



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

"As a Shepherd Tends His Flock"

16th SUNDAY IN ORDINARY TIME - 21st 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.

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 Donovan's Pastoral
Area Priest in charge

Lectio Divina

READ: The disciples returned from
their mission. They reported to Jesus
all that they had done and taught. Jesus
invited his disciples to go off into a
remote place so that they could rest.
Jesus knew that the apostles did not
even have time to eat because they
were attending to the needs of many
people. However, many people still
followed them and some even arrived
in the place on foot ahead of them.
When Jesus was coming ashore, he saw
a huge crowd. He had compassion on
them for they were like sheep without a
shepherd. Jesus taught them many
things.

REFLECT: The human Jesus was
aware of the human limitations of
attending to other people's need. He
knew that his disciples also needed
some rest. The disciples had returned
from their mission. Jesus planned
together with his disciples to find a
place where they could get some rest
and recreation. The plan was for them
to rest. But some even arrived ahead of
them in the place where they were
heading. There was a big crowd
gathered in the place. Jesus had
compassion with them so He taught
them, perhaps having forgone the plan
to rest. Jesus and the disciples must
have discerned that there was an
immediate need before them and that
they could not simply close their eyes
and turn their backs from the people
who needed them.

PRAY: We pray that God make us
more compassionate.

ACT: After attending the Eucharist
today, let us do one compassionate act.

LAST WEEK'S COLLECTION 14th July, 2024

	1st	2nd
Cathedral Saturday	\$ 1,639.72	\$ 672.80
Sunday 7:00 am	\$ 1,479.30	\$ 318.10
9:00 am	\$ 2,249.13	\$ 458.42
Potters	\$ 235.00	\$ 190.00
Parham	\$ 358.35	\$ 118.35
Villa	\$ 539.43	\$ 220.95
Donovans	\$ 151.00	\$ 148.35
Diocesan Schools	\$ 135.00	

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, 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.
- 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

Parishioners are asked to take notice that as part of the celebration of Grand Parents and The elderly Sunday - There will be anointing of the elderly at the 9:00 am Sunday Mass on 28th July . Please make necessary arrangements to bring your Grand Parents to that Mass.

A Workshop on Grief an Loss, "A Journey Through Grief" will take place in late August. Interested individual can pick up a registration form at the Pastoral Centre/Parish Office. Please contact Fr. Pierre for further details.

All are invited to an **"OPEN MIC NIGHT"** on Friday, August 23, 2024 on the grounds of the Holy Family Cathedral 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>

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

21st July, 2024

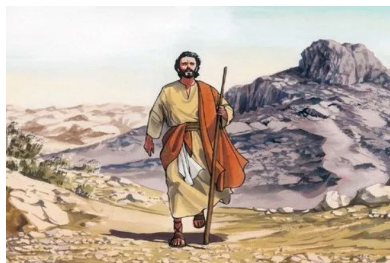
First Reading: *Jeremiah 23: 1-6*

Responsorial Psalm: *23: 1-6*

Second Reading: *Ephesians 2: 13-18*

Gospel: *Mark 6: 30-34*

"As Jesus went ashore he saw a large crowd, and he had compassion on them..."



