



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 ♦ 268 461-1127

"The Lord Gave Them Bread From Heaven"

18th SUNDAY IN ORDINARY TIME - 4th AUGUST, 2024 - B

**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
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.

Applications are invited from
suitably qualified professionals to
fill the position of Physics and
Spanish teacher at the Christ the King
High School. Cover letter and CV
should be submitted to
christtheking268@gmail.com.

Deadline for submission is Friday 16th
August, 2024.

Parishioners are asked to take note
that the Mass on Monday and Tuesday
is at 8:00 am. There will be no Mass at
Potters on Tuesday evening.

MARRIAGE MINISTRY The next
Marriage Preparation Classes will
begin in September, 2024. Interested
couples can collect a registration form
at the Pastoral Centre. Call 560-2693
or 461-1127 for further details.

Parishioners are reminded to take
note of the changes effective 1st.
September 2024.

Holy Family Cathedral (Antigua)
- Fr. Lawrence Malama
- Fr. George Wacuma (Hispanic)

**Our Lady of Perpetual Help
(Antigua)**
- Fr. Atsu Jean Paul Sade

**Immaculate Conception Co-
Cathedral (St. Kitts)**
-Fr. Peter Kinuthia Mwaura
-Fr. Courage Dogbey

Fr. Athanasius George Williams
St. Francis Home and Donovans
Pastoral Area..... Priest in charge

Message From Fr. Athanasius George Williams

It always amazes me how things work in the spirit.
Weaknesses are really made into strengths.
Problems are really made into solutions. Failures
are really made into victories. Losses are really
made into gains. The kingdom of God works
nothing like the kingdom of this world. With this
knowledge, I am happy because If God thinks and
sees things like us, this parish given its challenges
would be in shambles. Instead, you are alive, and,
in my opinion, thriving!

Despite our differences, I am so thankful for all
you have taught me and how you have loved me. In
life, you will lose some and gain some, regrettably.
However, I have always faced life situations with
all its dynamics by learning and growing from
them. God is the one who guides us. There will be
surprises and unexpected encounters as we journey
through life. One must never allow any experience
to pass by without claiming it as part of one's life.
Every encounter we experience in our lives has a
reason, and if we really trust God, should not
deflate us but strengthen us in having a stronger
relationship with our God.

I leave you with this quote for reflection from
Padre Pio: "Love is the queen of virtues. As the
pearls are held together by the thread, thus the
virtues by love; and as the pearls fall when the
thread breaks, thus the virtues are lost if love
diminishes." So above everything, love surpasses
all.

There is a scene at the end of The Last Samurai
where a samurai warrior, who spent his whole life
looking for the perfect cherry blossom is dying on
the battle field. Beautiful cherry blossoms are
drifting down all around him from a nearby
orchard. He sees them as he is dying and says,
"Perfect! They are ALL perfect!" I know nobody is
perfect. And life is seldomly perfect. In fact, things
seldom work out perfectly. However, you know
something - it is the perfect moment in God's
wisdom to hand over to someone very capable to
perform the duties as Administrator. Great
opportunities only passes you once in life, and for
those who did not embrace the moments of grace
given to us by God for the good of his people,
because whatever exists seems not too attractive to
the imagination, or held traditions, life continues to
present us again and again new opportunities, and
now I urge you to embrace this new beginnings,
and don't be left behind Therefore, keep praying
for me as I do the same for you.

LAST WEEK'S COLLECTION 28th July, 2024

	1st	2nd
Cathedral Saturday	\$ 632.01	\$ 555.94
Sunday 7:00 am	\$ 2,049.69	\$ 513.42
9:00 am	\$ 1,737.53	\$ 520.34
Potters	\$ 338.75	\$ 22.25
Parham	\$ 643.35	\$ 174.25
Villa	\$ 1077.80	\$ 301.52
Donovans	\$ 183.00	\$ 103.94
Diocesan Schools	\$ 120.00	

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.

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.** Amen.

Gillian Howie, Catherine Durand, Dion Thomas, Georgina-Glave-Toussaint, Catherine DeTouche, Edward Lewis, David Morris, Gweneth Bryan, Shanla Carr, Arnold Gomes, Jean James, Conrad Looby, Cecelia John, Justin Joseph, Carmen Ambrose, Tyler Lockhart, Joan Underwood, Cosmas Rowe, Andrea Brown, Latoya Edmun-Joseph, Rose Margetson, Niethia Dyer, Victor Charles, Junie Browne, Cheralyn Beazer, Jean Mathurin, Natalia Telemaque

CATECHETICAL NOTICES

J'OUVERT MORNING BREAKFAST on **Monday 5th August** from 5 a.m. to 9:00a.m. at St. Lwanga Youth Centre, Stapleton Lane, (next to St. Joseph's Academy) Choose from a variety of dishes for **\$25.00**. Proceeds are in aid of the ongoing Youth Programmes and the upkeep of the Center. Your support will be greatly appreciated. There will be secured parking for persons supporting the Breakfast fundraiser. Please use the entrance gate on Stapleton Lane where you will be guided by our security attendants.

