

Cathedral of the Holy Spirit

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For all Newsletter Notices for all Parishes:

Kotahi Ano (Together as One)

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**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 do not 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. We want to keep in touch.

From all the Pastoral Team in lockdown to all of you in lockdown best wishes for the week ahead. We ask that everyone look after each other and stay in contact.

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, and Joe Grayland.

Please Note:

This edition of the Newsletter uses a 'Table of Contents'. We have the following Sections:
Pastors Desk, Pastoral Outreach, Liturgical Outreach and Information.
Click on any of the Headings and you will go to that part of the Newsletter.

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Diocesan website links

Here are the links to several helpful resources. The Diocesan Team keep these updated each week/month with the latest content. Feel free to share these widely.

Signup for Diocesan newsletter: www.pndiocese.org.nz/newsletter

Fr Joe's 'Liturgy at Home' resource: www.pndiocese.org.nz/homeliturgy

Issy McCafferty's 'United in Prayer' resource: www.pndiocese.org.nz/unitedprayer

Diocesan Mass livestream, from Cathedral Presbytery: www.pndiocese.org.nz/livemass

Diocesan YouTube channel: www.pndiocese.org.nz/video & www.pndiocese.org.nz/videos

Weekly 'UNITED' mailout: www.pndiocese.org.nz/united

Resources and links on the Diocesan website: www.pndiocese.org.nz/covid19

Pastor's Desk

Dear Parishioners,

Friends, greetings from the Pastoral Team of the Cathedral, Lourdes and St Mary's Foxton. The lockdown is creating new and novel ways of staying in touch. It is making the value of family/whanau and friends so clear. And, for some it is pushing their nerves to the edge. Many different behaviours will pop up during this time, some healthy and others not so healthy, which is why we have a section on Health and Well-Being written by Associate Professor Kieran O'Donoghue, Head of School in the School of Social Work, Massey University. We believe that health and wellbeing is essential. Please read Kieran's words below.

We will continue our Pastoral Outreach through the three Pastoral Phone Trees and our Liturgical Outreach through material in this newsletter, on our websites, Facebook pages and on the Diocesan Website. If you do not already have your email registered with us, please go to the **Staying in Touch** section at the top of this newsletter.

Thanks to Mons Brian, Mons Dave and Deacon Trung for presiding, singing and filming the Mass. It had more than 2000 views. You will have noticed Fr Vijay Dung Dung formerly of Opunake Parish in the frame. Fr Vijay joined the Cathedral bubble before the lockdown. With Fr Vijay and Trung, the menu has certainly improved and become more international. Welcome Fr. Vijay to the Pastoral Area!

We are all working from our homes and we are meeting as a team twice a week on Tuesday mornings and Friday afternoons. We have learnt a huge amount over the last week as we have moved from face-to-face meetings to online meetings. Praying and meeting via our online system is always dependent on bandwidth and I guess there is a homily in there for some later time! We are working as one team across the three parishes and using our wisdom for all. It is a great experience to be in midst of such a wonderful group of people who are so talented! Please keep us in your prayers.

Fr. Joe

We Pray For Our Recently Deceased:

Professor Elizabeth Greenwell, 29 March 2020
Dennis Fenton, 1 April 2020



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Pastoral Outreach

Pastoral Phone Tree

OUR PRIORITY IS YOU!

The telephone, internet and email are our friends. We have Pastoral Phone Trees working at the Cathedral, Lourdes and Foxton. If you have time to help, please contact one of our coordinators:

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.

