



Cathedral of the Holy Spirit

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 Website: www.pnCathedral.org.nz

Fr Joe Grayland - Parish Priest (Acting)
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Kotahi Ano (Together as One)

Our Lady of Lourdes Parish
Sacred Heart Rongotea
St Mary's Foxton / St Joseph's Shannon

Phone: 358 3667
 Email: office@lourdesparish.nz
 Website: www.lourdesparish.nz
Priests: Fr. Joe Grayland & Fr. Kevin Neal
 Email: priest@lourdesparish.nz
Parish Coordinator of St. Mary's Foxton/Shannon:
 Eleanor Jacobs
 Email: foxtoncoordinator@lourdesparish.nz
 Cell: 021 064 4584

For all Newsletter Notices for all Parishes

Contact: Claire Jacobs Email: info@lourdesparish.nz



Staying in touch Staying in touch is important and we need your email address so we can send email updates and notify you of changes. If you don't already have emails from the Cathedral, Lourdes or Foxton parishes, please email info@lourdesparish.nz and write in the subject line:

"Registering my email with you".

Please include your surname, Christian name, email address, cell and landline numbers, and street address.

Alternatively, you can register your details online <http://www.lourdesparish.nz/parishioner-registration-form.html>. In the comment section, please indicate which parish you belong to. Whether it is the Cathedral, Our Lady of Lourdes or St. Mary's Foxton/Shannon.

Dear Parishioners,

Our lives have changed and along with them our liturgical practices. Sadly, we cannot meet for Mass on Sunday, the Day of the Lord, because we are also responsible citizens. We can view the Mass online and we can continue to pray in our homes with our families. Those of you who live alone can join with others using the telephone and internet.

Our streamed Mass is coming from the Cathedral Presbytery in Palmerston North. You can access it here via the Diocese of Palmerston North website www.pndiocese.org.nz/united

We are so used to coming together each Sunday, as the Body of Christ, to share the Bread of Life and the Cup of Eternal Blessing. When we cannot do this our spiritual rhythm is disrupted and we must learn to worship in new ways. Be open to these new ways. The Lord is everywhere and in everyone. He is not trapped in heaven, lightyears away.

Fear, anxiety, boredom and loneliness will be among some of the key emotions we will experience in the coming weeks. Please do phone your friends and family members – keep in touch and don't socially isolate yourself. Hope, friendship, laughter and song will help us in the weeks ahead. We have included prayer resources for your prayer this weekend, the fifth Sunday of Lent.

The Pastoral Team has been in constant contact with each other as we work through this initial phase of lock-down. We have encountered a new way of being a team and a new way of providing pastoral and liturgical support. We have decided to keep our efforts simple and accessible. There is so much on the web for those who have access. Our response has three parts: Office and Parish Protocol, Pastoral Outreach and Liturgical Outreach. - Fr. Joe

CONTINUING PARISH LIFE

Parish and Office Protocol:

Our parish offices (Cathedral, Lourdes, St Mary's Foxton) are closed to the public and our Pastoral Team members are working from home. We are all contactable via email and telephone. We are all still working. Each of us are covering our priorities: (1) Pastoral Outreach, (2) Liturgical Outreach and (3) Day-to-day systems management.

Pastoral Outreach

Each of our parishes have their Pastoral Telephone Trees operating and you're welcome to ask for a call or to become a caller. This is our pastoral priority: keeping in touch.

We have set up a **Pastoral Telephone Tree** to stay in contact with those who would normally have communion brought to them at home. Communion to these people has been suspended.

We have also begun to phone members of the parishes (Cathedral, Lourdes, Foxton) who we have identified that we should stay in touch with.

If you can help in this ministry, please contact: info@lourdesparish.nz or email one of the contacts below.

Cathedral	Kate Bell k.bell@pncathedral.org.nz
Our Lady of Lourdes	Kate McNamara office@lourdesparish.nz
St Marys' Foxton	Eleanor Jacobs foxtoncoordinator@lourdesparish.nz .

At this time other catechetical processes and programmes are suspended, but we have resources at the bottom of this newsletter from Julie Randall, Director of Music and from Kate Bell, our Catechist. Over the coming weeks we will supply prayer, liturgical and catechetical resources for you at home. You can also access type of resources through the Diocesan Website.

