



# 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

*"The Eucharistic Celebration"*

**20th SUNDAY IN ORDINARY TIME - 18th 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.

Holy Family Cathedral Bookstore now  
has Rosaries on sale at a cost of **\$10.00  
each**. There are three different colors  
available white, black and a mixture of  
blue and yellow. The bookstore is  
located in the Pastoral Centre and is  
opened from 9:00AM to 4:30PM.

\*\*\*\*\*  
**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.

\*\*\*\*\*  
**The funeral Mass for Mr. Christopher  
Anton** will be held on **Tuesday 20th  
August** at 10:00 AM at Our Lady of  
Perpetual Help, Tyrells. May his soul  
Rest In Peace.

\*\*\*\*\*  
**The funeral Mass for Mr. David  
Morris** will be held on Thursday 5th  
September, 2024 at Holy Family  
Cathedral at 1:00pm. Tributes begin at  
12:30pm. May his soul Rest In Peace.

\*\*\*\*\*  
**A Workshop on Grief and Loss, "A  
Journey Through Grief"** will take  
place on **Saturday, August 31, 2024** at  
10a.m. at St. Lwanga Youth Centre on  
Stapleton Lane. Interested individuals  
can pick up a registration form at the  
Pastoral Centre/Parish Office. Please  
contact Fr. Pierre for further details.

\*\*\*\*\*  
**MARRIAGE & FAMILY LIFE**

**Save the dates**

The **Marriage Enrichment Weekend**  
will take place from **October 4-6, 2024**  
at the Verandah Resort. Cost is USD  
\$468.00 per couple for the entire  
weekend.

## Lectio Divina

**READ:** Jesus said that he is the  
living bread from heaven. The one  
who eats such bread will live  
forever. The bread which Jesus will  
give is his flesh. He will give it for  
the life of the world. The Jews were  
arguing among themselves as to how  
Jesus can give them his flesh as  
food. Jesus told them that they will  
never have eternal life unless they  
eat his flesh and drink his blood.  
Jesus' flesh is the real food and his  
blood is the real drink. The Father  
has life. The Father sent Jesus.  
Jesus has life from the Father.  
Consequently, the one who eats  
Jesus' flesh will also have life from  
Jesus. Jesus is the true bread from  
heaven.

**REFLECT:** Jesus is the true bread  
from heaven. He is the living bread  
that gives life. Those who eat his  
bread and drink his blood will live  
forever. In our participation in the  
Eucharist, receiving Jesus in the  
form of bread and wine, we have life  
from Jesus. The life we have from  
Jesus also entails the conforming of  
our life to that of Jesus. The more  
we receive Jesus' body and blood,  
the more we have the chance of  
aligning our values to the life-giving  
attitude of Jesus.

**PRAY:** Let us pray that our  
reception of Jesus in the Eucharist  
may truly transform our lives for the  
better.

**ACT:** Let us think of a couple of  
Christian values we want exemplify,  
and start practicing them along with our  
reception of Jesus in the Eucharist.

## LAST WEEK'S COLLECTION 11th August, 2024

	1st	2nd
Cathedral Saturday	\$ 2,370.11	\$ 796.67
Sunday		
7:00 am	\$ 1,255.60	\$ 370.44
9:00 am	\$ 3,504.18	\$ 612.10
Potters	\$ 691.65	\$ 193.35
Parham	\$ 135.00	\$ 70.00
Villa	\$ 959.85	\$ 176.50
Donovans	\$ 108.00	\$ 116.62
Diocesan Schools	\$ 175.00	

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**

\*\*\*\*\*  
**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-Baseterre or email your support to [stlwangayouth22@gmail.com](mailto:stlwangayouth22@gmail.com)

## **PRAYER DURING HURRICANE SEASON**

God, our Father, Creator and Lord of the Universe, You have set the earth on its foundation and all elements of nature obey Your command. We humbly beseech You to keep us safe from all dangers and to calm the storms that threaten us. May we be secure in Your loving protection and serve You always with grateful hearts. We ask this through our Lord, Jesus Christ, Your Son, who lives and reigns with You and the Holy Spirit, God, forever and ever. Amen.

