Tripoli. The committee raised over £480 in six months, with a bazaar paying for all the required furniture, the combination of which enabled St Michael's to open debt-free in 1911. Heiromonk Nicholas (Manovitch) had arrived in the meantime, celebrating services from 1910-1913.

Parishioners are drawn from many other jurisdictions (Russian, Greek) and The Liturgy of St John Chrysostom is used for most of the year. During Lent the worship is according to the Liturgy of St Basil the Great.

St Michael's uses the revised Julian Calendar (NS) but also commemorates the fixed Feasts of the Church according to the Julian Calendar (OS) to cater for those who follow this. Usage of the Julian calendar makes celebration of Easter (Pascha) either earlier or later than the western date.✉

SOURCES

- WIKIPEDIA
- ANTIOCHIAN ORTHODOX DIOCESE WEBSITE
- FATHER CARL SOMERS-EDGAR

CHURCHWARDEN CORNER

Caversham lectures about to begin

THE CAVERSHAM LECTURES 2019

5th November 7.30pm in the parish lounge,

Saint Peter's Caversham, Hillside Road.

New Zealand Dairying : Blessing or Curse

For many years dairying has been a pillar of the New Zealand economy. But recently there has been increasing concern about the environmental consequences of large-scale dairying.

Richard Kyte, until recently regional leader for DairyNZ, examines the place of the dairying industry in New Zealand's future.



THE CAVERSHAM LECTURES 2019

12th November 7.30pm in the parish lounge,

Saint Peter's Caversham, Hillside Road.

Aftermath: the political landscape left by the winding down of the wars in Syria and Iraq

Dr Bill Harris is a professor of politics at the University of Otago and a widely published author on Middle Eastern affairs.

His work in recent years has concentrated on Lebanon and Syria so this lecture promises to be an authoritative update on one of the perennial trouble spots of our time.



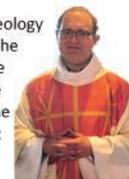
THE CAVERSHAM LECTURES 2019

19th November 7.30pm in the parish lounge,

Saint Peter's Caversham, Hillside Road.

Escape from Egypt : meeting with God

Father James Harding, a senior lecturer in theology at the University of Otago and a priest of the Anglican Diocese of Dunedin, examines the historicity or otherwise of the escape of the children of Israel from Pharaoh's Egypt and the meeting between Moses and God on Mount Sinai.



THE CAVERSHAM LECTURES 2019

26th November 7.30pm in the parish lounge,

Saint Peter's Caversham, Hillside Road.

Church Romanesque architecture

Art historian and landscape painter Rodney Hamel discusses an architecture driven by the great expansion of monastic life prior to the 12th century and the corresponding need for larger churches.

With innovations including the use of masonry rather than timber, it was characterised by semi-circular arches.



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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 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

By Alex Chisholm, Vestry Secretary

Vestry meetings are generally held every two months. There was none in October. ☞

A Parish Mystery Explained—Probably

There is a mysterious piece of what looks like decaying sculpture on the Vicarage side of the church. No-one has been able to offer an explanation of what it might be and how it got there. As the Vicar has dug through the parish archives in the Hocken Library he has come up with a probable explanation. This photo. shows the relocation of the former font. The clergyman may be Father Titchyner, whom another photo. identifies as a former member of the Guild of the Servers of the Sanctuary in 1932. The font has decayed somewhat since relocation. ☞



For your diary

Tuesday, 5 November : 7.30pm : *Caversham Lecture*
'New Zealand Dairying: Blessing or Curse' – Richard Kyte

Tuesday, 12 November : 7.30pm : *Caversham Lecture*
'Aftermath: the political landscape left by the winding down of the wars in Syria and Iraq' - Dr Bill Harris

Sunday 17 November : Deadline for copy for the November edition of *The Rock*

Tuesday, 19 November : 7.30pm : *Caversham Lecture*—the escape of the children of Israel from Pharaoh's Egypt and the meeting between Moses and God—Father James Harding

