



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 Risk of Faith"

21st SUNDAY IN ORDINARY TIME - 25th 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.

Fr. George Williams would like to meet with the Donovans community immediately after Mass on Sunday 1st September. Please note refreshments will be provided.

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.

ST. JOSEPH'S ACADEMY NOTICE

Friday August 30, 2024

- (i) Distribution of Government Text Books
- (ii) Sale of Religion Texts, Hymnals and Bibles
- (iii) Sale of School ties, PE Uniform and Polo Shirts from 8:00 am to 11:00 am

Tuesday, September 3, 2024

Opening of School (Orientation Day)
Regular Uniform
New Students – 8:00 am – 12:30 pm
Returning Students 9:00 am – 12:30 pm.

The parish welcomes the Very Rev. Fr. Lawrence Lamamba who takes over as Administrator of Holy Family Cathedral. We wish him well and pray for him in his new role.

Lectio Divina

READ: After hearing Jesus' words, Jesus' followers found the words of Jesus hard and too difficult to accept. Jesus was aware of the murmurings of his disciples. He asked them if they were upset at his words. If the disciples could not accept his words, how would they react if they would see Jesus ascending to where he was before. It is the spirit, and not the flesh, that gives life. Jesus' words are spirit and life. Jesus was aware who were not believing in him and who would betray him. Afterwards, many of Jesus' followers left him. He asked the Twelve if they too would leave. Peter said that they could not go to anyone else. Jesus has the words of eternal life. Peter professed that Jesus is the Holy One of God.

REFLECT: It is not the flesh but the Spirit that gives life. Jesus' words are spirit and life. In our journey of faith, there are times when we feel at a loss because we do not allow the Holy Spirit and the words of Jesus to guide us. There are times when we may experience a kind of spiritual dryness. Life does not only consist in being physically alive. We are always called to be spiritually alive by living out the Gospel values taught to us by Jesus.

PRAY: Let us pray that we may truly accept Jesus' words together with the challenges they pose.

ACT: Let us reread John 6. Let us reflect on one challenging inspiration that may come to us. Let us try living up to such challenge.

LAST WEEK'S COLLECTION 18th August, 2024

	1st	2nd
Cathedral Saturday	\$ 2,561.80	\$ 848.55
Sunday		
7:00 am	\$ 1,616.07	\$ 331.95
9:00 am	\$ 2,024.08	\$ 372.03
Potters	\$ 490.00	\$ 166.25
Parham	\$ 490.00	\$ 150.00
Villa	\$ 801.10	\$ 269.90
Donovans	\$ 105.00	\$ 50.00
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, 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 continue until **August 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 from 7:00pm to 9:00pm. 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

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.

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.

Couples for Christ Ministries Antigua celebrates its 25th (Silver Jubilee) Anniversary with a week of activities from September 8th to September 15th, 2024.

Theme: "Sharing Jesus' love with Action", 1 John 3: 18

Activities will include:

- Eucharistic Celebration
- Social Outreach
- Bible Trivia Quiz
- Banquet and Awards
- Talent and Fashion Show

Saint of the Day—27th August

St. Monica (c. 332 – 387) was an early North African Christian saint and the mother of Augustine of Hippo. She is remembered and honored in the Catholic and Orthodox Churches, albeit on different feast days, for her outstanding Christian virtues, particularly the suffering caused by her husband's adultery, and her prayerful life dedicated to the reformation of her son, who wrote extensively of her pious acts and life with her in his Confessions. Popular Christian legends recall Monica weeping every night for her son Augustine.

This Sunday's Readings
25th August, 2024

First Reading: Joshua 24: 1-2, 15-18

Responsorial Psalm: 34: 2-3, 16-23

Second Reading

Ephesians 5: 21-32 or 5: 2, 25-32

Gospel: John 6: 60-69

"The words that I have spoken to you are spirit and they are life."



