



THE ROCK



Anglican Parish of
Cabersham Saint Peter,
Dunedin, New Zealand

September 2024—St Michael and All Angels



Life's Tangles

By The Vicar

As a school teacher I and a dear friend taught children to knit. We taught about six children to knit, then they taught someone and before long everyone was knitting. Once they were knitting consistently, we made teddy bears. There were lots of knots we needed to untangle and sometimes the yarn had to be cut, but because knitting only requires one thread the knots were fairly easy to disentangle



"Life can get very tangled ...".

I have been knitting a blanket for the last few months. The wool I need for the trim came from another project and I had to untangle a rather large knot. As I sat unravelling my latest tangle, I realised I actually enjoy working out how to solve the situation without cutting the tread. It is almost relaxing.

The tangle needs to be loosened to see where the thread goes. It can be twisted around itself and defy direction. Every knot or tangle can be undone if the tension and direction is accepted and worked with. The principle is to give more thread into the tangle and gradually loosen the twists and turns. Patience and adding more into the tangle is the key. A tangle exists because there is a tightness and lack of clear direction. The friction between the threads makes it difficult to slide things apart.

Life can get very tangled as competing priorities pull us in different directions. If we tighten and pull in one direction too hard, we lose the looseness and ability to work with twists and changes of direction.

I have known people who have cut relationships in preference to loosening and adding more to find the right direction. It takes a lot of patience and curiosity, to find where things come from and where they are going.

When we look at macramé, lace, knitting, nautical knots and crochet, we can see the different designs and uses one single thread can achieve. Our life is a single thread

which experiences twists and turns, but what we make of these experiences reflects our intent.

I have knitted the blanket so it gives a sense of colour and warmth to a person who is dear to my heart. I pray that it strengthens our relationship no matter which direction either of us go. 🙏

Bishop Steven and Lorraine have experienced the coolest summer in England in the last 15 years.

They have had time to travel around the coast checking out villages and having quality family time.



Steven will be licensed as Priest in Charge on Monday, with most of their family attending. The church was built in 1347 AD. He and Lorraine are already busy organising weddings, marriage renewal vows, baptisms and interment of ashes. The church has a graveyard and is full of family plots.

Both Steven and Lorraine send their love and ask to be remembered by the precious people of Saint Peter's. 🙏

Synod Summary

By David Hoskins, Synod Representative

The 2024 Dunedin Diocesan Synod opened on Friday 13 September with a Eucharist at St Michael and All Angels, Anderson's Bay. The Vicar-General, Venerable Jan Clark presided and preached at the service. In her charge she referred to the deaths of the Maori King and Pihopa Richard Wallace, Bishop Steven Benford's time in the diocese and the discernment process being led by Bishop Ross Bay as we look to elect our new bishop.

After the Service synod business opened. Several Bills were withdrawn: those dealing with an Assistant Bishop, Shared Episcopacy and a Selwyn College Statute (which was laid on the table for consideration by a future Synod).

The following day Synod convened at the Dunedin Centre within the Town Hall complex.

There were elections for Diocesan Council and Diocesan nominators. The Diocesan Council is now made up of Lay Members Nikki Gordon-Smith, Keith Gover, Steve Mitchell, Theodore Rose, Dr Gillian Townsley and Clergy Members The Venerable Liz Chayne, The Very Reverend Dr Tony Curtis, The Reverend Natalie Milliken, The Venerable Damon Plimmer and Canon Michael Wallace. Diocesan nominators: Anne Gover and Theodore Rose (Lay) and The Reverend Brett Roberts and The Venerable Barbara Walker (Clergy).

Tributes and presentations ranging from missions and including a moving tribute in word and song to Bishop Richard Wallace—who attended Saint Peter's on a number of occasions—were warmly received.

Motions such as one encouraging Anglicans to request the Government allow special visa arrangements for family members of the New Zealand Palestinian community and the Dissolution of the Parish of Bluff were put and passed.

The Diocesan (Office) Budget was passed with the comment that it was particularly well presented by the Diocesan Accountant, Fiona Gray.

