



# 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

*"He Heals the broken hearted"*

**5TH SUNDAY IN ORDINARY TIME - 4TH FEBRUARY, 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.

### LAST WEEK'S COLLECTION 28th January, 2024

	1st	2nd
Cathedral Saturday	\$2,247.45	\$ 803.57
Sunday 7:00 am	\$1,790.11	\$ 479.75
9:00 am	\$3,224.51	\$ 521.95
Potters	\$ 295.10	\$ 46.70
Parham	\$ 575.34	\$ 96.00
Villa	\$ 855.01	\$ 139.30
Donovans	\$ 439.00	\$ 143.20
Diocesan Schools	\$ 180.00	

Thank you for your generosity

**COLOURS OF LOVE** - will take place on Friday, February 9th 2024. Indies Greens is the place to be. Tickets cost EC **\$150.00** per person. It is All INCLUSIVE - Food, Drinks and Music. Advanced Tickets Only! Tickets can be purchased from any member of the Marriage Ministry Team or Exotic Antigua or at the Pastoral Centre. We thank you for your usual support and patronage!

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### MASS FOR THE SICK AND ELDERLY

Saturday, February 10th, 2024, will be observed as "World Day of the Sick". It is a day that is specially set aside for invoking special blessings and healing of the sick and elderly through the intercession of Our Lady of Lourdes. On that day you are asked to bring all your sick and elderly, loved ones to Mass at Holy Family Cathedral at 9.00am to experience God's healing power. Let us as a church community support and show our love and care for the sick and elderly. Those in need of transportation for sick relatives, should contact the Pastoral Centre at 560-2693 or 461-1127.

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**The Lenten Season** will soon commence, parishioners are encouraged to prepare themselves for a new Lenten Spiritual experience. There will be a series of Talks, Discussions, Stations of the Cross, and Penitential Service to culminate the season. Please participate.

### Attention All Groups

Please take note that plans for ALL events within the Parrish for the 2024 Calendar must be submitted in writing before February 16th, 2024. Even if the event is tentative, please indicate so that your date may be secured and clashes may be averted. Please send your information to [hfc.antigua@gmail.com](mailto:hfc.antigua@gmail.com). Please be guided accordingly.

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### ASH WEDNESDAY MASS SCHEDULE

Holy Family Cathedral  
6:00 am  
7:00 pm

VILLA - 6:00pm

SCHOOLS - 8:00 am

St Joseph's Academy  
Christ the King High  
St. Johns Catholic Primary

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### MARRIAGE MINISTRY

**The next Marriage Preparation Classes** will begin on February 24th, 2024. Interested couples can collect a registration form at the Pastoral Centre. They can call 560-2693 or 461-1127 for further details.

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**Parishioners are encouraged to attend Masses** during the week in the Lenten season. There are more Masses made available in the parish weekly, and the attendance in Villa and Potters have not been encouraged. Please make the effort to attend weekday Masses as your Lenten sacrifice.



## 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.

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### 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, Nelister Sebastian, Catherine Durand, Dion Thomas, Georgina-Glave-Toussaint, Catherine DeTouche, Edward Lewis, David Morris, Gweneth Bryan, Shanla Carr, Arnold Gomes, Auchland Jarvis, 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, Patrick Skeritt, Victor Charles.

## Lectio Divina

**READ:** From the synagogue Jesus went to the home of Simon and Andrew where he healed Simon's mother-in-law. In the evening, all the sick and those who were possessed by evil spirits were brought to Jesus. Jesus healed the sick and drove out demons. Very early in the morning, Jesus went off to a deserted place where he prayed. Simon and the others looked for him. Jesus invited them to go to the nearby villages where he could also preach.

**REFLECT:** Today's Gospel seems to present a summary of Jesus daily ministry. Jesus would cure the sick, cast out evil spirits and proclaim the Kingdom of God. Humanly speaking, it must have been a very tiring day. But where could Jesus get his energy, enabling him to do his active ministry for the benefit of the people? The Gospel suggests that the energy that was consumed in Jesus daily ministry sprang up from his faithfulness to his prayer life. Jesus has shown his disciples his profound relationship with his Father. He shares with us his followers the secret of a meaningful ministry - our immersion in prayer. We are challenged to be faithful to our prayer life no matter how busy our daily schedules are.

**PRAY:** Let us pray that we may selflessly give ourselves in the service of others and that all our ministerial services spring up from our prayer life.

**ACT:** Let us set a time for our daily personal prayer and be faithful to it.

12 Bible diaries are still available for sale at the Book Store in the Pastoral Centre. The cost is **\$80.00.**

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**The 4th Antigua Scout Group** will host a Pre-Valentines Cake Sale on Sunday 11th February, 2024 immediately after the 7:00 am and 9:00 am Masses. A variety of cakes will be available, carrot, red velvet, cheese cake and lots more . Please support.

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**The Sacrament of Baptism will be celebrated soon.** Parents with children to be Baptized are asked to bring the child's birth certificate and the name of two confirmed Catholics to register at the Pastoral Centre.

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**In celebration of its 90th anniversary,** Christ the King High School will have a march through the city on Monday 5th February, starting at Holy Family Cathedral at 9am. All past students are invited.

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### CHRISTIAN LIFE PROGRAM

**Couples for Christ Ministries** invite you to a Christian Life Program. It will be held on the 24th and 25th February from 9:00 am to 5:00 pm at the Pastoral Centre. To register please call Mrs. Margaret Louisor at 7702285 or Ms Clemie Toulon at 723-9000.