FINAL REGISTRATION FOR NEW CATECHETICAL GROUPS

- **CONFIRMATION** for young people born in 2011
- **FIRST COMMUNION** for children born in 2016
- **SUNDAY/MONDAY RELIGIOUS EDUCATION** for children born in 2017 who attend non-Catholic schools
- **RCIA** (Rite of Christian Initiation for Adults) for persons 18 years and older who have never been confirmed or wish to become Catholic.

Registration will be held from **August 15th to 30th** (Monday to Friday) at the Pastoral Centre from 11:00 a.m. to 4:00 p.m. The Baptismal Certificate is required and the registration fee is **\$50.00**

BACK TO SCHOOL SESSION FOR PARENTS AND STUDENTS - Wednesday **21st August** 4:30 - 6:30 p.m at the Youth Center. Parents are invited with their children and young people to an interactive session on valuable tips to help them navigate the new school year. An interesting afternoon awaits your presence and participation.

ST. LWANGA YOUTH CENTER ACTIVITIES FOR AUGUST:

Friday 16th August - 11:00 A.M. TO 3:00 P.M.: Cooking & Baking Session. Youth and Young adults wishing to gain cooking skills please call the Center to register your interest at **780-9688**. Fee for the session is **\$20.00**

GRAPES AND GOUACHE - **Friday 30th August** at the Youth Center. An invigorating night for Teens to express their inner artistry while mingling and painting. Charcuterie boxes and drinks will be on sale. RSVP your attendance at whatsapp **780-9688**. Contribution **\$50.00** inclusive of supplies.

**ST. LWANGA YOUTH CENTRE
BENEFACTORS** - Financial support needed to assist with the ongoing programmes and activities. The environment created at this Diocesan Youth Centre is to facilitate a holistic youth development programme to include life skills, self-image and vocational motivation, time management, work/life balance, school and social life balance for our nation's youth, not just Catholics! Other areas are Professional, Entrepreneurship, Spiritual and Mental Health Support. The Centre also offers professional counseling services and guidance support. Your support will be greatly appreciated. Cheques / donations can be made to Bishop of St. John's-Baseterre or email your support to stlwangayouth22@gmail.com

The Chancery Office will be closed from July 29 - August 20, 2024

All are invited to an **"OPEN MIC NIGHT"** on **Friday, August 23, 2024** on the grounds of the Holy Family Cathedral at **7:00pm**. Food and drink will be on sale. Register today to share your talents or just come and enjoy an evening of performance, music and fun. Registration closes on **August 12, 2024** at 12 noon.

Registration link

<https://docs.google.com/forms/d/e/1FAIpQLScdh9zNj9BQRXZk3-FRagRjDMpq36-n4Hzu2lBupYOm7Ce5rw/viewform>

Save the dates

The Marriage Enrichment Weekend will take place from **October 4-6, 2024**. Venue and cost details in subsequent weeks.

A Workshop on Grief and Loss, "A Journey Through Grief" will take place in late August. Interested individuals can pick up a registration form at the Pastoral Centre/Parish Office. Please contact Fr. Pierre for further details.

This Sunday's Readings
4th August, 2024

First Reading: Exodus 16: 2-4, 12-15
Responsorial Psalm: 78: 3-4, 23-25, 54
Second Reading: Ephesians 4: 17, 20-24
Gospel: John 6: 24-35

"They were given bread from heaven to eat"



Readings for Monday to Saturday

Monday 5th August

Jeremiah 28: 1-17
Psalm 119: 29, 43, 79, 80, 95, 102
Matthew 14: 13-21

Dedication of the basilica of St. Mary Major
in Rome

Tuesday 6th August

Daniel 7: 9-10, 13-14
Psalm 97: 1-2, 5-6, 9
Mark 9: 2-10

Transfiguration of the Lord

Wednesday 7th August

Jeremiah 31: 1-7
Jer 31: 10-13
Matthew 15: 21-28
St. Sixtus II, pope & martyr / St. Cajetan,
priest

Thursday 8th August

Jeremiah 31: 31-34
Psalm 51: 12-15, 18-19
Matthew 16: 13-23
St. Dominic, priest

Friday 9th August

Nahum 2: 1, 3; 3:1-3, 6-7
Dt 32: 35-36, 39, 41
Matthew 16: 24-28
St. Teresa Benedicta of the Cross, virgin &
martyr

Saturday 10th August

2 Corinthians 9: 6-10
Psalm 112: 1-2, 5-9
John 12: 24-26
Feast of St. Lawrence, Deacon & Martyr

**WHAT THE FIRST READING
SAYS TO ME**

Wandering through the desert, living the life of nomads, God's people had to rely on God. The author is a keen observer of the human condition. Human beings can be like ungrateful children who take love and care for granted and complain when things fail to go their way. Prudent parents understand. They know that maturation is a slow process and they help the child on its way to adulthood.

God's word in this tradition brings out to us that growing toward maturity in Christ is a lifetime process. As long as we are a pilgrim Church, wandering through the desert of life, we must work hard to attain such maturity. But God is with us, providing bread and quail, in other words, giving whatever in his infinite wisdom and love he knows we need.