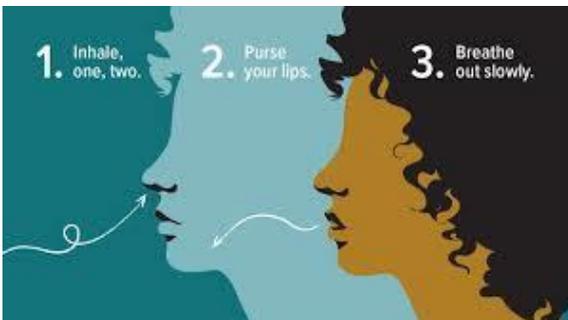
Health and Wellbeing

Staying well in challenging times. Kieran O'Donoghue, PhD, RSW

The Covid 19 pandemic has changed how we live, work and connect as a community in a very short period of time. When changes occurs suddenly and the change that occurs is one that threatens our lives, and the lives and well-being of those we love, it can be frightening and stressful.

It can also throw us off balance because our minds are filled with worries, concerns, fears, about what will happen to me and how will I cope or we may grieve for what we have lost from our previous lifestyle.

The following are two ideas about how to stay well, develop resilience and maintain your balance through the current adversity.



The first idea is to attend to breathing.

Your breathing interacts with your central nervous system and your physical stress response. If you attend to your breathing and breathe from your diaphragm (belly), this helps you relax.

If you want to try this, the Mental Health Foundation has a worksheet.

The link for this is below:

<https://www.mentalhealth.org.nz/assets/Working-Well/WS-switching-on.pdf>

The second idea is to work on a balanced lifestyle by looking at the physical, mental, emotional, family, social, and spiritual aspects and your connection with the environment. The above aspects are all part of Te Whare Tapa Whā.

If you want to work on this further there is a worksheet from the Mental Health Foundation at the following link:

<https://www.mentalhealth.org.nz/assets/Working-Well/WS-finding-balance-individual.pdf>

Kia Manawanui, kia Haumaru Tātou Let us stay strong and stay safe. Kieran O'Donoghue

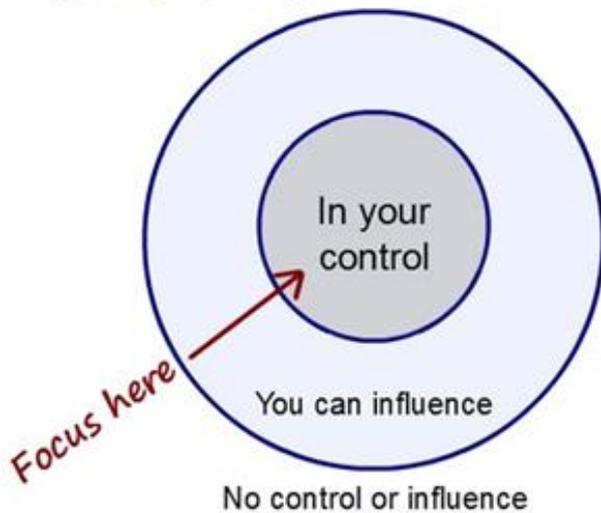
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Face Covid

How to respond effectively to the Corona crisis by Dr Russ Harris, author of The Happiness Trap 'FACE COVID' is a set of practical steps for responding effectively to the Corona crisis, using the principles of Acceptance and Commitment Therapy (ACT).

Effectively to the Corona Crisis

Posted by: coronadosafe 4 days, 5 hours ago



Here's a quick summary of the key steps:

F = Focus on what's in your control

A = Acknowledge your thoughts & feelings

C = Come back into your body

E = Engage in what you're doing

C = Committed action

O = Opening up

V = Values

I = Identify resources

D = Disinfect & distance

For more information, please use the following link:

https://services.unimelb.edu.au/_data/assets/pdf_file/0005/3327008/FACE_COVID_-_How_to_respond_effectively_to_the_Corona_crisis_-_by_Russ_Harris_author_of_The_Happiness_Trap_-1.pdf

Liturgical Outreach

Staying Visible this Holy Week

We Catholics tend to be shy types. We do not flaunt our religious belief. Coming into Holy Week perhaps it might be a good thing to step out of this comfort zone and witness in simple and gentle ways.