A final motion towards the end of the day about 'Shared Episcopacy' saw a great deal of debate. Various amendments were voted on: such as the canonical legality of two people sharing the role of one bishop, theological issues raised and that the resulting responses be discussed at the next Diocesan Synod. After a number of unclear votes, a



St Michael and All Angels, Anderson's Bay, scene of the opening Eucharist for this year's Diocesan Synod.

PHOTO.: INFORMATION SERVICES OTAGO LTD.

division (members of both the House of Clergy and House of Laity physically divide for an accurate counting of the vote) was called and the motion was lost 29 for and 39 against.

The Caversham Parish was represented by Vicar Natalie Milliken, Curate Joel Stutter and lay-members David Hoskins and Deirdre Harris. It was a well-run Synod and tribute was paid to all concerned with its organisation.

Much of this report was taken from Diocesan Registrar, Andrew Metcalfe's fine report of the proceedings of the 2024 Synod. 📄



More online :

See a full report of the proceedings at:
<https://www.calledsouth.org.nz/synod-info/>



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Prayerful musing

By Father Kit Bunker



"Some prayer is out loud, communal, all of us saying the same words..."

PHOTO: INFORMATION SERVICES OTAGO LTD.

What is going on when we pray? Prayer is talking to God and giving Him an opportunity to talk with us. Some prayer is out loud, communal, all of us saying the same words, something which gives a tremendous sense of unity in worship. It is good, wonderful even, but it is not a personal conversation with God the Father, or Jesus, or God the Holy Spirit. This second kind of prayer is something which is easy if you are a child, but it gets harder to get started as we get older, just like learning to ride a bike. Which is a pity. We Anglicans, quite rightly, celebrate the Holy, respect it, revere it and can easily forget that we are family. We are sometimes lost for want of proper, respectful, holy words when we really need to talk things over with an understanding forgiving God.

But, as believers, we ARE family. There is no reason, apart from shyness, for us not to pray, aloud or silently, as we simply pour out our hearts to the Lord. We think the words, God replies directly through the Holy Spirit, in words perhaps, or emotions, perhaps sometimes even as miracle, directly into our minds and bodies. He loves us, we adore Him, we are believers. Which is why he responds to our prayer; He empowers us to do whatever has to be done.

Sometimes people call this conversation with God 'private prayer', but talking with God is in no way 'private', unless perhaps we are confessing to Him how we have erred and strayed like lost sheep, maybe admitting sins about which we do well to be sheepish. Silent prayer, or when with others, extemporary prayer is probably a better term for these conversations. I find these conversations much easier when I am among a congregation similarly engaged. And it is easier still in a place set aside for conversations with God, a church or a chapel.

There is something going on when we pour out our hearts to God. It is not just 'mind games', not just 'my alter ego arguing with my id' to use the hundred or more year out of date language of the psychoanalysts... Prayer is conversation, but not ordinary chit-chat. It is conversation with God.

God is God, and He can hold a million or billion or trillion serious and different conversations at once without breaking into a sweat. (I cannot think of a text to justify that, but we all know it is true, don't we?)

I see no reason why God should not converse with everyone, of whatever faith or none, when their need is great. Someone once said that 'there are no atheists lying in battlefield slit trenches.' Which makes perfect sense to me.

One final point. You grow 'prayer muscle' just the same way you learn to play sport. As Nike say, just do it. And then say Amen.

AMEN. 🙏

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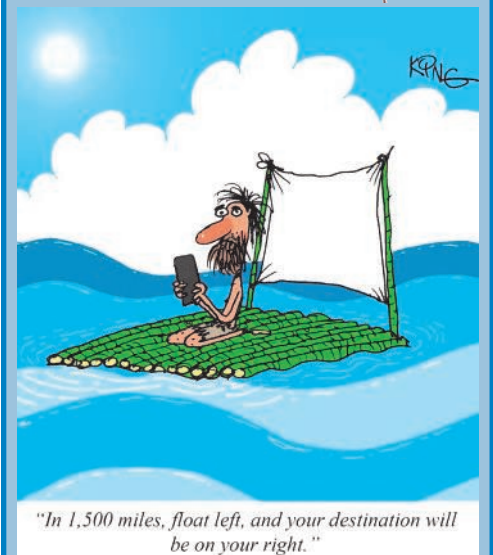
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160 King Edward Street

The Frolicsome
Friar



"In 1,500 miles, float left, and your destination will be on your right."

