

Psalm 91: Assurance of God's Protection

You will be safe in the hands of the Almighty and you need not have any worries. When you call upon the Lord, he will answer all your prayers. It is good to include Psalm 91 as part of your Daily Prayer.

"He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust." Surely he will save you from the fowler's snare and from the deadly pestilence. He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you. You will only observe with your eyes and see the punishment of the wicked. If you make the Most High your dwelling— even the LORD, who is my refuge— then no harm will befall you, no disaster will come near your tent. For he will command his angels concerning you to guard you in all your ways; they will lift you up in their hands, so that you will not strike your foot against a stone. You will tread upon the lion and the cobra; you will trample the great lion and the serpent. "Because he loves me," says the LORD, "I will rescue him; I will protect him, for he acknowledges my name. He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honour him. With long life will I satisfy him and show him my salvation." Amen

How to Sanctify our Sunday when we can't go to Mass

- 1. Watch the Mass on Line**
St Mark's Live streams the Mass every morning Tuesday—Sunday
- 2. Read the Readings**
Magnificat—provides a free online version of the Reading, Meditation & Prayers—www.magnificat.com/free
- 3. Pray the Rosary**
- 4. Pray the Chaplet of Divine Mercy**
- 5. Pray the Liturgy of Hours**
Psalms & Prayers—this is available on iBreviary—<http://www.ibreviary.com/m2/brevaario.php>
- 6. Read about the Saints or their writings**
Pick your favourite Saint and search online
- 7. Watch a Catholic Movie**
Formed.org has some great movies about the saints, Catholic history, etc. along with children's movies and faith formation media.



We need your help...

As we move towards an online presence at this time, we ask for your assistance to continue helping us sustain our operations; to be able to provide pastoral services to the most in need in our parish and pay our utilities. Please support us via:

Direct Debit : BNZ : Account Number : 02-0100-0120982-04

ST MARK PARISH APP! - To download:

- Step 1: Download **ChurchApps NZ**
- Step 2: Search "St Mark" and it will pop up with our parish
- Step 3: Choose your Groups to get alerts of events, rosters
- Step 4: Stay updated and connected to St. Mark's



*Te Whare Karakia o
Hato Maaka, Pakuranga*

Fr Sherwin Lapaan
Parish Priest

Fr Jude Algama
Assistant Priest

Chris Sullivan
Deacon

**PARISH PASTORAL
CO-ORDINATOR**
Mannix Lopez

PARISH SECRETARY
Evelyn Green-Thompson

**COMMUNICATIONS
CO-ORDINATOR**
Carmela Lopez

OFFICE HOURS

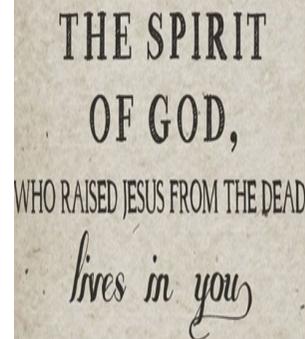
Monday to Friday
8.30am — 3.00pm

Sunday
9.30am — 1pm

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Fifth Sunday of Lent—29 March 2020

Christ Breathes into us His Living Spirit

**Mass will be live streamed on St Mark's FB Page and Website
Tuesday—Saturday @ 9.00am & on Sunday @ 10.00am**

AN ACT OF SPIRITUAL COMMUNION

My Jesus, I believe that You are in the Blessed Sacrament. I love You above all things, and I long for You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You have already come, I embrace You and unite myself entirely to You; never permit me to be separated from You. Amen.

Covid-19 Catholic Diocese of Auckland UPDATE 24 March 2020

Buildings Closed but not the Living Church

Moving to Alert 4 sees all of us self-isolating. Not just to keep ourselves safe but those about us. This requires our Church buildings to close. But not the Living Church. We, the People of God, are still missionary disciples, praying for and supporting one another. The priests are still praying Mass, privately without a physically present Congregation. They are praying for all people and with all people. Each and every day around the world, the whole community is being held in prayer. You might like to take some time to pray with us all through the daily Mass which will be uploaded to my Facebook page and linked from the Diocesan website.

We can help each other. Do you know people that are struggling? Let your parish priest know. Regional St Vincent de Paul and the Catholic Caring Foundation are able to access resources and have travel permissions that enable them to provide sustenance and care. We are at this time called to use the great network that is the Diocesan community.

Many of us as children prior to digital games, internet and 24-hour multiple channel TV, spent hours on the phone. Phone ministry is the new normal. Even if a few minutes of: How are you? What are you up to? You are not alone. We are connecting, we are being Church.

Resources are being prepared by the Diocese to support you in the journey of faith in these times. Check our website regularly.

Keeping the Lord's Day Holy

Although Mass will not be available on Sunday in this time people are encouraged to celebrate Sunday as domestic Church. Gathering to pray in small groups, particularly whanau

This might include: reading and pondering the Scriptures for Sunday, giving thanks for all that we are blessed with, praying for the needs of individuals, families, New Zealand and the world. You will also be able to pray Sunday Mass individually or in small groups through the diocesan website www.aucklandcatholic.org.nz/ where Sunday Mass will be available on the front page of the website from 6.00 pm each Saturday.