Readings for Monday to Saturday

Monday 26th August

2 Thessalonians 1: 1-5, 11-12

Psalm 96: 1-5

Matthew 23: 13-22

Tuesday 27th August

2 Thessalonians 2: 1-3, 14-17

Psalm 96: 10-13

Matthew 23: 23-26

St. Monica

Wednesday 28th August

2 Thessalonians 3: 6-10, 16-18

Psalm 128: 1-2, 4-5

Matthew 23: 27-32

St. Augustine, bishop & doctor

Thursday 29th August

1 Corinthians 1: 1-9

Psalm 145: 2-7

Mark 6: 17-29

The Passion of John the Baptist

Friday 30th August

1 Corinthians 1: 17-25

Psalm 33: 1-2, 4-5, 10-11

Matthew 25: 1-13

Saturday 31st August

1 Corinthians 1: 26-31

Psalm 33: 12-13, 18-21

Matthew 25: 14-30

Blessed Virgin Mary

**WHAT THE FIRST READING
SAYS TO ME**

After Moses' death, Joshua took over as army commander and led the Hebrews into the Promised Land. Those who had been wandering nomads settled down as farmers. This reading describes the covenant at Shechem, a renewal of the Sinai Covenant. The people pledge their faith- commitment not to the local gods of the country they have invaded, but to Yahweh, the God of their fathers. Notice that the "why" of this faith-commitment is not calculation but the concrete experience of God's goodness. As always, we ask: Why do we Christians read this tradition in the Bible? The answer is that, guided by God, the Bible wants to teach us through this narrative about our own faith-commitment that cannot be founded on deliberate prudence, but ultimately only on a mysterious intervention of God in our lives.

**WHAT THE SECOND READING
SAYS TO ME**

Many a bride, choosing the readings for her Nuptial Mass, may object to this traditional reading. The idea that "wives should be subordinate to their husbands" seems contrary to the ideals of most contemporary women. However, we should not forget that God's word is necessarily conditioned by time and culture. Paul reasons from the patriarchal marriage setting of his time, which as such is not part of God's revelation. We should pay attention to the core of the message, which focuses on love as most essential in marriage and as giving a different color to everything married people do.

WHAT THE GOSPEL SAYS TO ME

This is the conclusion to the "Discourse on the Bread of Life" that we have been reading for several Sundays. Note that "flesh" does not refer to the Eucharistic "flesh" of the passage of last Sunday. It is simply "nature" in us that cannot give eternal life. Jesus speaks here about faith in him, the bread of life. God's word to us could be an invitation to spontaneous faith: "Lord, to whom shall we go?... We have come to believe."

KNOW YOUR CHURCH

Vatican City — August 12,

God will not judge people by how many university degrees they earned, but by how well they cared for the poor, Pope Francis told a group of priests and religious women.

"The Lord won't ask us, 'What did you study?' 'How many degrees do you have?' 'How many works did you accomplish?' No, no. The Lord will say, 'Come with me because I was hungry and you gave me to eat; I was thirsty and you gave me to drink; I was persecuted and you protected me,'" the pope said.

"That is the theme of the final exam on which we will be judged," the pope said Aug. 12th as he met members of the general chapters of the Dominican Missionary Sisters of St. Sixtus, the Society of the Sacred Heart of Jesus, the Sisters of the Presentation of Mary and the Vocationist Fathers.

Francis joked that it was "efficient" of the Vatican to group all the general chapter members together in one audience since it is chapter "season" in Rome.

All four religious orders, he said, were founded to support and educate young people from poor families who would not otherwise receive the education they needed and the guidance necessary to discover their vocations.

The founders of the four orders "saw in them a sign from God for their mission," the pope said. "In the same way, it will also be good for you, especially in these days of community discernment, to keep constantly before your eyes the face of the poor."

"Jesus speaks to us in our neediest brothers and sisters," Francis said, "and in every gift given to them there is a reflection of God's love."

And while the art of spiritual discernment is a specialty of the Vocationist Fathers, the pope told the religious that learning to make decisions by listening to God, to others and to one's own heart is essential for all Christians.



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