SOURCE: WWW.HOWTOGEEK.COM..



Nutritious



Intuitive Eating

Part 2: Putting it into practice

By Alex Chisholm



"...find a comfy spot ... where you can enjoy your meals".

1. The Satisfaction Factor: Food is there to be enjoyed, so get the most out of each meal. In general avoid eating in the car, at your desk or while watching TV. When you are able to fully concentrate on your meal, you are likely to appreciate and enjoy it more.

Top tip
If you can, find a comfy spot in your house or work place away from distractions where you can enjoy your meals.

2. Take note of how full you are feeling: We can get used to finishing everything on our plate and returning for seconds without registering how we're actually feeling! When we try tuning into our hunger levels we tend to stop eating when we feel full. It's okay to leave food on the plate and to have it as leftovers. It's also fine to have smaller meals more often if we can't cope with larger amounts.

Top tip
Instead of quickly eating a meal, pause mid-way to think about how it tastes and how full you feel.

3. Make peace with food: When we try to avoid certain foods, we often crave them even more and end up binge eating or overeating them when we get the chance. Give yourself permission to eat the foods you really like and enjoy! When food is no longer forbidden, it becomes less appealing and we probably eat a more sensible amount.

Top tip
We may feel like chocolate or biscuits after dinner. Why not pause and ask yourself, 'Do I really feel like that?' and if you really do – then go for it.

4. Try to cope with feelings without just using food: We may use food to deal with our emotions, such as anxiety, loneliness, boredom or sadness and this may provide short-term comfort or relief. However, on its own it won't resolve these feelings.

Top tip
Think about other ways to deal with emotions as well, such as getting out in the fresh air, phoning a friend, writing a journal or doing something you enjoy.

The Heart Foundation sums up with: Eating a variety of healthy foods every day is important for heart health. But being realistic is essential too—it's what happens on most days that matters! Intuitive Eating has been shown in a study with older adults to improve cholesterol and triglyceride levels.

Most of us know what we should ideally eat for optimal health, but putting it into practice and creating sustainable healthy habits can at times be challenging. An important aspect is our response our food at the 'feeling*' and 'sensory*' levels- (feeling* dealing with emotions and food, and 'sensory*' with the physical aspects of food-taste, temperature, mouth feel and if the food is sour, sweet etc.)

Overall, the use of intuitive eating with its attention to internal body signals, eating when hungry, and stopping when full, is important and should be encouraged. However, it is not a weight loss programme but encourages attention to body signals and can assist positive eating behaviours. In turn, this has been shown to help to maintain a stable body weight.

Finally the National Heart Foundation suggests that if we are stuck in a cycle of weight loss and regain, it may be time to throw our latest diet book out the window and work on our relationship with food. After all that is what intuitive eating is all about. 📺

REFERENCES:

[HTTPS://WWW.HEARTFOUNDATION.ORG.NZ/ABOUT-US/NEWS/BLOGS/BEGINNERS-GUIDE-TO-INTUITIVE-EATING](https://www.heartfoundation.org.nz/about-us/news/blogs/beginners-guide-to-intuitive-eating)

LUANA GIACONE *, CYNTHIA SOB , MICHAEL SIEGRIST , CHRISTINA HARTMANN. INTUITIVE EATING AND ITS INFLUENCE ON SELF-REPORTED WEIGHT AND EATING BEHAVIORS. EATING BEHAVIORS 52 (2024) 101844

TEAS E ET AL. INTUITIVE EATING AND BIOMARKERS RELATED TO CARDIOVASCULAR DISEASE IN OLDER ADULTS. JOURNAL OF NUTRITION EDUCATION AND BEHAVIOR. 2022;54(5):412-21.

CHRISTOPH MJ ET AL. INTUITIVE EATING IS ASSOCIATED WITH HIGHER FRUIT AND VEGETABLE INTAKE AMONG ADULTS. J NUTR EDUC BEHAV. 2021;53(3):240-5.



