



26 April 2020 – 3<sup>rd</sup> Sunday of Easter – Year A

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**In Residence:**  
**Mons Brian Walsh VG**  
**Fr. Vijay Dung Dung**

For all Newsletter Notices for all Parishes:

### Kotahi Ano (Together as One)

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

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**Parish Coordinator of St. Mary's Foxton/Shannon:**  
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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](mailto: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!”

“Ko tātou ngā Tāngata Aranga ko Āreruia tō tātou Waiata!”

From the backseat of the car arose the plaintiff question: “Are we there yet?” After a pause from the front seat the response, full of resignation, “I wish!” The lockdown experience is different for each person, and the stress levels are different, too.

Stress can make us say things and do things that are not our true selves. Stress feeds on fear, and when we react out of stress the reaction is often loaded with resentment and sounds like: “you should have done better” or “what about me?” Caring for each other is the priority now, and kindness to others is crucial.

Lockdown is difficult. I know that some are bored, others lonely, many are juggling child-care and work, and some are facing redundancy or financial ruin. The Pastoral Team can offer support and prayer. Our Pastoral Phone Tree is there to help, so please be in touch.

There is good news too! The birth of new babies to parishioner families and the work being done in our schools to support families.

The Pastoral Team is working across our five communities (Shannon, Foxton, Rongotea, Lourdes and the Cathedral) from our home-bases in Shannon, Palmerston North, Ohakea and Woodville. Because you may not know us all here is a brief portrait of each member.

**Fr. Joe**

## The Team

	<p><b>Father Joe Grayland</b>  <b>Parish Priest Our Lady of Lourdes, Moderator St Mary's Foxton, Acting Cathedral Parish Priest</b></p> <p>I was born in Woodville and brought up in Palmerston North. I was lucky to be an altar-server at Bishop Peter's Episcopal Ordination and ordained by him at St Mary's Church Ruahine Street. My first appointment as assistant priest was St Joseph's Hawera with Parish Priest, Mons Brian Walsh and he's still my boss! I was appointed PP of Our Lady of Lourdes and Moderator of St Mary's Foxton in 2018. My association with Foxton and Shannon began back in 2010 when I began team-priesting with Fr Michael Lloyd.</p>
	<p><b>Monsignor David Bell - Assistant Priest</b></p> <p>Here I am back in Palmerston North after several years away, semi-retired but still very alive and active. My birthday is on 24th July - that is 24/7, and you know what that means? Yes, I just keep on keeping on!</p> <p>My wish is that we all continue faithfully in our love and service of God and live with the Hope that comes from Jesus, suffering, death, and resurrection. May the Lord, bless and keep us in his care.</p>
	<p><b>Deacon Trung Nguyen - Priest in Training</b></p> <p>I am Trung Nguyen. I was born into a catholic family with seven children in Vietnam. I came to New Zealand in 2012.</p> <p>During this time, I have been staying at the Cathedral presbytery, waiting for my Ordination. This is the time for me to gain more pastoral experience.</p> <p>I wish that I can fulfil what God called me to be and wants me to do</p>
	<p><b>Steph Grantham - Parish Co-ordinator of the Cathedral of the Holy Spirit</b></p> <p>I am the Parish Coordinator for the Cathedral of the Holy Spirit, taking up the role in February 2015. Prior to taking this parish role I was the Parish Manager for St Anthony's, Seatoun, Wellington, which gave me insight into Parish life and a great understanding of the amazing people who work tirelessly for our parish communities.</p> <p>I bring my faith and strong organisational skills to the Cathedral Parish and love working with the dedicated Parish and Diocesan staff who together with parishioners continue to develop and grow the community.</p>
	<p><b>Eleanor Jacobs - Parish Coordinator of St. Mary's Foxton</b></p> <p>I have been coordinator of St Mary's and St Joseph's Parish Foxton since July 2019. We are two communities, St Mary's in Foxton, and St Joseph's in Shannon, which is now part of the 3in1 Parishes - Cathedral of the Holy Spirit PN, Our Lady of Lourdes PN &amp; Sacred Heart Rongotea and St Mary's Foxton &amp; St Joseph's Shannon</p> <p>I immigrated from South Africa to New Zealand in 2004 with my husband and children. I have worked in the Education and Health sectors in Auckland and Wellington for quite some time and have now settled in Shannon.</p>
	<p><b>Kate Bell - Catechist</b></p> <p>My family arrived from Tawa back in 1979, and my husband Mark's family settled here in 1955, so I am almost a local! It is a great joy to be involved in ministry in my home parish. A questioning faith led me to study Theology at Mosgiel. Liturgy and sacramental theology are my chief loves (apart from the three sons who are increasingly hairy and tall) I am always itching to connect the scriptures to our ordinary lives.</p> <p>My present role as Catechist is such a privilege as I witness most closely the growth in faith of those involved in the RCIA process and all those involved in sacramental preparation in our parish. I am an impromptu person, so I often find myself catching the odd or curved ball that is pitched in the Parish. Food, theatre, good movies, and books are recreational activities however jumping on my bicycle would be more beneficial!</p>