Last week we hung prayer notices on the fence at Lourdes church and at the Cathedral. The prayer notice invites passers-by to stop and say a prayer for essential services workers and those impacted with Covid-19.

During Holy Week let us use the key symbols not only for our personal prayer inside our homes but also on our fences and in our front gardens, as a gentle, inviting, public witness.

On Palm Sunday you could a piece of greenery from the garden, bless it and place it on your front door, or gate post, as sign that Holy Week has begun. Here's a blessing you can use:

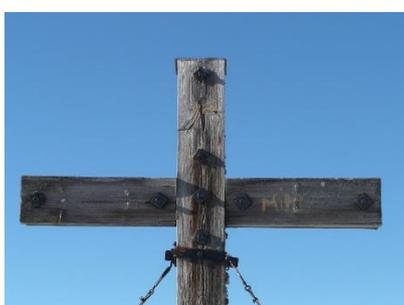
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Here's a blessing you can use:

God of all creation, this greenery is a symbol of the joy that accompanied Jesus on his entry to Jerusalem. Bless this greenery that I hold in my hand that it may go with me throughout the coming year. In Jesus' name, Amen.

On Holy Thursday you might like to wash the feet of other people in your bubble or do it virtually with family or friends? You could bake bread and share this with a cup of wine in remembrance of the Passover.



On Good Friday place a cross on the driveway with an invitation to passers-by, to stop and say a prayer for those who are suffering and in need.

We will do the same outside our Churches.

(Please don't drive to the Churches – respect the lockdown).

On the Easter Morning you could be up before dawn and celebrate a liturgy of Resurrection. Light a candle and put it in the front window. You could light the candle each night of Eastertide as a sign to others.

We would love to see/receive photos of what people and families are doing in their bubbles. Please email them in and we will share them on our Facebook pages. We would love to participate with others in their wider community support.



Livestreaming Masses

Mass from the Cathedral Presbytery



Check out the Cathedral website for:

- The link to the Sunday Mass
- Download this newsletter

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Livestreaming Mass times for Holy Week

Holy Thursday – Livestreaming from the Cathedral’s Presbytery at 7:00pm.

Good Friday National Livestreaming at 3:00pm – link to follow.

Palm Sunday Prayers

Do not be Afraid, just believe!

It is easy for us to say we trust in God when things are good, and people are happy.

But what about when times are uncertain, and people are struggling and in need.

Trust God in uncertain times, have hope in hard times.

There are season and times of uncertainty in all our lives.

What will life look like in a month, in six months, in a year?

During these times of uncertainty, we must follow and trust in God.

Do not be afraid, just believe. (Mark 5:36)

God of ordinary people, we want to hear your voice. May we welcome your voice in the health professionals, political leaders and community agencies. May we welcome your voice in the homeless, jobless and fearful. May we welcome your voice in our families, our schools, our friendships. We do not always welcome the voices of prophets because they make us uncomfortable with the way things are and the way things could be. This is our God, whose people we are.

Amen

Holy Week

Reflection

Gospel for the blessing of Palms; Matthew 21: 1 - 11.

1st. Reading; Isaiah 50: 4 – 7

2nd. Reading; Philippians 2: 6 - 11.

Gospel: Matthew 26: 14 - 27 - 66.

Responsorial Psalm:

"My God, my God, why have you abandoned me"

Today we recall Jesus’ entry into the holy city, Jerusalem. The excitement of the crowd is evident in the Gospel at the procession as Jesus is welcomed as the Messiah. “Hosanna to the Son of David, blessed is He who comes in the name of the Lord.”

In the first reading of the Mass, from Isaiah, the servant foreshadows Jesus. He speaks God’s word to his people who reject him. Though innocent, he endures suffering, beatings and insults. The Lord God sustains him through these persecutions. (Isaiah 50: 4 -7)

Notice the parallel here with the Gospel narrative of the Passion of Jesus. We hear the graphic details how Jesus is betrayed, derided, judged, beaten and sentenced and finally crucified. The fear felt by all in this gospel replaces the joy of Jesus’ entry into Jerusalem.

