

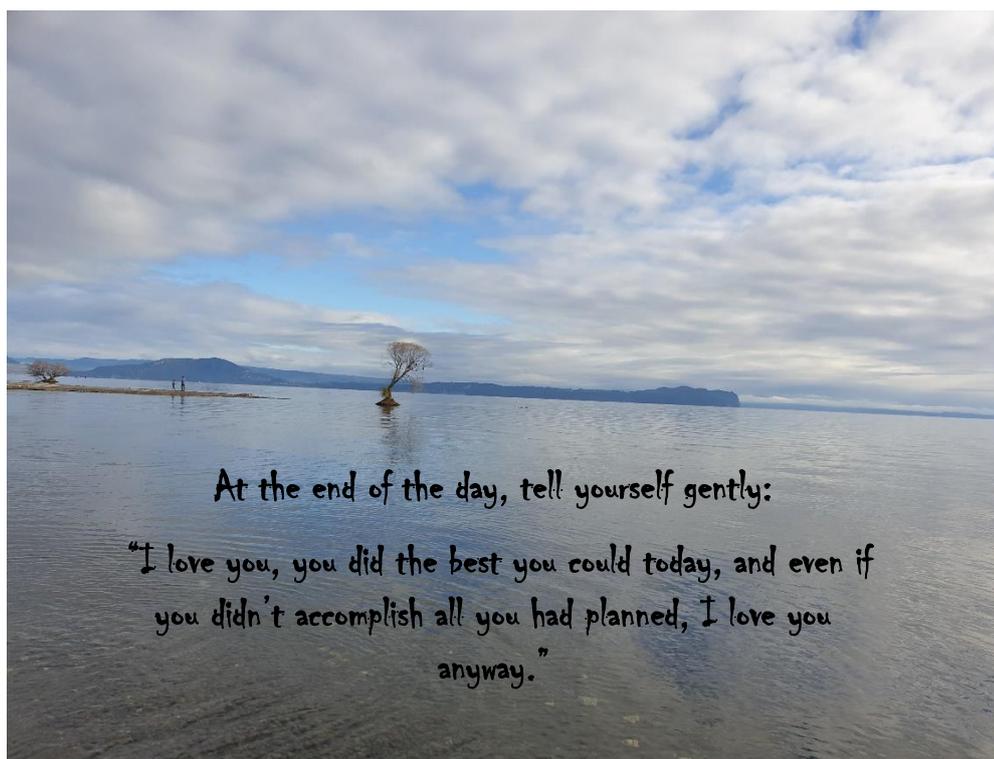


21 June 2020 – 12th Sunday in Ordinary Time – Year A

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](http://www.pnCathedral.org.nz) or [Our Lady of Lourdes](http://www.lourdesparish.nz) 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

The post-traumatic impact of Covid-19 lockdown should not be underestimated. Any situation where there was a risk of dying or seeing others die, or physical fear, or where there are limitations on freedom there is the potential for individuals and groups to react in uncertain and violent ways.

Fear was an element of lockdown – for some an intense emotion. For some, their world has fallen apart and everything that was trusted no longer makes sense. In this situation people can lose hope or belief and even the will to live.

Fear affects people of any age, gender, or culture. Soldiers and refugees who have endured major traumas know this, as do adults, teenagers and children who have experienced childhood sexual or physical abuse.

One person's response to trauma will be different to another's; there is no one way to be human. Being different is not the problem, it is the blessing. Wanting everyone to be like oneself is the problem.

The objects of our fears usually have names: an event, a person, an experience. They are the things we worry about or fret over. These are the “ego possessions” one holds onto in order to define oneself. The more one frets over these ego possessions and works protect them, the more fear of loss grows. As fear grows one becomes focussed on mastering one's evidence, strengthening one's defences and riding shotgun along the perimeter of one's life. Exclusion of others becomes the default response when inclusion becomes too frightening.



Yet Matthew's Gospel presents Jesus' advice: do not fear the things and people who harm the body – fear the one who is the body's life and can give you theological death. Then, without stopping, Jesus takes us through that doorway of fear to see how graciously God attends to the needs of the sparrows.

In doing this Jesus' words reveal a new concept of fear; fear of God is life-giving! It seems our word “fear” which is so negative is the wrong word. We need another word like wonder or awesome or like the barista at the café, “no worries”.

Post trauma many issues become bigger than they are. Some people become hyper-sensitive, others jumpy, others irritable and even angry. All these indicate that emotions are closer to the surface than normal and the smallest disturbance can cause a melt-down. Over the last several months we have been dealing with a large event, and like the iceberg, most of the fear lies beneath the surface.