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	<p><b>Julie Randall - Music Ministry</b>  I commenced working for the Cathedral Parish in Music Ministry in November 2015. I moved to Palmerston North from Auckland at the end of 2012 to be near grandchildren. I have always loved 'church' music in its various forms and enjoyed being a part of the music ministry with other dedicated people. I have had a lifetime of involvement in several parishes and schools (Auckland) where I have been closely involved in planning liturgy and leading music. In my other life I enjoy carpentry, gardening, cooking and photography.</p>
	<p><b>Rastem Eugenio - Music Ministry</b>  I love playing and arranging music for the Lord and his role in the Music Ministry is the perfect opportunity. I have served as the servant head of the music ministry of the KPF Mission Ministries, Palmerston North. KPF gives music service at the Cathedral every 1st Sunday of the month and music service for Our Lady of Lourdes every 3rd Sunday, St Mary's every 4th Sunday and St Brigid's Feilding every 5th Sunday.  With my wife Angela Velasco and daughter Harmony Vera Eugenio I moved to New Zealand in February 2015.</p>
	<p><b>Michele Columbus - Parish Secretary of the Cathedral of the Holy Spirit</b>  I began working as Parish Secretary in November 2016. I was attracted to the Parish Secretary role because it gave me the chance to work in my parish, with people who have a focus on their faith and the good of our Loving Father. It sounded like the most ideal job. Sadly, I've recently resigned and will be moving to Wellington once the lockdown is over. I'm still working on a casual basis, assisting with our pastoral calling and accounts work. I have loved being part of the Cathedral Parish Team and I will miss you all.</p>
	<p><b>Kate McNamara - Parish Secretary of Our Lady of Lourdes</b>  My family moved to Palmerston North from Wellington in 1987. My husband, John, was transferred within the Public Service. Our children attended St James and St Mary's Primary Schools and St Peter's College. We belong to St Mary's Parish. I worked for Citywide Youth Ministries for several years before commencing work at OLOL in September 2003. There have been several changes in the role of Parish Secretary over the years, but the positive and faith filled working environment has been the constant. My role now is to process the accounts for both OLOL and St Mary's Foxton, but the real joy lies in knowing and serving the parishioners in both parishes</p>
	<p><b>Thom Saywell - Communications Assistant</b>  I moved to Palmerston North at the beginning of 2018 after spending most of my life in Christchurch. My background is in Youth Ministry and Graphic Design, and since arriving in the city I have had various positions in the diocese, including with the Diocesan Young Catholics Office. My work here at the Cathedral now sits alongside my role as Project Manager in the Diocesan Office. Lucy and I were married earlier this year and are enjoying setting up a home in the Manawatū as we get to know more people in the parish. We both have a passion for spreading the Gospel and helping people discover the wild, joyous life that Christ calls us all to!</p>
	<p><b>Claire Jacobs - Online Communications Coordinator</b>  My main role for Our Lady of Lourdes, St Mary's Foxton and the Cathedral Parish is to produce our weekly newsletters. I commenced working at St Mary's Foxton in 2016. Fr. Joe had a vision of merging the administration and finance roles for both Foxton and Our Lady of Lourdes. This was finally realized in 2019 when Fr Joe was appointed as the acting Parish Priest for the Cathedral of the Holy Spirit which gave us the opportunity to produce a newsletter to cover all three parishes. I also assist with various reception duties at the Cathedral.</p>
	<p><b>Mike Keenan - Property Management</b>  I have been Parishioner of this Parish all my life, previously, as St Patricks Church and currently Cathedral of The Holy Spirit and was educated at St Patricks Primary School in Fitchett St and Marist Brothers High School in Grey St, Palmerston North. Jan and I married in St Patricks Church in 1973 where our five off-spring were all Baptised. We are blessed with many grand-children from secondary school to pre-schooler ages, grand-parenting is very rewarding keeping us busy and entertained.</p>

