



The Cathedral Connection



5 September 2021
Vol. 10 Issue 32
Twenty-third Sunday
in Ordinary Time

Ephphatha! (Be opened!)

Much to my family's dismay, I often watch Tiktok videos and the one's that always strike a chord with me are those where a child is able to hear the voice of their parents for the first time after surgery. The joy on the face of the child is not only heart-warming but also restores my faith in humanity.

In today's gospel we are introduced to a man who is deaf and as a result thereof also has a speech impediment. I imagine that the speech impediment would have meant that he was ridiculed or ignored by the community. We can therefore only imagine how he must have felt after Jesus performed his miracle. Other than the miracle, this passage also provides us with a lesson in humility and sensitivity.



Rather than performing the miracle in front of the crowd and be lauded and praised, Jesus chose to take the man aside and perform his miracle in private. In so doing, Jesus showed a great deal of sensitivity towards the man and spared him any further embarrassment. Jesus' humility comes through him asking the man to tell no one about this miracle.

In our world today, we are encouraged to "put ourselves out there" or "be tough" if we are to go places. Jesus' actions in today's gospel shows us that we can do the complete opposite and still achieve what we want if we "look up to God" for help.

In conclusion, with today's newsletter an update is provided on the next steps in the review of music in the Parish. While we go through this process, we ask that you ponder on the words of the first reading to have courage and not be afraid as we continue on this journey.

Clint Ramoo
Parish Finance Chair

Readings For The Week

Sunday 5th – Twenty-third Sunday in Ordinary Time

Isaiah 35:4-7, James 2:1-5, Mark 7:31-37

Monday 6th – Colossians 1:24-2:3, Luke 6:6-11

Tuesday 7th – Colossians 2:6-15, Luke 6:12-19

Wednesday 8th – The birthday of the blessed Virgin Mary

Micah 5:1-4. Matthew 1:1-16, 18-23

Thursday 9th – Colossians 3:12-17, Luke 6:27-38

Friday 10th – 1 Timothy 1:1-2, 12-14, Luke 6:39-42

Saturday 11th – 1 Timothy 1:15-17, Luke 6:43-49

Sunday 24th – Twenty-fourth Sunday in Ordinary Time

Isaiah 50:5-9, James 2:14-18, Mark 8:27-35



OUR MISSION & VISION
To joyfully share God's love. To be a missionary people united in the hearts of Jesus and Mary.



Sacred Heart Cathedral Parish is a partner in the Wellington Central Pastoral Area with St. Mary of the Angels (CBD), and the Catholic Parish of Otari (Wilton and Karori)

The Parish Office may be closed whilst we are at these elevated Alert Levels, however our Email and Phone Line are being monitored remotely. If you need to contact the parish please Ph (04) 496 1700 during office hours or Email: cathedral.parish@wn.catholic.org.nz

QUOTE OF THE WEEK

A true ecological approach *always* becomes a social approach; it must integrate questions of justice in debates on the environment, so as to hear *both the cry of the earth and the cry of the poor*.

Pope Francis: [Laudato Si'](#) paragraph 49



SOCIAL JUSTICE



Each year the Catholic Bishops of New Zealand set aside a week in September for Social Justice Week, inviting us to reflect and take action on a current social justice issue.

During the month of September, there will be a resource/reflection each week in the newsletter. All these are sourced from Caritas.

Social Justice Week 2021 takes place from 12 - 18 September. The theme of our Social Justice Week resources is "A Culture of Encounter: Be the Church" / "He Ahurea Tūtaki ki Ētahi atu: Me Noho Ko Koutou te Hāhi." This theme on encounter and community was inspired by Pope Francis' encyclical, *Fratelli Tutti* (2020).

In the midst of this time of change and uncertainty it is tempting to retreat into what we know best.

Delving into the theme – A Culture of Encounter: Be the Church

Rūkuhia te kaupapa nei – He Ahurea Tūtaki ki Ētahi atu: Me Noho Ko Koutou te Hāhi

There are many reasons why people can easily get caught within their own bubble and be removed from those around them.

