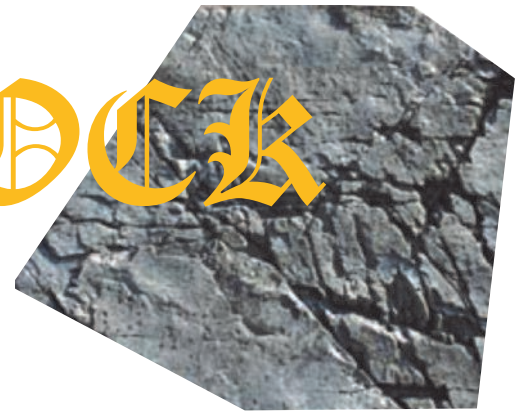




THE ROCK



Anglican Parish of
Caversham Saint Peter,
Dunedin, New Zealand

February 2026—Lent



Lent

By The Reverend Joel Stutter,
Priest in charge

Lent is a 40-day season of prayer, fasting and almsgiving which prepares Christians for Easter. It is a time for self-reflection and spiritual renewal. Here are six different ways to observe and

celebrate Lent:

Meaningful Fasting (Beyond Food) While traditionally giving up meat or favourite treats (like chocolate or coffee) on Fridays, you can choose to fast from habitual comforts to create space for God.

Examples: Fast from social media, screen time/Netflix, complaining, gossip, or negative self-talk.

Increased Daily Prayer and Devotion Dedicate more time to connecting with God through structured or personal prayer.

Examples: Pray the Rosary, read daily Lenten reflections or devotionals, or spend 15 minutes a day in silent meditation.

Almsgiving and Service This pillar of Lent focuses on charity, helping the poor and serving others, which can be done through donating money or time.

Examples: Donate to or volunteer at a local charity, or create a '40 items in 40 days' donation box to declutter and give to those in need.

Adopting New Spiritual Habits Instead of just giving



New Vicar appointed

Father John Graveston (pictured) will take up the role of Vicar of Saint Peter's Caversham from Sunday, 12 April.

His installation Service will be held the previous Friday, 10 April at 6pm.

Father John is well known to the parish, having served as our priest for three months during a prior interregnum in 2021.

Father John introduces himself on page 2. 📄



PHOTO.: SUPPLIED.

something up, add a new positive habit to strengthen your faith.

Examples: Memorize a new Bible verse each week, keep a daily gratitude journal, attend a weekday Mass or read a book about a saint.

Practicing Intentional Simplicity Simplify your lifestyle to focus on spiritual rather than material needs.

Examples: Limit unnecessary spending/impulse buying, reduce reliance on your car (if possible), or eat simpler, meatless meals to save money and time for charity.

Participating in Community/Liturgical Events Engage in the season with others to feel a sense of shared purpose.

Examples: Attend our Lenten Friday services or join another church's Lent-focused Bible study group. 📄



Left to right: Aleshia, Poppy and Father John Graveston

PHOTO.: SUPPLIED.



An introduction to a new Vicar

By Father John Graveston

I am very much looking forward to being installed as the next Vicar of Saint Peter's and working together while we minister to the local area. I hold a strong Anglo-Catholic faith so this is a great opportunity and privilege to minister with you all in an Anglo-Catholic parish. From what I know of Saint Peter's it has some great ministries already happening, as well as lots of great potential.

I was ordained Deacon in July 2020 and ordained Priest in April 2021. I served my curacy at All Saints' and St Martin's, Dunedin North Parish. Following this I continued there as a non-stipendiary Priest Assistant, sharing in the liturgical and pastoral life of the parish. Since April 2019 I have worked for the Diocese of Dunedin as the Child, Youth and Family Educator, where I work with churches throughout our Diocese to support them with their ministries to those under 40 years old. This includes children, youth, young adults, families and safeguarding. I will continue to work part time for the Diocese as the Diocesan Safeguarding Advisor along side being Vicar of Saint. Peter's.

I am originally from Christchurch and went to St Michael and All Angels Church throughout my childhood. I also attended primary school there at St Michael's Church

School. After high school I came to the University of Otago and studied a Bachelor of Theology and a Bachelor of Social Work. It was during my time at university that I met my wife, Aleshia, who works for the Anglican Church, in the Anglican Schools Office. After completing my tertiary studies, I returned to Christchurch and worked for a year and a half as a Care and Protection Social Worker for Open Home Foundation, a Christian foster care agency. I finished up this job to move back to Dunedin to take up my current role working for the Diocese. In 2023 our daughter was born, which has been a great joy and blessing to our family.

