



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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St Mary's Foxton / St Joseph's Shannon**

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Parish Coordinator of St. Mary's Foxton/Shannon:
Eleanor Jacobs
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Contact: Claire Jacobs Email: info@lourdesparish.nz



We need your email address so we can send updates.
Please register your details online at:

<http://www.lourdesparish.nz/parishioner-registration-form.html> for Lourdes & St. Mary's Foxton

<https://pncathedral.org.nz/contacts/> for the Cathedral

Or email info@lourdesparish.nz with the subject line: "Registering my email with you".

Please include your Surname, Christian name, Email address, Cell and Landline numbers, and Street address.

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.

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Pastor's Desk

“We are an Easter People and Alleluia is our Song”

Friends, greetings from the Pastoral Team of St Mary's Foxton, the Cathedral and Our Lady of Lourdes. Everywhere we are reaching a new normal. I am a person who loathes shopping at the best of times, yet now it is a joy go to the supermarket, wander the aisles and wait in queues! Equally, it is weird to come to the great Paschal Feast of Easter and not celebrate it with the community to whom I belong. Whether I continue to enjoy grocery shopping in the future remains to be seen; that I will rejoice when the community gathers again is undoubted.

The lockdown has changed our preparation for the celebration of Easter and our expectations of how to celebrate it. Now we are celebrating at home, each in our Domestic Church. This is of course, the origin of the Church. The early believers gathered at their domestic tables for a meal during which they read the memoirs of the Apostles (today's New Testament) and offered a loaf of bread and cup of wine as thanksgiving for their salvation. Their thanksgiving was called eucharist.

There is great spiritual learning in this experience and if we take the time to ponder the meaning of it, we will be richer for it. Not only are families and individuals learning how-to live-in isolation we are also learning how-to pray-in isolation. After this experience, some will highly value community worship and physical presence, others will not. The lockdown will convince some that they need the Sunday community-of-prayer with family and friends and they will redouble their efforts to build lasting and strong parish communities, while others will be less convinced of community and their new normal will be isolationist. Nothing ever goes back to where it was. As the Chinese proverb says: “a person cannot step into the same river twice.”

The lockdown has changed our approach to pastoral work. Some things changed because they had to respond quickly to new needs, like this single, electronic Newsletter for our five communities, while other things have been discarded and will never emerge again. One thing that is new and will continue is our Pastoral Phone Tree. This will become a key element of our contemporary pastoral ministry. Our new communications processes will remain, and digital contact will become the new norm.

The boredom of the days ahead will be a challenge, which is why **Keeping in Contact** is so important. Please do email in if you can help and let us know if you are wanting a call. The coordinators' emails are below in the next section.

Next week we will produce more resources for the Second Sunday of Easter and for the following weeks of Easter.

As we remember each other, we pray for those who are dire circumstances; the poor who have no government assistance, those in refugee camps with no hospitals let-alone no ventilators, those in war zones where the heartless still fight over real estate, while their brothers and sisters starve.

Finally, 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.

Fr. Joe

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We Pray for Our Recently Deceased:

Sefilino Aloisio



Prayer Intentions

Please keep the following people in your prayers:

Audrey Murphy, Barbara & Graeme Younger, Bernadette Conlon, Betsy Franssen, Chris Kleinsman, Diane Stubbs, Evie Feierabend, Fiona Hurly, Ian Sutherland, John Pepperell, Kathleen Butturini, Kia Reyes, Marian Carey, Margaret Kersel, Melva Widdowson, Mike Manson, Mikulas Oros, Pat Kauri, Pat McDonald, Paul McRae, Raymond Jones, Romuald Rudzki, Steve Horgan, Tony Murphy, Vinnie Carroll and William Lemmon

Pastoral Outreach

Pastoral Phone Tree

OUR PRIORITY IS YOU!

