



The Cathedral Connection



09 July 2023
Vol. 12 Issue 24
Fourteenth Sunday in Ordinary



My yoke is easy, my burden is light

Jesus used images that were familiar to the people of his time. In today's scripture he uses the yoke as a metaphor for what he offers and what a life lived in Christ entails. A yoke is a cross piece that is fastened over the necks of two animals and is attached to a plough that they both pull. The yoke is a very practical and effective piece of equipment.

By connecting the two animals, it provides a balance to the efforts of each animal. Each animal will work together, produce together, walk the same path, and the strong one will aid the weaker or more tired one. The yoke is a great aid for tilling the field and assuring the fullness of the harvest. However, the yoke was a heavy piece that took some effort to properly set up and to carry. It was used to control the animals but may have been heavy, possibly painful, even dangerous, to their welfare. Jesus contrasts this forced, heavy yoke to his own yoke, that is light and easy to carry.

He understands that life for many people is often strenuous, difficult, and tiresome. We can be laden down with so many things: fear of what the future may bring, loss of a sense of purpose, weariness from years of working, and seemingly endless obligations. But the heaviest weight, the most burdensome yoke we may carry is not seeing real meaning in our life. This is why Jesus offers us His yoke.

On a plane, the flight attendant says, 'Put on your own oxygen mask first, before helping others. There is a sense of this here. We need to be at peace with ourselves, secure in our faith, and what we are about, before we can truly reach out and help others. This is the yoke or mantle Christ gives us. It offers us a path forward. Unlike the animal yoke, this yoke does not constrain us, rather it frees us. It is not difficult or hard to bear; it is easy, as Jesus himself tells us.

Fr Ron
Parish Moderator



Readings for the Week

Sunday 9th July – 14th Sunday in Ordinary Time
Zechariah 9:9-10; Romans 8:9,11-13; Matthew 11:25-30
Monday 10th – Genesis 28:10-22; Matthew 9:18-26
Tuesday 11th – Genesis 32:23-33; Matthew 9:32-37
Wednesday 12th – Genesis 41:55-57,42:5-7,17-24; Matthew 10:1-7
Thursday 13th – Genesis 44:18-21,23-29,45:1-5; Matthew 10:7-15
Friday 14th – Genesis 46:1-7; 28-30; Matthew 10:16-23
Saturday 15th – Genesis 49:29-33; 50:15-26; Matthew 10:24-33
Sunday 16th July - 15th Sunday in Ordinary Time
Isaiah 55:10-11; Romans 8:18-23; Matthew 13:1-23

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



METROPOLITAN CATHEDRAL
OF THE SACRED HEART

"Look at Jesus. His deep compassion reached out to others. It did not make him hesitant, timid or self-conscious, as often happens with us. Quite the opposite. His compassion made him go out actively to preach and to send others on a mission of healing and liberation. Let us acknowledge our weakness, but allow Jesus to lay hold of it and send us too on mission."
Pope Francis, *'Rejoice and be glad'*, 131.



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)

YOUR PARISH NOTICES AND EVENTS

Divine Mercy Devotions - Sunday 6pm-6:30pm in Connolly Hall Chapel. All welcome.

Rosary - Every Monday (except Public Holidays) from 11.30am in Connolly Hall Chapel, all welcome.

Scripture Reflection - Every Tuesday from 5:00pm-5.45pm there is an opportunity to be nourished by the Word of God, coming together in an online Zoom gathering. All are welcome <https://tinyurl.com/3xhax96d> Meeting ID: 848 2624 7342 Passcode: 404496

Sacred Heart Cathedral Prayer Group - There will be no meeting this Monday 10 July. We wish Sister Marie, Randy and Arlene full recovery.



Our annual Parish AGM will be held on Sunday 23rd July at 2.30pm in Connolly Hall chapel, followed by afternoon tea in the Cathedral foyer.

There are a number of important items that will be raised during this meeting, so please diarise the date. AGM papers will be emailed out two weeks before.



Fundraising Raffle for The Sacred Heart Cathedral Restoration Appeal

Tickets available after each Mass from this weekend. Please bring cash.