By Kaylene Kalston, People's Warden
with Gwen Hudson

CHURCH WARDEN
CORNER

The August meeting of Saint Peter's Fellowship highlighted the value of an individual's Christian mission and the ongoing need for mission giving.

Our guest speaker was Charlotte Smith, a Physiotherapist who works at Dunedin's Sara Cohen School for children and young people with neuro-diverse needs. Her area of speciality is paediatric health and she works closely with both staff and families to provide programmes and equipment to develop student independence by developing skills for living in an inclusive community.

In her presentation Charlotte told us about her recent personal

Christian mission under the auspices of The Altus Resource Trust. Her mission, to Samoa, was a self-funded journey by husband Alex. The objective of the mission to present the New Zealand care and development knowledge programme to a group of parents with children mainly suffering from cerebral palsy. In turn this group of parents will pass on the knowledge to others throughout Samoa.

The total lack of financial aid, any form of information and support and the complete absence of physical aids came as a shock to Charlotte. Along with that came the responsibility of not creating unrealistic expectations.



Charlotte Smith, Physiotherapist at Dunedin's Sara Cohen School and speaker at this month's Fellowship meeting.

PHOTO: WWW.SARACOHEN.SCHOOL.NZ.

The programme and Charlotte's presentation reflected in every respect the Sara Cohen School Values and Vision:

- To celebrate difference and diversity
- To promote student independence for living in an inclusive community.

The response to Charlotte's talk was moving and members donated generously, the proceeds to go towards our quarterly giving to church missions. An increased awareness amongst the group of the

need for and the importance of our role in fostering mission evolved.

To this end and so we can all be involved, a box to collect money for missions will be placed on the morning tea table on Sunday mornings. Any small change or notes will be most welcome and will hopefully provide some hope for those who have so little. 📧

A special use for Intuitive Eating

By Alex Chisholm

Intuitive Eating is about helping us achieve a 'best eating pattern' in any circumstance so it can also be useful if our doctor's advice is 'don't loose any or any more weight'.

As we get older this is may happen among other factors simply due to a reduced appetite. Not feeling as hungry as we used to, at the times of day when we used to. Smaller meals more often, or making sure to be able to eat when we feel like it, could help. Protein foods high in



the amino acid leucine have also been suggested—so more about those later. The importance of preventing weight loss is to help preserve muscle mass, which is valuable as we age. 📧

REFERENCE:
RESISTANCE EXERCISE AND NUTRITION TO COUNTERACT MUSCLE WASTING.
LITTLE J.P. AND PHILLIPS S.M. APPLIED PHYSIOLOGY, NUTRITION, AND METABOLISM
6 OCTOBER 2009
[HTTPS://DOI.ORG/10.1139/H09-093](https://doi.org/10.1139/H09-093)

THE CAVERSHAM LECTURES 2024



Tuesday, 5 November

The Most Reverend Michael Joseph Dooley DD
Bishop of the Roman Catholic Diocese of Dunedin

Tuesday, 12 November

Dr Daphne Lee, Professor Emerita, University of Otago.
Palaeontologist with a special interest in Foulden Maar



Tuesday, 19 November

Mark Mawdsley and Heather Bauchop
Dunedin City Council Heritage Advisors

Tuesday, 26 November

Brian Miller
Returns with more intriguing research



The Kindness of Strangers



(Continued from page 8)

I was in Sydney on business and attended one of the city churches on Sunday. The service was, as Father Hugh Bowron used to say, 'Mediterranean' and very impressive. Over coffee, I heard that, at the last minute, the organist could not play for a service that afternoon and his replacement was out of town. In conversation, I had mentioned I played the organ. One of the clergy approached me, apologised for the short notice and asked if I would play the fine organ: 'Just a couple of hymns'. It turned out to be a 'little more than that' but all went well enough and the clergyman and his wife then took me to dinner. We have remained friends all these years.

I relate these small tidbits of my time involved in church music because, on reflection, it has been the kindness of strangers and friendships formed which have ensured I remained happily at the console over the decades. Another generation needs also to feel welcome to play the organ—even if it is, 'just a couple of hymns'.



"Another generation needs also to feel welcome to play the organ..."