Readings for Monday to Saturday

Monday 22nd July

Song of Songs 3: 1-4

2 Corinthians 5: 14-17

Psalms 63: 2-6, 8-9

John 20: 1-2, 11-18

Feast of St. Mary Magdalene

Tuesday 23rd July

Micah 7: 14-15, 18-20

Psalms 85: 2-8

Matthew 12: 46-50

Wednesday 24th July

Isaiah 10: 5-7, 13-16

Psalms 71: 1-6, 15, 17

Matthew 13: 1-9

St. Sharbel Makhulf, priest

Thursday 25th July

2 Corinthians 4: 7-15

Psalms 126: 1-6

Matthew 20: 20-28

Feast of St. James, Apostle

Friday 26th July

Jeremiah 3: 14-17

Jer 31: 10, 11-13

Matthew 13: 18-23

Saint Joachim & Saint Anne, parents of the

Blessed Virgin Mary

Saturday 27th July

Jeremiah 7: 1-11

Psalms 84: 3-6, 8, 11

Matthew 13: 24-30

Blessed Virgin Mary

WHAT THE FIRST READING SAYS TO ME

Jeremiah attributes the woes that beset Israel (defeat and deportation) to lack of leadership. The kings of Judah, shepherds in the name of God, have failed in tending the flock. Remember that in Biblical thought the king was the Supreme Shepherd's vicegerent on earth. Where he fails, disaster follows. But Jeremiah foresees an ideal king to come. He will be a righteous shoot of David (of the dynasty of the great King David). He shall govern wisely and do what is just and right in the land. The early Church saw this vision ultimately fulfilled in God's ideal vicegerent, the Lord Jesus, a shepherd who really cares.

WHAT THE SECOND READING SAYS TO ME

Paul teaches that Jews and Gentiles were brought together by Christ. It is he "who made both [Jews and Gentiles] one and broke down the dividing wall of enmity." He abolished the law (all the rules of the rabbis) to create one new man from us, who follows the great universal law of love for God and neighbor on which "the whole law [is based]" (Mt 22:40). Why do we read this passage, which deals with an issue (Jews and Gentiles) of 2,000 years ago? Perhaps the Bible with God as author wants to question us about a current similar issue. Can people of a different race feel welcome in your congregation, or do they go home with the feeling that they were just politely tolerated?

WHAT THE GOSPEL SAYS TO ME

The image of shepherd entails first of all the idea of ruling, but it also implies the notion of feeding and providing. In the Sunday liturgy, the Lord Jesus shepherds by teaching his word during the Liturgy of the Word, and by "[spreading] the table" before us during the Liturgy of the Eucharist. Jesus still has compassion for any vast crowd that is like sheep without a shepherd, but he has only us to show this. Do we make everyone, especially visiting strangers, feel at home in our congregation? Does your congregation have a committee of members to welcome strangers? What about your handshake of peace? What is done to give young members a feeling of belonging? Your parish council could look into this.

KNOW YOUR CHURCH

By Peter Pinedo

Washington, D.C. Newsroom, Jul 17, 2024 / 17:35 pm - At 39 years old, Ohio Sen. James David "J.D." Vance, Donald Trump's newly announced running mate in the 2024 election, has a chance to become the United States' second Catholic vice president. Vance is the second-youngest member of the U.S. Senate. He took office in 2023. He was baptized and confirmed in the Catholic Church at the age of 35 at St. Gertrude's, a Dominican priory in Cincinnati. In a 2020 article in The Lamp titled "On Mamaw and Becoming Catholic," Vance reflected on his conversion as a process that occurred "slowly and unevenly" over several years. According to Vance, his gradual journey to the faith was inspired by the example of his grandmother, "Mamaw," whom he describes as "a woman of deep, but completely de-institutionalized, faith." After growing up in a poor Appalachian home, serving four years in the Marines, and earning a law degree from Yale, Vance says he considered himself an atheist. Despite defying the odds of his humble upbringing and rising through the economic and social ranks, Vance said he was not happy with his state in life, and he began developing an inclination toward Christianity and Catholicism in particular. I began to wonder: Were all these worldly markers of success actually making me a better person? I had traded virtue for achievement and found the latter wanting," he wrote. "There was a voice in my head that demanded better of me." "I felt desperate for a worldview that understood our bad behavior as simultaneously social and individual, structural and moral; that recognized that we are products of our environment; that we have a responsibility to change that environment, but that we are still moral beings with individual duties; one that could speak against rising rates of divorce and addiction, not as sanitized conclusions about their negative social externalities, but with moral outrage." More than any political philosophy, Vance wrote that he soon realized that this worldview he had been looking for was one he had long known: "It was my Mamaw's Christianity."



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BETTER EVERYDAY**