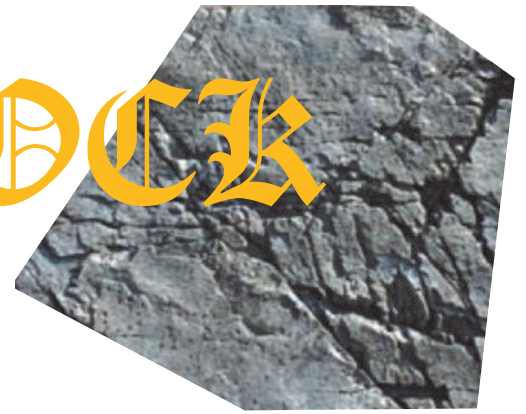




# THE ROCK



Anglican Parish of  
Cabersham Saint Peter,  
Dunedin, New Zealand

October 2024—Trinity



## Why do we do it?

By The Vicar

**W**e had the engineers and glazier visit Saint Peter's last week. They wandered around and inspected the things which need repairing and talked about future-proofing the church for the next 150 years. As the conversation continued these people agreed that Saint Peter's is a very special place. Its structure, position and service has had a profound influence on thousands of people through its history.

It has been agreed that we will continue to make submissions to the Dunedin Heritage Grants to help supplement the ongoing restoration of the bell tower windows and drainage across the complex.

With all building projects there will be the unforeseen, however the critical question is do we the congregation, Dunedin Diocese and wider community believe it is worth the money? As more and more churches close due to lack of people and financial support, we need to consider whether the money we are going to need to spend is worth the long-term ramifications.



St Francis of Assisi.

IMAGE: WWW.VIRGOSACRATA.COM.

Does Saint Peter's still transform lives? Do we as a congregation represent the Risen Christ in our words and actions?

St Francis of Assisi was a rich young man who suffered the horrors of war and found life meaningless. During his wanderings as a disillusioned man, he met a leper. Francis

*(Continued on page 2)*

## The Flood of '24



PHOTO'S: THE VICAR.

**A**s these photographs and those on the following page show, Saint Peter's was not unaffected by the widespread flooding in South Dunedin this month, but despite

*(Continued on page 2)*

# Why do we do it?

*(Continued from page 1)*

realised he was blessed and that Christ was the answer to his questions. While staring at an ancient remnant of a church, Francis heard God ask him to rebuild the church. Francis began to collect stones and rebuild the walls. However, this place was also a place where the homeless and unloved lived. It was the only form of shelter they had. Francis was undeterred and continued to rebuild the church. Those who chose to stay were cared for. As the roof was finally restored and Francis held his first little service of thanks, he realised it wasn't the building which God had asked to be rebuilt but a church community based on love and respect.

The simple structure only became a church because of the care and love evident amongst the people. There were no large stained-glass windows, a beautiful organ, pews, an altar or a pulpit. These things don't really make a church.

A church is a spirit filled place where people come to worship the Holy Trinity and open their hearts to the will of God, through honest prayer, study and praise.

If we decide to continue restoring Saint Peter's, we need to do so not for the tradition and heritage, not for the bricks and mortar, but for the people God will bring to this sacred space. 📧

# Flood of '24

*(Continued from page 1)*

being scary to see, the impact upon parish grounds and buildings was minimal.

A certain amount of water entered the Church and damp carpet was treated with a dehumidifier (bottom picture). Apart from that, the only casualty of note was the high tea which had been scheduled for the Saturday afternoon and needed to be cancelled.

Something to be very thankful for. 📧



Evensong  
And  
Benediction

First Sunday of each  
month  
at 5pm

Join us for this quintessentially  
Anglican close to the weekend

The Service includes:

Evensong

Benediction of the Blessed  
Sacrament

Shrine Prayers



**O'NEILL DEVEREUX  
LAWYERS**

433 Princes Street,  
Dunedin

[www.ond.co.nz](http://www.ond.co.nz)

477 6801



# Where is everyone?

By Father Kit Bunker



**A** rather famous and pioneering woman radio astronomer, Jocelyn Bell Burnell (her surname is double-barrelled) always kept two laboratory notebooks beside her. One was in regular use, the other unused, apart from the enigmatic title *LGM 1*.