On Monday and Tuesday, the first reading of the Masses that are held on these days, and the first reading on Friday at the Commemoration of the Passion, we have three other Servant passages from the Prophet Isaiah. Use these readings in the same way to reflect upon and see how the servant in these readings resemble Jesus.

(References: Isaiah Is. 42: 1 – 7, Is. 49: 1 – 6, and Is. 52: 13 – 53: 12.)

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In today's second reading, Paul's letter to the Philippians (*Phil. 1 6 – 11*), quotes an ancient Christian hymn used in worship that captures beautifully the person of Jesus Christ. Although Divine he emptied himself and became fully human to the extent of embracing a disgraceful death on the cross. The Father accepted his obedience by raising him for all to see that "Jesus Christ is Lord, for the glory of God the Father".

As you prayerfully reflect on the account of the Lord's passion and death, what aspects strike you the most as you begin Holy Week?

Holy Week & Easter Online Syro Malabar Service Schedule

Join online: Holy Week & Easter Service with Rosminian Community at St Mary's Presbytery, PN Streaming Times (NZT)

Palm Sunday 5 April:	9:00am: Holy Qurbana
Holy Thursday 9 April:	9:00am: Holy Qurbana 6:00pm: Eucharistic Adoration
Good Friday 10 April:	10:00am: Stations of the Cross 3:00pm: Commemoration of the Lord's Passion
Easter Sunday 12 April:	9:00am: Holy Qurbana

Resources for Children

Auckland diocese liturgy site has this link: <https://www.aucklandcatholic.org.nz/wp-content/uploads/2020/02/Lent-Fifth-Sunday-Year-A.pdf>

Cafod has a very good children's liturgy recorded and interactive check it out: <https://cafod.org.uk/Education/Children-s-liturgy>

Quiet Time Prayer Resources

The Prayer of the Church- The Cathedral Form

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

Lectio Divina 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.

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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 have 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.

Information

Reading Material



Pages may take a few seconds to load. Pages can be turned by hitting arrows at the side of the screen. The paper can also be downloaded as a whole pdf by hitting the download icon at the bottom of your screen.

Please enjoy reading New Zealand's only national Catholic newspaper.

<https://indd.adobe.com/view/888733fa-9004-4e70-9b91-df418a9f5d2a>

Michael Otto, Editor, NZ Catholic



WELCOM goes online. Printed copies of WelCom will not be available during New Zealand's lockdown. The link to the WelCom website to read this month's newspaper online is:

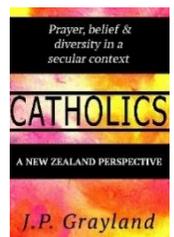
https://issuu.com/dartworks/docs/welcom_381_april_2020_5-6_final_web

Please continue to email your stories and photos to: welcom@wn.catholic.org.nz.

New Ebook from Fr Joe Grayland:

<https://books2read.com/b/mKDddZ> on the church in New Zealand. It's available on Kindle and other bases.

Click on the link above.



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Pastoral Information

Lourdes Church and School Property closed

Sadly, we have been forced to close the main gate to the Lourdes school playground and church property after two incidents of children creating problems on Wednesday 1 April. This is not the sign that we (school and parish) want to send at this time, but safety to the property of our neighbours, the school and the church must take priority. The Police have strongly advised us to take this action

Visiting the sick and dying via phone

If someone with the virus is in hospital priestly pastoral care can be via phone. If someone with the virus is at home pastoral care is by phone. A priest or lay pastoral leader cannot visit a home during this Alert Level Four.

Please contact:

Fr Joe Grayland: Cell: 027 777 8096 Email: priest@lourdesparish.nz
Monsignor David Bell: Cell: 021 257 6771 Email: monsdabell@gmail.com

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 priests Fr. Joe or Mons Dave or contact our Pastoral Outreach Telephone Tree coordinators and ask for prayers. The priest or the parish minister cannot visit. Funeral Masses will follow after the lockdown is ended.