Coping with this one might avoid a situation, people, or events. One might feel distant from familiar people and places and not want to interact, preferring to remain hidden or separate. At times like this help is always here in the form of friends and professionals – and there is coffee and the friendly barista – “no worries”!



Family, whānau and close friends can help by giving each other both personal time and space if needed along with gentle encouragement to get back into life again. We can all look at the fears we have and not project them onto others.

Blaming is not a wise option because it causes further needless suffering. Helping each other recognise our stress in cheerful ways might be a way of coping with it. Find ways of getting time out for yourself and feeling okay about this is critical to maintain your own

wellbeing.

Jesus teaches that you are precious to him. He reminds us that hope rests on God's ultimate power over you and this is the power of ultimate love. God loves you eternally – you have nothing to fear.

Fr. Joe Grayland

Prayer Intentions

We Pray for Our Deceased:

RIP: Donald Watts we offer our sympathy to Maureen his wife and children Sandy and Greg and their families



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



Special Intention:

The Board of Trustees are about to commence the process of appointing a replacement Principal for Kevin Shore, who will be leaving us in September. This is a time when prayer becomes a significant factor to their planning and decision making. Accordingly, we invite all parishioners to mindfully keep this process and the Board Members in your thoughts and prayers please.



Cathedral Office Hours

The Cathedral office hours are 9am to 1pm. If you need to contact a parish staff member outside of these times, please either email (email addresses on our website) or phone 357 2891 and leave a message and they will be in touch



A parishioner graciously wrote concerned with the use of the phrase "all lives matter" and asked "where our parish stands on the injustices that indigenous peoples and people of colour experience as minority ethnicities in multicultural societies?" Let this be our prayer intention this Sunday at masses. Please read the commentary from a Christian perspective on the Black Lives Matter. It is a worthwhile addition to the conversation.

<https://www.biola.edu/blogs/good-book-blog/2020/black-lives-matter-or-all-lives-matter>

Reflection - The Body and Blood of Christ

1st Reading: Jeremiah 20.7, 10-13 **2nd Reading:** Romans 5.12-15

Gospel Reading: Matthew 10.26-33

Responsorial Psalm: Lord, in your great love, answer me!

So I got nabbed! Nick – can you write a reflection for this Sunday? I think some people who get asked to do things for the church are very reluctant, evident in the struggle to fill rosters and 'nah, ask someone else who is better able to do it' responses we often hear. But not me! Boots and all!

Confirmation was the pivot point for me to be like this – my unconditional yes. I was told to look at Cardinal Thomas right in the eye and look like I meant business as I asked to be confirmed. And I did and here I am. I heard the words of Jesus from today's Gospel – "what I hear whispered, I will proclaim, and I will not be afraid!" (v.27) And I am not afraid! I am so convinced of the message of the Gospel that I can't be quiet about it.

I've been a school teacher before coming to work for the Church and I have encountered all kinds of people filled with fear of some sort. It cripples, it withholds, it diminishes and incapacitates. I just can't be bothered with fear! I am not dissuaded by people who fearfully sit in the corner telling me to be quiet lest I disturb the peace or disrupt the comfort zone they sit in.

I am not and you are not created for comfort or quiet – to care more about reputation, social status or whether people like us or not – today's Gospel is pretty clear about that – *“do not be afraid of those that kill the body, but cannot kill the soul!”* (v.28)

A friend of mine commented the other day that a lot of what we do, we do for others. How we dress, how often we shower, makeup, language and what Merton calls – ‘the projection of the false self’. Maybe we need to be free of all this inconsequential social construct? And what better time than now? During lockdown, we were gifted a short time to glimpse into the life we could be living if the priorities shifted and we concentrated on what matters most. I sure hope as a Church we embrace the gifts of COVID lockdown, and become the people we are called to be! Matthew's Gospel exhorts us being light, speaking light, bring light to others (v.27). Otherwise, the Church has become an irrelevant social club – we have our baptismal mandate to get out and proclaim the Good News to those who haven't heard yet – and there are plenty that need to hear it – it will change their lives!

From: Nick Wilson

Health and Wellbeing

Our motto for the coming weeks is

“simple, relaxed and stress-free”!

Reflecting on the day can help us grow and develop and will lead us to better results both professionally and personally. The following is some ideas on how to do this:

Positive Affirmations

Over the years, we tend to get into unhelpful thinking habits, and think negatively about ourselves and situations. Using positive statements can help us develop a new attitude to ourselves and our situations. Choose a statement from those below, or make one that means more to you, and repeat, repeat, repeat throughout the day, every day, of every week, of every month. You might want to make or print out a card with your affirmation and carry it with you. For the positive affirmations to work, you must use it whenever you notice you have that negative thought – immediately turn it around by using your affirmation.

