

## Anniversary's in April

Jack Hallagen, Murray Durham, Ellen Logan, Vaughan Hallagen  
Brian Bird, Charlie Percy, Ivan Ujdur, John McDonald  
John Stanely, Lenva Martin, Leo Frings (Geoff)  
Malcolm Heaven, Michael Ransfield, Robert Frost (Bob)  
Thomas Butler (Tom), Gavin Logan, James Cook  
John Muelan, James Harris, Emmett McElhinney, William Field (Bill)

**Pro-Life Facts-** The Registrar of Assisted Dying, Dr Kristin Good revealed that 102 patients were killed by lethal injection or assisted to suicide in the last three months of 2022. 86 were killed in their home or another private residence. 9 died in a public hospital. 4 in an aged care facility. 3 died in a hospice. For more pro-life information, visit [voicefor-life.org.nz](http://voicefor-life.org.nz).

## Notices from Titipounamu Study & Joy

The Book of Job – a Book of Hope? with Kieran Fenn fms.  
Monday, 24 April, 7-8.30pm. ZOOM. Fee: \$25 (incl. study material)  
<https://www.studyjoy.nz/2023/03/28/the-book-of-job-a-book-of-hope/>  
YouTube Recordings  
Muffin Talk radio programmes are available online at:  
<https://www.studyjoy.nz/category/resources/muffin-talk/>  
For more information: [www.studyjoy.nz](http://www.studyjoy.nz)

## Tour to the Holy Land.

Fr Chris Friel from Timaru will lead a 12 day tour to some of the most important Christian and historical sites in Israel and Jordan, beginning in Amman on April 9 and concluding in Jerusalem on April 20th 2024. During this amazing tour you will enjoy comfortable accommodation, great food, as well as experiencing the rich cultural and religious history of this region.  
For full itinerary and details please contact Peter Fleming at Pilgrimage Tours in Auckland at:  
[www.thetravelwarehouse.co.nz](http://www.thetravelwarehouse.co.nz) | Ph. 0800 356728.  
Oceania Catholic bishops' response to Syn-

od Continental Stage published  
As you will recall, the Federation of Catholic Bishops Conferences of Oceania executive committee recently approved the final version of the Federation's response to Enlarge the Space of Your Tent, the Working Document for the Continental Stage of the Synod of Bishops for a Synodal Church. The committee submitted the response document to the Synod Secretariat in Rome in late March and agreed to publish it after Easter.  
The response document itself is also online here: <https://www.catholic.org.nz/assets/FCBCO-Response-to-the-Documents-for-the-Continental-Stage.pdf>  
Information and links from the various events at the Fiji assembly are here: <https://www.catholic.org.nz/news/media-releases/suva-synod/>



**NZ Catholic** \$4  
The national Catholic newspaper  
April 23 - May 6, 2023 • No. 618  
Oceania responds to Synod document 5  
The challenges of Church property 6  
**St Bede's win Maadi Cup**  
College triumphant at Lake Karapiro - pg 20  
Six times judged Australia's leading Catholic newspaper

## Mass Times

### Week Day Masses

Saturday—9am @ St Joseph's  
Tuesday—9am @ St Joseph's  
Thursday—9am @ St Patrick's  
**Sunday Masses**  
Vigil Mass—5.30 @ St Patrick's  
Sunday Mass—9.30am @ St Joseph's



Parish Priest • Fr Paul Kerridge  
Phone • Office 8586416 Presbytery • 8589383  
E-mail • [cat.chb@xtra.co.nz](mailto:cat.chb@xtra.co.nz)  
Website • [www.holytrinitychb.com](http://www.holytrinitychb.com)  
Facebook • The Holy Trinity Parish CHB