Gifting

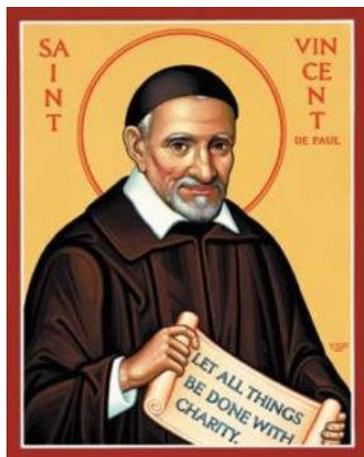
Gifting to parishes if you. The decision is simple: Family First and if you can support the parishes please donate using the bank accounts below:

Cathedral of the Holy Spirit:	02-0630-0288037-01
Our Lady of Lourdes:	02-0630-0288037-18
St Mary's Foxton:	02-0630-0288037-07

Special Envelopes

The Good Friday Collection for the Holy Land (Holy Places collection) is transferred for 2020 to Sunday 13 September. Please hold on to these envelopes and return at a later stage. If you pay online, please feel free, and once again only if you are able, to do so, clearly identifying the special collection name in the reference.

St Vincent de Paul Society



Our local emergency food parcel services are closed until further notice. To obtain an emergency food parcel, the person(s) in need must phone 0800 725 678 or go to www.pncc.govt.nz/covid19 and fill out a needs assessment registration form.

Palmerston North City and Rongotea contacts are Mike Keenan (021 1858 969) and Roger Clark (021 678 141), for Foxton & Shannon please contact the parish email foxtoncoordinator@lourdesparish.nz. Donations of food can be replaced with a donation of money. If you are able to assist, please donate online. Donations to the SVDP bank account details are Westpac A/c No. 03 0718 0047377 000.

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Important Links

Keeping Safe

We want to reiterate the Government's messaging and ask you to keep safe. Stay home unless you are making essential trips (medical, food, exercise) or you are an essential worker. Please keep your physical distance from others AND please remain in safe social contact. Please keep all the essential workers in your prayers, those in our supermarkets, truck drivers, health professionals, those in care facilities, police, fire and other emergency workers.

Need help? Useful Numbers

Helplines

Family and Community Services National Directory:

0800 211 211 (This helpline will transfer you to other appropriate services)

Youthline: Call: 0800 376 633 Text: 234 or Email: talk@youthline.co.nz

The Low Down (support for young people experiencing depression or anxiety)

www.thelowdown.co.nz or Text 5626

Lifeline 24/7 Helpline: 0800 543 354

Mental health Crisis team: 0800 754 477 Need to talk: Free call/ TXT – 1737

Samaritans: 0800 726 666

Depression Helpline: 0800 111 757 or TXT 4202. Email: www.depression.org.nz

Kidsline: 0800543754

Parent help: 0800 568 856

Online Mental Health Support: <https://www.clearhead.org.nz/>

Police

If people want to call police, there are two numbers.

In an emergency, please call **111**.

If something needs to be reported but it is not happening right now, please call **105**.

ACROSS

Anglican, Catholic & Community Social Services – 0800 ACROSS (0800 227 677)

Government and Palmerston North City Council

PNCC have set up a registration form so you can contact them no matter what you need – this means that you will not struggle to find help. We are responsible for coordinating access to household goods and services including food, transport assistance, medication collection, and general household goods. Please access the City Council website here www.pncc.govt.nz.

<https://www.pncc.govt.nz/news-events/covid-19-coronavirus/council-updates/register-for-welfare-support/>

The government has also listed the **financial support** they're offering for those who might need help at this time. You can view this information on the Government's [COVID19](https://www.govt.nz/covid-19/) website.

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