Saturday, 23 November : Organ recital in Saint Peter's by Kemp English

Tuesday, 26 November : 7.30pm : *Caversham Lecture*
'Church Romanesque architecture' – Rod Hamel

Sunday, 22 December : 10.30am : Festival of Brass and Carols with the ensemble of the St Kilda Brass Band

Tuesday, 31 December : 10.30pm : Watchnight Service

Saturday, 25 January 2020 : 11am : Visit to St Barnabas, Warrington for celebration of the feast of the conversion of St Paul



Retreat amongst the embassies

By The Vicar



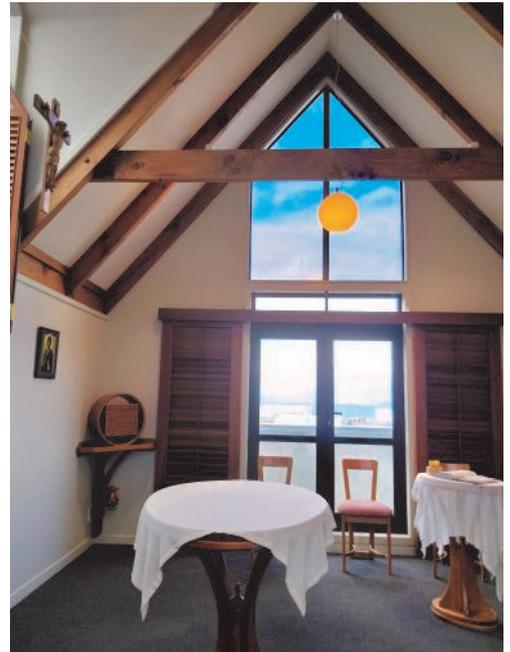
f all the retreat venues I have experienced so far this was the best. Situated next to the Australian High Commission and close to the American Embassy Pa Maria, or the Marist Spirituality Centre, is home to 5 Marist priests and is purpose built as a spiritual direction centre.

The guest flat for priests is very comfortably appointed and in fact has three bedrooms adjoining it. It functions on a self-catering basis, which is no hardship as the Thorndon New World supermarket is a few minutes' walk away.

The Chapel is up a flight of three stairs and as the photo shows has a view over Wellington harbour. There is a daily Mass, usually at 7.30am, and given the relaxed intercommunion rules which currently obtain at Catholic retreat houses this caters also for us, "the separated brethren" as Pope John the 23rd described Anglicans.

Pa Maria is also trying to meet the spiritual needs of Embassy staff from around the world who live in close proximity and who are members of the other great world religions. There is a Chapel on the ground floor appointed like an eastern meditation room.

My retreat conductor was Father Brian Cummings, who has served two terms as Provincial of the New Zealand branch of the Marist order and who



The chapel (above) has a view (below) over Wellington harbour.

PHOTO'S: HUGH BPRON.



No visit to Wellington is complete without quality time –and nutrition—with grandson Oscar.

PHOTO: SUPPLIED.

was Principal of St Bede's College, the well-known Christchurch boys' school. We got on like a house on fire.

Each day consisted of attending daily Mass and having time with the retreat conductor, who provided material for reflection for the following 24 hours and who acted as a sounding board

on the report back on how prayer times had gone in the preceding 24 hours. Our conversations also dwelt on current life issues.

The solitude and silence of this retreat was a rich and rewarding experience. 📺



Justin Welby
The Archbishop of Canterbury

The Archbishop presented 'Thought For The Day' on the subject of mental health on BBC Radio 4 on 18 October.

“Christians believe we have a saviour, a rescuer, who knows intimately what it means to suffer. Amidst all the brokenness, Christ weeps with us. In His resurrection, I believe Christ restores us. Not necessarily in the way we expected, but he makes us whole in a way that makes sense.” 📺



More online :

Read the complete text at:

<https://www.archbishopofcanterbury.org/speaking-writing/articles/archbishop-gives-thought-day-mental-health>