Liturgical Outreach

We will continue our Liturgical and Prayer Outreach through our websites, Facebook pages and email systems. If you don't already have your email registered with us, please email info@lourdesparish.nz. If you know someone else who might enjoy this newsletter, please forward it to them and get them to sign up.

Live streaming of Masses from the Cathedral will stop because, in the context of the government's restrictions on movement and contact during Alert Level 4, and the closure of public spaces, self-isolation means staying at home.

Priests, like everyone else are only permitted to leave their homes to access essential services, like buying groceries, or going to a bank or pharmacy, go to work if you work for an essential service, or go out for exercise (see covid19.govt.nz).

There are many livestreamed Masses around New Zealand and they can be found on catholic.org.nz.

There is also the Pope's daily Mass at 7pm NZ time on livestreamed on the Vatican's YouTube channel <https://www.youtube.com/watch?v=VJH18bl0LWg> and on Rome Reports <https://www.romereports.com/.../live-popes-mass-at-santa-mar.../>

We have created resources for prayer at home on Sundays and for general use and these can be found on our website and Facebook pages and will be emailed individually. Please check out the Diocesan website as well (insert diocese website address to their Unite newsletter)

Day-to-Day Systems Management

We are using online communications and have begun meeting via the internet. We use phone communication and apps like Whats App to communicate. Our Finance Committees are working on the financial aspect and investigating Government support. All our Team members are secure in their jobs and roles.

Exceptional Services

Visiting the sick and dying

The following has come as advice from the Ministry of Health:

If someone with the virus is in hospital priestly pastoral care is to be arranged by the diocese with the local DHB or through the hospital / rest-home, or through the hospital chaplains (including the ecumenical chaplains).

If someone with the virus is at home pastoral care is by phone. The Ministry of Health have not directly answered our question about a priest going into a home to visit someone with the virus but stress the need for no contact. A priest or lay pastoral leader cannot visit a home during this Alert Level Four.

Funerals

No funerals are being celebrated during Alert Level Four. Families have the choice of immediate cremation or putting bodies into Funeral Directors' mortuary facilities until a later time.

If there is a death please phone our Priest Fr. Joe or Mons Dave or Deacon Trung or contact our Pastoral Outreach Telephone Tree coordinators (insert numbers and emails and include those who are doing the work Cushla Hughes and Lynette Roberts King too if they agree) they can phone priests and ask for prayers but the priest or the parish minister cannot visit. Opportunities for Requiem Masses will follow at a later date.

From the St Vincent de Paul Society



Due to the Covid-19 pandemic all emergency food parcels services in Palmerston North have closed until further notice and a City-wide service organised. To obtain an emergency food parcel, the person(s) in need must ring 022 128 5513 between the hours of 9:00AM and 11:30AM. Some questions will be asked and the person(s) in need will have to advise their address to enable delivery of the food.

As we can no longer support St Vincent de Paul with our weekly donations of food items and if you feel you are in a position to still assist, please donate online. Their bank account details are:

Westpac A/c No. 03 0718 0047377 000

Prayer for Week Fifth Sunday of Lent

Using the Scriptures

For all of us the Scriptures are the first source of our spiritual nourishment. We use them to ponder the call to Christianity. Our sisters and brothers in the Catechumenate use the Scriptures all the time to deepen their sense of mission and call. We, who are already baptised can do the same.

The Cathedral Form of the Prayer of the Church takes us back to the prayer forms of Jesus. It uses the Psalms, Hymns and readings from scripture. You can pray it with others or alone. For this prayer you'll need a bible and a song book.

The Prayer of the Church- The Cathedral Form

1. Take a hymn for the day or one that you like and can sing.
2. Use this as your opening song.
3. Turn to the psalms in your bible
4. Read the Psalm 5 the Morning Psalm and conclude with the Glory be to the Father
5. Then read the Reading of the Day
6. Sing your second hymn
7. Pray your prayers of intercession
8. Recite the Our Father
9. Conclude with the blessing: "Give thanks to the Lord and bless God's holy name. Amen."