## Prayer Intentions

### Congratulations and Blessings

Dustin and Mary (Cathedral Parish) and their baby son, Samuel.



Cyril and Soniya (Lourdes Parish) and their baby girl, Rosemaria.

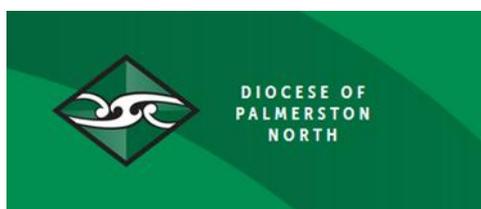


Richard & Mara (Cathedral Parish) and their baby son, Ciaran.



### Please keep the following people in your prayers:

Audrey Murphy, Barbara & Graeme Younger, Bernadette Conlon, Betsy Franssen, Bettie Beech, 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, Tony Winchcombe Vinnie Carroll and William Lemmon.



Happy 40<sup>th</sup> Anniversary to all in the Palmerston North Diocese!!

To Bishop Peter Cullinane



A prayerful **congratulations to Bishop Peter Cullinane** celebrating 40 years as a Bishop on 23 Thursday April (1980-2020). We pray in thanksgiving for Bishop Peter's ministry as priest then Bishop.

This includes his outstanding leadership and contribution within the Diocese of Palmerston North as its first Bishop, and to the wider Church in New Zealand. He has also served on several International Catholic Committees. Bishop Peter gave many years of service on ICEL (the International Commission for English in the Liturgy) and has always shown a deep interest in liturgy and liturgical reform.

He has also contributed significantly to both the Ecumenical and Inter-Faith dialogue within New Zealand and abroad, bringing closer relationships between differing denominations and faith traditions.

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His many writings have offered a wide breath of knowledge and learning from which we have all benefited. He continues to contribute generously of his time for ministry when called upon, for which we are all most grateful.

Bishop Peter, blessings and good wishes to you at this time of celebration!

From Mons B Walsh

## Pastoral Outreach

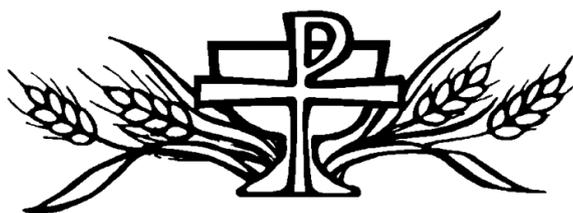
### Pastoral Phone Tree

#### 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 <a href="mailto:k.bell@pncathedral.org.nz">k.bell@pncathedral.org.nz</a>
Our Lady of Lourdes:	Kate McNamara <a href="mailto:office@lourdesparish.nz">office@lourdesparish.nz</a>
St Marys' Foxton:	Eleanor Jacobs <a href="mailto:foxtoncoordinator@lourdesparish.nz">foxtoncoordinator@lourdesparish.nz</a>

### Sacramental Preparation: First Holy Communion.



We have been growing our connections and harmonizing our processes over our three parishes. Now we turn our attention to sacramental preparation and First Communion in particular. We are working on a common process with activities and material that will be able to be used by teams of catechists over the three parishes.