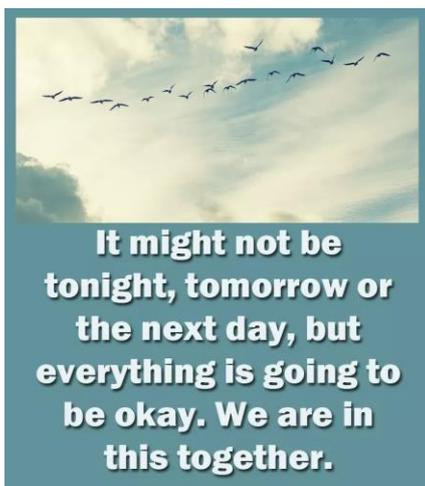
The telephone, internet and email are our friends. We have Pastoral Phone Trees working at the Cathedral, Lourdes and Foxton. If you have time to help, please contact one of our coordinators:

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



We, as a society, promote the benefits of social engagement to our aging population. Now, with COVID-19, the times have changed. But along with the risk of coronavirus infection comes the risk of social isolation. How should older people balance these competing recommendations? During a time of social distancing, there are ways for us to stay socially connected.

Learn the new technology - FaceTime, Zoom, Skype, Facebook, Twitter, Snapchat and lots more. All sorts of online options exist to talk with family and friends. Doing the basics is easy, and for most people, fun. If setting up an account is daunting, ask a family member, neighbour, niece or nephew for some help.

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Stay active in the community from home – keep up to date with your parish community, your local community via the phone. Many parishes have already set up phone trees, link in. Or if you are able, offer your services to make the phone calls.

Go on a news diet - watching ‘breaking news’ endlessly can bring on unnecessary anxiety. A suggestion would be to watch the news update in the morning and then again at 6pm, which is what many of us usually do. After the news is finished, watch something light and entertaining.

Staying in touch with the people close to you is extremely important. This can be done through your church, a social group or daily neighbourhood email blasts. For those of you who are not elderly – why not take the time to check in on your older friends and relatives? Such thoughtfulness is always greatly appreciated.

Social distancing does not mean social isolation, and even a potentially deadly virus such as COVID 19 should not force us to be alone. Now, more than ever, people need to find clever and achievable ways to stay connected.

Take care over the coming weeks.

Liturgical Outreach

“We are an Easter People and Alleluia is our Song”

Staying Visible this Holy Week

The Easter Triduum or Paschal Triduum is a single festival over three days. This year we will celebrate it in our homes, apartments and flats. Wherever you gather the presence of God is real, as the Scriptures say: “Where two or three are gathered in my Name, there I am with them” (Matt.18:20).

Holy Thursday reminds us of baptism, service and salvation. On this night you might like to wash the feet of other people in your bubble and bake bread and share a cup of wine in remembrance of the Passover. At your evening meal use this ancient blessing: “Blessed are you God of all creation. You give us this bread, work of human hands and gift of the earth”. Then with the glass of wine: “Blessed are you God of all creation. You give us this wine, fruit of the vine and work of human hands. For this bread and wine, we thank you.” Then receive together and remember that we long for the time when the church will gather again for Mass.



On Good Friday you might like to 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. This is a day to read the St John’s Passion and meditate on the kingship of Christ – the one who freely gives his life for the salvation of all. It is a Day of Silence. It is also a day for prayer for those who suffer the most in our world.

We will place crosses outside our Churches. But please don’t drive to the Churches – respect the lockdown.

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On the evening or vigil of Easter Sunday, or in the morning, you could light a candle and put it in the front window as a sign to others that Christ is Risen. Alleluia! You could light it each evening until Pentecost. Alleluia is our Song on this day.



Livestreaming Masses

Livestreaming Mass for Holy Week from the Cathedral Presbytery & around New Zealand

Holy Thursday:

7:00pm Cathedral's Presbytery – <https://www.youtube.com/watch?v=cv2zBG-XDhk>

Good Friday:

8:30am SHINE Freeview TV Channel 25

SHINE SKYTV Channel 201

3:00pm Cardinal John Dew – <https://www.youtube.com/c/MCSHWWellington>

Easter Sunday:

10:00am Cathedral's Presbytery – <https://www.youtube.com/watch?v=cv2zBG-XDhk>

Holy Week Online Syro Malabar Service Schedule

With Rosminian Community at St Mary's Presbytery, PN.

