



# 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 ♦ 268 461-1127

*"Christ Our Viaticum, Food for our Journey"*

**19th SUNDAY IN ORDINARY TIME - 11th 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](mailto:christtheking268@gmail.com).

Deadline for submission is Friday  
**16th August, 2024.**

\*\*\*\*\*  
**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 Donovan's  
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 pass by 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	\$ 1,871.60	\$ 768.32
Sunday		
7:00 am	\$ 2,068.29	\$ 478.10
9:00 am	\$ 1,631.18	\$ 344.55
Potters	\$ 601.84	\$ 374.71
Parham	\$ 494.25	\$ 145.00
Villa	\$ 715.79	\$ 265.27
Donovans	\$ 182.55	\$ 32.70
Diocesan Schools	\$ 140.00	

**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, 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 Dyier, Victor Charles, Junie Browne, Cheralyn Beazer, Jean Mathurin, Natalia Telemaque

## CATECHETICAL NOTICES

### *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**

\*\*\*\*\*  
**ST. LWANGA YOUTH CENTRE 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**

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

\*\*\*\*\*  
**BACK TO SCHOOL SESSION FOR PARENTS AND STUDENTS - Wednesday 21st August 4:30 - 6:30 p.m** at the Youth Centre. 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.

\*\*\*\*\*  
**GRAPES AND GOUACHE - Friday 30th August** at the Youth Centre. 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-Basseterre or email your support to [stlwangayouth22@gmail.com](mailto:stlwangayouth22@gmail.com)

\*\*\*\*\*  
All are invited to an **"OPEN MIC NIGHT"** on **Friday, August 23, 2024** on St Lwanga Youth Centre, Stapleton Lane 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-FRaqRjDMpq36-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**  
**11th August, 2024**

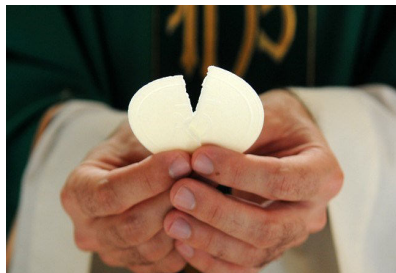
***First Reading: 1 Kings 19: 4-8***

***Responsorial Psalm: 34: 2-9***

***Second Reading: Ephesians 4: 30-5:2***

***Gospel: John 6: 41-51***

***"I am the bread which comes from heaven."***



**Readings for Monday to Saturday**

**Monday 12th August**

Ezekiel 1: 2-5, 24-28

Psalms 148: 1-2, 11-14

Matthew 17: 22-27

**St. Jane Frances de Chantal, religious**

**Tuesday 13th August**

Ezekiel 2: 8-3: 4

Psalms 119: 14, 24, 72, 103, 111, 131

Matthew 18: 1-5, 10, 12-14

**St. Pontian, pope, martyr / St. Hippolytus, priest, martyr**

**Wednesday 14th August**

Ezekiel 9: 1-7; 10: 18-22

Psalms 113: 1-6

Matthew 18: 15-20

**St. Maximilian Mary Kolbe, priest & martyr**

**Thursday 15th August**

Revelation 11: 19; 12: 1-6, 10

1 Corinthians 15: 20-27

Psalms 45: 10-12, 16

Luke 1: 39-56

**Solemnity of the Assumption of the Blessed Virgin Mary**

**Friday 16th August**

Ezekiel 16: 1-15, 60, 63

Isaiah 12: 2-6

Matthew 19: 3-12

**St. Stephen of Hungary / St. Roch**

**Saturday 17th August**

Ezekiel 18: 1-10, 13, 30-32

Psalms 51: 12-15, 18-19

Matthew 19: 13-15

**Blessed Virgin Mary**

**WHAT THE FIRST READING  
SAYS TO ME**

The prophet Elijah is depressed. Queen Jezebel has forced him to get out of the kingdom. In fear, he is fleeing for his life. On his journey through the desert to the mountain of God, Horeb, he is strengthened by a hearth cake and a jug of water provided by the LORD. "Then strengthened by that food, he walked forty days and forty nights.

God's word in and through this tradition could be: On our lifetime journey to the mountain where we hope to meet God, we need the food that today's Gospel identifies as Christ, the bread of life.

**WHAT THE SECOND READING  
SAYS TO ME**

"Live in love, as Christ loved us." Serious Christians are concerned with the great value of love as the value without which there can be no lasting happiness. It is the quintessence of Christ's message. What kind of person would I be if I would not have met Christ?

Let us not be like children, who take wealth for granted. God chose you and me, but he did so freely, not out of necessity. Let us show our appreciation by being guided by the precious insight that there is no greater value than love.

**WHAT THE GOSPEL  
SAYS TO ME**

Using the symbolism of bread, Jesus indicates that we need him on our journey through life. "I [Jesus] am the bread of life..... Whoever eats this bread will live forever." In other words, a person closely related to Jesus Christ will not die the death of alienation from God. The essential condition for this is faith (trust) in the Lord Jesus: "Whoever believes has eternal life."

Christians see the Eucharistic bread and wine, signs of Christ's mysterious presence to us, as a viaticum, "food for our journey" to the mountain where we hope to meet God (First Reading). Gratefully, we should "take and eat it" as the Lord has told us to do.

**KNOW YOUR CHURCH**

**Beware of False Prophets**

In the Catholic weekday liturgy, we are currently hearing from Prophet Jeremiah, who warns us not to listen to false prophets.

Before the Second Vatican Council (1962-1965), Catholics only heard a very limited number of Scripture passages during Mass. On innumerable weekdays in the 1950s, I heard the parable of the 10 wise and 10 foolish virgins because this was the Gospel used on feasts of virgin saints, which pack the Catholic calendar.

One of the great liturgical reforms after the Second Vatican Council was an expansion of the Scripture readings used in weekday and Sunday lectionaries so that Catholics now hear a lot more of the Bible than we did in the past. Sadly, Catholics are still less familiar with the Bible than our Protestant brothers and sisters, but at least the church is now encouraging the laity to read the Scriptures.

The daily Scripture readings are readily available on the U.S. bishops' conference website, in apps such as iBreviary and, if you are lazy like me, ask Alexa to "Play Catholic Daily." Other apps, like Pray As You Go, provide music and reflections with the readings.

In even-numbered years, like 2024, we hear from Jeremiah at this time of the year. On Monday, part of the 18th week in Ordinary Time, Jeremiah (Jeremiah 28:1-17) is going after Hananiah, a false prophet, who is prophesying the defeat of the Babylonian Empire and the return of the temple vessels that Nebuchadnezzar took to Babylon as plunder. Hananiah is promising to bring back all the Jewish exiles from Babylon and make Israel great again.

"I will break the yoke of the king of Babylon," The Lord says, according to Hananiah.

Jeremiah wishes this were true, but he warns the people that following Hananiah will simply make matters worse. They will trade a yoke of wood for a yoke of iron.





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](http://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".

**SUBWAY**

**EXOTIC ANTIGUA**

TEACHERS ENJOY 10% OFF ALL NON SALE ITEMS ALL YEAR  
GO BACK TO SCHOOL IN STYLE WITH AFFORDABLE AND  
COMFORTABLE CLOTHING FROM YOUR NO:1 STORE EXOTIC  
ANTIGUA PLUS ENJOY OUR CLEARANCE RAILS!!  
TEL: 562-1288. 782-4000. **BE EXOTIC**



**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](mailto: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**