The impact of the pandemic, our reliance on technology, a growing culture of individualism and instant gratification are just a few reasons. But Pope Francis reminds us that "isolation and withdrawal into one's own interests are never the way to restore hope and bring about renewal. Rather it is closeness; it is the culture of encounter". (*Fratelli Tutti*, #30.)

All people are made in God's image and have innate human dignity. In our day to day lives as we encounter people we need to keep this truth in mind. Today the ability to sit down with others and really listen to them is becoming an art lost in the midst of virtual networks and the narcissism prevalent in what passes for communication today.

Pope Francis refers to it as "information without wisdom" (*Fratelli Tutti*, #47). Love can overcome all fear and provide us with a sound basis for a culture of encounter. Love is the ultimate spiritual measure of a person's life. As Christians, we need "to recognise that love takes first place; love must never be put at risk, and the greatest danger lies in failing to love." (1 Cor 13:1-13 and *Fratelli Tutti*, #92.) We are called to be God's hands and feet, and this requires encountering others and sharing God's transcending and transforming love – bringing the Church to life!



NOTICES



SEASON OF CREATION

The theme for this year's Season of Creation is "A home for all? Renewing the Oikos of God". Included in this weekend's newsletter is a page with suggestions and material with which you can engage during this period.

Seasons for Growth:

Catholic Social Services is offering a weekend programme to adults who have been touched by change, loss, bereavement, separation, divorce, redundancy, this provides an opportunity to process what has happened and gain skills to respond well to such experiences.



Notices from Titipounamu Study & Joy

Online Sessions (Evening):

The Gospel of Luke - Introduction with Kieran Fenn fms.
Monday, **06 September**, 7-8.30pm. Free. ZOOM.

The Gospel of Luke – The Gospel of the New Church Year with Kieran Fenn fms.
Mondays, **13 September -11 October**, 7-8.30pm. Free. ZOOM.

Series of 5 parts. All sessions are connected but also stand alone. \$25/session or \$90/series of 5 sessions. <https://www.studyjoy.nz/events/the-gospel-of-luke/> For more information and registration: info@studyjoy.nz

Friday **22nd October** (6.00-8.00pm),
Saturday, **23rd October** (9.00am-6.00pm), to Sunday **24th October**
2021 (12.30-3.00pm)

Cost: \$40. Registration at seasons@wn.catholic.org.nz closes Monday, **4th October**. Details of the venue will be confirmed on registration.

ACTIVITIES THIS WEEK

Lockdown is a perfect opportunity for us to be able to check on each other. We're holding a several virtual catch-up opportunities. Please share these meeting links with anyone who may be interested to join. We'd like to continue to grow our bonds as a community, even during this lockdown.

PARISH CONNECTIONS

Sacred Heart Parish virtual catch-up over a cuppa

Date & Time: Saturday Sep 4, 2021 3:30 PM

Join Zoom Meeting: <https://us02web.zoom.us/j/88647590810?pwd=TGFBCzIWcVUzdmhNRWUvVEhlZnR4Zz09>

Meeting ID: 886 4759 0810 **Passcode:** 672819



Divine Mercy Prayer Meeting

Date & Time: Sunday Sep 5, 2021 03:00 PM

Join Zoom Meeting: <https://us04web.zoom.us/j/79969189260?pwd=QzI3UIMva3lUTWwyeFhHZGFoaVks5UT09>

Meeting ID: 799 6918 9260 **Passcode:** hra2h3



Sacred Heart Liturgy of the Word

Date & Time: Sunday Sep 5, 2021 7:00 PM

Join Zoom Meeting: <https://us02web.zoom.us/j/89349270131?pwd=OVVvdG9vUVFWdkllL2U1d1FtdGUwZz09>

Meeting ID: 893 4927 0131 **Passcode:** 299388



On-line Rosary

Date & Time: Monday Sep 6, 11:30am—12.00noon

Join Zoom Meeting: <https://us06web.zoom.us/j/82511950838?pwd=S1NqSGtzeUJyNkREeUFxUkxPM0RmUT09>

