



12 July 2020 – 15th Sunday in Ordinary Time – Year A

Cathedral of the Holy Spirit	Kotahi Ano (Together as One)
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STAYING IN TOUCH

Please register your details online at the [Cathedral of the Holy Spirit](#) or [Our Lady of Lourdes](#) websites. Please include your Surname, Christian name, Email address, Cell and Landline numbers, and Street address and which parish you belong to. Alternatively, you can email the above details to info@lourdesparish.nz, "Registering my details with you".

Pastor's Desk

Our experiences of lockdown differed, from being a wonderful time to being awful, a lovely quiet time to a terrifyingly too quiet or too loud time, depending on our circumstances and our personalities. When we came out of lockdown, there were changes, some expected and some unexpected ones too.

One of the changes that has preoccupied me, is how the mental health of some members of our faith community has been affected. These brothers and sisters are usually strong personalities, have a strong faith, used to living alone and had been actively involved in helping others. Their new reality is frightening - they are filled with anxiety, having to take medication, having memory losses, being deprived of their independence, and not knowing what to do. Those of us who know these people are grappling with how best to be there for them, but, knowing how fragile they are, not wanting to harm them in any way. We may not realise it, but we are also grieving for them, our loss and theirs.

In discussions with concerned parishioners, I enthused about a book I had recently come across by Sharon Brown, who writes spiritual formation novels. *Shades of Light*, (for which the author undertook extensive research) deals with anxiety and depression; walking with a loved one who is a sufferer and the sometimes-misguided way we Christians treat mental illness. When I mentioned some of the signs and symptoms of depression (which are similar to those of grief) of the main character, my companions mentioned that they'd had similar symptoms when their loved one had died – lack of energy, even to pray; fits of crying (taking long showers because that was the only place to cry without anyone noticing); wanting to be alone, etc.

Fr Joe has prompted us to discern opportunities in ministry, among other areas. We already have bereavement groups who support the bereaved, the members of which have had some guidance on how best to do this. How do we accompany our brothers and sisters whose wellbeing has been affected? Should we have a team for this? As the Christian church does not have a good history of dealing with people with mental illness, do we collaborate with other faith communities to see how they are dealing with this issue? Most of us are Martha's, wanting to **do** something, finding it hard to just **be**. It is hard to accept that **we** cannot fix the one who is suffering.

However, what we can be doing is looking after the wellbeing of our body, mind, and spirit. One resource I find useful is John Kirwan's app, *Mentemia*, which has some useful tips and exercises for keeping healthy in body and mind.

When Jesus was praying in Gethsemane, He experienced great anguish, and repeatedly told the disciples to watch and pray. Let us put that into practice, by praying and looking out for the wellbeing of others and ourselves. **June Hurly**

Memorial Mass

Thursday 16 July at 5.30pm in the Cathedral

This is an opportunity for all our Palmerston North Catholic community to join us to celebrate those loved ones who died both here in New Zealand and overseas during our lockdown period and for whom we were unable to acknowledge in the usual way. We also pray for ourselves especially if we have been deeply affected due to the lockdown, have had a job loss, loss of confidence, etc.

Please bring a plate of finger food to share after Mass.

Prayer Intentions

We Pray for Our Deceased:

RIP: Gustavo Vasquez and Conchita Baluyot

Mass intentions: William Joseph Angland



We pray for: Audrey Murphy, Bettie Beech, Barbara & Graeme Younger, Bernadette Conlon, Chris Kleinsman, Diane Stubbs, Fiona Hurly, Evie Feierabend, Ian Sutherland, John Pepperell, June MacMillan, Kathleen Butturini, Kia Reyes, Marian Carey, Maureen Murphy, Maureen Watts, Maria Pascoe, Fr Michael Lloyd, Mike Manson, Mikulas Oros, Melva Widdowson, Pat Kauri, Nicola Burmeister, Paul McRae, Peter Morrison-Story, Raymond Jones, Romuald Rudzki, Rebecca Lauvi, Romeo Plamio, Steve Horgan, Tony Murphy, Tony Winchcombe, Vinnie Carroll, and William Lemmon,



ABOUT OUR NEWSLETTER: - We will be retaining the online newsletter.

If you know of anyone who cannot access the emails or the internet or who does not have a printer please print out a copy of the newsletter and pass it onto them. Alternatively, ask them to register with the parish office for a printed newsletter – thank you! Please view the overhead presentation before and after Mass.