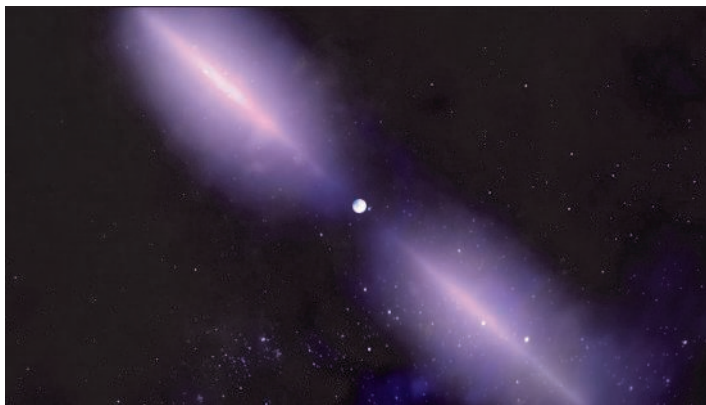
Back in 1967 she discovered the first few strange stars now called 'radio pulsars'. These stars are immensely powerful emitters of radio waves, which come in short bursts at short intervals. Was this strange powerful broadcasting an entirely natural phenomenon, or was someone signalling across our galaxy using a star as the transmitter?

Just in case she was listening to deliberately made broadcasts, she entitled her second notebook, never used, *LGM 1*: standing for 'little green men, first contact'.



Jocelyn Bell Burnell in 1975.

PHOTO.: WWW.NEUYORKER.COM.



Pulsars are fast-spinning neutron stars that emit narrow, sweeping beams of radio waves. A new study identifies the origin of those radio waves.

SOURCE: NASA'S GODDARD SPACE FLIGHT CENTRE.

Alas the signal never became Morse code or anything resembling any radio broadcasting system and the second notebook was never used. No little green men then.

It pleased God to make some stars into immensely powerful radio transmitters; but to scientists God is an unnecessary hypothesis, the stars just exist, just as trees and rocks and pearls and people exist. And by now scientists working in radio astronomy have a pretty good understanding of how radio pulsars come to be radio transmitters. It is physics.



It could be that there are plenty of little green men out there, all watching cable TV, with not a powerful radio transmitter between them. But it does seem unlikely. Perhaps we must just get used to the idea that human beings are unique.

Unique in choosing what they do, having free will, not being machines, being people. And, being people, being inevitably also sinners. And being sinners, in need of salvation.

Which we have.

AMEN.☒



SOURCE: WWW.HOWTOGEEK.COM..

## STEWART Construction Ltd

- Passive Fire Protection
- Specialised Kitchens
- Housing

- Design and Build
- Timber Joinery
- Alterations

29 Fox Street, South Dunedin  
P: 03 455 2057 F: 03 455 5959

W: [www.stewartconstruction.co.nz](http://www.stewartconstruction.co.nz)  
E: [info@stewartconstruction.co.nz](mailto:info@stewartconstruction.co.nz)





# Nutritious



## Catching up

A couple of things prompted by earlier articles

By Alex Chisholm

**T**he MIND diet is a combination of the Mediterranean diet and the DASH (Dietary Approach to Stop Hypertension) diet. It was designed to protect brain health and works by combining the benefits of these two diets. It emphasises plant-based foods, berries and leafy green vegetables. It limits meat and foods high in saturated fats. This probably sounds familiar, but it also gives guidelines for the amounts of foods to consume.