Considering the uncertainty about alert levels, I am working on preparing for online small family groups as a method of preparation, so that we can respond to alert levels appropriately, if that is necessary. We are keenly aware that families are under incredible pressure now. Perhaps we will be able to celebrate First Communion in mid-June as originally planned, I look forward to being in touch with each of the families to ask your needs and opinions about timing.

### Children's Catechumenate and RCIA

Covid 19 has thrown a spanner in our usual rhythms and hopes for our children preparing for Baptism and our local RCIA with 5 Adult catechumens and one candidate for full communion. Being unable to gather as a community and fully enter into the Triduum, culminating in the Easter Vigil has been heart breaking. However, we have been engaging our creativity and hope (dependent on Alert Levels) that we may be able to celebrate these sacraments of Initiation at Pentecost, the second great feast of the church's year. Dreams are afoot for us to use the Vigil Liturgy of Pentecost on Saturday 30 May. It is a noble liturgy; in the darkness we will listen to a sequence of prophetic scriptures focusing on the empowerment of the Holy Spirit. Meanwhile our children and our RCIA group are using Zoom to continue preparations.

Kate Bell

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## St Mary's School, Foxton

St Mary's Foxton has remained connected with families during this present climate. Phone calls, emails, Chromebook deliveries, resource parcels and Facebook (St Mary's School [link](#) enclosed) have kept us connected, alongside the posting of schoolwide prayer. We have embraced the, "Welcome to online learning", with our main platform the interactive, innovative, and fun "Seesaw". Our staff have worked tirelessly to put engaging activities out there for the children and these have even included smiling videos and tutorials of ourselves.

Not to mention localised learning around e.g. setting up a prayer table/spiritual corner, Easter and Anzac activities, favourite toy hunts, estimating 2 metre challenges and so much more. All this has given a human face to the digital world. This has also included keeping our staff together through "zoom" meetings and blogs so that they too feel supported. The value of whanaungatanga (powerful connections) and aroha (love) that we are still experiencing in an adapting environment, means we continue to be unified as a school and a community. Kia tau te rangimarie.

## Health and Wellbeing

We have been saturated by COVID 19 over the last 4 weeks but what about 'other' news? Sadly, our reality is that loved ones are still getting sick and, in some instances, dying due to other medical conditions, accidents etc. There are many of our family and friends who are dealing with ill health and in some instances are in the middle of various medical treatments related to that illness. This brings on a whole range of feelings which we as a community need to keep in mind. Are you/they feeling alone, are you/they feeling unacknowledged in their grief?

It is a difficult time for everyone, and we need to be mindful of those alone in their grief with no outlet or support.

As the four weeks have progressed, some have found creative ways to deal with their grief in a time when our traditional ways of dealing are not allowed due to our social distancing. Some suggestions on what you can do:

- Recognise those moments and allow yourself to have those feelings – anger, shame, guilt, sadness, very normal feelings when dealing with sickness and death.
- Write things down. There is a huge sense of empowerment when putting your thoughts down on paper. And we do have the time for that at the moment!
- Physical well-being. Look after yourself, eat well, try and sleep, and if possible, go for a walk.
- Reflection – reflect on the situation and take that time to spiritually reflect.

