



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 ♦ Phone 268 560 2693 ♦ 461-1127

"Is the Lord In Our Midst or Not?"

3rd SUNDAY OF LENT - 12th March, 2023 - A

THE CATHEDRAL BOOK STORE IS LOCATED IN THE PASTORAL CENTRE.



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.

Parishioners are invited to a four
evening Lenten Mission by way of
studying the Pastoral Exhortation Letter -
'A Call to Missionary Discipleship',
written and commissioned by Bishop
Robert Llanos from March 13th to 16th at
Holy Family Cathedral from 7:00 pm to
8:30 pm. Please make a special effort to
attend.

Parishioners are advised that there are
a few more calendars to be sold. They
can be purchased from Mrs. Hannays at
Saturday evening Mass, on Sunday from
Mr. Laudat and at the Pastoral Centre.
Cost is \$20.00.

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.

**Chancery Closure - Monday 13th -
Thursday 16th, 2023.** Urgent requests/
questions can be sent to the Chancery's
email at dsjbchancery@gmail.com or by
WhatsApp 268-723-5411.

A Brief Survey of the Biblical Word

There will be no Bible Study on the
15th March due to the Lenten Mission
and none on the 22nd March as Fr
Jean Paul will not be available. Bible
Study continues on 29th March.
Bible Study will be held in the
Pastoral Centre from 6:45 pm to 7:45
pm.

Parishioners are informed that the
Chrism Mass will be held in St. Kitts
at the Co- Cathedral on Tuesday 28th
March, 2023.

CATECHETICAL NOTICES

**Rite of Christian Initiation for Adults
(RCIA):** Adults and young adults who
have not been baptized, or Confirmed or
received their First Holy Communion and
persons wishing to become a member of
the Catholic Church are invited to register
for this programme. Please call the
Pastoral Centre at 560-2693.

LENTEN REFLECTION.

ADORATION AND BENEDICTION -

Sunday 12th March from 4:00 p.m. to
5:30 p.m. in the Cathedral for
all PARENTS with children and young
people in the various Catechetical
Programmes. Bring your special
intentions before the Blessed Sacrament.

**ENCOURAGING our CATHOLIC
BUSINESSES** or individuals, to give
young people that initial "experience" so
many companies are requesting. We
thank the businesses and individuals who
heard the plea, saw our vision, and have
given some of our youth an opportunity.
We invite you to call our St. Lwanga
Youth Center and help us help our youth.

**UNEMPLOYED YOUTH and
YOUNG ADULTS:** If you are
unemployed or know of other persons
seeking employment, you are invited to
register at the St. Lwanga Youth Center.
Call 780-9688 or send an email
to stlwangayouth22@gmail.com.

The Legion of Mary will hold its
annual function which is known as the
ACIES program with a Mass on
Saturday 25th March at 9:30 am at
Holy Family Cathedral. This is where
all active and auxiliary members renew
their promise for a year to the Virgin
Mary. The presider will be Bishop
Robert Llanos. All are invited.

LAST WEEK'S COLLECTION

5th March, 2023

	1st	2nd
Cathedral Saturday	\$1,689.97	\$ 642.80
Sunday 7:00 am	\$1,478.22	\$ 444.89
9:00 am	\$2,619.12	\$ 619.47
Parham	\$ 610.10	\$ 150.00
Potters	\$ 912.17	\$ 236.90
Villa	\$1,874.05	\$ 407.99
Diocesan Schools	\$ 200.00	

Thank you for your generosity



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.

Parishioners are advised that the following Synodality synthesis comes into effect in parish management for a five year period at the first instance. All are encouraged to be part of this new parish experience.

Theme for five Years Pastoral plan
“Enlarge the place of your tent, stretch your tent curtains wide, do not hold back; lengthen your cords, strengthen your stakes” (Is 54:2).
Sub- theme : January 2023 to January 2024

A call to Missionary Discipleship
(Pastoral Exhortation 2020
(Bishop Robert Llanos pastoral letter.)

Agenda

1. Formation and training on the concept of “A Call to Missionary Discipleship” Pastoral Exhortation 2020 by Bishop Robert Llanos.
2. Continued interactions among groups in the parish with reference to gender theory and ideology
3. A review of all existing groups in the parish with consideration to consensus adoption guided by Synodality synthesis
4. Liturgical Review (preparation of Sunday Masses and other devotions).

5. Catechetical program and its effects on faith development among the children and youth.
6. Youth Program (contents and applicability to current needs).
7. Hospitality (welcoming atmosphere in the parish – existing and improvement).
8. Home Visitation (visiting the sick, ministering spiritual needs).
- 9 Focus on the spiritual needs of men (special efforts to reach out to lapsed Catholic men).
10. Networking in the form of evangelization (reaching out to those who are on the periphery).
11. Formation of women network at the parish level (to include single women, a non-judgmental approach towards inclusion).
12. Implementation team formation towards fundraising activities.
13. Additional support for the ongoing feeding program and assistance in support resources for the newly refurbished St. Francis Home for the Poor.
14. Bible and faith formation studies

Parishioners are informed that the next Sacrament of Baptism will be celebrated on Easter Sunday at 12:30 pm. All concerned are asked to take note.

Holy Family Cathedral Parish presents:

PAN AND THE PASSION OF CHRIST. A Spirit filled outdoor event on the lawn (the east parking lot)
....**PALM SUNDAY**

Sunday 2nd April, 2023 at 5:30 pm

Tickets are \$10.00 for adults
\$ 5.00 for children

Come and be enlightened. Come and be blessed.