The list includes:-

- ◆ Beans: 4 or more meals weekly
- ◆ Berries: 2 or more servings weekly
- ◆ Fish: 1 or more meals weekly
- ◆ Green leafy vegetables: 6 or more servings weekly
- ◆ Nuts: 5 or more servings weekly
- ◆ Olive oil: sparingly, but top choice if fat is used
- ◆ Poultry: 2 or more meals weekly
- ◆ Vegetables (other than green leafy): 1 or more servings daily
- ◆ Whole grains: 3 or more servings daily

Eggs are included as research has shown they may be associated with brain health in older adults, however they do advise limiting or avoiding foods high in saturated or trans fats. Examples may be desserts like sweets and pastries; fried foods. Certainly the list above includes items we know from other sources to be beneficial not only for brain but for heart health as well. 📺

**T**he organs in your body need magnesium to function properly. But estimates suggest that adults often don't consume enough of this vital nutrient. However magnesium is widely distributed and can be easily found.

The highest sources of magnesium are healthy foods which contribute to a well-balanced diet.



**Seeds** are small but they're good sources of magnesium, with one serving providing a significant portion of the recommended daily intake.

Adding **nuts** to your daily diet

boosts magnesium. This is the amount you'll get in a 30g serving of three good sources:

Almonds: 80 mg

Cashews: 74 mg

Peanuts: 48 mg

You can also get magnesium from nut butters. Two tablespoons of peanut butter have the same amount as a serving of whole peanuts.

The healthy unsaturated fats in nuts may also lower your risk of cardiovascular disease. Included in the list of magnesium boosting foods are Beans, Soy Products, dairy products and even dark chocolate. 📺



Health food??



A Modern Service with an Ancient History

By Alex Chisholm, Vicar's Warden

CHURCHWARDEN  
CORNER



IMAGE: WWW.STJOHN.ORG.NZ.

Recently while renewing my St John membership I had a look at the extensive information available on the website. The Recent developments and changes which have been made are impressive. As I'd been a member of St John from the age of 12, when I started as a cadet, to 20 when I left as a cadet officer after university, the positive effects of these changes were obvious. In addition to various new programmes available and supported there are the significant changes which have been made with the aim of fostering diversity, inclusion and belonging.

However, the image of the Amalfi Cross shows St John began in an ecclesiastical setting.

The Order of St John is one of the oldest service organisations in the world. The exact date when the Order of the Hospital of St John of Jerusalem was established is unknown although it was about 1070, when a hospice—a place of care—was established in Jerusalem by monks from a neighbouring Benedictine abbey to care for the growing number of Christians making the long and dangerous pilgrimage to the holy city. The hospice soon developed into a hospital and in 1113 the Pope confirmed its independence.

Over the next forty years it developed into a religious and military order, continuing to provide care to the poor and sick of any faith. It also defended all Christians and others within its care when they were threatened. However in 1187 the order was driven from Jerusalem and re-established at Cyprus, then Rhodes before moving on to Malta and also given land all over Western Europe, including in England and Scotland.

When Henry VIII dissolved the monasteries in 1540 and suppressed the order this impacted on those they served. However, it was restored by Queen Mary I in 1557, but had all its estates confiscated by Elizabeth I in 1559 and

the influence of the Reformation ended the Order's activities in Scotland about 1564.

The Order had moved to Cyprus then Rhodes before relocating to Malta in 1530 where it governed until it was expelled by Napoleon in 1798. A British group, carrying out substantial charitable activities, was recognised by Queen Victoria and incorporated in 1888, became the modern Order of St John, and spread further.

In April 1885 at a public meeting in St Mary's Church, Christchurch, The Reverend Thomas Flavell and Dr Walter Hacon proposed that the St John Ambulance Association be introduced to New Zealand. Their initiative led to the rapid establishment of St John country wide. In 1892 the first St John Ambulance Brigade was formed in Dunedin; in 1895 the first St John Nursing Division was established, also in Dunedin; and by 1905, nearly half of the St John divisions outside the United Kingdom were in New Zealand. Today St John is still active in over 40

### St John facts

There is a Priory in New Zealand.

