THE ROCK

Anglican Parish of
Caversham Saint Peter,
Dunedin, New Zealand

June 2026—Patronal Festival

Saint Peter

By The Vicar

At the end of June Saint Peter's celebrates our patronal festival. So, it would have been a missed opportunity for me to not talk about St. Peter, our patron saint. A number of years ago we had the opportunity to visit Rome for just under a week. Alongside the usual touristy activities such as visiting the Colosseum and Roman Forum, eating Italian food and visiting every clerical shop possible, we visited the Vatican. As part of this visit, we saw the amazing works in the Vatican museum and marvelled at the size and grandeur of St Peter's basilica. These were even more spectacular then expected. One of our more unusual activities was to visit the Vatican Necropolis.

The current St Peter's Basilica was built in the 16th Century on top of the older St Peter's Basilica which was built in the 4th Century. The location of this original basilica was traditionally believed to have been on top of the burial site of St Peter, who was martyred in Rome 64 AD during the reign of the Roman Emperor Nero. The site of the Vatican was a cemetery, a city of the dead. This is were we visited. After putting on hard hats and climbing down some steep stairs roughly eleven meters underground we entered the city of the dead. It was hot and very tight, not a place for people with claustrophobia,

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Fruit and Vege's now at Saint Peter's

The sale of the Caversham Presbyterian Church building on Thorn Street meant it was no longer available as the local distribution centre for All Saints' Fruit and Vege Scheme. Saint Peter's is the new local collection point, with parcels available for collection every Thursday between 10am and 11am and again between 5 and 6pm at the Church at 500 Hillside Road.

The Fruit and Vege Scheme has long been a valued initiative in Dunedin, helping households access quality

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Shelley Hill, Father John Graveston (Vicar of Saint Peter's) and Anne-Louise Milne ready to distribute fruit and vege's from Saint Peter's.

Holy Cross to join?

A circle of history may be about to complete with the recent decision of The Southern Coastal Deanery to dissolve on 31 December 2026. One of the features of the decision is that the members of Holy Cross St Kilda "wish to join with Saint Peter's and to keep their midweek worship going." Discussions between Saint Peter's vestry and the Deanery are under way to determine just how the "joining" may take effect.

The Holy Cross roots trace from Saint Peter's Caversham in 1902. One of our curates, the Reverend E. L. Woodhouse, conducted a service in the Forbury School Gymnasium, the first

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Saint Peter

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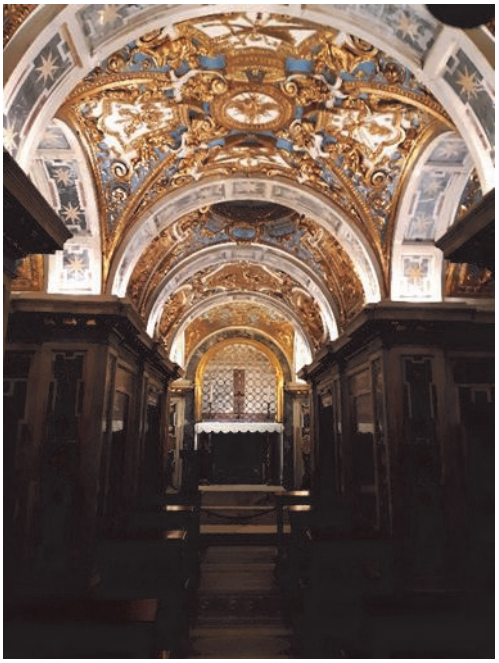
but under the ground we saw tombs, mausoleum and sarcophagus. It was incredible to see these places of burial which are at least 2000 years old.

It was at the end of the tour, about an hour after we went underground, that we entered the location of the burial of St Peter. This site was located during the extensive archaeological dig which took place between 1939-1958. During this they found 1st century inscriptions, graffiti and other archaeological evidence pointing to a specific tomb being the burial grounds of St Peter. In that tomb they found bones of a 1st century man who is now believed to be St Peter. At the end of the tour, we were given an opportunity to view the relic of St Peter and to spend time in prayer. I was also moved that at this site I was asked to pray and bless those on the tour who wished to receive a blessing. It was a privilege to do so while standing in the presence of these relics.

In the Necropolis.



Clementine Chapel (Chapel of St. Peter), Directly under the Basilica Altar.

