



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

"Acceptance & Rejection"

15th SUNDAY IN ORDINARY TIME - 14th JULY, 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 7th July, 2024

	1st	2nd
Cathedral Saturday	\$1,566.69	\$ 624.50
Sunday 7:00 am	\$1,282.47	\$ 422.55
9:00 am	\$2,569.50	\$ 561.25
Potters	\$ 606.00	\$ 213.25
Parham	\$ 450.05	\$ 191.50
Villa	\$ 758.30	\$ 324.34
Donovans	\$ 308.00	\$ 211.50
Diocesan Schools	\$ 50.00	

Thank you for your generosity

Applications are invited from
suitably qualified persons to teach
Chemistry and Integrated Science
at the CSEC Level.

Applications must be made out to the
**Principal: St Joseph's Academy, P
O Box 234, Stapleton Lane, St
John's, Antigua**

Please drop off a hard copy at the
school's office or an email
sjaantigua@gmail.com.
Applications should reach the
Principal on or before Tuesday, July
30, 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 Donovans Pastoral
Area Priest in charge

Lectio Divina

READ: Jesus went around the village.
He taught the people. He called the
Twelve and sent them two by two. He
gave them authority over unclean
spirits. He commanded them to take
only staff and nothing else in their
journey. The disciples were to wear
sandals but they must not have an extra
tunic. Jesus gave them an instruction to
stay in the house that would welcome
them while they must shake off the
dust of their feet in any place that
would not accept them. The disciple set
out to proclaim that it was time to
repent. They drove out demons and
healed many sick people.

REFLECT: Jesus summoned the
Twelve and then sent them two by two.
Prior to the calling of the Twelve, Jesus
himself was the one who roamed
around the village while teaching the
people. Moreover, before the disciples
were sent into mission, Jesus gave
them a set of instructions. The disciples
were to proclaim God's kingdom, drive
out demons and cure the sick. The
disciples were empowered, instructed
and sent as instruments through which
God was to bring salvation to many
people in the places where the disciples
were sent as missionaries. The
disciples were empowered, instructed
and sent to care for the people because
God, unto whom the mission truly
belongs, cares for the people.

PRAY: We pray that God will
strengthen our missionary spirit.

ACT: Today, let us do our missionary
duty by attending to the needs of
someone whom we know is presently
sick.



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

CATECHETICAL NOTICES

NEW REGISTRATION FOR CATECHETICAL SESSIONS:

- **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 Monday 15th July to Friday 19th July at the Pastoral Centre from 11:00 a.m. to 4:00 p.m. **Baptismal Certificate is required and the registration fee is \$50.00.**

J'OUVERT MORNING BREAKFAST at St. Lwanga Youth Centre Stapleton Lane on Monday 5th August from 5 a.m. to 9:00a.m. Choose from a variety of dishes for \$25.00. Tickets are available at the Pastoral Centre, St. Lwanga Youth Centre (next to St. Joseph's Academy), after the weekend Masses. Proceeds are in aid of the ongoing Youth Programmes and the upkeep of the Centre. Your support will be greatly appreciated.

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

BEST FEST 2.0 the recently concluded Youth Development Programme for Secondary and Tertiary students was held from July 8 - 12 at the St. Lwanga Youth Centre. Twenty (20) young people participated in this programme. During the week there were presenters from Antigua State College and UWI Five Island looking at various educational paths. Other sessions had presenters providing guidance on managing stress and maintaining well-being, self-confidence, etiquette lessons covering social and professional manners, maintaining your spiritual life, physical health and fitness. The week included an educational tour to the National Parks and a fun ziplining outing at Antigua Rainforest. Special thanks to the mother and daughter team, Kioja Burke who organized the facilitators for the programme, planned the outings and Stephane Harris Burke who sourced funds to ensure the success of the programme, the activities and meals. For this the participants contribution was only \$100.00. Sincere appreciation to all persons who responded to Stephane's request in donating to the nation's youth development. Thank you.

SAINT OF THE DAY - JULY 15th

Bonaventure is known as a "**Doctor of the Church.**" In addition to theological and philosophical works, St. Bonaventure has left us numerous spiritual treatises, some of which have been translated into English including the Journey of the Soul to God, Tree of Life, and The Life of Saint Francis. St. Bonaventure had a deeply rooted prayer life which he outlines in his writings entitled Holiness of Life. In this text, he explains that it is in prayer that God assists us in exposing all of the vices and sins that hinder us from holiness.

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.