The following links will provide further information and some light reflective poems:

[Te Whare Tapa Wha – Maori Health Model](#)

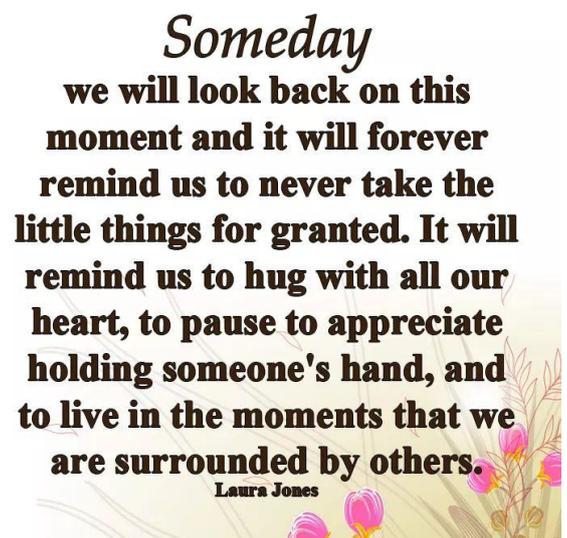
[Stages of Grief Process](#)

[Rain on Me by Holley Gerth](#)

[God's Cake](#)

[Winter by Joy Cowley](#)

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# Liturgical Outreach

## Anzac Day 25 April and St Peter Chanel April 28

These are two important days in the life of New Zealand, the New Zealand Church and for the Church of the Pacific.

### **ANZAC Day:**

Anzac Day, this Saturday, 25 April 2020. We commemorate our ANZAC soldiers who sacrificed their lives for our country. We pray for all our returned service personnel and those who have taken part in any military conflict and for the safety of all our current service personnel in all their operations and for world peace.



Please see the attached reflection and the prayer service prepared for you to use at home.

*There are also online links you may wish to use.*

<https://pndiocese.org.nz/wp-content/uploads/ANZAC-Remembrance-Prayer-at-Home.pdf>

*St. Mary's Catholic School Foxton shares this link with us:*

[Lest we forget. We tribute our ANZAC Soldiers](#)

**St Peter Chanel SM is the protomartyr of Oceania.** His service, ministry and death are remembered on 28 April across the Pacific. Congratulations to the Parish of St Peter Chanel, Hastings and the principal, staff, and students of Chanel College, Masterton. We pray with the Marist Communities of the Society of Mary (SM), the Marist Brothers of the Schools (FMS), Marist Sisters (SM), the Missionary Sisters of the Society of Mary (SMSM) and Marist Laity.



Please see the attached information for St Peter Chanel's Feast Day:

[St. Peter Chanel's Feast Day](#)

## Livestreaming and TV Masses

### **Third Sunday of Easter**

10:00am – Cathedral's Presbytery <https://www.youtube.com/watch?v=vnzrZdd9iNE&feature=youtu.be>

### **Daily Mass with Pope Francis:**

A recording of Pope Francis daily Mass is available at:

<http://www.catholicv.org/shows/pope-francis-daily-mass>

### **Catholic Telecast on Shine TV**

This Sunday Shine TV will have a Special ANZAC broadcast at 2pm. There is a Catholic liturgy broadcast on Shine TV (Freeview TV Channel 25, SKYTV Channel 201).

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## Reflections

### 3<sup>rd</sup> Sunday of Easter

1<sup>st</sup> Reading: Acts 2.14, 22b-28

2<sup>nd</sup> Reading: 1 Peter 1.17-21

Gospel Reading: Luke 24.13-35

### *Responsorial Psalm:*

Lord, you will show us the path of life.