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**St. Lucia 45th Independence Anniversary Mass** will be celebrated on Sunday 18th February at 9:00 am. The preacher is Rev. Deacon David Popo Director of the Cardinal Kelvin Felix Archdiocesan Pastoral Centre. All are invited to attend.

**This Sunday's Readings**  
**4th January, 2024**

**First Reading: Job 7: 1-4, 6 -7**

**Responsorial Psalm: Praise the Lord,**  
who heals the brokenhearted.

**Second Reading: 1 Corinthians 9: 16-19,**  
**22-23**

**Gospel: Mark 1: 29-39**

**Readings for Monday to Saturday**

**Monday 5th 1 Kings 8: 1-7, 9-13**

**Psalm 132: 6 -10**

**Mark 6: 53-56**

*St. Agatha, virgin & martyr*

**Tuesday 6th 1 Kings 8: 22 -23, 27-30**

**Psalm 84: 3-5, 10 -11**

**Mark 7: 1-13**

*St. Paul Miki & Companions, martyrs*

**Wednesday 7th 1 Kings 10: 1-10**

**Psalm 37: 30-31, 39-40**

**Mark 7:14 -23**

**Thursday 8th 1 Kings 11: 4-13**

**Psalm 106: 3-4, 35-37, 40**

**Mark 7: 24 - 30**

*St. Jerome Emiliani, priest*

*St. Josephine Bakhita, virgin*

**Friday 9th 1 King 11: 29-32, 12:19**

**Psalm 81: 10-15**

**Luke 7: 31-37**

**Saturday 10th 1 Kings 12: 26-32;**

**13: 33 - 34**

**Psalm 106: 6-7, 19-22**

**Mark 8: 1-10**

*St. Scholastica, virgin*

***"People brought to Jesus all  
the sick and those who had  
evil spirits"***



**WHAT THE FIRST READING SAYS TO ME.** - In the framework of a folktale, a Hebrew sage tries to approach the mystery of suffering. If possible, take time today to read the prologue: Job 1:1-22, 2:1-13, and the epilogue: Job 42:7-17, which constitute the original folktale. Between those sections, the author composed the poetical dialogues on the problem of suffering, but no clear solution is offered. Today's passage is very pessimistic about the human condition. Notice that the author of Job did not have a clear idea of a life hereafter, which formed part of the fuller revelation brought us by Christ. We should connect this passage with the healing ministry of Jesus in the Gospel and the Responsorial Psalm: "Praise the Lord.... [who] heals 1 the brokenhearted and binds up their wounds."

**WHAT THE SECOND READING SAYS TO ME** - Paul considered it his call in life, his duty, to preach the Gospel. And he asked for no reward, though he could rightly expect it. Jesus had told his disciples: "The laborer deserves his payment". Paul did not want to make full use of the authority that the Gospel gave him. He earned his living by tent making. This was only one of the qualities that made him a great man.

**WHAT THE GOSPEL SAYS TO ME**

In reading about the healing ministry of the Lord Jesus, we should keep in mind that the ancient Hebrews did not see a scientific relation between medication and healing, as we do. Their understanding of medication was mainly a magical one. Sickness was caused by evil spirits. Hence, a sick person turned first of all to the priest or a holy man for help. Healing was identical with expelling demons. Thus, the ministry of healing is one of the signs of the messianic era, the time of salvation from the power of Satan and of God's kingdom on earth. Proclaiming the good news and healing went hand in hand. According to Mark, these healings foreshadowed the ultimate healing of all the brokenhearted by Jesus' death on the cross. When we are depressed and suffering, and perhaps tempted to think as Job did, we should meditate on our Lord's death and resurrection, and see pain as our passage to eternal life with him.

**KNOW YOUR CHURCH**

**Vatican City - January 29th, 2024**

Making a list of which sinners are welcome in the church and which sinners are not goes against the teaching of the Gospel, Pope Francis told an Italian newspaper. The pope said more than one person had asked him why he approved the declaration of the Dicastery of the Doctrine of the Faith permitting priests to give informal blessings to gay couples and couples not married in the church as long as those blessings do not give the appearance of blessing the couple's union. "I respond that the Gospel is to sanctify everyone," the pope said in the interview with La Stampa published Jan. 29. Francis said that when he was in Lisbon, Portugal, in August for World Youth Day and repeatedly said the church is open to "todos, todos, todos" — everyone, everyone, everyone — he was affirming the Gospel, and particularly the parable about the wedding feast where the invited guests don't arrive so the king tells his servants to go out to the streets and invite everyone, "good and bad alike." The son of God wants us to understand that he doesn't want a select group, an elite," the pope said. "Then maybe someone gets 'smuggled in'? But at that point, God takes care of it and indicates the path" forward. "When they ask me, 'But can these people who are in such an inappropriate moral situation also enter?'" the pope said, "I assure them, 'Everyone. The Lord said it.'" "I get questions like this, especially recently after some of my decisions," Francis said. Asked specifically about the blessings of couples, the pope said it was important that the people requesting them are doing so with "good will" and that they are given "precise instructions about the Christian life," including an explanation that the church is blessing them and not their union. "But we are all sinners. Why then draw up a list of sinners who can enter the church and a list of sinners who cannot be in the church? This is not the Gospel," he said. The people who are "vehemently protesting" the decision to allow the blessings "belong to small ideological groups," although that is not the case with bishops from many parts of sub-Saharan Africa, the pope said. "For them, homosexuality is something 'ugly' from a cultural point of view; they do not tolerate it."





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