The motto is *Pro Fide—Pro Utilitate Hominum* (for the faith—in the service of humanity). Under the international Pro Fide Committee is listed Reverend Sir David Moxon KNZM CStJ (New Zealand). Sir David preached at Saint Peter's for the Feast of Christ the King on 26 November 2017

The 24th of June, the feast day of St John the Baptist, is a very important day in the St John Calendar. To mark the day, thousands of St John volunteers, staff, and members of the Order came together to highlight and celebrate the global work of St John.

countries across the world.

#### REFERENCES AND EXTRA INFORMATION:

[HTTPS://WWW.STJOHNINTERNATIONAL.ORG/](https://www.stjohninternational.org/)

[HTTPS://WWW.STJOHNINTERNATIONAL.ORG/WHO-WE-ARE/ORDER-OF-CHOIVALRY/](https://www.stjohninternational.org/who-we-are/order-of-choivalry/)

[HTTPS://WWW.STJOHNINTERNATIONAL.ORG/WHO-WE-ARE/ABOUT-US/](https://www.stjohninternational.org/who-we-are/about-us/)

[HTTPS://WWW.STJOHNINTERNATIONAL.ORG/LATEST-NEWS/HOW-WE-CELEBRATED-ST-JOHNS-DAY/](https://www.stjohninternational.org/latest-news/how-we-celebrated-st-johns-day/)

(Continued on page 6)

# THE CAVERSHAM LECTURES 2024



Tuesday, 5 November at 7.30pm  
 The Most Reverend Michael Joseph Dooley DD  
 Bishop of the Roman Catholic Diocese of Dunedin

*“Being a Bishop in the Roman Catholic Church in 2024”*

*“Fossil treasures of Miocene Zealandia: Foulden and Hindon Maars and new discoveries in Otago Amber”*

Tuesday, 12 November at 7.30pm  
 Dr Daphne Lee, Professor Emerita,  
 University of Otago Geology Department



*“HNZPT: Who we are and what we do for heritage ”*



Tuesday, 19 November at 7.30pm  
 Dr Susie Farminer,  
 Conservation Advisor, Heritage New Zealand

Note change of speaker.

*“Dunedin’s gold and the Early Exhibitions”*

Tuesday, 26 November at 7.30pm  
 Brian Miller  
 Author, publisher and photographer



**IN SAINT PETER’S PARISH CENTRE, HILLSIDE ROAD**

[www.stpeterscaversham.org.nz](http://www.stpeterscaversham.org.nz)

A Modern Service with an Ancient History

*(Continued from page 5)*

There were originally three charitable Foundations of the modern Order. One, which became The St John of Jerusalem Eye Hospital, is the only charitable provider of expert eye care in the Holy Land and has hospitals, clinics and outreach services in the West Bank, Gaza and Jerusalem. For over 140 years they have been treating patients regardless of ethnicity, religion, or the ability to pay.

The four arms of the modern white cross representing the Order of St John symbolise the cardinal virtues: Prudence, Justice Temperance and Fortitude. Learn more at: [www.stjohn.org.nz/about-st-john/history/the-amalfi-cross/](http://www.stjohn.org.nz/about-st-john/history/the-amalfi-cross/).

**CHURCHWARDEN CORNER**

The St John Ambulance Brigade, which provided first aid care to the public, had its origins in 1873 and The St John Ambulance Association, which was concerned with training the public in first aid, was established in 1877. The St John Ambulance Association and The St John Ambulance Brigade were amalgamated in 1974 to form the present St John Ambulance Foundation. 🇳🇿

## “How Do You Do That?”



*(Continued from page 8)*

town as ‘unreliable’.

It came time at a funeral for a period of quiet meditation on the life of the deceased. I drew a suitable combination of stops and began to play quietly. All went well for a time then suddenly from ‘nowhere’ the ‘Cosmic Wah-Wah’

kicked in causing mayhem for a few seconds. All was recovered but the presiding minister thought it best we move on!