## “With Burning Hearts”

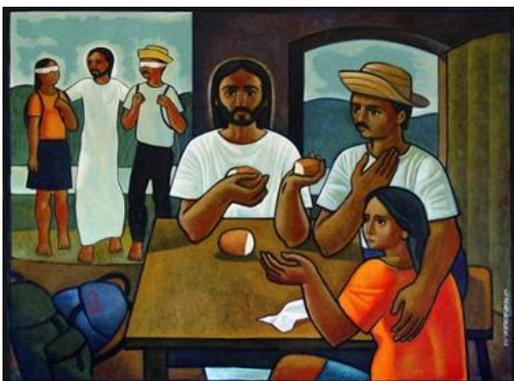
Covid 19 has plunged us very deeply into the mysteries of Jesus’ death and resurrection. Providentially each Gospel has had obvious parallels and echoes with our experience in these extraordinary times. Lockdown in the upper room last Sunday and today two disciples are out walking, sadly, processing, letting go of all their preconceived hopes of what was supposed to happen in Jerusalem. Such grief! Their friend Jesus has been tortured and executed. Therefore, he cannot be the hoped-for Messiah.

Some scripture scholars propose these two disciples as a couple – Luke names Cleopas, and the other companion disciple could easily be the Mary who stands at the foot of the cross in John’s account, named there as Cleopas’s wife. Emmaus is the longest and most detailed of resurrection appearances that we have – and interestingly it provides us with a glimpse of the pattern of the ‘liturgy of the word’ within the primitive Christian community. The disciples told the Jesus Story, recounted the anguishing events, pondered their meanings and in the telling heard the treads and connections from the ancient writings of the prophets.



*Figure 1 - The Emmaus Road II by Daniel Bonnell 2018 - What are you drawn to in this picture, what do you notice? How does it make you feel? What does it mean for you? What has been burning in your heart over the last weeks?*

We are well acquainted, with the knowledge of the four presences of Jesus in our liturgy. Knowing that Jesus is present when we gather as community to pray. When the Gospel is proclaimed Jesus is present, also in the person who represents Christ in the service of the Church, and especially in the



*Figure 2 - Maximino Cerezo Barredo Emmaus 2002*

Bread and Wine of the new covenant, Jesus’ body and blood. So, we are not surprised that the stranger who breaks open their understanding, on the way to Emmaus, is the risen Christ.

All of Cleopas and companion’s hopes and dreams were dead. But the good news is that Jesus, the unrecognised stranger comes and walks beside them. Jesus has a very different perspective and sees meaning and possibility in unexpected places. The ancient texts of the prophets have another way of speaking of the innocent holy one of God...

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Jesus' messiahship is not military or political, nor is it connected to earthly power. Jesus messiahship is focused on identification with the sufferings of the innocent. Jesus's messiahship is total vulnerability, a total abandonment of power. With the fullness of self-giving, self-emptying love, Jesus enters completely into the human experience of suffering and death. The prophets of old knew that the holy one of God – the suffering servant would never be put to shame. God's faithful response to Jesus self-giving is fullness of life.

And for us through these weeks, we have been walking and talking, discussing the events of this time... there are new hopes and dreams for our families, for our community, country and planet, they are all gospel hopes, kingdom values and they make our hearts burn!

We are astounded that the world has stopped, that the need of the common good has prevailed. We see the possibility of new hope for our environment, for a new way of being a human family that recognises the dignity of all people and attends to the most vulnerable and in need on a global scale.

These days of Covid 19 isolation are drawing to an end. The evening is approaching. We pray that we will be able to invite the stranger to stay with us, so that the bread may be taken, blessed, and broken, and given to us... That we shall recognise the Christ who has been in the midst of our Covid 19 isolation and that recognition shall grace and empower us to live the pattern of Jesus self-giving love that brings fullness of life to the world.



Figure 3 - Maximino Cerezo Barredo  
Emmaus Supper.