The funeral Mass for Ms. Erma Smith will be held on Friday 24th March at 10.00 am at Holy Family Cathedral. Tributes will begin at 9:30 am.. May her soul Rest In Peace.

FRIDAYS IN LENT

Stations of the Cross will be led by the following at 6:00 pm at HFC every Friday for Lent.

17/03 Sr. Annita & her Team
24/03 Parish Youth
31/03 Bishop—Road to the Cross
07/04 GOOD FRIDAY

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 your 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, Niethia Dyer

LIFE IN THE SPIRIT RETREAT:

The Confirmation candidates in the Diocese who will be confirmed this year will be traveling to Trinidad from July 2nd to 9th for their Retreat. Please pray for our young people and support the upcoming fundraising activities to assist with their travel expenses.

This Sunday's Readings
12th March, 2023

First Reading: Exodus 17: 3 -7

Responsorial Psalm: *If today you hear his voice harden not your hearts.*

Second Reading: Roman 5: 1,2,5-8

Gospel: John 4: 5 - 42

Readings for Monday to Saturday

Monday 13th 2 Kings 5: 1 - 15

Psalm 42: 2, 3; 43: 3, 4

Luke 4: 24-30

Tuesday 14th Daniel 3: 25, 34-43

Psalm 25: 4-9

Matthew 18: 21-35

Wednesday 15th Deuteronomy 4: 1,5-9

Psalm 147: 12,13,15,16, 19,20

Matthew 5: 17-19

Thursday 16th Jeremiah 7: 23-28

Psalm 95: 1,2,6,7,8,9

Luke 11: 14-23

Friday 17th Hosea 14: 2-10

Psalm 81: 6,8,9,10,11,14 & 17

Mark 12: 28-34

St. Patrick, bishop

Saturday 18th Hosea 6: 1-6

Psalm 51: 3-4, 18-19, 20-21

Luke 18: 9-14

St. Cyril of Jerusalem, bishop & doctor

"Give me this water, that I may never be thirsty"

Saturday, March 18: The 65th Anniversary and St. Joseph Fund Raising Lunch

Venue: S J A grounds

Time: 12:00 noon to 2:00 pm

Price \$25.00 per plate/bowl with a drink.

Menu as follows:

1. Roti
2. Season Rice and green salad
3. Salt fish, coconut, potato & white dumplings with chopup
4. Salt fish, Duccana and chopup
5. BBQ Chicken, Chowmein, Pasta, Potato Salad and Green salad
6. Baked Chicken, Chowmein, Pasta Potato Salad and Green Salad
7. Stew Pork, Fungee and Vegetables
8. Jerk Pork, Rice and Peas, Mac salad and Green salad
9. Pepper pot and Fungee.

WHAT THE 1ST READING SAYS TO ME:

"Is the Lord in our midst or not?" The author of the Exodus traditions saw the wilderness period of their national history as a time to find security in God. Being thirsty, the Hebrews put God to a test. The water struck from the rock is the Biblical symbol for life, the life-giving presence of God. "Come ... let us acclaim the Rock of our salvation." Let us come into his presence with thanksgiving.'

WHAT THE 2ND READING SAYS TO ME:

The life-giving presence of God and his love "poured out into our hearts through the Holy Spirit" are Christian realities. But the water was life-giving to you because Christ died for us godless people who were powerless through sin. This should not fail to inspire gratitude in us.

WHAT THE GOSPEL SAYS TO ME:

In this Gospel reading also, the symbol of water is used to describe God's life-giving presence. It is referred to as "the gift of God," "living water," "the water (that) will become ... a spring of water welling up to eternal life." Only God in our midst can ultimately saturate all our desires! The Samaritan woman stands for all of us. We should cultivate our understanding of Biblical symbols. You were baptized with water. It gave you life everlasting. Making the sign of the cross with holy water when you enter church for worship is a reminder of your baptism. Make this symbol meaningful!

KNOW YOUR CHURCH

By Courtney Mares

Vatican City, Mar 8, 2023 / 05:00 am

Pope Francis said Wednesday that there is no option to be "passive subjects" when it comes to evangelization because every baptized Catholic has a mission to actively proclaim the Gospel. "There are not those who preach, those who proclaim the Gospel in one way or another, and those who keep silent. No. Every baptized person ... whatever his position in the Church or level of education in the faith, is an active subject of evangelization," he said on March 8. "Are you Christian? 'Yes, I received baptism ...' And do you evangelize?" the pope asked. By virtue of the baptism received and the consequent incorporation into the Church, every baptized person participates in the mission of the Church and, in it, in the mission of Christ the king, priest, and prophet," he said. By virtue of the baptism received and the consequent incorporation into the Church, every baptized person participates in the mission of the Church and, in it, in the mission of Christ the king, priest, and prophet," he said. In his weekly Wednesday audience in St. Peter's Square, Pope Francis encouraged Catholics to reflect on the Second Vatican Council's decree on missionary activity, *Ad gentes* (To the nations), which he said "reminds us that it is the task of the Church to continue the mission of Christ, who was 'sent to preach the Gospel to the poor.'" Quoting *Ad gentes*, he said: "'The Church, prompted by the Holy Spirit, must walk in the same path on which Christ walked: a path of poverty and obedience, of service and self-sacrifice to the death, from which death he came forth a victor by his resurrection.'" Pope Francis added that preaching the Gospel should be done in community and should never be a solitary or individualistic task independent of the Church. "Today we listen to the Second Vatican Council to discover that evangelizing is always an ecclesial service, never solitary, never isolated or individualistic," he said. He also warned of the temptation to follow "easier pseudo-ecclesial paths" or to "adopt the worldly logic of numbers and polls."



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