- 1ST PRIZE: \$1000 New World Vouchers
2ND PRIZE: \$300 Pak 'N' Save Vouchers
+ \$200 Farmers Vouchers
3RD PRIZE: \$250 New World Vouchers
TICKETS: \$5.00ea, 3 for \$10 or 8 for \$20

Draw Date will be drawn August 13 at St Thomas Moore Church Lounge at 12.00 mid day.

An Invitation to a Luncheon, Raffle and Auction with Archbishop Paul Martin SM



August 6 at The Pines, 50 The Esplanade, Houghton Bay

Table of 10 for \$750 or \$75/head. Includes lunch & a glass of wine or juice. A cash bar will be available. Limited Seats so book now.

RSVP date for the luncheon is July 9

For Tickets: Noeline Matthews email noelinematt@gmail.com
Mobile: 0274 380 473

If you can help with sponsorship or donations please contact:
Bob Houston email: bobhouston@xtra.co.nz
Mobile: 0274 898 017.



Adoration of the Blessed Sacrament

is available every Thursday at the Connolly Hall Chapel from 7am until 7pm. Everyone is welcome to make a visit during these hours. Many people have expressed gratitude for this haven of peace in their day.

Anointing Mass: The Mass on every **second Saturday of the month** will be an Anointing Mass. (8.30am at the Connolly Hall). All are welcome to participate and be blessed and healed by the Lord.

Liturgical Ministry Discernment

The Vatican II document on Constitution of the liturgy, *Sacrosanctum Concilium* #14 states that "Mother Church earnestly desires that all the faithful should be led to full conscious, and active participation in liturgical celebrations". The General Instruction of the Roman Missal #100 states that lay ministers may be deputed to serve at the altar and assist the priest". Ministerial service in the Mass is therefore one expression of active participation in the Mass. The parish currently has a need for greater participation through service in our weekend Masses, especially for those willing to serve as Extra-ordinary Ministers of Holy Communion, which has been highlighted during discernment on the resumption of distribution of the 'precious blood of Jesus' at our weekend Masses.



We wish to invite expressions of interest in serving in all liturgical ministries. If you would like to know more or express your interest in this form of serving please contact the parish office, Fr Joy, Jane Kelly or Debbie.

Cathedral Strengthening update

The internal strops that were used to brace the Cathedral while strengthening work was undertaken have been removed. Changes will now be made to the internal scaffolding in readiness for painting to begin next month.

Over the next couple of months, the final restoration work to the southern face of the Cathedral will be completed and the external strops and some of that scaffold will also be removed. This is a major milestone for the project. It is now time for us to bring back our furniture and items from long-term storage, to be placed into temporary storage in the old parish offices in the Catholic Centre. This will provide us with easy access to the items for cleaning, repairs, and reinstatement, and save us money on storage fees.

To be able to do this we need your help please. **If you able to assist with lifting and transporting on Saturday 22nd July from 9.30am-3.00pm please contact the parish office on 496 1700 or email**

cathedral.parish@wn.catholic.org.nz

Please indicate for how long you are available to assist, even an hour would be helpful as many hands make light work.

Ministry Reminder - Please don't forget to RSVP

Proclaimers of the Word

Tuesday 11 July, 7.00pm at St Thomas More Church, Wilton or Sunday 16 July, after the 10.30am Mass at St Thomas More Church, Wilton

Extra Ordinary Ministers of the Eucharist

Tuesday 18 July 2023, 7.00pm at St Thomas More Church, Wilton or Wednesday 19 July, 5.30pm at St. Thomas More Church, Wilton.

To enhance and strengthen their understanding of this ministry, all parishioners serving in these ministries are required to attend one of the above refresher training and formation sessions appropriate to the ministry they are involved in. Others interested in serving in one or both of these ministries are invited to attend. Please RSVP to Parish Office

cathedral.parish@wn.catholic.org.nz

DEEPEN YOUR FAITH



Meditation in the Christian Tradition

Monday, 7:00 pm – 8:00 pm
Thursday 11:00 am – 12:00 pm

Mass/Morning Prayer

Wednesday-Thursday 8:30 am

Craft Gathering at the Home of Compassion

Wednesday, 12:00 pm

Miha – Māori Mass

Every Sunday, 11:00 am – 12:00 pm

Taize

Every Friday, 7:00 pm – 8:00 pm

ALL WELCOME.