PHOTO'S: THE VICAR

So when Jesus said to Peter that he would be the rock on which the church would be built this was not just spiritually but also physically, with St. Peter and his tomb being part of the foundation of the Basilica. We are blessed to have St Peter, the rock, as our patron saint who inspires us as a community to stand strong in our faith.

Holy Cross to join?

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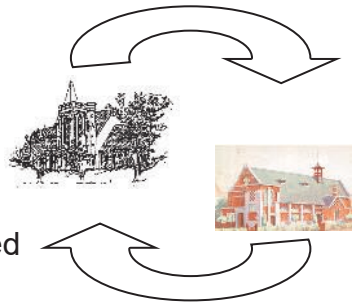

Anglican service for St Kilda. This separate congregation of Anglican worshippers in South Dunedin in time became a stand-alone parish based in St Kilda at Holy Cross Church.

If the parishes do combine at the end of the year, it will be a case of back to the future. In the meantime, Saint Peter's invites Holy Cross parishioners to join in with us, as we wish to do with them, at every opportunity. "We are looking forward to what the future holds for ministry in the South of Dunedin", said Saint Peter's Vicar Father John Graveston.

A vestry member has suggested we publish a quote each month—perhaps a favourite, perhaps something you read recently and found particularly interesting or inspiring. He has supplied this month's to get us under way.

Send your quote of choice to THEROCKEDITOR@STPETERSCAVERSHAM.ORG.NZ.

"Here then is our opportunity. We cannot see God, but we can see Christ. Christ was not only the Son of God, but He was the Son of man as well, and, as a man to men, He can reveal His Father. Whatever Christ was, that God is. All the unselfishness, all the tenderness, all the kindness, all the justice, all the goodness, that we see in Christ is simply a revelation of the unselfishness, the tenderness, the kindness, the justice, the goodness, of God."

-- HANNAH WHITALL SMITH, "THE UNSELFISHNESS OF GOD"

A piece of history

Recently, while cleaning out cupboards in the bell tower room, our Vicar, Father John Graveston, came across an old-fashioned wooden shipping box measuring roughly 30 x 30 x 30 centimetres. Curious to see what was inside, he carefully opened it and was delighted to discover a replacement lamp cover for the Holy Spirit light, the large hanging light located at the entrance to the sanctuary.

What made the discovery even more remarkable was the date on the packaging. The replacement cover had been shipped in 1951, making it 75 years old this year. Amazingly, after all that time, it had remained safely stored away and forgotten in the bell tower.

It is a small but wonderful glimpse into the history of our church and a reminder of the care and craftsmanship of earlier generations. It also proves an old saying to be true: they really do not make them like they used to.

Fruit and Vege's now at Saint Peter's

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fruit and vegetables at low cost. At a time when many families and individuals are feeling the pressure of rising food prices, this is a simple but important way of caring for one another and supporting the wellbeing of our wider community.

Fruit and vege bags are available in three sizes: Single bag $4, Couples bag $7, Family bag $14

Orders can be placed online through the All Saints' Fruit and Vege's website at: https://www.allsaintsdn.org.nz/all-saints-fruit-and-veges/

Saint Peter's is very pleased to be able to host the distribution centre and hopes that, over time, more people in the Caversham area will make use of the scheme. Whether you are looking to save money on groceries, increase the amount of fresh produce in your household, or simply support a community initiative, we encourage you to consider placing an order.

If you know of someone who may benefit from the scheme, please feel free to pass this information on.