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 Sunday of each month:** Evensong and Benediction

FIRST AND THIRD MONDAY OF EACH MONTH:

1pm: Holy Communion at Radius Fulton Home

FIRST TUESDAY OF EACH MONTH:

11am: Holy Communion in the lounge of Frances Hodgkins Retirement Village, Fenton Avenue

SECOND AND FOURTH TUESDAY OF EACH MONTH:

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

WEDNESDAY:

9am: Morning Prayer
10.30am Bishop's Companionship Programme
- Studying the Bible, prayer and life in Christ

THURSDAY:

10am: Holy Communion according to the Book of Common Prayer

Special Services

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

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Justin Welby
The Archbishop of Canterbury



When God calls us, human importance and power have no weight. In many of the momentous events around

Jesus, women play the central part.

Mary is the greatest example, the mother of our Lord. Perhaps wearied by the tittle tattle and gaslighting surrounding her pregnancy, she goes up to the hills to see her cousin Elizabeth. Neither of these women is important by the standards of the time and when the Holy Spirit inspires Mary in the beautiful words of the Magnificat, she tells us of a God for the poor, for the weak, for the oppressed.



"God has chosen her, unknown, far from the centres of power, for her simple faith lived in courageous obedience, and this song above all songs reveals to us God's inner nature." 📖



More online :

Read the complete text at:

<https://www.archbishopofcanterbury.org/speaking-writing/sermons/archbishop-justins-sermon-service-new-parliament>



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For your diary

Saturday, 5 October : High Tea 1.00 -3.00 in the Lounge

Tuesday, 8 October : Vestry meeting.

Saturday, 12 October : Our Lady of Walsingham

Friday, 18 October : Deadline for the October edition of **The Rock**.

Sunday, 3 November . Red Cross Choir performs in the Hall

Saturday, 9 November : Garage Sale

Monday, 11 November : Remembrance Day Service

Tuesdays in November : The Caversham Lectures—see page 6

Date in November to be advised : Extraordinary meeting

The Kindness of Strangers



By David Hoskins, Director of Music

Recently the death was announced of Margaret Wallace, mother of Father Michael Wallace, vicar of All Saints, North Dunedin. She left behind a distinguished legacy in both education and music. She had been a Warden at a



St Paul's Cathedral Organ, Dunedin.

PHOTO.: SUPPLIED.

number of University of Otago Colleges and was a musician of great accomplishment. Her passing brought back memories of a chance meeting with her.

I had just moved to Dunedin and I attended the Sunday Choral Eucharist at St Paul's Cathedral. A small choir of students sang a beautiful mass (by Dufay, I think) and the organ was played with great skill by Margaret Wallace. After the service, I remarked to the Dean that, if possible, I would love to 'try out' the wonderful instrument. After greetings, Margaret took me up to the instrument and gave me a remarkably fine introduction to its 'personality' as she referred to what worked well—and 'not so well'. Arrangements were made for me to come in on Monday morning and I had a wonderful time playing (and probably making too much noise) followed by good coffee in the Cathedral Office. It was a lovely introduction to Dunedin music-making.

On holiday in the UK many years ago, I found myself at the Temple Church. I had wanted to hear the famed choir

under its equally famed director, George Thalben-Ball. I don't remember what was sung very clearly, but all was superb. After the service, a number of visitors from the American Guild of Organists sought out the Doctor in order for him to sign copies of a recently published book about his life and work in music. I had no copy and



George Thalben-Ball.

PHOTO.: WWW.RECORDEDCHURCHMUSIC.ORG.

one of the American organists kindly let me have one of hers. Considering he was in his mid-eighties at the time and had been at the Temple Church for over 60 years, Dr Thalben-Ball presented a charming and kindly face to the assembled group. I was introduced to the great man as being from New Zealand. He beamed as he recalled a



The organ of The Temple Church, London.

PHOTO.: PETER GASSTON : FLICKR.

concert tour of New Zealand in the early 1970s (including a Dunedin concert). That was a long way from home he recalled but thoroughly enjoyed. The book was duly signed and I was on my way. I never felt this busy, famous man minded in the slightest signing my book—which I still treasure!

(Continued on page 6)