Venue: The Chapel of Our Lady of Compassion, 2 Rhine Street, Island Bay, Wellington.

For more information contact phone:
(04) 383-7769
or events@compassion.org.nz

This coming **Sunday 9 July is the Day of Prayer for Seafarers**, when we specially remember all those who work and live from the sea, away from family and friends for many months at a time, working long hours and navigating some of the world's most dangerous stretches of ocean. Seafaring can be a tough, lonely and hazardous career. The National Liturgy Office has readings, prayers and other resources, here: <https://www.nlo.org.nz/news-and-events/media-releases/day-of-prayer-for-seafarers-3/>

The National Liturgy Office has published prayers and resources for three special Sundays in July:



Sunday 9 July, the Day of Prayer for Seafarers.

Resources are here: www.nlo.org.nz/news-and-events/media-releases/day-of-prayer-for-seafarers-3/



Sunday 23 July is the Third World Day of Prayer for Grandparents and Elderly.

Resources are here: www.nlo.org.nz/news-and-events/media-releases/third-world-day-of-prayer-for-grandparents-and-elderly/



Sunday 30 July is the Day of Prayer to End Trafficking and Slavery.

Resources are here: www.nlo.org.nz/news-and-events/media-releases/day-of-prayer-to-end-trafficking-and-slavery/

MATARIKI falls on **Friday 14 July in 2023**. It is good to contemplate our sense of place in the cosmos. From the earliest humans and still today, people have always taken a keen interest in the starry skies. The constellations have been, and even though we know so much more about them now, still are, a source of wonder. From **Psalm 8** we hear, **'When I behold your heavens, the work of your fingers, the moon and the stars which you set in place, what is humanity that you should be mindful of us? Who are we that you should care for us?'** It is difficult to be outside on a starlit night and not be captured by a sense of wonder. The stars have practical uses too, having been used as an aid to navigation and as an indicator of the seasons. At this time of year, the cluster Matariki, also known as Pleiades, The Seven Sisters or M45. reappears above the horizon, after having dipped below the horizon for some weeks. When this cluster, Matariki, reappeared in the very early morning sky, it signified the beginning of the New Year...

Source : <https://www.nlo.org.nz/assets/Uploads/A-Catholic-Ritual-Prayer-to-Honour-and-Celebrate-Matariki.pdf>

Please note: As Matariki is a Public Holiday there will only be one Mass in our Connolly Hall Chapel at 8.30am on that day and also the parish office will be closed.



Forgotten Fathers Hope and Healing After Abortion

Workshops, Exhibition and stories of hope and healing from both Rachel's Vineyard and Buttons Project.



Thursday 20 July 7pm-8.30 Blessing and opening of Forgotten Fathers.

Friday 21 July 9.30-4pm Workshops and conversations. Keynote speaker Greg Mayo (Almost Daddy) livestreamed from USA.

Saturday 22 July 10-4pm Exhibition and people available to talk with.

Venue: St Joseph's Church Meeting Room, 152 Brougham St, Mt Victoria.

Enquiries: [Wendy Hill \(Rachel's Vineyard\)](mailto:Wendy Hill (Rachel's Vineyard) Ph 0272549222 or wendy@rachelsvineyard.org.nz)
Ph 0272549222 or wendy@rachelsvineyard.org.nz



QUIET DAYS with Sister Sue Cosgrove

Join us for Quiet Day - with a focus on contemplation and reflection. Sister Sue guides participants through meditative activities and guided discussions. This year's theme is kaitiakitanga, manaakitanga, and exploring the seeds of compassion that Meri Hōhepa Suzanne Aubert scattered.

Quiet Day is at **Our Lady's Home of Compassion, Thursday 13 July, from 10:30 am - 2:30 pm.**

To register, please email to: sr.sue@compassion.org.nz

Refreshments are provided. There is no fee however a koha is greatly appreciated.