So, the next time you hear chimes from the organ it is not a radical musical departure but something with a long history—and used sparingly, a most telling addition to the organist’s armoury. 🇳🇿

## 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: **1<sup>st</sup> 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.

### Parish Contacts:

#### VICAR:

The Reverend Natalie Milliken : (03) 455 3961  
[Vicar@stpeterscaversham.org.nz](mailto:Vicar@stpeterscaversham.org.nz)

#### CHURCH WARDENS:

##### VICAR'S WARDEN:

ALEX CHISHOLM : (03) 487 7356  
[VicarsWarden@stpeterscaversham.org.nz](mailto:VicarsWarden@stpeterscaversham.org.nz)

##### People's Warden:

Raylene Ralston : (03) 455 2389  
[PeoplesWarden@stpeterscaversham.org.nz](mailto:PeoplesWarden@stpeterscaversham.org.nz)

#### VESTRY SECRETARY:

[Vestry@stpeterscaversham.org.nz](mailto:Vestry@stpeterscaversham.org.nz)

#### DIRECTOR OF MUSIC AND PARISH CENTRE MANAGER:

David Hoskins : (03) 453 4621  
[ParishCentre@stpeterscaversham.org.nz](mailto:ParishCentre@stpeterscaversham.org.nz)

#### FINANCE:

[Finance@stpeterscaversham.org.nz](mailto:Finance@stpeterscaversham.org.nz)

**The Rock** is published by The Anglican Parish of Caversham,  
Dunedin, New Zealand

EDITOR: David Scoular : (03) 454-6004

[TheRockEditor@stpeterscaversham.org.nz](mailto:TheRockEditor@stpeterscaversham.org.nz)

ADVERTISING QUERIES:

[TheRockAds@stpeterscaversham.org.nz](mailto:TheRockAds@stpeterscaversham.org.nz)

PRE-PRINT SERVICES : Information Services Otago Ltd.


PRINTED BY: Dunedin Print Ltd.



Justin Welby  
The Archbishop of Canterbury



Too often, in the way that we all talk of prayer, and especially in the way we teach about prayer, we become mechanical and manipulative. It's as though there is a technique that makes a difference: press the buttons in the right order and everything will work.

"But just as we can't manoeuvre our way into friendships, it's the same with prayer. Prayer has at its centre a relationship with God in Jesus Christ. We are not praying to placate or please God: we're praying to relish and rejoice in Him. Relationships are not built on process, but on partnerships. Prayer is about sharing every part of yourself and your life with God." 

*More online :*

*Read the complete text at:*

<https://www.archbishopofcanterbury.org/prayer-partnership-god>



We're locally and family owned and operated which means we'll always be here when you need us  
Compassionate guidance, support and advice 24/7

Ph: 03 455 2128 [24hrs]  
407 Hillside Rd, Sth Dunedin  
[www.gillions.co.nz](http://www.gillions.co.nz)



# For your diary

**Sunday, 27 October** : Extraordinary meeting

**Sunday, 3 November** . Church Luncheon at Cobb and Co.

**Saturday, 9 November** : Garage Sale

**Monday, 11 November** : Remembrance Day Service at 10.30am

**Tuesday, 12 November** : Vestry meeting

**Friday, 22 November** : Deadline for the November edition of **The Rock**

**Tuesdays in November** : The Caversham Lectures—see page 6

**Friday/Saturday, 6 & 7 December** : Rose Show

**Sunday, 22 December** : Festival of Lessons and Carols followed by a Christmas Potluck Lunch

# “How Do You Do That?”



On Sunday 10 November at 3pm, the noted concert organist, Kemp English, will present a recital on the Dunedin Town Hall organ.

Over 20 years ago Dr English began a series of remarkably fine CDs entitled *Stormin' Norma* which showed off the extraordinary range and versatility of instrument and player.

