

14 June 2020 –Body and Blood of Christ – Year A

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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".

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Congratulations Fr. Trung on your Ordination into the Priesthood!

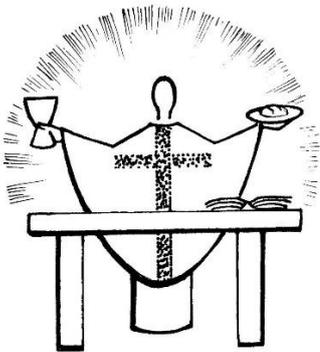


Pastor's Desk

Today's feast day is an opportunity to meditate on the Eucharist, especially as we come back together again, without restrictions. Like the disciples we have entered a post-Pentecost world. The post-Pentecost world is our new normal. We have left the upper room, where we were safe in our bubbles and entered a world with a "new normal".

I have noticed that people are taking their time returning to church, and that is good. I have also seen that some want to steam ahead as if nothing has happened. After the Covid retreat, many are trying to make sense of their experience and trying to retain its positive elements, even as life speeds up again.

The experience of lockdown has invited the citizens of the world into a new appreciation of life, time, and freedom. While life, time, and freedom are precious, hope is essential. The lockdown has invited believers to a new or renewed understanding of God based on a new hope. This hope is stronger in lifegiving relationships, which today's feast expresses.



The feast of the Body and Blood of Jesus shows that the gift is the incarnate life and the real death of Jesus, who is the lifegiving food. Christ's life and death - his body and blood - are the resolution of a series of promises. Jesus is the *given-life* for the world, just as friends, parents, lovers are *given-life* for others. This **given-ness** we call *martyria* or self-giving. As the Torah nourished Israel, Jesus will feed the whole world with the gift of himself. As the manna sustained the people of Israel, so now we have a "new" meal that stands in that tradition. The point being: total receptivity to God and the reception of God's nourishment is the path to fulfilment.

Telling "the Jews" that they must eat of Christ's flesh and blood if they are to have life is confronting because it perceived as the rejection of the old order, so they resist. Jesus is the theological threat to the old order, and his theological removal is a clear motive for the political movement against him. In this, we see "sacred violence" unfold as the human need to scapegoat and sacrifice takes over.

Old Orders shake when people reject their violent ways and demand a new vision. The birth of change and freedom is messy and confusing. When the stability of the old ways begins to crumble, many find themselves lost and reach out for certainty. In reaching for certainty, they grasp onto groups, ideas, and ideologies. What often arises is the externalisation of the interior violence we all carry.

Jesus' violent death we receive as the moment of his total self-giving – his *martyria* or gift. We accept it as the most profound theological revelation of God's real desire to save. We receive it as God's *martyria* for the whole world. In the violent encounter between Jesus and his enemies we see that God's love is not overcome by human violence and hatred.

The victory of love in Jesus' *martyria* reveals God as the source of life. Jesus is the food that will forever satisfy the hunger and thirst of those who seek eternal life. In this we learn that there can be no peace without justice, no justice without love, and no love without God.

Fr. Joe Grayland

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Prayer Intentions

We Pray for Our Deceased:

RIP: Pat McDonald, David Bowe, Bette September, Virginia Etruiste, Randy Etruiste, Juan Lamar, Nora Recirdo, and Bishop Emeritus Most Reverend Basil Meeking DD



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



Mass Intention

Fr Peter Trung Nguyen

Eternal God, please bless our priests, who minister to the church. Make them more greatly aware of the grace that you pour out through the ministry of the sacraments and help them to love You and the baptized with generosity. Please strengthen our priests, who shepherd your flock, when they are in doubt of their faith, that they may be examples of your truth and guide us always on the path to you. We ask these things of You our Eternal Priest. Amen.



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.



ST PETER'S COLLEGE
PALMERSTON NORTH, NEW ZEALAND

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



Reflection - The Body and Blood of Christ

1st Reading: Deuteronomy 8.2-3, 14-16

2nd Reading: 1 Corinthians 10.16-17

Gospel Reading: John 6.51-59

Responsorial Psalm: Praise the Lord, Jerusalem!

During lockdown I loved the early mornings - throwing open the curtains and getting that first glimpse of the day's beginning. The arterial road up the back was silent but the birds were in full voice giving an avian karanga for the rising sun! I would sit in the garden with a first coffee, content to be held in the beauty and life around me. People have been talking about all the positive changes they want to continue with after lockdown – this is my #1 – to start each day with a light heart, deeply aware of my unique place in God's creation and rejoicing in it. Will allowing this time mean less of other things; the mad dash, jangled nerves, the pressure to keep up and do more and more.

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Real conversation will be another treasure to hang on to; keeping track of near and far, letting people know they are valued and important, talking to dear ones about the important stuff of life not the mundane. Folk who hadn't experienced it before have discovered the joy of Zoom & Messenger in their hunger to be connected and see loved faces. The children took to it like ducklings – my mokos introduced me to filters so we could all wear bunny ears or funny hats and faces. Did anyone else see the old Italian priest who accidentally put filters on while trying to live stream his mass? He ended up looking like a mafioso with dark glasses and black hat – such a crack-up!