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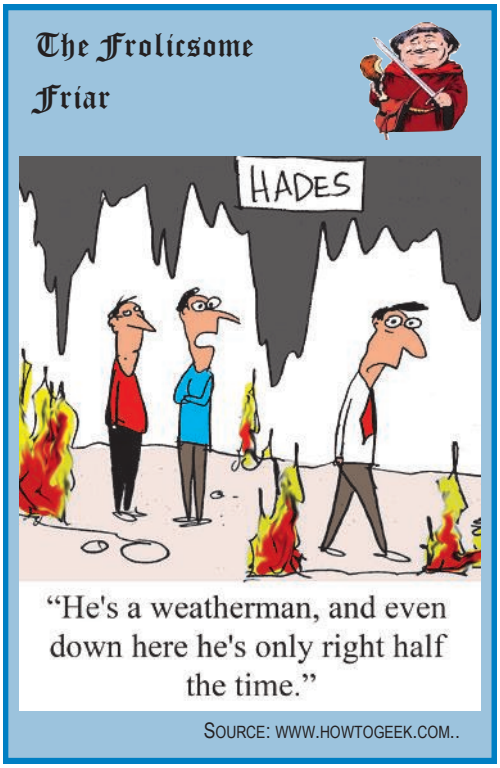
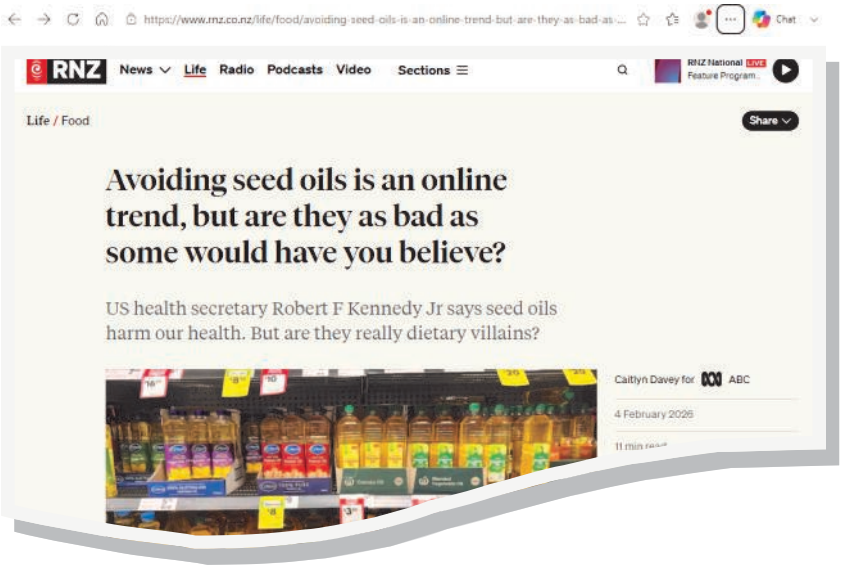


Nutritious

Should we be avoiding seed oils?

By Alex Chisholm



A recent article from ABC available to read here courtesy of RNZ asks the question 'Avoiding seed oils is an online trend, but are they as bad as some would have you believe?'

This theme has been popping up now and again for many years. At present it seems to be driven by attitudes and statements being propounded in the USA. Before we go any further the short answer to the question is 'no' and an article from Johns Hopkins Bloomberg School of Public Health; *Influence vs. Evidence: The Science Supporting Seed Oils* has a subtitle which states 'Seed oils contain essential fatty acids that support cardiovascular and metabolic health when consumed in moderation'. Our NZ Heart Foundation has a 'Blog: Friday 23 May 2025' also addressing the issue *Sorting fact from fiction – seed oils and coconut oil*. This is from the Australian Heart Foundation, but New Zealand and Australia align their recommendations.

Oils are important to consider as part of a healthy dietary pattern as they provide essential fatty acids. Commonly consumed oils include canola, corn, olive, peanut, safflower, soybean and sunflower oils. Oils are also naturally present in nuts, seeds, seafood, olives and avocados. These are considered nutrient dense as they have a beneficial fatty acid profile, providing variously unsaturated n-6 and n-3 fatty acids.

The fat in some tropical plants, such as coconut oil, palm kernel oil and palm oil, may be used in desserts and sweet snacks, but these oils are not included in the oils category because they contain a higher percentage of saturated fat than other oils. Remember, a heart-healthy diet doesn't come down to one specific food. What matters is your overall food intake. Eating a higher proportion of lean protein foods, healthy fats, alongside plenty of plant foods such as fruits and vegetables, legumes and wholegrains, is best

"" The fat in some tropical plants, such as coconut oil, palm kernel oil and palm oil, … are not included in the oils category…".

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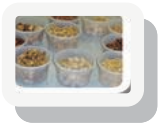
Should we be avoiding seed oils?



Nutritious

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for heart health. The ZOE team in London also received record enquiries on this topic. Their response was to confirm that the commonly consumed oils are important in a healthy dietary pattern as they provide essential fatty acids. The fat in some tropical plants, such as coconut oil, palm kernel oil and palm oil, may be used in desserts and sweet snacks high in added sugars and are thus not a nutrient-dense food choice. Strategies to shift intake of fats in a healthy direction include cooking with vegetable oil in place of fats high in saturated fat, including butter, shortening, lard, or coconut oil.

