



GOOD SHEPHERD CATHOLIC CHURCH

27 Telford Avenue, Balmoral, Auckland 1041

09 620 9515 office@balmoralcatholic.org.nz

www.balmoralcatholic.org.nz



Good Shepherd Catholic
Church Balmoral

1 MARCH 2026 ~ THE SECOND SUNDAY OF LENT

On the Second Sunday of Lent, presents the Transfiguration. Peter, overwhelmed by Christ's glory, says, "Lord, it is good for us to be here. Let us make three tents." He wants to build something stable in a moment of light and peace.

This desire reflects the human heart. Neuroscience tells us that when we are anxious, the brain's alarm system becomes overactive. But when we engage in focused, structured activity, the brain shifts toward calm and regulation. Spiritually, Lent does something similar. Prayer, fasting, and listening to Christ move us from inner chaos toward divine order.

God's voice declares, "Listen to Him." Listening is the foundation of peace. Just as repeated habits reshape the brain through neuroplasticity, repeated spiritual practices reshape the heart. What we practise, we strengthen. If we repeat worry, we deepen anxiety. If we repeat prayer, gratitude, and trust, we build resilience.

The Transfiguration is like a moment of "flow," where the disciples experience clarity and joy. Yet Jesus leads them down the mountain. The experience of glory is not an escape but preparation for the Cross. True calm is not avoidance of difficulty but rootedness in God.

Lent invites us to rebuild the inner architecture of our lives—brick by brick—through daily prayer, silence, forgiveness, and Eucharist. Families especially shape where "home" is found. When children see faith practised consistently, they learn that security rests in God.

Peter wanted to build tents on the mountain. But Jesus teaches us something deeper: our true dwelling is not a place, but a relationship. This Lent, may we intentionally build our lives in Christ, so that our deepest home is in God.

In a world of overstimulation and stress, the Transfiguration reminds us:

*Calm is not found in escape.
Peace is not found in control.
Home is found in God.*

Lenten Blessings - Fr Martin



PLANNED GIVING

If you are new to the Parish and wish to register for Planned Giving you are welcome! Benefits mean no loose cash required and contributions are recorded and tax receipts are issued. The Catholic Church is a registered charity and there is no limit on the amount you can claim for tax purposes.

To register for Planned Giving contact office@balmoralcatholic.org.nz

This programme allows for the care of our Priest, the Bishop and the upkeep of our church itself.

*Our bank account details for all donations is Good Shepherd Balmoral Ecclesiastical Goods Trust
BNZ Account: 02-0108-0708836-000
Thank you for your generosity.*

LEGION OF MARY

“Our Lady of Good Shepherd Praesidium” meets every Saturday morning after 9.30 am Mass in the GS church.

For further information contact:
Jackson Gonzales : Jacxz_jam@yahoo.com

STATIONS OF THE CROSS FOR LENT AT GOOD SHEPHERD

Every Friday of Lent at 7 pm.
In the Church.



GOOD SHEPHERD CHILDREN'S CHURCH CHOIR

If your child would like to join the choir email: office@balmoralcatholic.org.nz
Choir Practice is during the school term only on Mondays 3.15pm—3.45pm in the hall with Nishanthi from the NZ Modern School of Music. The choir has resumed resumes practices and their next Mass will be Palm Sunday, 29 March.

All school aged children are welcome to join!



GOOD SHEPHERD YOUTH

EVENT - "WELL OF LIFE"

WATER BATTLE!

First Youth event of the year for Good Shepherd so prepare your weapons and register for the “Well of Life Water Battle” Saturday, 7 March at 6pm after the 5 pm Mass. Hot dogs and ice cream to follow. Spaces are limited so register using the QR pictured here or on the poster in the foyer.

AED DEFIBRILLATOR

The parish has a defibrillator in the foyer. THE CABINET ACCESS CODE IS C2017 .

COLUMBAN CALENDARS ON SALE

Calendars are still available on sale in the foyer after mass for \$20. Funds can be transferred to Good Shepherd Balmoral Ecclesiastical Goods Trust
BNZ Account: 02-0108-0708836-000
Please use reference: “Calendar”
Cash payments are also available.



LENT! PREPARE, PRAY, PONDER

Join these Zoom sessions throughout Lent.
Wake and pray, daily meditation:
Every day at 6.15 am.

Reading Pope Leo's “Dilexi Te”:
Pope Leo's teaching on compassion for the poor, Wednesdays 7-7.40 pm.
Reflecting on the Sunday Gospels of Lent.
Saturdays 7-7.40 pm.
For the Zoom links email diannaf@cda.org.nz

LENTEN TALKS BY BISHOP PETER BROWN

A series of four weekly talks by Bishop Peter Brown during the lead up to Lent, guiding us to reunite ourselves to Christ through His gift of Reconciliation.
Tuesday evenings beginning 3rd March, 7pm – 8:30pm at St Michael's Parish,
Mary MacKillop Hall,
6 Beatrice Rd, Remuera.

READINGS FOR THE FIFTH SUNDAY IN ORDINARY TIME

FIRST READING - Genesis 12:1-4

God called Abram and Sarah to embark on a journey of faith. He promised that this faith would transform the lives of 'all the families of the earth'.

PSALM 33

Let your love be upon us, Lord, even as we hope in you.

SECOND READING - 2 Timothy 1:8-10

The sharing in Baptism of divine gifts that culminate in salvation must be rooted in the work of Jesus, perfectly faithful to the Father's call.