These are challenging times and the Diocese will regularly communicate with priests, parish leaders and you, the People of God of the Auckland Diocese. The psalmist (Psalm 45) reminds us today that: The mighty Lord is with us; the God of Jacob is our refuge. In this we take consolation and hope.

Yours sincerely in the Lord
Patrick Dunn Bishop of Auckland

First Reading : A reading from the Prophet Ezekiel - 37: 12-14

I shall put my spirit in you, and you will live

Responsorial Psalm: Ps 130: 1-8

Response: With The Lord there is mercy and fullness of redemption

Second Reading: A reading from the letter of Paul to the Romans - 8: 8-11

The spirit of God who raised Jesus from the dead is living in you

Gospel: A reading from the holy Gospel according to John—11: 1-45

I am the resurrection and the life

Celebrating the Word – Important things to remember

When 2 or 3 are gathered, there am I amongst them. There are many different ways to gather; Phone link, skype, in spirit. Christ is among us as we gather in new ways. Christ is present in the Word! We may not be able to participate in the Sunday Eucharist as we are used to doing, but it is important to remember; Christ is present in the Word. Therefore if the Word is celebrated and proclaimed, Christ is present and we are fed. *The format that follows might help you to pray and celebrate a liturgy of the Word in your home, perhaps with one or two others, perhaps including someone via a digital link.*

An outline for a Liturgy of the Word for a small gathering of people

SONG: Begin with singing, something familiar that you know well. Singing makes us feel good, reduces the distance (spiritual distance) between us. It brings our hearts together and allows us to unite, becoming one body.

SIGN OF THE CROSS:

make the sign of the cross and warmly welcome whoever might be with you.

REJOICE IN GOD'S MERCY & PRAISE GOD:

This could be a prayer you like, it could be spontaneous prayer. Don't make it too long.

COLLECT:

This is the time to bring to mind all the things you want to pray for. Do this in silence, for a minute or so, then say a prayer aloud asking God to accept your prayers and the prayers of the others with you.

READING 1:

Read aloud (even if you are by yourself) the first reading of the day. When the reading is finished, allow a time of silence (2 minutes).

PSALM:

You could chant or (reflectively) read the Psalm of the day.

READING 2: If it is a Sunday - again, follow the reading with silence.

GOSPEL: Again follow this with silence.

DISCUSS:

if you are with other people you might like to discuss something from the readings. 5 minutes perhaps.

INTERCESSORY PRAYER: It is always important to pray for the needs of others. If you are not sure what to pray for, have a look at Prayer of the Faithful suggestions for each Sunday on the Liturgy Centre website.

PEACE: Wish each other peace in Christ.

SONG: if you want to, you could end with a song.

Isaiah 26:20 Says.....Go home, my people and lock your doors! Hide yourself for a little while until the Lord's anger has passed.

Reflection: Mannix

Lockdown

In our current situation, the word **lockdown** is one of the most searched and used (even mis-used) word. It brings a sense of fear, a bit of wonder and for some perhaps a bit of humour. Even the church building is on "**lockdown**". We can no longer freely visit the Blessed Sacrament or attend the celebration of the Holy Eucharist. So, if we can no longer go to the church building, how do we experience God in prayer.

In the gospel for today, Lazarus was supposed to be in permanent "lockdown" but then Jesus came along and ordered him, "Lazarus, Come out!"

What is the message of God to us in this situation?

We always believe that the church is not limited to the building but as the bible say "when two or three are gathered in my name, I am in their midst" (Mt 18:20). Perhaps this is an opportunity for us to really make our home the "living church". This is a time for us to pray together as a family and welcome Jesus in the Liturgy of the Word. We can reflect as a family on the message of the gospel and how it relates to our life.

Four weeks of **lockdown** seems like a very long time. But if we look at it as an opportunity to renew our zeal as a family to "host" Jesus in our midst, then throughout the next four weeks, we can experience a renewed hope, joy and peace.

Lockdown? No. **Look up** to God in prayer, **look after the family** and **Look out** to others in need. We can learn from Noah when he and his family were on "lockdown" inside the ark. After the flood, God made a covenant with him and gave him a sign of His love.

Ephesians 6:10-18

The Whole Armour of God

Finally, be strong in the Lord and in the strength of his power. Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places.

Therefore take up the whole armour of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm.

Stand therefore, **and fasten the belt of truth around your waist**, and **put on the breastplate of righteousness**. As shoes for your **feet put on whatever will make you ready to proclaim the gospel of peace**. With all of these, **take the shield of faith**, with which you will be able to quench all the flaming arrows of the evil one. **Take the helmet of salvation**, and the **sword of the Spirit, which is the word of God**. **Pray in the Spirit at all times** in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints.

ST MARK'S MISSION STATEMENT

To promote a loving, caring, Christ-like community which accepts all people. And is inspired by the Holy Spirit to spread The Good News of Jesus Christ.