Eating nuts and seeds as part of your everyday diet supplies unsaturated acids, as well as fibre and a selection of minerals and vitamins. Here again variety and diversity are important as the various healthy gut microbes may have their favourites.

Despite popular claims, human studies show that omega-6 fats in seed oils do not increase inflammation and may even help lower it.

The health issues often attributed to seed oils are usually caused by the ultra-processed foods (UPFs) they are found in, rather than the oils themselves.

Consuming seed oils is associated with a lower risk of heart disease and type 2 diabetes, and with improved blood sugar management.

Standard home-cooking temperatures do not turn seed oils into toxic substances or produce significant amounts of trans fats.

References:
https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf
https://publichealth.jhu.edu/2025/the-evidence-behind-seed-oils-health-effects
https://www.heartfoundation.org.au/healthy-living/healthy-eating/fats-oils-and-heart-health
https://zoe.com/learn/podcast-seed-oils-lower-risk-heart-disease?srsltid=AfmBOooyEBiR0RKLyyzIp-QEbunAQo2sUwDG2WhqnC0gMpjeG6ZJn8e8

Vestry notes

No Vestry notes appeared in last month's issue as no meeting was held in May. Items of interest at this month's meeting included:

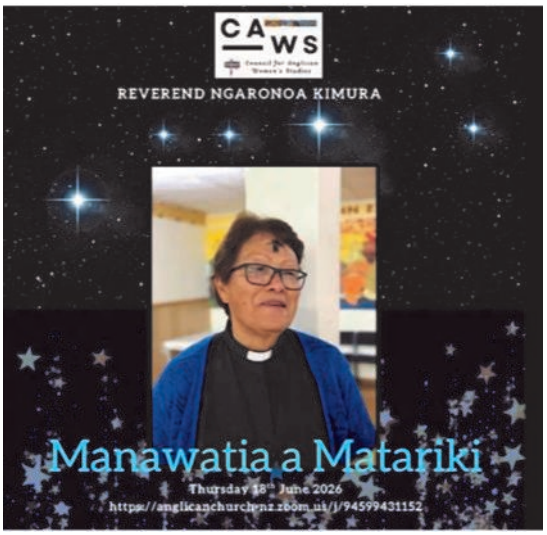
- Preparation for a fire drill procedure
- Consideration of the defibrillator. The battery is flat and pads need to be replaced. Next month's meeting will decide whether to repair or discard it
- Agreed to look at updating the contract for cleaning of the hall and church
- Discussed the desirability of updating charges for hall use

- Initial discussion of ways and means for any possible joining of Holy Cross with Saint Peter's.

By Alex Chisholm,
Vicar's Warden

CHURCHWARDEN CORNER

We pause at Matariki to remember those who have died, celebrate the present and look forward to the future. Recently I was fortunate to be able to watch the Council of Anglican Women's Studies Theology Chat presentation for the celebration of Matariki. It was fascinating to hear the accounts of Matariki 's effect on people's lives. There is important timing of when fish and eels were caught, crops were planted and people went into the bush to gather plants. If the old people could see certain stars, then there would be a good growing season and harvest and a need to preserve water, but if the weather conditions were unfavourable for seeing the star cluster, then bad weather was likely. People's high energy at full moon or low energy at the new moon indicated the time to be active and the time to rest and was put into practice. This careful husbanding of energy was used to good advantage in a school where the pupils were scheduled to sit an important exam. The school principal encouraged them with work and good food, and when the exams came the students were at their highest energy level and all passed NCEA with good marks. The teacher received an award



What the stars of Matariki mean

Matariki is the star which signifies reflection, hope, our connection to the environment and the gathering of people. Matariki is also connected to the health and wellbeing of people.

Waiti is associated with all freshwater bodies and the food sources which are sustained by those waters.

Waita is associated with the ocean and food sources within it.

Waipuna-a-rangi is associated with the rain.

Tupuanuku is the star associated with everything which grows within the soil to be harvested or gathered for food.

Tupuarangi is associated with everything that grows up in the trees: fruits, berries, and birds.

