

Newsletter

NINETEENTH SUNDAY IN ORDINARY TIME
TE RĀTAPU TEKAU MĀ IWA O HE WĀ NOA IHO

Living God's Love - Welcoming - Worshipping

Sunday 9 August 2020

FROM THE DEAN

This week I offer some more helpful information which comes from a Ministry of Health Publication and can also be found online:

"You don't seem to be yourself lately", "Can we talk".

Showing one or more of the following warning signs doesn't mean a person is suicidal but its likely they need your support.

You might notice they:

Read or write about suicide online or post images about suicide

- Become obsessed with death
- Become isolated from family/whānau and friends
- Tell you they want to die or kill themselves
- Have changes in mood - easily angered or enraged and depressed
- Feel worthless, guilty, whakama or ashamed
- Use drugs or alcohol to cope with difficult feelings or thoughts
- Sleep a lot more than usual, or stop getting enough sleep
- Give away possessions, pay back debts or 'tie up loose ends'
- Stop taking their medication
- Suddenly seem calm or happy after they have been depressed or suicidal

Not everyone shows these signs, and some are not obvious, as suicidal people may pretend things are okay.

If you think that someone might be at risk, pay attention to changes in their behaviour. Trust your instinct and ask them directly if they are thinking about suicide.

How to help if you are concerned about someone.:

Call your local mental health assessment team.

Go with them to the nearest hospital's Emergency Department

Call 111 if they are in immediate danger to themselves or others.

Stay with them until support arrives and remove any obvious means of suicide they may use.

(car keys, rope, pills, knives guns etc.)

Make sure you are safe. Stay calm and let them know you care.

Need to talk? - Free call or txt 1737 anytime.

Lifeline - 0800 543 354

Samaritans - 0800 726 666

Chinese Lifeline (Mandarin or Cantonese speakers) - 0800 888 880

Children and young people - Youthline - 0800 376 633 free txt 234 or email talk@youthline.co.nz

Dean Anne

Worship at Holy Trinity Cathedral

SUNDAY WORSHIP

9 August 2020

EUCCHARIST

8am Bishop Selwyn Chapel

Presider & Preacher:

The Reverend Ivica Gregurec
Cathedral Precentor

Readings:

1 Kings 19:9-8

Romans 10:5-15

Matthew 14:22-33

CHORAL EUCCHARIST

10am The Nave

Communion Service in F, Herbert Sumsion

Presider

The Venerable Michael Berry
Archdeacon (Southern Region)

Preacher

The Reverend Ivica Gregurec
Cathedral Precentor

Readings:

1 Kings 19:9-8

Romans 10:5-15

Matthew 14:22-33

CHORAL EVENSONG

5pm The Chancel

Homilist

The Reverend Sarah West

8pm TAIZÉ PRAYER

Bishop Selwyn Chapel

WEEKDAY WORSHIP

MIDDAY EUCCHARIST

12:15pm Marsden Chapel

Monday-Thursday

MIDWEEK

CHORAL EVENSONG

6pm The Chancel

(Enter through

Patteson Entrance)

ST STEPHEN'S CHAPEL

12 Judge Street, Parnell

HOLY COMMUNION

9am EVERY SUNDAY

9 August, Presiding Priest

The Reverend Bruce Keeley

Readings:

Romans 10:5-15

Matthew 14:22-33



We pray for...

- Bishop Ross as he leads the Diocese, and for Bishop Kito in Te Tai Tokerau.
- Archbishops Don, Philip and Cama.
- Bishop Jim and his family.
- The desire of our cathedral community to be good stewards of God's creation, using its resources to benefit others.

The wisdom to speak with integrity and grace. To be kind to one another and to be good examples of God's love in our Cathedral community and beyond these doors.

Grateful hearts that seek the blessings in every day.

Strength and courage for those in our community who are unwell and becoming dependant on others. Wisdom for the medical teams looking after them and patience and grace for the family members caring for them.

Communities in NZ that are oppressed, and where the sense of community living is breaking down.

All who have lost homes and possessions and especially the children taken into care and the vulnerable whose lives are in danger. For courage to expose the abusers who perpetrate and conceal violence.

Healthcare and other key pandemic workers who are being ostracised due to the perception that they are 'unclean'. Especially in Mexico, Australia, India and the Philippines.

The people in Beirut caught up in the massive explosion that occurred at the Port. The families of the deceased, those injured and the emergency workers dealing with the aftermath.

We pray for those who have died and those whose anniversaries occur at this time, especially Eilleen Lunken. Eternal rest grant to them and may light perpetual shine upon them.