Use a statement that starts with “I” and use the present tense. See the examples below – choose one, adapt one, or make up your own. Make it something broadly realistic, even if you don't believe it right now.

- I am strong
- I have strength
- I am determined and successful
- I am a good and worthwhile person
- I am a unique and special person
- I have inner strength and resources
- I am confident and competent
- I hold my head up high
- I look good because I am good
- People like me – I am a likeable person and I like myself
- I care about others, I am needed and worthwhile
- I am a loving person
- I have a lot to be proud of
- I have all that I need
- I am in control of my life
- I can achieve anything I want to achieve
- I make wise decisions based on what I know
- I am moving towards my goals

- I accept myself as a unique and worthwhile person
- My life has meaning and purpose
- I am in control of my choices
- I am strong and healthy
- I am calm and confident
- I have many options and can make wise decisions
- Everything is getting better every day
- I am calm and relaxed
- I am healthy and have all that I need
- Today is the first day of the rest of my life and I will take notice of the many positive things this day has to offer
- I live a healthy and positive lifestyle
- I know I can master anything if I practice it continually
- I have my wise mind – I can seek inner guidance whenever I need to
- My life purpose can be whatever I choose it to be
- All is well, right here, right now

www.getselfhelp.co.uk/affirmations.htm www.get.gg
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Church Notices

Cathedral of the Holy Spirit Notices:

Cathedral Parish Secretary

Play a pivotal role in our Parish!

We need a person who ...

- | | |
|---|--|
| ✓ Has a good appreciation of the Catholic faith and parish life | ✓ Is proficient in MS Office |
| ✓ Is warm and approachable | ✓ Has a high level of general computer knowledge |
| ✓ Can maintain confidentiality | ✓ Has excellent communication skills |
| ✓ Can multitask in a busy office | ✓ Has strong time management skills |

This position offers excellent working conditions. Hours of work – 20 hours over 5 days. Please contact Steph at the Parish Office or on s.grantham@pncathedral.org.nz for further information and a job description.

- **Thank you** to those who responded to the ‘call to help’ from Mons David at the 6pm Mass last Sunday. It is exciting to see 14 parishioners offering to assist with various ministries in our parish home. If you have had time to reflect during the week about helping around **your parish home** and would now like to put your hand up to help out, please do not hesitate to contact the parish office and let us know.
- **Praying the Sunday Gospel. Cathedral Lounge – Fridays – 1:30pm to 2:30pm (please note moving back to original time).** This is a time for quiet reflection on the forthcoming Sunday Gospel reading. All welcome. For further information, please contact June (ph. 329 2077 / 021-1779522).
- **Rosters:** these are currently being worked on and will be available next week. These will be emailed to you and will be displayed on the roster noticeboard.
- **School Noticeboard** – please check out the St James updated noticeboard. Exciting to see so much going on in our local school.

Our Lady of Lourdes Notices:

- **Our Lady of Lourdes Guild:** We will hold the AGM on Wednesday 1st July at 1:30pm. Please bring ideas for the upcoming year - if you need any further information please ring June 3547686 or Rose 3575429. Looking forward to seeing you all.
- The **Rosters** for Lawns and Counters can be found on OLOL website as well as on the noticeboard in the foyer.
- **Hospitality** commences on the 5th of July after the 9:30am Mass

St Mary's Foxton/Shannon Notices:

- **Foxton's Roster** for July to September is available in the foyer of St Mary's for those who do not get it online
- **Hospitality** starts at St Joseph's Shannon and St Mary's Foxton on 5 July 2020

General Notices:

Please see **Noticeboard** in the church foyer for more Vacancies advertised.

NZ Hymn Workshop: The Palmerston North Interfaith Group offers a workshop to honour the NZ hymnwriters Shirley Erena Murray and Colin Gibson. This takes place on Tuesday 7 July, 7:00pm to 9:00pm, at the Diocesan Centre, Cathedral of the Holy Spirit. All are welcome. No charge. Supper included. See Noticeboard for further information. John and Gillian Thornley on behalf of the Palmerston North Interfaith Group. Phone: 06/3569681



21 June
Day of Prayer for Refugees and Migrants 2020

Caritas 2020 – if you still have your envelopes from Lent and still wish to contribute towards the Caritas appeal, please feel free to drop them in the parish collection baskets for processing.



St Vincent de Paul Society:

The Opportunity Shop in Rangitikei Street is now open:
Mon-Fri 10–4pm. Sat 10–1pm.

We are desperate for:

- Clean, warm winter clothes – even a few items would be much appreciated.
- Bedding particularly warm sheets and blankets.
- Winter dressing gowns and night wear
- For hygiene reasons we are not taking used pillows.

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 23 June 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 0644584.