## Rātini Kupu

23rd Paenga –whāwhā, 2023  
3rd Sunday of Easter

23rd April, 2023

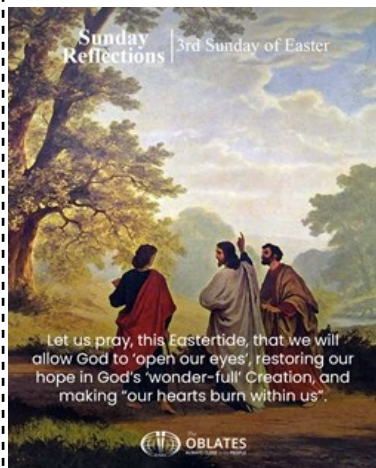
**The Emmaus story** is like a gospel within the gospel. It is so rich a lesson that it serves as a summary of our own bonding with Jesus Christ. For these disciples on the road to Emmaus, the future looked grim indeed. For the previous few years, life had been exciting and they were captivated by the Gospel message of Jesus. But it emerges that they hadn't grasped some vital parts of what he had said. We can empathise with them, because mostly we too tend to pick and choose the parts of his message that please us, and fail to take seriously other words of the Lord. After his death on the cross, they felt all was lost. But Jesus used the Jewish scriptures to enlighten them. The prophecies declare the divine promises and reveal the saving plan of God. The Scriptures have power like an electric current, and are inspired by the Spirit of God. When he opened the meaning of God's Word to them, they began to understand his cross in a totally new light. They saw it not as a total disaster but as the start of a new age of grace. Once arrived in Emmaus, they recognised him also in the breaking of bread. The prayerful sharing of a meal among friends was a living symbol of friendship and trust. What was special about the way Jesus broke the bread is an intriguing question. Perhaps it was the spirit of self-giving that he invested in the act that showed them who he really was. There was a level of focus, of sharing and of sacredness unique to Jesus, something they had experienced previously, before his passion. His presence touched their deepest hungers, and the bread he broke was not just physical. It was food that they opened their hearts as well as their mouths to receive. The Emmaus story speaks to people of all ages. We can see ourselves in these two weary travellers on their journey, the faith and hope they have lost, the future they have hoped for fallen apart. And yet they met an unknown friend walking the road with them, who gave them a fresh insight, and connected the new world with the world they knew. And, of course, he is present in a particular way in the Eucharist, in the breaking of bread, full of the many meanings that breaking bread had for Jesus himself, during his life and after the resurrection. *associationofcatholicpriests.ie*

## Seminarian Appeal 30 April 2023

We are greatly blessed by the generosity and enthusiasm of our men training for priesthood. At the moment, we have one seminarian Dung Manh Phan, who returned from Vietnam last year and is at Holy Cross Seminary in Auckland. Lam van Nguyen, Hung van Nguyen, and Duy Pham, from Vietnam, arrived in New Zealand last year to learn English before hopefully joining the seminary. We ask you to please support our Seminarians with financial support and prayer. Please continue to pray and work for more candidates. Thank you in advance for your contribution no matter how small.



**It is so easy**, when reading the story of the two disciples on the road to Emmaus, to fall into the trap of analysing it, looking for messages concealed in the text. It may be interesting to do that, but if we do, we will miss what God is saying to us through this simple encounter between two sad and depressed disciples of Jesus and a stranger they meet on the road. Everything Jesus did in life showed us the 'real' God who created us in love, and never abandons us. The invitation in today's



Gospel is simply to join these two travelers on their journey to Emmaus. The secret to understanding the story is nothing more than watching and listening to their conversation.

If we can do this, without judgement or analysis, Jesus will once again 'show us' the God who created us. For the two disciples on the road, we are told "their hearts burned within them" as they listened to the stranger. Even without recognising him, their hope was restored and their sadness replaced with joy.

If we can sit quietly with this Gospel, watching and listening, our hope will also be restored and our "hearts, too, will burn within us." This is what God wants for each one of us. It is what Easter is about – renewed hope, rekindled trust, and when the time is right, opening our eyes to recognise the Risen Lord in the breaking of bread. Brian -

[b.maher@oblates.ie](mailto:b.maher@oblates.ie)

### **Understanding and Healing the Impact of Disasters**

Disasters throw our world into chaos. They can overwhelm us and cause significant psy-

God of love and liberty, we bring our thanks this day for the peace and security we enjoy, which was won for us through the courage and devotion of those who gave their lives in time of war. We pray that their labour and sacrifice may not be in vain, but that their spirit may live on in us and in generations to come. That the liberty, truth and justice which they sought to preserve may be seen and known in all the nations upon earth. This we pray in the name of the one who gave his life for the sake of the world, Jesus Christ our Lord. Amen . **Mass -9am @ St Joseph's**