Figure 4  
Fr. Sieger Koder Emmaus

## 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](http://www.pndiocese.org.nz/newsletter)

Julie Randall's 'Liturgy at Home': [www.pndiocese.org.nz/homeliturgy](http://www.pndiocese.org.nz/homeliturgy)

Weekly 'UNITED' mailout: [www.pndiocese.org.nz/united](http://www.pndiocese.org.nz/united)

Diocesan YouTube channel: [www.pndiocese.org.nz/video](http://www.pndiocese.org.nz/video) & [www.pndiocese.org.nz/videos](http://www.pndiocese.org.nz/videos)

Resources and links on the Diocesan website: [www.pndiocese.org.nz/covid19](http://www.pndiocese.org.nz/covid19)

Issy McCafferty's 'United in Prayer' resource: [www.pndiocese.org.nz/unitedprayer](http://www.pndiocese.org.nz/unitedprayer)

Diocesan Mass livestream, from Cathedral Presbytery: [www.pndiocese.org.nz/livemass](http://www.pndiocese.org.nz/livemass)

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## Pastoral Information

### Prayer Intentions.

If you have prayer intentions for sick members of the family or anniversaries of death, please email these to [info@lourdesparish.nz](mailto:info@lourdesparish.nz) and we will include them in this newsletter.

### Visiting the sick and dying via phone

Those that require priestly pastoral care while in hospital, can be via phone. If those at home require this pastoral care, this will also be 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. Please phone our priests:

#### Please contact:

Fr Joe Grayland:

Cell: 027 777 8096

Email: [priest@lourdesparish.nz](mailto:priest@lourdesparish.nz)

Monsignor David Bell:

Cell: 021 257 6771

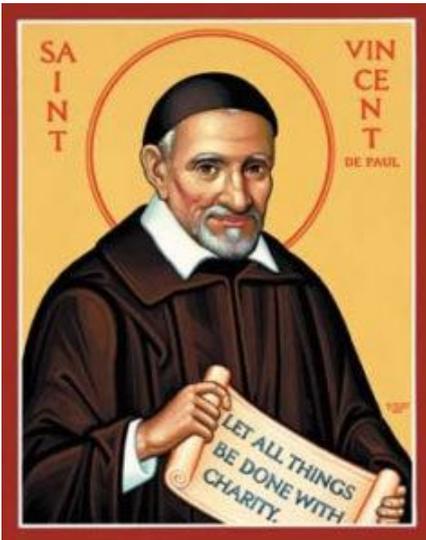
Email: [monsdbell@gmail.com](mailto:monsdbell@gmail.com)

## Palmerston North Hospital Chaplaincy

We have a **Catholic Hospital Chaplain, Kathleen Field**, her contact details are: 021 509 436 or [Kathleen.Field@midcentraldhb.govt.nz](mailto:Kathleen.Field@midcentraldhb.govt.nz).

Kathleen has been working throughout the lockdown and she is pleased that Midcentral Health has defined Chaplaincy as an Essential Service and ask that she please, receive referrals directly from parishioners, parish priests, secretaries etc. Thank you Kathleen!!

## St Vincent de Paul Society



A very big thank you to all those who have very generously donated to the Society over the last few weeks. We are truly grateful for your continued support.

As mentioned, we cannot make food deliveries at this time. To obtain an **emergency food parcel**, the person(s) in need must phone 0800 725 678 or go to [www.pncc.govt.nz/covid19](http://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).

Foxton/Shannon contact: [foxtoncoordinator@lourdesparish.nz](mailto:foxtoncoordinator@lourdesparish.nz)

Donations of money are always very welcome. Please donate online at Westpac A/c No. 03 0718 0047377 000. As St Vincent de Paul is a registered charity, receipts for tax purposes will be issued later.

## Reading Material

International English theology: <https://international.la-croix.com/category/religion/10>

NZ Catholic 2nd Free Online Edition:

<https://indd.adobe.com/view/3851daa8-230c-49d1-aefd-6afc771ce753>

CathNews New Zealand: <https://cathnews.co.nz/>

Caritas: <https://www.caritas.org.nz/>

WelCom: <https://www.wn.catholic.org.nz/welcom/>

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## 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](mailto:talk@youthline.co.nz)



The Low Down: [www.thelowdown.co.nz](http://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](http://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

<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](#) .

#### 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

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