**WHAT THE SECOND READING
SAYS TO ME**

"That is not how you learned Christ." Note that Paul does not say "how you learned about Christ." No, you learned Christ whom you accepted as a person in faith, with all the values he stands for. Christianity is not primarily a doctrine to go by; it is a person-to-person relationship with our Lord. Partaking in the Eucharist, the bread of life, should help us to "learn Christ" ever more intimately

**WHAT THE GOSPEL
SAYS TO ME**

Jesus states that he is the manna, the bread from heaven that human beings need on their way through life. Feeding the crowd was a sign that those who had eaten did not understand. Patiently, our Lord explains: "Do not work for food that perishes but for the food that endures for eternal life.... I am the bread of life."

We should be aware of this whenever we encounter our Lord in the signs of bread and wine. "Lord, you give us the strength of new life by the gift of the Eucharist. Protect us with your love and prepare us for eternal redemption" (Prayer after Communion).

KNOW YOUR CHURCH

Each of these reports contained the aspirations and frustrations of Catholics from around the world and provided a foundation for future listening and discussion. The Document for the Continental Stage, for example, opened with the call for us to "enlarge the space of your tent, spread out your tent clothes unsparingly; lengthen your ropes and make firm your pegs" (Isaiah 54:2), urging the church to expand the horizons of our structure.

While some local Churches call for women to be admitted to the diaconal ministry, others reiterate their opposition. On this issue, which will not be the subject of the work of the Second Session, it is good that theological reflection should continue, on an appropriate timescale and in the appropriate ways. The fruits of Study Group 5, which will take into consideration the results of the two Commissions that have dealt with the question in the past, will contribute to its maturation.

Here's my fundamental issue with this declaration. The synthesis report from last October included 81 separate proposals. Of those 81, the only one itemized as "not ... the subject of work of the second session" is one regarding women's ordination as deacons. That, along with Pope Francis' "no" response during a recent interview about whether little girls can look forward to being deacons in the future, is a bit chilling. While there is language about continued theological reflection — it does seem odd to call out this issue as the only one off the synod table.

Also odd is the rationale. The fact that some churches call for women's ordination and others do not is an inadequate reason for not discussing an issue. I would argue every one of those 81 proposals has some support and some opposition. Since when has 100% agreement in the Catholic Church been a criterion for moving forward? Aside from a handful of the obvious, I can't name a single theological, social, political or moral issue all Catholics can agree with. (Even the "obvious" might be a challenge.)



Restaurant and fresh pita bread
Popeshead street
562 6885 - 562 4136

Signs AND Impressions

The QUICK Printing Specialist
(268)562-4839 EXT#81

bss
business systems & supplies
Office Equipment & Supplies

• Printers
• Copiers
• Furniture
(268)562-4839

FOOD BROKERAGE SERVICES LTD.

Visit any of our three locations
SOUTH STREET: 480-2000
FRIARS HILL ROAD: 480-2017
For the best, shop at F.B.S

SPACE AVAILABLE

Call #562-5639 or visit - website www.subwayantigua.com

We are located in Caribbean Cinema Complex
Redcliffe Street & Old Parham Road - "Download our App
today from the Apple or Google Play Store for easy ordering.
Eat and Earn Loyalty points via our App".



EXOTIC ANTIGUA

NEW ARRIVALS NOW IN STOCK
FOR ALL YOUR SUMMER NEEDS VISIT US TODAY
REDCLIFFE QUAY TEL: 562-1288.

Harney
Motors Ltd.



462-1062

Ace
Enterprises Ltd.



462-1289

TOWNHOUSE
MEGA STORE

SPACE AVAILABLE

THE LAND SHOP - #108 Heritage Quay

FOR ALL YOUR SUMMER NEEDS

TEL: 462-0746

Lolita's Dream Home

CEDAR GROVE MAIN ROAD

Offering Fresh Flowers—For All Occasions
Open Monday to Saturday—9:00 am to 5:00 pm
Tel: 460-4663

**FOR ALL YOUR TRAVEL
AND GROUPS NEEDS CONTACT
CARIB WORLD TRAVEL**
Tel: 480-2999 Ext 2981
E-mail: info@carib-world.com

**BELLE VUE HEIGHTS
SERVICE STATION**

P O Box 420, All Saints Road
Tel: 463-3938

WATSONS'S DRINK DEPOT & PARTY SNACKS
TYRE MAXX / TYRE SPECIALISTS "NEW & USED"



SPACE AVAILABLE

**SHOUL'S TOYS
GIFTS &
HOUSEWARES**

**ANTIGUA'S FAMILY
STORE**
NEWGATES STREET
Opening Hours -
Mon to Sat 8:30am to 5:00pm

SPACE AVAILABLE

JOHN F. SHOUL

**HOUSEHOLD FURNISHINGS
& ACCESSORIES**

**"CLOTHING FOR THE ENTIRE
FAMILY"**

Mon to Sat 8:30am - 5:00pm

SHOUL'S CHIEF STORE

Market & St. Mary's Streets

1-268-462-1139/1140

**WE KEEP GETTING
BETTER EVERYDAY**