



# Holy Family Cathedral Parish

Holy Family Cathedral  
Michael's Mount

St. Martin de Porres  
Parham

St. Anthony's  
Potters

St. Francis of Assisi  
Villa

Good Samaritan  
Donovans



P.O. Box 16, St. John's Antigua ♦ email [hfc.antigua@gmail.com](mailto:hfc.antigua@gmail.com) ♦ Phone 268 560 2693 ♦ 461-1127

*"Who are We?"*

**5th SUNDAY IN ORDINARY TIME - 5th February, 2023 - A**

**THE CATHEDRAL BOOK  
STORE IS LOCATED IN THE  
PASTORAL  
CENTRE.**



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**PASTORAL PROGRAM AT  
HOLY FAMILY CATHEDRAL  
PARISH**

**FEEDING PROGRAM - for the  
Shut-Ins and the Elderly, is  
ongoing.  
HOME - for the Elderly -**

Donations to support these programs  
are welcome. Please write to the  
Administrator, Holy Family Cathedral  
P. O. Box 16 or Michael's Mount, St.  
John's, Antigua.

## LAST WEEK'S COLLECTION

29th January, 2023

	1st	2nd
Cathedral Saturday	\$2,364.65	\$ 948.97
Sunday 7:00 am	\$1,498.92	\$ 335.55
9:00 am	\$3,255.64	\$ 833.42
Parham	\$ 343.74	\$ 91.84
Potters	\$ 557.05	\$ 160.25
Villa	\$1,422.30	\$ 382.09
Hispanic	\$ 466.05	\$ xxx
Diocesan Schools	\$ 160.00	

**Thank you for your generosity**

**COLOURS OF LOVE - Pre-  
Valentine's Fete. It is not just  
for couples. Any one can attend.  
You can purchase your tickets  
from Gilbert Laudat at the  
Cathedral, Theolinda Brooks at  
Villa and at the Pastoral Centre.  
Come and join us at Indies  
Green on Friday, February 10,  
2023 starting at 8:00pm. All  
inclusive package is \$150.00 per  
person. Drinks, food and music on  
the house.**

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**Mass for the sick will be  
celebrated on the Feast of Our  
Lady of Lourdes 11th February at  
8:00 am The sick will be anointed  
at that Mass.**

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**The Feeding Program**  
Parishioners who know of  
individuals in need of lunches, are  
asked to contact Fr. George or the  
Pastoral Centre.

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**The Parish now has an Ice  
Machine, Parishioners can get  
bags of ice at \$5:00 per bag. Order  
your ice one week in advance.**

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**Parishioners are advised that  
only 15 Bible Diaries are left. The  
cost is \$80.00.**

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**ASH WEDNESDAY - Mass**

Cathedral ...6:00 am and 7: 00 pm  
Christ the King ...8:00 am  
St Joseph's Academy 12.00 noon  
St Francis of Assisi, Villa 6:00 pm

**The next Marriage Preparation  
Course** will be held in March.  
Couples planning to get married this  
year are encouraged to pick up a  
registration form at the Pastoral Centre  
or at Our Lady of Perpetual Help's  
Parish Office.

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## LECTIO DIVINA

**Read:** Isaiah challenges his readers  
to put their faith into practice so that  
they can bring light and hope to their  
communities. Paul reminds the  
Corinthians that his mission and  
preaching are not about worldly  
wisdom but are based in humility and  
the cross. Matthew continues the  
Sermon on the Mount with Jesus  
calling the followers to glorify God by  
their lives.

**Reflect:** What does it mean to live as  
a person of faith? Today's readings  
provide answers to that question.  
Being a person of faith is not simply an  
intellectual assent to a series of  
theological claims. Faith changes the  
way we live. It requires that we step  
beyond our selfish concerns and care  
for those in need. People of faith see  
righteousness, not power. Any power  
we do have is merely a reflection of  
God's power.

Righteous living helps people directly  
by meeting their needs, but also by  
manifesting God's goodness to them.  
The light they share brings clarity and  
warmth to those trapped in the cold  
and darkness. The shining example of  
the righteous draws people to God.

**Pray:** Father give me the grace I  
need to share the light of my faith with  
the people I meet.

**ACT:** Fast from food or a small  
pleasure and contribute to those who  
are hungry.



## The Prayer of the Synod:

### Adsumus Sancte Spiritus

We stand before You, Holy Spirit, as we gather together in Your name. With You alone to guide us, make Yourself at home in our hearts; Teach us the way we must go and how we are to pursue it. We are weak and sinful; do not let us promote disorder. Do not let ignorance lead us down the wrong path nor partiality influence our actions. Let us find in You our unity

so that we may journey together to eternal life and not stray from the way of truth and what is right. All this we ask of You, who are at work in every place and time, in the communion of the Father and the Son, forever and ever. Amen.