Welcome - സ്വാഗതം

Invitation to get newsletter via email: ഈ ദേവാലയത്തിന്റെ ന്യൂസ് ലെറ്റർ ഇമെയിൽ ആയി ലഭിക്കാൻ ആഗ്രഹിക്കുന്നവർ, ദയവായി തങ്ങളുടെ ഇമെയിൽ അഡ്രസ് പാരിഷ് ഓഫീസിൽ നൽകേണ്ടതാണ്.

Reflection – 15th Sunday in Ordinary Time

1st Reading: Isaiah 55.10-11, **2nd Reading:** Romans 8.18-23

Gospel Reading: Matthew 13.1-23

Responsorial Psalm: The seed that falls on good ground will yield a fruitful harvest.

God's word, spoken through signs and wonders since the dawn of creation, culminating in the unique word made flesh in Christ, is still alive and active in the world and those who hear and keep it will produce much fruit.

The world seems to be trapped in a cycle of hopelessness, a hopelessness that is more virulent than the AIDS virus, threatening to destroy our capacity to imagine and wonder.

For example, very few people ever spend time imagining what it would be like when the world lives at peace.

On the contrary, so many of us spend hours and hours imagining what COVID 19 might do to the world. We seem to have lost our capacity to delight in 'possibility'. Probably because we do not really believe in the power of God's word. "Be fruitful, multiply; be masters" said God to our first parents and later He added through the Prophet "THE WORD THAT GOES FROM MY MOUTH DOES NOT RETURN EMPTY" (Is 55: 11). Jesus himself being the word of God sowed his words as seeds of life on earth, enabling the fallen man to return to God together with all creation; and He too promised that his words falling on rich soil "will bring forth sixty- and hundred -folds".

The delightful truth is that God, like the sower in the parable, has scattered the signs of his presence generously throughout his creation. Have you ever worked in a fertile field of earth and planted a garden and saw it come into bloom? A single act of kindness, for example, will be multiplied in God's hands. The harvest of a lifetime of dedicated service to some noble cause will be increased a hundred-fold by Him. Let us take a moment to consider the word of God that has been sown in our hearts. (*How do you prepare the soil of your life for the word of God to take root in you that can produce thirty, sixty, or hundred-fold fruit?*)

From Fr. Vijay

Health and Wellbeing

Remember our motto during these interesting times:
 “simple, relaxed and stress-free”!



Church Notices

Cathedral of the Holy Spirit:

Parish Property Manager – Voluntary Role

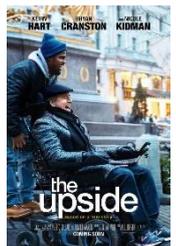
This is a pivotal role in our Parish Team, and we are looking at a person(s) to work with and support the Parish Manager by:



- Carrying out minor repairs and maintenance around the Cathedral, parish house, office, and our commercial properties.
- Has an understanding of property compliance (working with PNCC, Property Brokers Compliance and trades who are connected with BWOF compliance issues).

This role would be suitable for a person who has a little free time, who is retired or semi-retired and who would like to share their practical skills and talents assisting with keeping our Cathedral, parish house and office in good working order. If you would like to be involved in your Parish by covering the whole role or part of the role, please email Steph on s.grantham@pncathedral.org.nz. We would love to hear from you.

The following events are an open invitation to the Palmerston North Catholic Community – all welcome.

20 July	9:30am	Listening Space: An open inter-church group in Manawatu offering quiet space and companionship – Cathedral – See noticeboard for more information
21 July	1:30pm	Women’s Movie Afternoon – The Upside: Phillip is a wealthy quadriplegic who needs a caretaker to help him with his day-to-day routine in his New York penthouse. He decides to hire Dell, a struggling parolee who is trying to reconnect with his ex and his young son. Despite coming from two different worlds, an unlikely friendship starts to blossom as Dell and Phillip rediscover the joy of living life to the fullest. – Cathedral Lounge 
23 July	9:30am	 Shining Stars – an invitation to all our little people to come and share some song, dance, and morning tea – an invitation to all parents and caregivers from all parishes.
28 July	10:30am	Blokes Morning Tea – Cathedral Lounge
20 August	10:00am	The third form that began the 1957 school year at St Patrick’s College Silverstream will shortly be holding a class reunion in Palmerston North. This will include a Mass at 10am on Thursday 20 August in the Cathedral which will be concelebrated by a member of that class, Fr Michael McVerry S.M., along with another college old boy, our own Bishop Owen. All men who were educated by Marist priests are warmly invited to attend and join in the light luncheon in the parish lounge which will follow. If you are one of these and can come, please ring, and give your name for catering purposes to either to the parish office (06 3572891) or Michael Vanderpump (06 3555268). 