Meeting ID: 825 1195 0838 **Passcode:** CnRi95



On-line Scripture Reflection

Date & Time: Every Tuesday 5:00pm - 5:30pm

Join Zoom Meeting: <https://zoom.us/j/94186740914?pwd=WlgwbkYyT2pzbGhKdHBLZDFYSIRBZz09>

Meeting ID: 941 8674 0914



LOCKED DOWN BUT NOT LOCKED UP



Watching out for each other The advent of the internet, social media and smart phones has been a boon for us during these lockdown times. We are aware that there are some parishioners who do not have access to this technology. No one needs to be isolated so please when you pick up useful information, give thought to friends or family who may be missing out. Phone them and talk them through what is happening.

Responding to Suffering in our World It can be overwhelming when we see the human tragedy of Afghanistan and the suffering of the people in Haiti on the news. These horrific situations are beamed into our homes, and we wonder how we should respond. There are two responses we can make which are immediate and powerful. Firstly pray for the people involved. Prayer is powerful and it

changes things. Pray ... every day. Secondly consider making a donation via Caritas to equip our Catholic aid agency to provide practical and speedy relief to those in greatest need around the world. Go to <https://caritas.org.nz/>

RESPONDING TO THE CALL - CHOOSING TO SERVE

Are you interested to participate in the various ministries of Sacred Heart? Share your talents by joining the choir, liturgy team, pastoral council, greeters, finance, and other groups in the church. Make lifelong friends and gratifying experiences while serving the parish. *If you are keen, contact the parish office and find out the various groups seeking new members.*

This week, **Matthew Manalili** shares his insight about altar serving.

“Altar serving is a great way to show thanks to God for all the gifts that he has given us. The role of an altar server is to help the priest out in the Mass. It's a really fun experience growing up.”



Children's Sacramental Programme 2022

The Sacramental Programme for this new year is about to commence and registration is now open. The programme covers 3 sacraments: Confirmation in Term 4 this year, Reconciliation and First Communion in Term 1 and 2 of 2022 respectively. To be eligible, your child/ren must already be baptised and currently in Year 3. The first parents' meeting is on 23 September 2021, 7pm at St Thomas More Church in Wilton.

If you would like to enrol your child/ren, please contact your parish coordinators:

Bede Clarke for St Mary of the Angels at bedeclarke@xtra.co.nz

Otari Parish Office for Otari Parish at office@otariparish.co.nz

Angela Helbano for the Cathedral Parish at angela.nzet@gmail.com



WelCom is titled *NauMai* this month in support of Māori Language Week, 13–19 Mahuru (September) 2021.

WelCom

The usual printed copies, due this Sunday, will not be distributed until we return to Covid-19 Level 2. Meanwhile, we have a pdf copy of this month's edition on our website, for this coming Sunday, 4 September. The online link to *NauMai* WelCom September, for you and your parish and school community newsletters is: https://www.wn.catholic.org.nz/adw_welcom/welcom-naumai-september-2021/

Useful Resources

Prayer at Home

The Pray As You Go app offers daily 15-minute reflections on one of the readings of the day. A gentle way to nourish your faith in lockdown.

Visit <https://pray-as-you-go.org/> or download the app on your phone.

Fr James Lyons has written some prayers to help us during this lockdown season.

See prayer "**I am not alone**" attached to the email that accompanies this newsletter.



For those who are alone at home, here are some interesting sites that provide insight into our Catholic world today:

<https://international.la-croix.com/>

<https://www.thinkingfaith.org/>

For Seniors: It can be hard when your usual routines have suddenly changed. For some helpful tips,

visit <https://www.seniorlifestyle.com/resources/blog/self-care-for-seniors-during-covid-19/>

For Couples: Find helpful relationship tips to deepen your friendship with one another at:

<https://www.gottman.com/marriage-minute/>

For Families: Praying together as a family can be a challenge anytime, and even more so when we are in lockdown, but perhaps this time at home also offers new opportunities! [Follow our Facebook page](#) for pointers to praying with your children and building a family of faith in this time.