### \*\*\*\*\* **Saints of the Day - August 19th**

Saint John Eudes, priest celebrates his feast day on August 19th. The Assembly of Bishops of France has called for St. John Eudes to be named a "Doctor of the Church". John Eudes is probably best known for the central theme of his writings: **Jesus as the source of holiness; Mary as the model of the Christian life.** His devotion to the Sacred Heart and to the Immaculate Heart led Pope Pius XI to declare him the father of the liturgical cult of the Hearts of Jesus and Mary.

\*\*\*\*\*  
St. Ezekiel was an Augustinian Recollect known for his simple and open spirit. He was deeply devoted to the Sacred Heart of Jesus. He ministered for many years in foreign lands. He strongly defended the rights of the Church.

He was born in Alfaro, Logrono, Spain, April 9, 1848. His family was poor in material goods but committed in faith. Ezekiel professed his vows as an Augustinian Recollect in 1865. He was ordained a priest in Manila, Philippines in 1871. During the next 15 years, he worked at bringing the Gospel of Jesus to the people of the Philippines. He was called back to Spain in 1885. There he served as Rector of the College and Novitiate of Monteagudo.

**This Sunday's Readings**  
**18th August, 2024**

***First Reading: Proverbs 9: 1-6***  
***Responsorial Psalm: 34: 2-3, 10-15***  
***Second Reading: Ephesians 5: 15-20***  
***Gospel: John 6: 51-58***

***"The bread I shall give is my flesh, and I will give it for the life of the World"***



**Readings for Monday to Saturday**

**Monday 19th August**

Ezekiel 24: 15-23

Dt 32: 18-21

Matthew 19: 16-22

**St. John Eudes, priest / St. Ezekiel Moreno,**  
**Priest**

**Tuesday 20th August**

Ezekiel 28: 1-10

Dt 32: 26-28, 30, 35-36

Matthew 19: 23-30

**St. Bernard, abbot and doctor**

**Wednesday 21st August**

Ezekiel 34: 1-11

Psalms 23: 1-6

Matthew 20: 1-16

**St. Pius X, pope**

**Thursday 22nd August**

Ezekiel 36: 23-28

Psalms 51: 12-15, 18-19

Matthew 22: 1-14

**The Queenship of the Blessed Virgin Mary**

**Friday 23rd August**

Ezekiel 37: 1-14

Psalms 107: 2-9

Matthew 22: 34-40

**St. Rose of Lima, virgin**

**Saturday 24th August**

Revelation 21: 9-14

Psalms 145: 10-13, 17-18

John 1: 45-51

**Feast of St. Bartholomew, apostle**

**WHAT THE FIRST READING  
SAYS TO ME**

Personalizing Wisdom and Folly as two women, the author has both of them invite guests to a banquet. This passage concerns the invitation of Wisdom; verses 13- 18 of the same chapter deal with the invitation of Folly to her banquet. Human beings are free in their choice of where to go. Eating the food of Wisdom and drinking her wine makes human beings live. Sharing the table of Folly, know "that in the depths of the nether world are her guests". This reading relates to the Lord's banquet in which he himself is the living bread.

**WHAT THE SECOND READING  
SAYS TO ME**

In order not to act like fools and not to continue in ignorance, we should be filled with God's Spirit and sing praise to the Lord with all our hearts. Our communal worship services should inspire us. We need one another's inspiration. That is why we should not skip Mass without serious reasons.

Each of us is responsible for an inspiring worship service. We are there together, listen to God's word together, pray and sing together, partake in the Eucharistic celebration together, not only to get inspiration, but also to give it to others by the mere seriousness of our presence. A Christian alone is unthinkable. Only through togetherness and a sense of belonging do Christians live up to their name.

**WHAT THE GOSPEL  
SAYS TO ME**

This is the third consecutive Sunday that we are reading from the "Discourse on the Bread of Life" as we have it in the sixth chapter of John's Gospel. The previous two portions of this discourse were primarily figurative references to our Lord's teaching and referred secondarily to the Holy Eucharist. In this reading we have reference to how the early Church and the Lord Jesus himself saw the Eucharistic Banquet. "Whoever eats my flesh and drinks my blood remains in me and I in him." By his mysterious presence our Lord heals the wounds caused by absence and alienation.

**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.





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**WE KEEP GETTING  
BETTER EVERYDAY**