As I prepare to come to Saint Peter's, I do so with a deep love for the Anglican tradition and for the pastoral life of the parish. I value reverent and prayerful worship, faithful preaching and the importance of building a warm and caring parish community. I am looking forward to getting to know you all, hearing your stories and learning more about the life of the parish. I believe ministry is something we share together and I am excited to work alongside you as we continue the mission of Christ in this place. Please be assured of my prayers for you and I ask for your prayers for me and my family as we begin this new season together. 🙏

Saint Peter's Bell falls silent —but only for a season

By The Reverend Joel Stutter

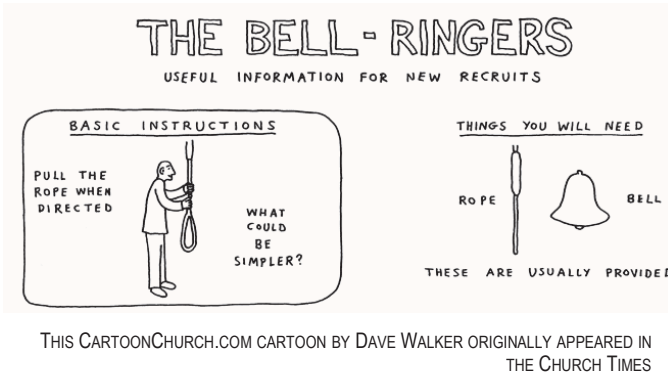
For the first time in decades, the iconic bell atop Saint Peter's has fallen silent. Normally it rings out twice before every Sunday Service and again during the 10:30 Mass, marking the

elevation of the elements in the Great Thanksgiving. Its absence has left a noticeable stillness—but for good reason.

The bell has been carefully removed as part of our ongoing earthquake-strengthening programme. Engineers identified the upper section of the bell tower as a high-risk area and—compared with the church roof—a relatively straightforward place to begin reinforcement.

Steve Mowat Builders have designed a discreet system of steel beams which will sit inside the parapet. Once installed, the beams will be completely invisible from ground level, preserving the heritage appearance of the tower.

Before any strengthening could begin, the top of the parapet had to be completely cleared. That meant lowering the bell and its entire mounting structure to the ground. Using a crane, the team lifted the roughly 250-kilogram bell—crafted in 1904 by the local branch of A & T Burt Ltd—onto a waiting truck. Once the new steelwork is in place, the bell will return to its rightful home.



THIS CARTOONCHURCH.COM CARTOON BY DAVE WALKER ORIGINALLY APPEARED IN THE CHURCH TIMES



The project has brought a few unexpected stories to light. By using a crane for all heavy lifting, the church avoided the need for scaffolding, reducing costs by around fifteen thousand dollars. And while the bell is generally cherished by the community, the church did receive one noise complaint in the past three years from a new resident. Its temporary silence may offer them a brief moment of peace.

Locals may also remember the bell by its longstanding nickname: the "Potato Bell." Traditionally, its ringing during morning worship was the signal for the person on lunch duty to put the Sunday potatoes in the oven.

The tower strengthening is being completed with support from the DCC Heritage Fund and is expected to be finished by May. Until then, the church waits—quietly—for the sound of the bell to ring once more over Saint Peter's.



Saint Peter's bell being lifted from its place in the tower this month and onto a waiting truck in preparation for earthquake strengthening of the upper section of the tower.

PHOTO'S.: JOEL STUTTER.



By Alex Chisholm, Bishop's Warden
and Raylene Ralston, People's Warden



CHURCHWARDEN
CORNER



Flags flying outside the Church in 2019 when volunteers offered guided tours. Recent success of the "Open" flag in encouraging worshipers to join our Services has prompted discussion of acquiring a "Saint Peter's Flag" with wording and an emblem which represents Saint Peter.

PHOTO.: INFORMATION SERVICES OTAGO LTD.

“You are Very Welcome!” We were discussing recently that much as we truly cherish our long-standing congregation members, some of whom have been loyal members of Saint Peter's for many decades, it is nice to be able to welcome new individuals and groups.

We are delighted that our brothers and sisters in Christ, the Tongan Congregation, who have been holding their Worship Services in Saint Peter's, also took part in our Christmas Eve and Ash Wednesday Services. Their contribution to the singing and worship on Christmas Eve was wonderful and greatly appreciated.

Although we know that many of our congregation come to us from outside our immediate geographical area, we learned recently that our flag just outside the Church prompted people to come in to a service. We were pleased but somewhat surprised as that flag has recently been discussed at a Vestry meeting. The opinion was that it does not represent Saint Peter's as it could be used

anywhere, and the decision was made to acquire a real "Saint Peter's Flag" with wording and an emblem which represents Saint Peter. Placed outside the front door before services we hope it will prompt more people to pop in and join us.