<https://www.youtube.com/channel/UC37xy9aJ3yo6UgqZQliqeDA>

Holy Thursday:

9:00am: Holy Qurbana

6:00pm: Eucharistic Adoration

Good Friday:

10:00am: Stations of the Cross

3:00pm: Commemoration of the Lord's Passion

Easter Sunday:

9:00am: Holy Qurbana



On the Cathedral's Website:

For a quick find to the **Cathedral's Presbytery Livestreaming** of Masses during Holy Week
Click here

To download a copy of the Newsletter
Click here

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Easter Triduum Reflections

The Sacred Triduum:

“Triduum” is an odd sounding word that comes from a Latin word meaning ‘three days’. These three sacred days are like no other in the liturgical year that begins on Holy Thursday evening and reaches a pinnacle at the Easter Vigil on Holy Saturday night.



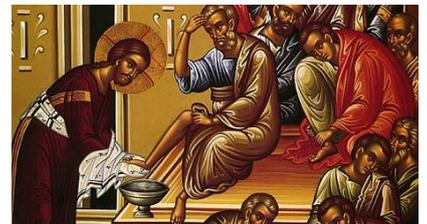
Even though Lent officially ends with the Holy Thursday liturgy, that does not mean that our Lenten fast is ended. Rather, the church keeps a solemn paschal fast on Good Friday and we are encouraged to keep it on Holy Saturday in anticipation of

Communion at the Easter Vigil. Only then is our fast complete and the Easter Season begun.

From VaticanII in *“The Constitution on the Sacred Liturgy”* #110 it states: “But the paschal fast must be kept sacrosanct. It should be celebrated everywhere on Good Friday, and where possible should be prolonged through Holy Saturday so that the faithful may attain the joys of Easter Sunday with uplifted and receptive minds”.

Holy Thursday

On Holy Thursday we would normally gather as a parish community to commemorate the gift of Eucharist within our lives. The readings today point us to the gift of God, in bread and wine, and also calls us to be the Body and Blood of Christ for others.



The Psalm of today’s Mass asks us, “How shall I make return to the Lord for all that he has done for me?” How are your words and actions a response to God’s blessings?

The Second Reading from St. Paul’s first letter to the Corinthians gives us the oldest record of the Last Supper and the words Jesus spoke there. Why do you think Jesus gave us a meal as the way to remember him?

Then in the gospel of this Mass Jesus gives us a model of service. In eating Jesus’ Body and drinking His Blood, we are intimately connected to our Lord. This participation in the Eucharistic Feast requires that we act as he did. While, this year we are being prevented from partaking in His Body and Blood, the gospel turns to what is even of greater importance for it highlights not the meal, but the action of Jesus. Jesus tells his disciples, and us, at the Last Supper: “I have given you a model to follow, so that as I have done for you, you should also do”. When in the past year have you been served by others? When have you been the servant?

Good Friday

Each Good Friday we enter into the passion story as portrayed by John. Jesus responds to a question from Pontius Pilate: “You say I am a King, for this I was born and for this I came into the world, to testify to the truth”. Jesus also tells Pilate: “My Kingdom does not belong to this world”. How do you envision this kingdom that Jesus speaks of?



Pilate asks Jesus “What is truth?” in reply Jesus says: “Everyone who belongs to the truth, listens to my voice”. Good Friday is a day of stillness, fasting, and prayer. We listen to the voice of the one who is truth echoing in our lives. How would we answer the question: “What is Truth”? What are the truths that you cling to in your life?

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Easter Vigil

The first reading of the Easter Vigil from Genesis is about creation and speaks of the presence of water and light. This night we would usually gather in darkness. But this year we may have the fear of isolation. The ceremony of the Vigil highlights light and water. As you pray this night have both a candle and a bowl of water.

Light the candle to remind us that in the Liturgy tonight we say: “May the light of Christ rising in glory, dispel the darkness of our hearts and minds”. When and where are you most in need of Christ’s light?



These events that take place in darkness remind us of the power of light. St. Paul proclaims that in conforming our life to Christ’s we are no longer slaves to the darkness of sin. Instead as the Baptismal liturgy speaks in the rite of Baptism: “we are children of the light” Do we consider water just as a commodity of life? Do we see it more than just a necessity that we look after in our world because it provides both cleansing and life? Will we look on water as more than this, that it provides an even greater life: Eternal life?