This Sunday's Readings
14th July, 2024

First Reading: Amos 7:12-15
Responsorial Psalm: Ps 85: 9-14
Second Reading: Ephesians 1:3-14
Gospel: Mark 6: 7-13

***"And he ordered them to take nothing for
the Journey..."***



Readings for Monday to Saturday

Monday 15th July

Isaiah 1: 10-17

Psalm 50: 8-9, 16-17, 21, 23

Matthew 10: 34—11:1

St. Bonaventure, bishop & doctor

Tuesday 16h July

Isaiah 7: 1-9

Psalm 48: 2-8

Matthew 11: 20-24

Our Lady of Mount Carmel

Wednesday 17th July

Isaiah 10: 5-7, 13-16

Psalm 94: 5-10, 14-15

Matthew 11: 25-27

Thursday 18th July

Isaiah 26: 7-9, 11, 16-19

Psalm 102: 13-21

Matthew 11: 28-30

Friday 19th July

Isaiah 38: 1-6, 21-22, 7-8

Psalm 38: 10-12, 16

Matthew 12: 1-8

Saturday 20th July

Micah 2: 1-5

Psalm 10: 1-4, 7-8, 14

Matthew 12: 14-21

**Blessed Virgin Mary, St. Apollinaris,
bishop & martyr**

**WHAT THE FIRST READING
SAYS TO ME**

In this passage we see two opposing conceptions of religion. Amaziah, the priest of the sanctuary in Bethel, (the Northern Kingdom of Israel), favors a religion that stands for the status quo, is loyal to patriotism, and is loath to "rock the boat," which might upset the constituency. Amos, an "outside agitator" (from Judah, the Southern Kingdom), preaches the word of God and does not follow the line of smooth talkers. He blames the congregation for its social injustice, and consequently is expelled from the sanctuary.

Read also Amos 2:6-8; 4:1-5. His fate points to the Gospel, where the Twelve are told that something similar could happen to them.

**WHAT THE SECOND READING
SAYS TO ME**

Paul outlines a beautiful picture of who we are as Christians. We should be grateful for our election as God's adopted children and have understanding when preachers of the Gospel constantly refer to it. They are not allowed to water down the message in order to avoid hurting feelings!

**WHAT THE GOSPEL
SAYS TO ME**

The mission of the Twelve consists in preaching the need for repentance, which necessarily implies confrontation with evil. In addition to preaching, mention is made of exorcism, and healing, including anointing. The possibility of not being accepted should be considered.

What is the mission of the Church? It is similar to that of the Twelve and Amos of the First Reading, and we should consider whether or not a "civil religion" fits this mold.

KNOW YOUR CHURCH

LOVE YOUR PRIESTS

According to recent studies... a great number of priests quit each year. They don't quit because they have a lack of faith in God. They don't quit because they don't believe in the calling God has placed on their life. Most don't even quit because of financial reasons. Priests quit because they are overwhelmed with mental exhaustion. Until you're a priest you'll never fully understand what it's like to carry spiritual burdens for people. Getting up in the middle of night, praying for your family of faith. Awakened in the middle of night with someone on your heart. Overwhelmed with concern by a person's absence or distance. Your mind continually occupied with the presentation of the upcoming Sunday message - how to preach it, what to teach on, how do we apply it? Getting critiqued on a continual basis. Being told you need to do better or that some areas of the church simply need to be better. Priests invest their whole life into people and yet people will turn their backs on their Priests at the first sign of a storm, usually without a conversation. Priests stand in the middle of disputes. Priests stand in the middle of gossip. Priests council broken marriages. Priests comfort those who have suffered loss. Priests navigate the waters of imperfect people with a desire to see each one thrive in their faith. They long for spiritual breakthroughs. Your priest craves the very best for you. All of this, while trying to battle their own flesh and grow in their own relationship with God. Priests see the posts. Priests hear the whispers. Priests endure the negativity. Priests are continually caring for the sheep while fending off the wolves. Priest pour out and pour out - rarely being poured into.

What keeps a priest going? YOU!

You - the person who is genuinely hungry. You - the person who worships with passion and freedom.

You - the teenager who is striving to be a follower of Jesus. You - the single mom who understands the beauty of the hope found in Christ. You - the one who walks through the door for the first time because you're in search of peace, hope, and community. Pray for your priest. Serve with your priest. Talk with your priest. Encourage your priest. They are human. They need You more than you think!



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**WE KEEP GETTING
BETTER EVERYDAY**