SACRED HEART CATHEDRAL PARISH

Please keep in your prayers

PO Box 1937, Wellington 6140,
Ph: (04) 496 1700

cathedral.parish@wn.catholic.org.nz

www.mcshwellington.org

www.facebook.com/MCSHWWellington/

Parish Pastoral Leadership Team

- Debbie Matheson: **Parish Leader / Lay Pastoral Leader**
- Fr Ron Bennett: **Parish Moderator**
- Fr Joy Thottankara: **Assistant Priest**

Secretary:

Frank Doherty

Office Hours:

10.00am - 4.30pm Tues, Thurs, Fri.

Parish Council Chair:

Randy Reyes

Sacred Heart Cathedral School

Guildford Tce, Thorndon

Ph: (04) 472 4047

Principal: Bernadette Murfitt

DRS: John Grevatt

If you would like your child to attend Sacred Heart Cathedral School please download an enrolment form <https://sacred-heart.school.nz/enrolment/>

MASS TIMES

Weekdays

(Except Public Holidays)

All held in the Connolly Hall Chapel

12.10pm Monday (Liturgy of the Word with Holy Communion)

8.00am Tuesday to Friday

12.10pm Tuesday to Friday

Saturday / Public Holiday

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: By appointment.

Baptism: by appointment. Please contact the Parish office.



The latest edition of our parish school newsletter is available at

<https://sacredhcs.schoolzineplus.com/schoolnews?nid=224>



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

Erina Harding

Gabrielle McLeavey



Dan Phelon

Judith Shroff

June Swain

Wilijono Tanudjojo

Remembering the Dead



Anniversaries this month:

Jane Jeevamalar (4 July)

Teodoro Helbano (5 Jul)

Moira Dunn (12 Jul)

Anne Kelly (19 Jul)

Michael McLeavey (30 Jul)

Sr Mary Winefride Blake RSM (30 Jul)

For all the dead. Those near and dear to us and those who have no one to pray for them.

CHILDREN'S CORNER

"I Will Give You Rest"

Today Jesus tells us, "Come to Me, all you who labour and are burdened and I will give you rest." God understands that we get tired and worn out. He wants us to come to Him when we need to rest. He refreshes our souls and gives us the energy and strength to carry on.



JESUS, I'M SO TIRED! PLEASE HELP ME!



Do you ever feel like quitting when a job gets hard? Maybe you get tired of school or helping your Mom or Dad. When you feel like giving up it's time to start

praying! Your work might seem easier when you pray, but even if it still seems hard you will be happier knowing that you are doing it for God.

Jesus tells us to take His yoke on our shoulders. A yoke is a sort of bar that is used to help carry heavy things. Jesus is saying that we should do His work. For some people that means preaching like He did, or healing the sick, or being a priest, but for most people it means just doing everything we have to do out of love for God.

WOW! THIS ALL SEEMS EASIER NOW!



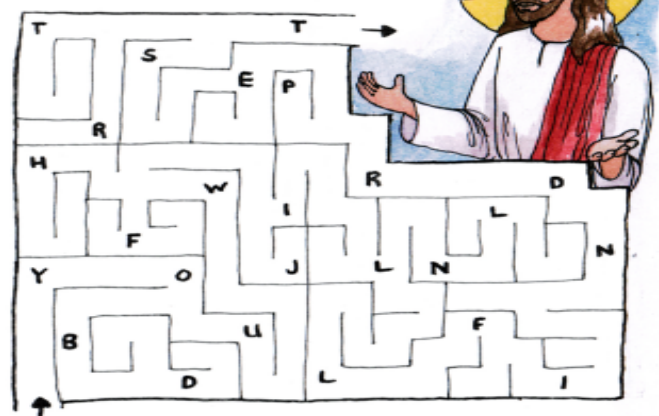
Answer to maze on front: He is compassionate.

www.thekidsbulletin.com

The Kids' Bulletin

14th Sunday in Ordinary Time
July 9th, 2023

"Come to Me, all you who labour and are burdened..."



What does Jesus say will happen if you go to Him when you're tired and worn out? First find your way through the maze and then use the words from that path to fill in the blanks.