For young people: Community in lockdown can be hard, but there are some amazing groups in the Wellington Archdiocese who are doing it really well and would love for you to join them. Follow them on Instagram to get involved:

[@life_teenwellington](https://www.instagram.com/life_teenwellington)

[@CYPwellington](https://www.instagram.com/CYPwellington)

[@sspp_unitedyouthgroup](https://www.instagram.com/sspp_unitedyouthgroup)

[@cfcsfc.wellington](https://www.instagram.com/cfcsfc.wellington)

Father's Day – Sunday 5th September

A reflection for Father's Day, based on Pope Francis' letter *Patris Corde* on the Year of St Joseph will be available on the [Archdiocesan website](#).

Donations for Sacred Heart Cathedral strengthening, and restoration campaign can be made to bank account number: **02-0506-0138488-025**

Particulars: Your surname & initials **Code:** Your phone number. **Reference:** REOPEN.

Check the Cathedral Fundraising Campaign website: www.cathedralcampaign.org.nz and please mention it to your friends too.



SEASON OF CREATION

Engage your local ecology through this Earth Examen

An examen is a way of beholding an object or being in prayerful wonder. Through questions, you are invited to reflect on God's presence and the

goodness of that which you behold. During this Season of Creation, consider contemplating a part of your local ecology. This is an exercise that you can choose to do alone, or with a group. Pick a natural or agricultural place to contemplate. A forest. A river. A city street with a natural area. An urban park. A farmer's field. A hilltop. Find a comfortable place to rest in or near this place. Enter into prayer in whatever way is natural to you. Invite Holy Wisdom to open the eyes of your heart. When you are ready, reflect on the following questions:

1. Become aware of God's presence in a natural or agricultural place that you are contemplating. How is God present in this place? How does all the life you see exist in God's spirit? How do you feel knowing that the Holy Spirit has filled this place for geological ages, with every plant, animal, organism and mineral that has called this place home in the deep past, makes its home here with you now, and will live here with creatures in this place in the future? How do you feel knowing that you, earthling, belong to this place, are made of the same carbon, breathe the same air, are nurtured by the same cycles and life processes, and are enlivened by the same Spirit of the Creator?
2. Reflect on the ecological cycles of this place with gratitude for all that it provides. What nutrient cycles are supported by this place? Is this a watershed that filters water? Is this a rainforest (tropical or deciduous) that fixes nutrients? Is this a meadow or field that fixes nitrogen? Is this a green space that absorbs CO2 and cleans the air? What plants, animals, microbes, and minerals are sheltered here? How do they serve the whole earth in their being? For all that this place provides to nurture you and all that belong to this place, let a feeling of gratitude fill you.
3. Pay attention to what you feel as you contemplate the fragility, health of this site. Is this ecosystem healthy? How is this ecosystem at risk of illness? What are the keys to sustaining the equilibrium and balance of this place? What niches and diversity must be protected to maintain the health of this habitat? What are the sources of stress that threaten the balance of this particular eco-system? Do those stresses drive your co-creatures from their home in this place? How do you feel when you consider the fragility of life that depends on the health of this place? What is your effect on this balance?
4. Choose one feature of the site and pray for it, its rest and its renewal. When you consider the ways that this place is under stress, what does it need for rest, restoration, and renewal? What needs to be conserved for this site to heal itself? What features need to be reclaimed? What parts of creation need to be restored to their rightful home here? Pray for this site, and the wisdom to care for it.
5. Look toward your response. What can you do to ease demands or promote the rest of this ecological site? Based on your examination, how do you identify with this place? What have you discerned is required to care for this place? What will be your act of compassion to promote rest for this common home?

Covid-19 Alert Level 3

All Parish Masses and Liturgical events continue to be suspended and all Parish buildings remain closed while we are at Covid Alert Level 3.