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***"Be still and know that I am God" (Ps. 64:10)***

**Mount Tabor Retreat Centre** will host a **Contemplative Prayer Retreat** on Saturday, February 25, 2023. The fee per person is \$25 EC.

For more information and to register please contact Mrs. Janice Anton @ 728-7735.

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**The Memorial Service for Monica D. Joseph** known as Shirley and Alexis I Joseph known as Mickey will be held on Tuesday 7th February, 2023 at 4:00 pm at Holy Family Cathedral. May their souls Rest In Peace.

## CATECHETICAL NOTICES

### ST. LWANGA AFTER SCHOOL CARE & HOMEWORK ASSISTANCE:

Are you looking for a safe environment for your school children? The St. Lwanga Youth Centre in Stapleton Lane in the same compound as St. Joseph's Academy is the place where your children can stay after school and where homework is supervised. Time: Monday to Friday 1:30 p.m. to 4:45 p.m. Cost: \$20.00 without a light meal and \$30.00 with a light meal. Call the Centre at 780-9688.

### YOUTH NIGHT - BBQ & SOCIAL

The next youth night is on Friday 10th February from 6 p.m. to 8:30 at the St. Lwanga Youth Center, Stapleton Lane. Food and drinks will be on sale. Proceeds towards youth development and the upkeep of the Centre.

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### *Our Catholic Life -*

#### *Feast of Our Lady of Lourdes - February 11th*

On Feb. 11, the Catholic Church celebrates the liturgical memorial of Our Lady of Lourdes, recalling a series of 18 appearances that the Blessed Virgin Mary made to a 14-year-old French peasant girl, Saint Bernadette Soubirous.

St. Bernadette also has her own liturgical memorial, which occurs Feb. 18 in France and Canada and April 16 elsewhere. Born in January 1844, the future visionary was the first child of her parents Francois and Louise, who both worked in a mill run by Francois. Their family life was loving but difficult. Many of Bernadette's siblings died in childhood, and she developed asthma. Economic hardship and an injury suffered by her father cost them the mill in 1854.

On Feb. 11, 1858, Bernadette went to gather firewood with her sister and a friend. As she approached a grotto near a river, she saw a light coming from a spot near a rosebush. The light surrounded a woman who wore a white dress and held a rosary. Seeing the lady in white make the sign of the Cross, Bernadette knelt, took out her own rosary, and began to pray. When she finished praying, the woman motioned for her to approach. But she remained still, and the vision disappeared

Her companions had seen nothing. Bernadette described the lady in white to them, demanding they tell no one. But the secret came out later that day. The next Sunday, Bernadette returned to the grotto, where she saw the woman again. The identity of the apparition, however, would remain unknown for several weeks. Some adults accompanied Bernadette on her third trip, on Feb. 18, though they did not see the vision she received. The woman in white asked the girl to return for two weeks. "She told me also," Bernadette later wrote, "that she did not promise to make me happy in this world, but in the next." A group of family members and others went with her to the cave the next day, but only the young peasant girl saw the woman and heard her words.

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### PRAYER FOR THE SICK & SHUT-INS :

**Dear Jesus, Divine Physician and Healer of the sick,** we turn to you in this time of illness. O dearest comforter of the troubled, alleviate our worry and sorrow with your gentle love, and grant us the grace and strength to accept this burden. Dear God, we place our worries in your hands. **We place our sick under your care and humbly ask that you restore our servant to health again.** Above all, grant us the grace to acknowledge your will and know that whatever you do, you do for the love of us. Amen.

Shawn Phillip, Gillian Howie, Nelister Sebastian, Catherine Durand, Dion Thomas, Georgina-Glave-Toussaint, Catherine DeTouche, Edward Lewis, David Morris, Gweneth Bryan, Shanla Carr, John Willock, Arnold Gomes, Patrick Skerritt, Marion Warren, Auchland Jarvis, Jean James, Conrad Looby, Cecelia John, Natalie Massicott, Justin Joseph, Carmen Ambrose, Tyler Lockhart., Joan Underwood, Yvonne Watkins, Cosmas Rowe, Novelle Ford, Andrea Brown, Latoya Edmun-Joseph, Rose Margetson.