Ururangi is the star associated with the winds.

Pohutukawa is the star associated with those who have died.

Hiwa-i-te-rangi is the star associated with granting our wishes and realising our aspirations for the coming year.

More online:

Our diocese's [page of matariki resources

https://hail.to/diocese-of-dunedin/publication/Ue1zbqV/article/QFmtwOf

Images of a recent flight from Sydney to South America overflying Dunedin. The Aviation Security Service website lists six reasons for an aircraft leaving a visible trail as it flies through the sky. The most usual is exhaust condensation (contrails) formed when exhaust from aircraft engines mixes with extremely cold, low-pressure air at high cruising altitudes.

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 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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For your diary

Sunday, 28 June : Patronal Festival with lunch at Equinox following the 10.30am Service

Wednesday, 15 July : Vestry meeting at 2.30pm

Friday, 17 July : Deadline for the July Rock

A Rare Vintage Rock music

(Continued from page 8)

George Thalben Ball at the organ of Temple Church London.
Photo.: Facebook.

Temple Church London.
Photo.: YouTube.

The famed British organist, George Thalben Ball retired from his post at London's Temple Church at the age of 86. At the close of his final service Sir George, having completed a fine performance of a virtuoso composition, acknowledged the ovation from a packed congregation with a bow and a wave from the organ loft. Francis Jackson, for many years Director of Music at York Minster, continued an active performing career until his death at the age of 104, releasing a critically acclaimed CD recording of the music of Percy Whitlock at the age of 83.

Many other examples can be found in organ lofts world-wide. The instrument demands a great deal of coordination of eyes, hands and feet and perhaps it is this complex relationship that keeps organists in top condition even at venerable ages.

A Rare Vintage

Rock music

By David Hoskins, Director of Music

When I was young, all organists seemed to be 'old' or at least 'venerable'. They pulled and pushed at rows of stop knobs while playing complicated music with their hands and their feet. I was eleven years old when I was called in at the last minute to deputize for the injured organist at Evensong with a full choir and, thankfully, unaccompanied anthem. The organist with bandaged hand pulled the stops and turned the pages of the score and somehow we all got through. It was the beginning of, now, over 60 years of organ playing and I wonder where the time has gone in a whirl of church services, rehearsing choirs, tuning stubborn organ pipes in both winter and summer, giving an endless round of, usually, lunchtime recitals and generally being very busy making noises of one sort or another.

Charles-Marie Widor.
Photo.: Spotify.

Johann Reincken.
Photo.: Facebook.

As my playing 'career' draws to a close of sorts, I have been thinking back to those remarkable musicians who have somehow extracted fine music from this awkward 'kist o' whistles' as the old Scots described the pipe organ.

Jean Guillou.
Photo.: artmusiclounge.

J.S. Bach was 65 when he died of complications from eye surgery. Handel died after a series of strokes and Mozart never made it past 40. But many organists have lived long, and I have been thinking about some of the more venerable examples inhabiting the organ loft well past retirement age.

Charles-Marie Widor played the famous organ at the great Paris church of Saint-Sulpice for 64 years before stepping down from the organ loft for the last time in 1933 at the age of 93.

Jean Guillou continued to play the organ of St Eustache, Paris and tour internally giving concerts until he died in 2019 at the age of 88. However, these records pale somewhat when one considers the playing career of Johann Reincken who played at St Catherine's Church in Hamburg until his death in 1722 at the age of 99!

However, some organists seem ageless. Mary Conklin plays every Sunday at First Presbyterian Church in Winnebago, Minnesota where she has played since 1941. She continues to practice at least two hours a day at least three times a week!

Mary Conklin.
Photo.: Facebook.

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The Most Reverend Dame Sarah Mullally DBE
Archbishop of Canterbury

Archbishop of Canterbury's House of Lords debate on the human impact of Artificial Intelligence 5 June, 2026.

"Wave after wave of technological innovation is taking place as we speak, and the question we should be asking is simple: Where are we going? What is our vision for how this technology will serve human flourishing? We are in danger of unleashing AI into our lives and societies without the theological, philosophical and spiritual framework with which to make decisions about creating, controlling, using or directing it."

More online :

Read the full text at:

https://www.archbishopofcanterbury.org/speeches/archbishop-canterburys-house-lords-debate-human-impact-artificial-intelligence