THE CATHEDRAL PRAYER CHAIN is a group of parishioners committed to respond promptly to any requests for confidential prayer. Contact: Lynette Wright 09 845 0260

For your Diary

Open4EM meets on Mon 10 Aug, 7pm, at the home of the Malans for a shared meal and discussion. Pamela Clydesdale will give a talk on Mary Magdalene. For more info contact Mariana 0274909248 or Margaret 095294003

CANNABIS LEGALISATION AND CONTROL

7pm Monday 17 August

Speakers: Associate Professor Chris Wilkins and Dr Marta Rychert, Massey University of Health.

Venue: St Andrew's Epsom Parish Hall
100 St Andrews Rd, Epsom.

RSVP to office@standrewsepsom.org.nz

AFTER THE GREAT PAUSE

What could we do differently or keep the same? An invitation to join the Dean in the Undercroft at midday on **Sunday 16 August** for soup and rolls. Afterwards we will be given an opportunity to reflect on our lockdown experiences and what we might like to consider as a Cathedral going forward. RSVP to Merle for catering.

AFTER THE GREAT PAUSE

What could we do differently or keep the same? An invitation to join the Dean in the Undercroft at **midday on Sunday 16 August** for soup and rolls. Afterwards we will be given an opportunity to reflect on our lockdown experiences and what we might like to consider as a Cathedral going forward. RSVP to Merle for catering.

ANGLICAN HISTORICAL

SOCIETY: Sunday, 16 August, 2pm at St Peter's Church, Onehunga. Biographer, John Steele will speak on the Revd Dr Arthur Guyon Purchas. A skilled surgeon and physician, and architect of St Peter's and two churches in Christchurch Diocese. Ordained by Bishop Selwyn in 1847, (Any questions to *Warren Limbrick*, limbrick@gmail.com)

Auckland Choral presents 'LIGHT'
Saturday 28 August 7:30pm
Holy Trinity Cathedral Nave
Conductor: Uwe Grodd
Organ: Dr Philip Smith
Tickets \$40. To book click [here](#)

Special Offer for our Cathedral Community: HANDEL'S SEMELE tickets will be available for \$79* if you use the code CATHEDRAL when you book. *Booking fees apply
Click the picture below to book.



NOAH'S PUDDING



When Noah's Ark came to rest on Mount Ararat in Turkey, according to Islamic tradition, Noah's family celebrated with a special dish. Since their supplies were nearly exhausted, what was left was cooked together to form a pudding. Sharing Noah's pudding has become a symbolic representation of the unity and essential relationship between people and the Creator.

DATE: Saturday 29 August

TIME: 7.30pm - 9.30pm

VENUE:

Beth Shalom Progressive Synagogue
180 Manukau Rd, Epsom, Auckland.

RSVP BY 26 AUGUST

rsvp@pif.org.nz

Pearl of the Islands has partnered with the Holy Trinity Cathedral and Beth Shalom Progressive Jewish Synagogue which will host this Interfaith event.

SPRING BREAKFAST WITH THE DEAN

You are all invited to another scrumptious Spring breakfast to brighten up the last remaining chilly days before the Summer sun spends more time in the sky.

Those who attended this event last year will remember the fun we had so why not save the date and join us?

The cold dark days of Winter are almost over, let us chase the blues away and celebrate together!

DATE: Saturday 26 September

TIME: 9am - 11am

VENUE: The Bishop Monteith Visitors' Centre

COST: \$10

RSVP: Merle in the office, 093039500 or
office@holy-trinity.org.nz



**PLEASE SUPPORT OUR
CATHEDRAL**

BNZ Account: Holy Trinity
Cathedral a/c no:
02 0192 0031919 00
For a receipt enter your
name as reference
Or click DONATE now.

**LIVE STREAMING OF OUR
10AM SERVICE**

Next live stream will be on
6 September
<https://bit.ly/HTCYouTube>

TOURIST VISITING HOURS

Mon-Thurs
10am to 1pm

OFFICE HOURS

Mon - Thurs
9am-3pm
446 Parnell Road, Parnell,
Auckland, 1052

www.facebook.com/holy.t.cathedral

www.holy-trinity.org.nz

DEAN OF AUCKLAND

The Very Reverend Anne Mills
027 680 5922
htcdean@holy-trinity.org.nz

CATHEDRAL PRECENTOR

The Reverend Ivica Gregurec
027 319 6709
ivica@holy-trinity.org.nz

CATHEDRAL CURATE

The Reverend Sarah West
curate@holy-trinity.org.nz

PRIEST ASSISTANT

The Reverend Richard
Girdwood
022 169 4026

**CATHEDRAL SECRETARY
AND PA TO THE DEAN**

Merle Abbot
09 303 9500
office@holy-trinity.org.nz

DEAN'S WARDEN

David Grove
dbgrovenz@gmail.com

PEOPLES WARDEN

Neil Ridgway
Neil@asona.co.nz