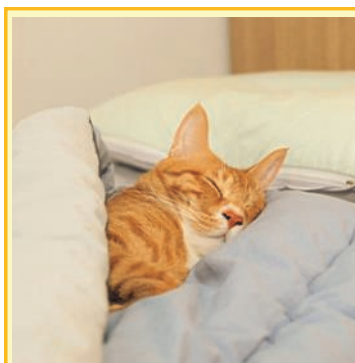
In other areas, our library and book service, organised by Kurt Schlüter, is well worth a look. We are also working on a children's corner 'set up' again in the church, as well as upgrading the play area in the Link. Raylene Ralston and Deb Stutter have been very busy with this.

Our kitchen has recently been fitted with new brilliant tube lighting which will make the area even more



Morning tea, "an integral part of our parish life".

PHOTO.: ALEX CHISHOLM.



Cute cat

The world loves cute cat pictures so when *The Rock* found this online we couldn't resist. Nothing to do with anything, just cute for the sake of it.

welcoming on dark winter days. Our post service morning teas, especially after the 10:30am service, are an integral part of our parish life and welcome, giving us the chance to chat informally.



Consider the lilies of the back garden

By Father Kit Bunker

There are some lily plants growing in our vegetable plot in the back garden. They were bought from a next street neighbour who grows them for the local Lions Club as a fund raiser. We hope to get them to multiply, to spread, so in due course there will be many of them. The flowers are totally, extraordinarily magnificent. I just stand and gawp at them, the huge flowers close enough to examine carefully. They are a product of un-natural selection, for the creature they depend upon for survival is us. We protect them from weeds, give them plant food, cosset them. They do not toil, we do. These are no longer 'lilies of the field' but lilies of horticulture and human endeavour.

Effective plant breeding owes a huge debt to a monk, Gregor Mendel, who over many years worked out how the genetics of plants and selective breeding can be used to grow the plants capable of feeding our overcrowded world. And the lilies of the back garden. For looking at and praising God. 📺



"...lily plants growing in our vegetable plot...".

PHOTO.: SUPPLIED.

The Angelus

By The Lay Liturgist

The Angelus in the form we know and recite at the end of Evensong and Benediction was in place about the first half of the 16th century.

Prior to that this name applied to the prayer devoted to Mary, the Mother of Jesus.

Church historians generally agree the Angelus can be traced back to 11th century Italy, where monks said three Hail Marys during night prayers at the last bell of the day. The more general practice of reciting the Hail Mary three times dates to the 12th century and may have been used earlier. It was commonly used in England before it spread in Europe.

It had become general throughout Europe in the first half of the 14th century and was recommended and indulged by Pope John XXII in 1318 and 1327.

The practice of reciting the Angelus in the early morning

and then at midday was endowed with an indulgence by Pope Sixtus in 1475.

A form was in print during Pope Pius V's reign in the 14th century and the prayer derives its name from the first word of the three versicles, i.e. *Angelus Domini nuntiavit Mariæ* (The angel of the Lord declared unto Mary)

Starting in 1964, popes have prayed a weekly Angelus prayer in St. Peter's Square. 📺

The Angelus

In the name of the Father, and of the Son
and of the Holy Spirit. Amen.

V. The Angel of the Lord declared unto Mary,
R. And she conceived of the Holy Spirit.

Hail Mary, ...

V. Behold the handmaid of the Lord.
R. Be it done unto me according to Your Word.

Hail Mary, ...

V. And the Word was made flesh,
R. And dwelt among us.

Hail Mary, ...

V. Pray for us, O holy Mother of God.
R. That we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech You, O Lord,
Your Grace into our hearts;
that as we have known the incarnation of Christ,
your Son by the message of an angel,
so by His passion and cross
we may be brought to the glory of His Resurrection.
Through the same Christ, our Lord.

Amen.

IMAGE: ROK.CATHOLIC.NET.AU.

REFERENCES:

[HTTPS://WWW.GOODCATHOLIC.COM/THE-ANGELUS-PRAYER-ITS-HISTORY-MEANING-AND-GRACES/](https://www.goodcatholic.com/the-angelus-prayer-its-history-meaning-and-graces/)

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Nutritious



The power of purple

By Alex Chisholm

With the season of late summer and the beginning of Lent, it seems we are suddenly surrounded by purple. The colour purple has long been a sign of significance and importance in Churches and some areas of Society. However, this colour also signals important health benefits in foods. These are in the purple / blue foods which are widely available at present. With the season of Lent falling in late summer early Autumn in the Southern hemisphere, it is the main time for purple vegetables, but more importantly, fruits to be available.

Many of you may also have memories of berry picking, jam making and fruit preserving, in the time before tinned fruits and commercially made jams were so widely available. I can remember as a child being sent out into the garden to pick both black and red currants, though much more recently being able to pick and enjoy raspberries at my daughter's house when the family were on holiday and I was charged with keeping an eye on the garden! That was especially enjoyable though these were destined for freezing—something also not so readily available in the jam making days.