Prayer Requests - please give any requests for prayer to the parish office or send via the parish website: <https://mcswhellington.org/prayer-requests/>

SACRED HEART CATHEDRAL PARISH

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www.mcshwellington.org

[https://www.facebook.com/
MCSHWWellington/](https://www.facebook.com/MCSHWWellington/)

Parish Leader / Lay Pastoral Leader:

Debbie Matheson

Parish Moderator:

Fr Ron Bennett

Secretary:

Frank Doherty

Office Hours:

12:30pm to 4:30pm Tue-Fri

Parish Council Chair:

Randy Reyes

Sacred Heart Cathedral School

Guildford Tce, Thorndon

Ph: 472 4047

Principal: Bernadette Murfitt

DRS: Jane Regan

MASS TIMES

SUBJECT TO COVID-19 ALERT LEVEL

Weekdays

(Except Public Holidays)

8:00am Monday to Friday

12:10pm Tuesday to Friday

**12:10pm Monday Liturgy of the
Word with Holy Communion**

All in the Connolly Hall Chapel

Saturday

8:30am – Connolly Hall Chapel

5:30pm (Vigil for Sunday) -

St. Thomas More, Wilton

Sunday

10:30am St. Thomas More,
Wilton

7:00pm Connolly Hall Chapel,
Thorndon

Reconciliation: Saturday after
8:30am Mass, or by appointment.

Baptism: by appointment.
Contact Parish office.

Please keep in your
prayers

Gabrielle McLeavey

Brian and Moira Dunn

Ken Matheson

Nicholas & Thomas Dyne (Graham &
Rosaleen Taylor's grandsons)

Ron Blackwell



Mass offered for

Simon Lai
RIP 28/08/21



A CHILD'S VIEW OF CARING FOR GOD'S CREATION

Should there be a ban on animal testing ?

By Varias of Room 9, Sacred Heart Cathedral school

Today, I speak to you about why I think animal testing should be banned worldwide. Animal testing, or animal experimentation, is the forced use on live animals to make them undergo something that is likely to cause them pain, suffering and death. I've been taught to treat others the way I want to be treated. To me, others are every living creature and this includes animals. If we think this way, then would you really want to be treated like an animal that is being used for animal testing? I know I wouldn't!

Firstly- Animals are innocent and they can't give us permission to use them for testing. They would not want to be hurt, injured or even die so that we can know if our moisturizers are safe. Just think about it, you are enjoying your day when suddenly you wake up in a scary place and people are injecting you with weird liquids or are putting your body through trials that hurt. And this is just the less cruel stuff things that can happen. In some countries, animals can be purposely harmed during experiments. They can be starved, burned, shocked and experience other really awful things and after all this is done to them, If the animals haven't died already, they are euthanized. So you can say that no animal survives being used for testing.

Secondly - Imagine our future without as many animals as there are right now. What would our world look like if there was an extreme dip in the animal population because of testing? We need animals to survive, they are an important part of the earth's ecosystem and they do things that we can't. For example, bees pollinate plants that are our food, birds move seeds that become trees, we use dogs at the border for their sense of smell. Animals are also great companions. As an animal lover, I know that in the worst of times, an animal can comfort you and show you empathy and care.

Thirdly - Animal testing can be risky to us humans. It has been scientifically proven that animal tests are unreliable and can make human trials more risky. Misleading animal testing results can expose human patients to unnecessary risk. This is because animals are not built the same as humans. Their bodies are different and they will react differently to how a human might react. So, you can only conclude that animals used for testing have suffered and died for no real reason. To me, this is heart breaking and it upsets me to know that we are treating animals this way.

Finally- The sixth commandment tells us "thou shalt not kill". We are breaking God's law by killing these animals. The commandments also directs us to look after God's land and His creatures. We are the caretakers of God's creations. We have dominion over the earth - we must look after everything, and this includes all animals. We know animals are important to God. He created them after all. A great example of their worth is God's instruction to Noah to bring the animals to the ark - God wanted the animals to be saved from the floods.

In conclusion : Animals are a blessing from God. Animals are animals and people are people. We must be kind and look after this Earth and all its contents as God declared us the caretakers, and we want the Earth to survive for generations to come.

