

# CTC Net #work

A fortnightly newsletter of Te Kupenga Catholic Theological College

## IMPORTANT DATE

All events are cancelled at  
Alert Level 4

## ANNOUNCEMENT / PANUI

**Auckland remains in  
Alert Level 4 and the  
rest of Aotearoa in  
Level 3**

Let's Stop COVID-19



## Message from the Dean

Dr John Evangelista



Spring has finally come! In many cultures spring is a symbol of hope. It is a season of new beginnings. As a theological virtue, hope “responds to the aspiration to happiness which God has placed in the heart of every person” (CCC#1818).

In this time of Covid-19 and the extended lockdown in Aotearoa New Zealand, we ask for the virtue of hope for as St Paul tells us: “Rejoice in your hope, be patient in tribulation” (Rom 12:12).

We laud science and all human efforts towards the fight against the Covid-19 virus. But more than ever, we need to turn to God in prayer for an end to this pandemic. As our faith teaches us: “Hope is expressed and nourished in prayer, especially in the Our Father, the summary of everything that hope leads us to desire. (CCC#1820).

## Season of Creation

At his General Audience, Pope Francis recalled that September 1 is World Day of Prayer for the Care of Creation, a day he established in 2015 to coincide with the Orthodox Church's special day of prayer for the planet.

“ ... the earth,  
our home ... ” (21)



POPE FRANCIS

“Today we celebrate the World Day of Prayer for the Care of Creation. Now is the beginning of the “Time for Creation,” which will close on October 4, feast day of St. Francis of Assisi. This year's theme is “A Home for All, Renewing God's Oikos (dwelling place).”

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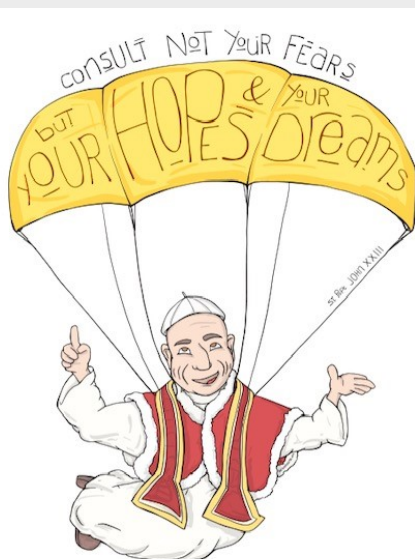


Illustration by Jane Maisey rsj



## Looking for a Holy Picture



Fr Merv Duffy is looking for copies of the Holy Picture shown in the photo. It is the Church shown as a Vine growing from Christ on the Cross. The words on it are in French. It was used by Bishop Pompallier and the first Catholic Missionaries in New Zealand and Western Oceania. Many copies were printed and distributed in at least two sizes. If your family has a copy, we would love to hear about it (and get a photo of it).

## Season of Creation

From page 1

The Pope announced that he has prepared a message with Ecumenical Patriarch Bartholomew and the Archbishop of Canterbury, Justin Welby, on the current climate situation.

### POPE FRANCIS

“With Ecumenical Patriarch Bartholomew, and the Archbishop of Canterbury, Justin Welby, we have prepared a message which will be released in the coming days. Together with our brothers and sisters of different Christians faiths, we pray and work for our common home in these times of grave planetary crisis.”

September 1 marks the beginning of the “Time of Creation,” a period during which the Orthodox, Anglican, and Catholic Churches pray together for the protection of the planet. It will conclude on October 4, the feast day of St. Francis of Assisi.

## Living and Learning in Lockdown

Mayte Ramos

We have all been through a lockdown before, but that doesn't mean we don't need some help and motivation to go through this one again. Whether you're feeling positive about this lockdown or are dreading going through it again, these tips might help you keep positive and healthy, creating a new daily routine that prioritises looking after yourself and your loved ones.

### Take a break from the internet

We've all been encouraged to use our phones as much as possible during COVID-19 and they're undeniably a great way to stay connected with friends and family. Technology gives us the opportunity to disconnect from (an often scary) reality and share our feelings and experiences with others. However, if you start to feel like being constantly connected is draining instead of energising you, it might be time for a break. Just an hour or two a day away from technology can really help you de-stress and relax.

### Create a study routine

Studying while in lockdown can be stressful and demanding. Try to create a new daily routine setting aside time for your study so that you create a new pattern. Find what time of the day or the week works best for you. Be as consistent as possible, but also be patient with yourself.

### Move every day

Being active reduces stress, increases energy levels, can make us more alert and even improves sleep for some. Explore different ways of adding physical movement and activity to your day and find something that works best for you. Simply going

for a walk in the park, a jog or a bike ride around your block is a good way to get moving and clear your head. Even on days when you're really not feeling it, it's worth forcing yourself out for a brief 10-minute walk before you start studying.

### Get some fresh air

Whether it's by opening the window or going for a quick walk, getting some fresh air will help with your productivity and give you more energy. Just ten minutes outside can help clear your head and give you a completely fresh perspective.

### Connect with others

Being in lockdown, especially if you live alone, or with household members you aren't close with, can feel lonely. Find time to keep in touch with friends, family, co-workers, and others to help you (and them) feel more connected. Have virtual meetups through Zoom or WhatsApp, host an online movie marathon or just give them a call or video-call on the phone. Starting your day by chatting on the phone to someone you care about will put you in a much more positive mood.

### Balanced and healthy diet and sleep

The change in our routine during lockdown can sometimes affect our behaviour patterns of eating and sleeping. Make sure you are having a balanced diet and try to maintain the sleep habits that help you have a restful night. Going to bed at the same time each night is usually very helpful to ensure a good night sleep.