"...including a wide range of fruits and vegetables in our diets—"eating the rainbow"—should be encouraged..."

IMAGE: VOCAL.MEDIA/LIFEHACK.

As well as the berries we have stone fruits and some purple / red vegetables in addition to beetroot. So, what is it that makes purple fruits and vegetables so important?



Apart from vitamins (especially vitamin C) and minerals they contain antioxidants and unique compounds which have been credited with playing a role in heart health, cancer prevention, fighting infection, reducing inflammation and helping to reduce blood pressure.

Anthocyanins are a group of deep red, purple and blue pigments found in plants and are part of a larger group of plant-based chemicals

(Continued on page 7)

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

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ADVERTISING QUERIES:

TheRockAds@stpeterscaversham.org.nz

PRE-PRINT SERVICES : Information Services Otago Ltd.

PRINTED BY: Dunedin Print Ltd.

For your diary

Sunday, 8 March : Parish AGM following the 10.30am Service

Tuesday, 10 March : Vestry meeting at 2.30pm

Friday, 18 March : Deadline for the March *Rock*

Friday, 10 April : Service of Installation of Father John Graveston as Vicar at 6pm



Nutritious

The power of purple

(Continued from page 6)

called flavonoids. These are powerful nutrients which may help explain why plant-based diets are consistently associated with health benefits. Some practices during Lent have involved restricting certain foods but for the benefits to our health, including a wide range of fruits and vegetables in our diets—"eating the rainbow"—should be encouraged. Traditionally it has often been high protein animal foods which have been somewhat restricted. However, if these are replaced with more purple fruits and vegetables Lent could be a time for benefiting our physical health as well. 🍇



"...sent out into the garden to pick both black and red currants..."

PHOTO.: WWW.EPICGARDENING.COM.

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The grapes of wrath and some hymns

Rock music



By David Hoskins, Director of Music

After a long, long wait I recently entered Dunedin Hospital for hip replacement surgery. The surgery proceeded with me under a 'mild epidural'—which meant I felt nothing but heard what I can only describe as a construction site of hammering, drilling and sawing. I was offered a choice of music. I doubt whether Mozart would have been heard over the din!

Waking in the ward was a simple process of responding to 'Mr. Hoskins?' I did have to think for a moment! I received a fine level of care from a skilled staff who proved to be from many different countries. They hummed quietly as they worked and I always meant to ask what the tunes were. I didn't, which was a pity. I found it all rather wonderful—until I had to get out of bed and waggle a leg or two and take endless medication. Thank goodness for Radio New Zealand in its various manifestations!

I was in a four-person ward. One stops feeling rather self-centred when noting the serious conditions bringing others into hospital. Time tends to drag between medication, visits and meals. The food has improved but hospital tea and coffee, I am convinced, comes out of the same, very old, pot!

A visitor brought me grapes. A lovely treat. The others in the ward had visitors bringing best wishes and nice treats. After the visitors had departed there was a certain amount



of conversation among the 'inmates'. The young visitors had eaten all the treats. I offered my grapes—'Please take a few'. The grapes were passed around and when the pack arrived back it was much depleted—five sad grapes remained. It proved a real icebreaker.

I found out that some of the ward attended various churches, but they all knew of Saint Peter's! During the early hours of Sunday morning, one could distinctly hear Robyn Jaquier's dulcet tones introducing 'Hymns on Sunday'. There seemed to be an odd whispering from the young chap in the next bed. I found out later he was creating an online record of his hospital stay and was updating his digital audience at all hours.


It was wonderful how young musicians stepped up and played in my absence and The Reverend Joel's experiment with recorded service music worked far better than anyone (including himself) expected. It has been wonderful to begin to walk without pain and be back on the organ bench. I wonder if the men in the ward, now at home, continue to listen to the early hour broadcast of hymns. Now, as we begin our Lenten journey, the music can take on sombre tones occasionally. However, there is enough resource about to ensure we can lighten the musical load as required. If all else fails, I can always pass around some grapes. It worked before....



Rt Revd and Rt Hon Dame Sarah Mullally DBE
Archbishop of Canterbury

Delivering the 2025 Christmas Day sermon at St Paul's Cathedral, London, while still Bishop of London..



Real joy is not the cheerful brightness of a seasonal card. It is not the thin optimism we sometimes cling to when the world feels fragile. It is not hurrying on to a receding future, nor hankering after an imagined past. It is a joy that can look despair directly in the eye and refuse to surrender. It is a joy that steps toward shadows with the compassion and steadiness of God." 



More online :

Read the full text at:

<https://www.archbishopofcanterbury.org/speeches/bishop-saraha-christmas-sermon-2025>