Cathedral Café – Please collect your dishes from the Parish Office. Thank you.

Our Lady of Lourdes:

- **Children's liturgy Mass** – We hope to have a monthly Children's Liturgy Mass, like the last few weeks. This would be at the 9.30am mass. We wish to do this so that we can continue to connect with children, parents, and families. The children's liturgy will continue on other Sundays of the month.
- **Rosters** available on OLOL website and on the noticeboard in foyer.
- **Our Lady of Lourdes School Annual School Fundraiser – Fertilizer Dive.** \$17 per 12kg bag delivered right to your door! In sterilised pellet form – it is perfect for your vegetable patch, flower bed or potted plants. Orders can be made through the school office by emailing office@lol.school.nz or phone the school at 06 358 9727. Delivery date: Saturday 25 July between 9:00am and 12:00pm. Have you ordered your bag yet? Thank you for your support!



St Mary's Foxton/Shannon:

- **St. Mary's Parish office has moved** into the church foyer.
- Come and enjoy a cuppa after every 10:30am Thursday Mass.



General Notices:



St Peter's College invites you to their **Open Night** on Thursday 6th August at 6:00pm in the school gymnasium. Families with children entering Year 7 or Year 9 in 2021 are invited to come along and get an insight of what we have to offer

- † See the **Noticeboard** in your church foyer for more information and notices including bulletin 435 for Pro-life Action
- † **Wanting to rent** - Catholic Tongan family from Levin (parents with two adult children), need to rent house in PN, preferable near Ruahine Street. If you can assist, please phone Ana 021 084 00126 or Atina 021 269 0818.
- † **Diocese Youth Team** - I would like to announce that **Taus McClutchie**, our Citywide Youth minister and campus chaplain at SPC, is going on leave from the end of July until the end of November this year. To fill in in her absence, **Hinekawa Wilson-Munday**, a former Special Character Captain of St Peters College PN and **Bridget Kelly**, a former Special Character Captain of Sacred Heart College, Napier will be working in the school chaplaincy and with our Citywide youth groups. Please join me in warmly welcoming these young women to this important work in our community. **Nick Wilson**
- † **Tuesday, 14 July, 7pm, Annual Public Lecture by Dame Robin White** followed by AGM of the Palmerston North Interfaith Group, Catholic Diocesan Centre, 33 Amesbury Street. 7pm. Please RSVP to Mary Eastham, maeastham23@gmail.com or 021 903 984 by 8 July for catering purposes.
- † **The Pregnancy Centre** is holding its Annual General Meeting on Thursday 23 July, 7pm, at the Centre 237 Broadway Ave. We would appreciate you sending the attached notice around your networks or putting in your newsletter. **See Noticeboard**
- † **Marist St Pats RFC** – Past Players and Supporters Complimentary luncheon and launch of the Clubs 50th Jubilee Book “C'mon Red” Saturday 25 July at the Hataitai Clubrooms.
- † **The Coast to Coast Rosary for Life and Faith** will be held this year on Saturday 15th August at 3 pm. Please help lead or join a group in your parish or community. For more information, please go to www.coasttocoastroary.co.nz or phone Clare 022 1912 886. – **See Noticeboard for more details**
- † **CathNews** reports news about and of interest to the Catholic Church. This Catholic News has focus on New Zealand and the South Pacific – read online CathNews New Zealand

NZCatholic

† For sale in the church foyer.

TUI MOTU
InterIslands
The Independent Catholic Magazine Limited

Available in the Cathedral foyer.

† **The Opportunity Shop in Rangitikei Street is now open:** Mon-Fri 10–4pm. Sat 10–1pm. **We are desperate for:** warm winter clothing especially jackets, winter bedding, furniture & household goods. Pay us a visit for reasonably priced clothing, linen, and household goods. **Special request: waterproof clothing for 10-11-year old's for a school camp in July – this can be dropped off at the op shop.**

The Society has been offered: Firewood that can be delivered – box lots are approx. 2.0 cubic meters, mixture of timber offcuts and cut to length tree parts. For both the above items please phone Mike Keenan 06 3586318 or 021 1858 969

Donations

Please take all donations to the back door – down the drive and into the yard. Food parcel requests will also be received on the shop number 06 3576779. Food donations may be put in the baskets at Church as we return to Sunday Masses. **Next Conference meeting Tuesday 14 July Cathedral Lounge 5.15 p.m.**

Please Note: if you require emergency food parcels in the Foxton and Shannon area, please contact Eleanor on foxtoncoordinator@lourdesparish.nz or 021 064 4584.