The town hall organ was built by Hill, Norman and Beard using much of another instrument and installed in the new

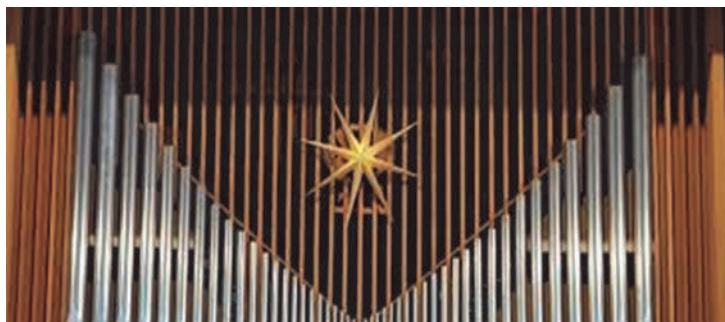


The Dunedin Town Hall organ - “Norma”.

PHOTO'S : SUPPLIED.

auditorium in the early 1930s. A complete restoration some 30 years ago saw the organ again speak brilliantly as one of New Zealand's premier musical instruments. While I may glory in the sheer wonder of the Diapason choruses and so forth, it is the various ‘extra’ sounds which fascinate town hall audiences young and old.

There are various titles given to organs ‘with extra’s’ such as and theatre, concert, orchestral. However, the town hall organ isn't a Wurlitzer accompanying the silent movie on screen. Rather, stops such as the harp, chimes and glockenspiel permit a wide range of music to be played, particularly arrangements of orchestral works. While it is supposed that this sort of thing is a modern innovation, pipe organs have always had sound effects. The organs of J. S. Bach's day had ‘effects’ such as the zimbelstern—sets of tiny bells usually in the shape of a star which add colour to certain pieces. Others had within the casework, bird song effects. French organs of the 18th century had a truly terrifying storm effect caused when much



The zimbelstern on the front of a modern German organ.



By David Hoskins, Director of Music

of the full pedalboard was played at once!

With the advent of the Wurlitzer and Compton theatre organs in the early 20<sup>th</sup> century to accompany silent cinema, they needed to be able to recreate everything from drums and cymbals to taxi horns at the push of a button. Church and concert hall instruments also began to include chimes and other effects to their stop lists.

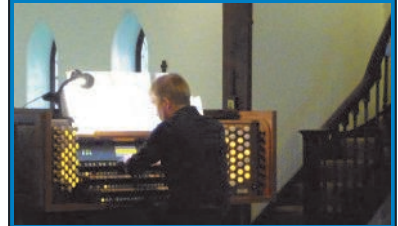
Many years ago, in Melbourne, the St Paul's Cathedral organist was most disparaging of his fellow musician over the road at the Capitol cinema Wurlitzer.

However, the cinema organist invited the cathedral organist over for a demonstration concert. The cathedral organist left in great admiration of the playing and rather jealous of all the ‘effects’ available on the ‘hybrid’ organ.

The Saint Peter's organ also has effects. At weddings I often use the chimes during the signing of the register. More than once, small children have wandered down to the back of church to try and figure out where the bells are coming from. At Christmas it works well to play a verse of ‘Silent Night’ with the delicate European bells. There is a fine harpsichord rank and particularly good French Harp. I have yet to be brave enough to give an outing to the ‘Hammond organ’ sound. It is true to its origins but

## Kemp English

At Saint Peter's



Dr Kemp English gave a concert in Saint Peter's (pictured above) on 23 November 2019. He was joined by Yuka Eguchi, a violinist with a substantial international reputation in her own right.

The concert included works by Handel, Walond, Karl Jenkins, Madden, Rawsthorne, Fumagalle and the contemporary Norwegian composer, Mons Leidvin Takle. 🇳🇵

reminds me of an unfortunate episode at a funeral at a church in one of the hill suburbs. This instrument was once a useful adjunct to worship but the years had not been kind and it was noted by many organists around

(Continued on page 6)