Lectio Divina is another ancient prayer form. It encourages you to "sit with the Word" and meditate on the meaning of the Scriptures for you and your life. It is a contemplative process that may be important as to seek to find time alone and spend more time with each other.

Find a quiet place and take a passage of scripture and read it several times. Each time you read it read slower and more meditatively. Be alert to the word or phrase that speaks to you. Eventually you will read only the word or the phrase and meditate on it alone. Below is a simple pattern you might like to follow:

1. Choose a scripture – perhaps the scripture of the day.
2. Begin with Prayer: Father I place myself, my life, my thoughts in your hands and for the next 5 mins I give everything to you. Guide me with your Holy Spirit.
3. Read the passage you've chosen through once and stop.
4. Reflect:
 - a. What word or phrase spoke to you?
 - b. What is it about the phrase or word that holds you?
 - c. Why are you responding to that word or phrase?
5. Read the passage again, and this time read slowly and intentionally.
6. Reflect:
 - a. Did that word or phrase speak again to you?
 - b. If yes, why are you responding to that word or phrase?
 - c. Spend time meditating on the phrase or words.
7. Read the words phrase again very slowly, intentionally and meditatively.
8. Finish with prayer: Loving God, I thank you for your wisdom and presence. Let me listen for your voice in all things and be strengthened by your loving presence in my life. Bless the world and bring all peoples to freedom and peace. Amen.

CHECK OUT THESE RESOURCES~

Music Resources for Fifth Sunday of Lent

Gracious God (Manibusan) - <https://www.youtube.com/watch?v=wwtcEIJAIWE>

Psalm 130 With the Lord there is mercy (Haugen) - <https://www.youtube.com/watch?v=1rmZQ-UV9cM>

I am the resurrection and the life (Hurd) - https://www.youtube.com/watch?v=GM4iZ9JpT_M

GIA Publications - Sunday 5th Lent resources for adults and children - Scripture readings/reflections, prayer and music at - <https://interlude.giamusic.com/covid-19-crisis-resources-featured-on-facebook/>

OCP Publications - Scripture readings/reflections, prayer and music at - <https://www.ocp.org/en-us>

Catechetical Resources for Fifth Sunday of Lent

This is a cool link to the orthodox chant the raising of Lazarus:

<https://www.youtube.com/watch?v=nmadHMRLuWQ>

On the children's liturgy front the Auckland diocese liturgy site has this link:

<https://www.aucklandcatholic.org.nz/wp-content/uploads/2020/02/Lent-Fifth-Sunday-Year-A.pdf>

And internationally to Cafod. This is really cool! A very good children's liturgy recorded and interactive... check it out <https://cafod.org.uk/Education/Children-s-liturgy>

And then there was this beautiful interactive Lenten calendar!!! This will open in PowerPoint.

<https://cafod.org.uk/content/download/47780/577402/version/3/file/CAFOD%20Primary%20Lent%20calendar%202020.pptx>

Other things

Gifting to the parishes. The decision is simple: Family First and if you can support the parishes please donate using the bank accounts below:

Cathedral: 02-0630-0288037-01

Our Lady of Lourdes: 02-0630-0288037-18

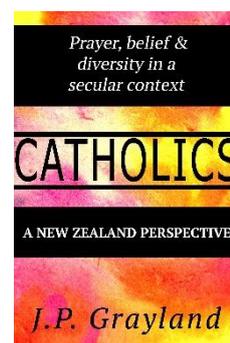
St Mary's Foxton: 02-0630-0288037-07

New Ebook from Fr Joe Grayland:

"<https://books2read.com/b/mKDddZ>" <https://books2read.com/b/mKDddZ>

on the church in New Zealand. It's available on Kindle and other bases.

Click on the link above.



From all the Pastoral Team in lockdown to all of you in lockdown best wishes for the week ahead. We are Together as One *Ko Tahi Ano*. Look after each other and stay in contact.

The Ko Tahi Ano Pastoral Team.

Mons Dave Bell, Steph Grantham, Kate McNamara, Eleanor Jacobs,

Julie Randall, Kate Bell, Michele Columbus, Claire Jacobs,

Deacon Trung Nguyen, Rastem Eugenio, Mike Keenan, Thom Saywell, Joe Grayland