In the gospel Jesus says to the women at the tomb, “Do not be afraid”. What are our fears? Darkness? The danger of water? Isolation? Speaking the truths of our faith?

Easter Sunday

Like Christmas, Easter has its own season that last until the Ascension and Pentecost. The focus for us all is meant to be filled with the joy and glory of the Resurrection.

But the readings of the week following Easter Sunday have their own speciality: the gospel of each day are accounts from each of the gospels of post resurrection appearances of Jesus. The first readings is taken from the Acts of the Apostles (Chap. 2 – 3) and of mostly Peter and also John speaking to the people, post Pentecost about the risen Christ and what that means and the actions of these two apostles in healing the sick by the power of the risen Lord. How can you, in your bubble, keep the spirit of joy alive for all to share?

Information

Resources for Children

Auckland diocese liturgy site has this link:

<https://www.aucklandcatholic.org.nz/liturgy/liturgy-of-the-word-with-children/>

Cafod has a very good children’s liturgy recorded and interactive check it out:

<https://cafod.org.uk/Education/Children-s-liturgy>

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

Weekly ‘UNITED’ mailout:

www.pndiocese.org.nz/united

Diocesan YouTube channel:

www.pndiocese.org.nz/video & www.pndiocese.org.nz/videos

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

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

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

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Pastoral Information

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.

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:

Please contact:

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

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

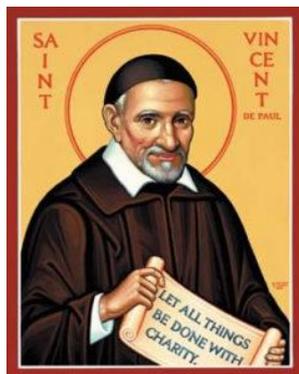
Special Envelopes

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.

Palmerston North Hospital Chaplaincy

Hospital Chaplaincy team (Pastoral/Spiritual care team) are still present on site in the hospital (Monday-Friday, 8am-5pm) and therefore we are available to visit and support members of the PNCLA churches and general public who are hospitalized. During this lockdown period the Hospital is applying a 'no visitor' policy and only in exceptional circumstances is a single member of a family allowed to be present with a patient. This restriction on family visitors is stressful for the patients but it is necessary to decrease the risk of spread of Covid 19. However, we, the Chaplaincy team, are still present in the hospital and available to visit, to be present with patients and to offer pastoral & spiritual support. Ph: (06) 350 8690 (ext. 8690) or chaplains@midcentraldhb.govt.nz

St Vincent de Paul Society



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: Mike Keenan (021 1858 969) and Roger Clark (021 678 141)
For Foxton & Shannon please contact the Parish: foxtoncoordinator@lourdesparish.nz.
Donations of money are welcome.
Please donate online at Westpac A/c No. 03 0718 0047377 000.

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Reading Material

An excellent article from Fr. Thomas O'Loughlin (UK Professor of Historical Theology, Nottingham) on praying in the home.

http://international.la-croix.com/news/praying-at-home-during-this-coronavirus-holy-week/12118?utm_source=Newsletter

NZCatholic

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

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

WelCom

WELCOM goes online. 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.

Important Links

Need help? Useful Numbers

Helplines

Family & Community Services National Directory:

0800 211 211

Youthline:

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

The Low Down:

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

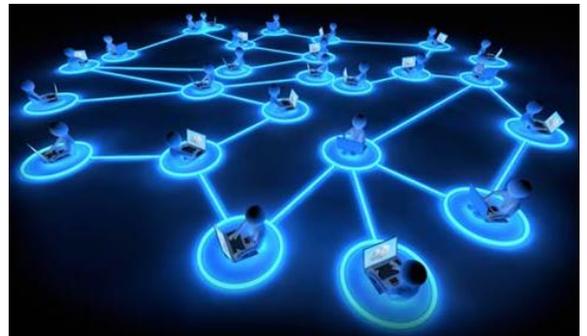
Samaritans: 0800 726 666

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 227 677

Government and Palmerston North City Council

PNCC have set up a registration form if you need help. Please click on the link to access the City Council website <https://www.pncc.govt.nz/news-events/covid-19-coronavirus/council-updates/register-for-welfare-support/>

Government information on financial help is available through this link [COVID19](#) .

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