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The St. Lucian community in Antigua are invited to celebrate the 44th Independence Anniversary on Sunday 19th February at St. Francis of Assisi Church in Villa at 11:00 am

**This Sunday's Readings**  
**5th February, 2023**

**First Reading: Isaiah 58: 7-10**

**Responsorial Psalm: *The just man is a light in darkness to the upright.***

**Second Reading: 1 Corinthians 2: 1-5**

**Gospel: Matthew 5: 13 - 16**

**Readings for Monday to Saturday**

**Monday 6th Genesis 1: 1-19**

**Psalm 104: 1,2,5,6,10,12,24,35**

**Mark 6: 53-56**

*St. Paul Miki & Companions, martyrs*

**Tuesday 7th Genesis 1: 20—2: 4**

**Psalm 8: 4 - 9**

**Mark 7: 1-13**

**Wednesday 8th Genesis 2: 4-9, 15-17**

**Psalm 104: 1,2,27,28,29,30**

**Mark 7: 14-23**

*St. Jerome Emiliani, priest/ St. Josephine Bakhita, virgin*

**Thursday 9th Genesis 2: 18 - 25**

**Psalm 128 : 1-5**

**Mark 7: 24 - 30**

**Friday 10th Genesis 3: 1 - 8**

**Psalm 32: 1,2,5,6,7**

**Mark 7: 31-37**

*St. Scholastica, virgin*

**Saturday 11th Genesis 3: 9 - 24**

**Psalm 90: 2-6, 12,13**

**Mark 8: 1-10**

*Our Lady of Lourdes*

**WHAT THE 1ST READING SAYS TO ME:**

The unknown prophet addresses Hebrews back from exile in Babylon. In their joy over newly found freedom, they have expected too much. God's people must seek something deeper and more genuine than just the experiences of being free. The writer goes into details of sharing, with the promise that then..."your wound shall quickly be healed."

**WHAT THE 2ND READING SAYS TO ME:**

The Christian philosophy of life is defined as a sharing especially of self, a sharing that hurts and can be a cross ("Jesus Christ and him crucified" as your example). This is a kind of "wisdom" that many do not accept. Paul is aware that there are members in the congregation of Corinth who do not accept it either. Hence, he emphasizes that "faith (rests) not on human wisdom but on the power of God." We should pray for it constantly.

**WHAT THE GOSPEL SAYS TO ME:**

We are the new Israel and with our insight of faith we Christians are to be the "salt of the earth." But only by being dissolved in food does salt give it its taste. "You are the light of the world." Only by diffusing itself in the darkness does light enlighten. Only by losing ourselves (sharing of self) can we give "taste" to the life of deprived persons and enlighten their path when they falter.

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**Medical Benefits Heartbeat Walk. Join the Catechists and young people** as we strive for healthy faith, body, mind and soul. Register at the Pastoral Centre so we can register as a large church group. Get your green shirts ready!

**KNOW YOUR CHURCH**

**BY MICHAEL SEAN WINTERS**

Cardinal Mario Grech, the secretary general of the synod, and Cardinal Jean Claude Hollerich, the general relator of the synod, released a letter to the world's bishops dated Jan. 26, 2023, sharing their assessment of the synodal process. "[W]e feel the urgency to share a few considerations for a common understanding of the synodal process, its progress and the meaning of the current Continental stage," the prelates wrote. The essence of the letter was to place the synodal process squarely within the context of the ecclesiology of the Second Vatican Council so that the world's bishops could first grasp their own role in the process and, further, provide the leadership and guidance the process will require. The synod officials are realizing it was time for a little Ecclesiology 101. First, the letter reminds the bishops "there is no exercise of ecclesial synodality without exercise of episcopal collegiality." Episcopal collegiality was one of the principal ecclesiological doctrines to emerge from Vatican II, retrieved from the early church, a corrective to the ultramontanist excesses of the 19th century. The Dogmatic Constitution on the Church, Lumen Gentium, states:

The individual bishops, who are placed in charge of particular churches, exercise their pastoral government over the portion of the People of God committed to their care, and not over other churches nor over the universal Church. But each of them, as a member of the episcopal college and legitimate successor of the apostles, is obliged by Christ's institution and command to be solicitous for the whole Church, and this solicitude, though it is not exercised by an act of jurisdiction, contributes greatly to the advantage of the universal Church. (#23) The synodal process is not intended to obstruct this solicitude, but in fact depends upon it. Regrettably, some episcopal hierarchies have become polarized and no longer effectively exercise collegiality as the council intended, and it is not yet clear how the synodal process will address this fact. The two cardinals go on to issue a warning that has greatly concerned me, the presumption by some that they know already the results they think the synodal process must achieve. This encroaches on the Holy Spirit's right to direct and lead the church.

*"You are the salt of the earth".*



The Hospitality Ministry will be having a meeting on Wednesday 8th February, 2023 at 5:30 pm. All members, past members and those wishing to join this ministry are kindly asked to be there and to be on time. There are lots of matters to be discussed.





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