**ANZAC DAY**  
*Let us Remember*

chological distress. The good news is that many communities have gone through disasters and found a positive way through. This talk will cover, what are the long-term impacts of a disaster and how you can look out for and support those who are struggling and learn some strategies to strengthen your resilience. The talk will cover...What can you expect in the weeks, months and years after a disaster. When is the biggest psychological impact of a disaster? What can you do to help children and families who are really not coping post disaster. Why is good sleep so important to recovery? What are the signs someone may not be coping? What are some powerful strategies to help build resilience? Michael Hempseed is the director of Frontiers of Hope, a specialist mental health service. He is also the author of *Calming your Child and Being A True Hero: Understanding and Preventing Suicide in Your Community*. He has spoken to Fonterra, NZ Post, Fire and Emergency NZ and many others. Michael gained an honours degree in Psychology from the University of Canterbury in 2008. In 2016 he spoke at TEDx. Michael is Catholic.

**Date: 3 May 2023 Time: 6-7pm Location: St Joseph's School 6 Russell Street Wai-pukurau**

**Last year**, my family went through what I (un-affectionately) called "Second Lent." I remember that we had almost made it to Holy Week. The days were getting warmer. There was more daylight, which is always an amazing feeling after the long, dark days of winter in the Northeast! The hope of spring was starting to poke its way into my heart as winter and Lent were quickly drawing to a close. And then we received unexpected news that my then 20-year-old son, Peter, who is severely affected by autism, was going to need surgery. The recovery would be at least three weeks at home where he would need constant reminders and monitoring to be sure he stayed in a position that did not cause his large incision to burst open. It would also mean every.single.one of his daily routines that help to keep him emotionally regulated would not be happening. My stress levels were through the roof as I tried to comprehend all the extra demands I was facing as his mom and caregiver. Less than a week later, my husband, Jay, was dropping off our 85-lb. black lab, Josie, at the vet for surgery to remove a growth in her ear. Jay's finger got caught in her collar as Josie tried to jump over him when he opened his door. His hand was broken in five places, and he ended up in a full hand cast. Because my husband is a physical therapist, he ended up being out of work for 10 weeks! It was a really hard season. One of the lessons those heavy weeks taught me was about the deep need of community and authentic friendship. I was a hot mess when I learned Peter needed surgery. It was more than I could emotionally bear at the moment. I was angry with God for sending such hard burdens when I already had other heavy crosses that I was struggling to carry. A few of my very closest friends started praying for me in a very special, specific way with virtual Adoration in the first fifteen minutes of their day. I didn't find out about their sacrifice until many months after Peter's surgery and recovery, but I'm convinced that it was those prayers and those of our family and parish family that helped to get us through such a difficult time. It was truly beyond me to get through it on my own. It's easy to fall into the sin of self-sufficiency. Trying to root that out

of my life is proving harder than I thought. It's often hard to even recognize it. White-knuckling through hard things is something I'm pretty good at. I think a lot of people are. But that white-knuckling can leave a trail of emotional wreckage that's just as deep as whatever momentary trauma we are trying to get through. White-knuckling makes me close in around myself. White-knuckling keeps my head down, staring at my problems and pushing through to the point where it will be "over." It keeps me self-protecting and trying to just take care of myself to somehow minimize the hurt. It gives me a false sense of control in life situations that are so uncontrollable. When I'm being self-sufficient and self-protecting, my focus is turned inward. The very act of trying to protect myself is causing more harm because it's leading me away from God. Ann Voskamp writes in *Waymaker*, "If your heart's curved inward, moving forward is going wayward." White knuckling is just moving further away from God and true healing. There are storms in life that are so extreme that we get thrown out of our boat. As we struggle to keep our heads above water, choking and being beaten by each huge wave, God always sends a life ring. Sometimes it's directly from Him, with a verse that manages to reach down, touch our hearts and calm the sea that rages around us. But more often, that life ring comes from a person in our lives who reaches out with a text, or a hug, or a visit that manages to pull you back into the boat to ride out the storm together. We weren't meant to carry our burdens alone. Sometimes we're hurting people that need to send out an SOS, and sometimes we're the people that are responding to someone in distress. It's not easy to be either. It's hard to be humble and vulnerable, admitting that I'm drowning and need help. It's also hard to be obedient to the Holy Spirit's nudge to reach out to someone without knowing all the details. If you find yourself in the middle of a storm, reach out and grab hold of that lifeline! If you're the one questioning whether the whisper to reach out to a family member or friend is from God, "Do whatever he tells you." (John 2:5) *Copyright 2023 Michelle Hamel*