It has been a serious challenge to us all to find authentic ways of being Church when we are not in church on Sundays. Some groups have developed their use of technology as the weeks go by so they can meaningfully share the scriptures, music, and prayers. It is limiting and it is not like the 'in person' experience we usually have but this determination and drive is a wonderful sign to the world of the Spirit alive in the

Church. I am hoping we can continue this creativity, that we do not become complacent and passive in the pews. I hope we do not forget the hunger we have felt during lockdown, the hunger for communion and communicating, the hunger for eucharist and the sharing of our lives.



From: Julie Randal

THE PLACE OF THE TABERNACLE:

As Catholics we often pray before the Tabernacle, which is a venerable practice of devotion to Christ in the Blessed Sacrament. We know there is a close relationship between the Tabernacle and the celebration of the Eucharist.

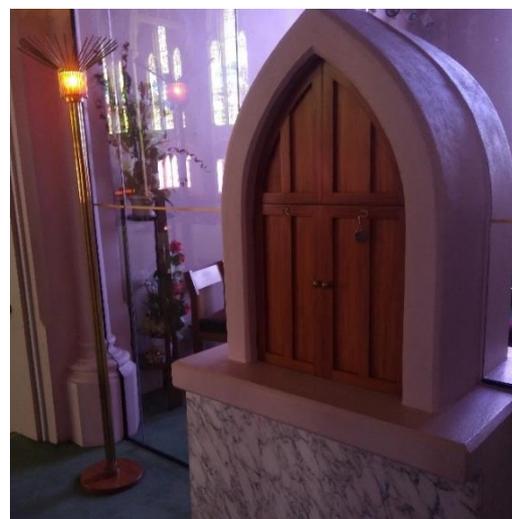
Two points are key.

First, is the reason why the Church reserves the Eucharist outside Mass: primarily for the administration of Viaticum to the dying and, secondarily, communion to the sick, Communion outside Mass (Liturgy of the word with Communion) and adoration of Christ present in the Blessed Sacrament.

Second, during the celebration of the Mass, our focus is toward the altar and Christ's presence there in the Eucharist, the minister, and the assembly that gathers around the altar. The Tabernacle is secondary to the primary action taking place at the altar during Mass.

As we enter the Church outside Mass, the practice is to genuflect to the Tabernacle, and coming to Mass, to bow to the altar at the very beginning and end of Mass.

During the Eucharistic Prayer we are all invited to bow after the "showings" of the host and chalice as a sign of our participation in the prayer. (*Living Liturgy*)



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Health and Wellbeing

Our motto for the coming weeks is

“simple, relaxed and stress-free”!

5 Ways To Wellbeing

- CONNECT**
Positive social relationships are essential to wellbeing and recovery. These may come through family, friendships, mutual aid, peer support, work, education, clubs, associations, sports and other community activities. Invest time in your relationships.
- BE ACTIVE**
Exercise makes us feel good and improves health. Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness
- TAKE NOTICE**
Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, wherever and with whomever you are. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.
- KEEP LEARNING**
Try something new. Rediscover an old interest. Sign up for that course. You will feel good when we you learn and master new things. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun
- GIVE**
Do something nice for someone. Thank somebody. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections around you.

Church Notices

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).

KPF Mission Ministries would like to invite you to an hour of **Praise and Worship** this Sunday the 14th of June, 3:30pm at St. Mary’s Palmerston North.

Joshua Men’s Group next meeting Tuesday 16th June, 7pm St Mary’s church foyer. A big catch up with mass. Prayer, praise, worship, fellowship. Supper to follow. All welcome. For information contact John 027 6887750 / www.joshua.org.nz

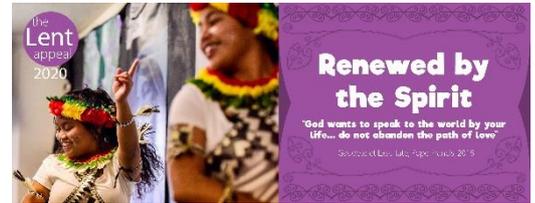
On Saturday, the 20th of June, a proposed **Memorial** will be held at the Palms at 1pm. This is a **peaceful presence of people** underscoring the **abortions** performed at the **Women’s Clinic** in the Palms, Suite 4, 445 Ferguson Street.



21 June, Day of Prayer for Refugees and Migrants 2020

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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.

Please Note: if you require emergency food parcels in the Foxton and Shannon area, please contact Eleanor on foxtoncoordinator@lourdesparish.nz or 021 0644584.



Cathedral Hospitality



Friday lunch will commence on Friday 19 June – the Feast of the Sacred Heart.

Sunday Hospitality commences on Sunday 5 July and we are looking forward to spending time with you. Following:

7.30am Mass	Tea and Toast
9.30am Mass	Morning Tea

Companion Position Available: please see attachment added to Newsletter Email for more information.

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