GOSPEL - Matthew 17:1-9

A glimpse of Christ's glory was intended to prepare the favourite apostles for the agony of Gethsemane and the Cross. Like Abraham, they were challenged: 'Rise and do not be afraid'.

BISHOPS' LENTEN APPEAL 2026

Whakarongo ki te reo - Hear the voice.

Whakahokia i te karanga - Answer the call.

This week marks the start of the Bishops' Lenten Appeal. Donations can be made to Caritas directly via direct debit or credit card through the Caritas Aotearoa New Zealand website

<https://www.caritas.org.nz/ways-to-give>.

Or to their account Caritas Aotearoa New Zealand is 03-0518-0211216-003.

Please use "Lent" as the Code and your first and last name as particulars.

Freepost envelopes are available in the foyer. Donations received by Caritas by 31 March will be sent a receipt for the 2025/26 tax year. Any donations received in the Caritas office after April 1st will be sent a receipt for the 2026/27 tax year. Your generous support helps poor and marginalised communities around the world. For more information, email: caritas@caritas.org.nz

LENT WEBINAR SERIES WITH NEW ZEALAND'S CATHOLIC BISHOPS CARITAS AOTEAROA NEW ZEALAND

Join our Bishops and other people of faith online to explore the Gospels of Lent. Visit <https://www.caritas.org.nz/lent-webinars> for more information and to register.

MARCH FOR LIFE

AUCKLAND MARCH 7TH

You can march for life together with thousands of others. All are welcome. Gather at Te Komititanga Square 1pm. More information at marchforlife.nz

DIVINE MERCY DEVOTION & MASS

Friday 6th March 7 pm at St Mary's
Parish, 20 Kitenui Ave, Mt Albert.
All Welcome.

A WORKSHOP FOR ORGANISTS

A free practical workshop helping beginner organists develop stronger hymn-playing skills. With Michael Cox.

Saturday, 14 March, 1pm – 4pm. St Patrick's Catholic Church, 119-129 Seddon St, Pukekohe. Registration essential:
Email office@pukekohecatholic.org.nz

LENT 2026 with FOOD FOR FAITH

Visit www.foodforfaith.org.nz and sign up to receive daily email encouragements from Fr. John O'Connor. Prepared especially for those seeking greater maturity of faith.

WYD 2027 WEBINARS

In preparation for World Youth Day 2027 in Seoul Korea, Te Kupenga Catholic Theological College invites young people and everyone to grow in their faith, hope and missionary discipleship, with this year's webinar series, "Take Courage! I have overcome the world" (John 16:33).

For more information please visit www.tekupenga.ac.nz/webinars-2026

PILGRIMAGE - FATIMA TO ROME

25 September to 17 October 2026
Chaplain: Monsignor David Tonks
For more information email Laura Yap
laura.yap@travelmanagers.co.nz
or phone 021 390 055



SAFEGUARDING MATTERS

What is Safeguarding?

The Catholic Church believes that every person has a value and dignity which derives directly from their creation in the image and likeness of God.

This implies a duty to value all people and therefore to protect them from harm.

The gospel values of love, dignity and justice as demonstrated by Jesus remind us that safeguarding of children and vulnerable adults is an integral part of the life and ministry of the church.

We are called to create a culture which cherishes, nurtures and safeguards children and vulnerable adults. Developing a safeguarding culture where we do will pose the question is this safe for the people of our diocese?

Pope Leo has made it clear he expects the Church, on entry level, to implement whatever steps are necessary to ensure the protection of minors and vulnerable adults and to respond to their needs with fairness and mercy.

Safeguarding Contact:

CDA Safeguarding Coordinator :
lisam@cda.org.nz

MONTE CECELIA HOUSING TRUST

Providing short term housing for families in need. Contact us on 0800 624 848

ST VINCENT DE PAUL

The work the Vinnies do in New Zealand to help those who are facing great hardship has never been more important. They are there at the grass-roots to support people who are really struggling.

Visit www.svdpak.org.nz

if you are able to help with a donation.

Sunday Masses

Saturday Vigil: 5pm

Sunday: 9.30am

Weekday Masses

Tuesday to Saturday: Mass: 9.30am
(including Public Holidays)

Saturday

Exposition & Rosary from 8am
followed by Mass at 9.30am

Reconciliation

Saturday 9am before the 9.30am Mass

Wellness reminder—please stay home
if you feel unwell

GOOD SHEPHERD PARISH

Parish Priest: Rev Martin Wu

PARISH OFFICE - 09 620-9515

Parish Secretary:

Rebecca Knibb (Temporary)
Office Hours Tuesday, Thursday & Friday
10am to 3pm

office@balmoralcatholic.org.nz

CHURCH & HALL BOOKINGS

office@balmoralcatholic.org.nz

GOOD SHEPHERD PARISH SCHOOL

admin@goodshepherd.school.nz

Principal: Ben Fahey

principal@goodshepherd.school.nz

For enrolments please phone the school
office on 09 620 4962

For further information or download the
forms from the school website see

www.goodshepherd.school.nz

School visits welcome.

ST VINCENT DE PAUL & FOODBANK

6A Henderson Place, Onehunga

If you, or someone you know, need assistance
Contact Phone (09) 815 6122 or 0800 680 090

email auckland@stvinnies.co.nz

Food Bank email foodbank@svdpak.org.nz

Thank you for your food donations
in the foyer basket