



# 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 Hand of the Lord Feeds Us"*

17th SUNDAY IN ORDINARY TIME - 28th 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 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](mailto: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.

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**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:** Jesus went to the other side  
of the Sea of Galilee. Because of his  
miracles, a huge crowd followed him.  
Jesus went up on the hill with his  
disciples. The Passover was at hand.  
Jesus saw the crowd. He asked Philip  
where they could buy bread to feed  
the people. Philip said that bread  
worth of two hundred silver coins  
would not be enough. Andrew  
informed them of the boy who had  
five barley loaves and two fish. Out  
of this meager provision, Jesus fed all  
the people. There were twelve  
baskets of leftover food. The people  
recognized Jesus as the prophet. They  
wanted to make him a king so he fled  
to the hills by himself.

**REFLECT:** The feeding of the  
multitudes is a familiar story. All the  
four evangelists reported the event  
(Mk. 6:34-44; 8:1-10; Mt. 14:13-21;  
15:32-39; Lk. 9:10-17; Jn. 6:1-15). In  
John's version, which is the Gospel  
for today, the people were able to  
recognize Jesus as the prophet. In  
John's Gospel, Jesus is presented as  
the prophet who always spoke the  
truth. We may reflect on our  
threefold mission: as king, priest and  
prophet. In many ways, we are  
comfortable with the kingly and  
priestly components of our mission  
but not with its prophetic component.  
After recognizing Jesus as the  
prophet, the people wanted to make  
him king but Jesus did not agree with  
their plan.

**PRAY:** Let us pray that God will  
grant us courage to do prophetic  
mission.

**ACT:** Let us teach our children of the  
evil of historical denialism

## LAST WEEK'S COLLECTION 21st July, 2024

	1st	2nd
Cathedral Saturday	\$ 2,168.61	\$ 604.10
Sunday		
7:00 am	\$ 1,646.43	\$ 419.63
9:00 am	\$ 1,999.85	\$ 326.82
Potters	\$ 360.00	\$ 330.00
Parham	\$ 410.00	\$ 165.00
Villa	\$ 516.02	\$ 236.73
Donovans	\$ 185.00	\$ 85.00
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:

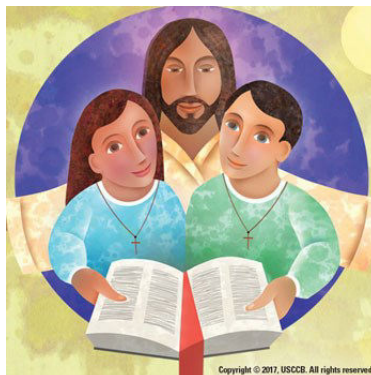
**Dear Jesus, Divine Physician and Healer of the sick,** we turn to you in this time of illness. O dearest comforter of the troubled, alleviate our worry and sorrow with your gentle love, and grant us the grace and strength to accept this burden. Dear God, we place our worries in your hands. **We place 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

**J'OUVERT MORNING BREAKFAST** on Monday 5th August from 5 a.m. to 9:00a.m. at St. Lwanga Youth Centre, Stapleton Lane, (next to St. Joseph's Academy) Choose from a variety of dishes for \$25.00. Proceeds are in aid of the ongoing Youth Programmes and the upkeep of the Center. Your support will be greatly appreciated. There will be secured parking for persons supporting the Breakfast fundraiser. Please use the entrance gate on Stapleton Lane where you will be guided by our security attendants.

\*\*\*\*\*  
**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](mailto:stlwangayouth22@gmail.com)



**The Chancery Office** will be closed from July 29 - August 20, 2024.

\*\*\*\*\*  
**A Workshop on Grief and 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**  
**28th July, 2024**

**First Reading:** 2King 4:42-44  
**Responsorial Psalm:** 145: 10-11, 15-18  
**Second Reading:** Ephesians 4: 1-6  
**Gospel:** John 6: 1-15

***"This is really the prophet, he who is to come into the world."***



**Readings for Monday to Saturday**

**Monday 29th July**

Jeremiah 13: 1-11

Dt 32: 18-21

John 11: 19-27 or Luke 10: 38-42

**Saint Martha, Saint Mary & Saint Lazarus**

**Tuesday 30th July**

Jeremiah 14: 17-22

Psalms 79: 8, 9, 11, 13

Matthew 13: 36-43

**Wednesday 31st July**

Jeremiah 15: 10, 16-21

Psalms 59: 2-4, 10-11, 17, 18

Matthew 13: 44-46

**St. Ignatius of Loyola, priest**

**Thursday 1st August**

Jeremiah 18: 1-6

Psalms 146: 1-6

Matthew 13: 47-53

**St. Alphonsus Liguori, bishop & doctor**

**Friday 2nd August**

Jeremiah 26: 1-9

Psalms 69: 5, 8-10, 14

Matthew 13: 54-58

**St. Eusebius of Vercelli, bishop / St. Peter**

**Julian Eymard, priest**

**Saturday 3rd August**

Jeremiah 26: 11-16, 24

Psalms 69: 15-16, 30-31, 33-34

Matthew 14: 1-12

**Blessed Virgin Mary**

**WHAT THE FIRST READING  
SAYS TO ME**

This beautiful little tradition prefigures the miraculous feeding of the Gospel. Notice that the bread is multiplied to feed the poor!

**WHAT THE SECOND READING  
SAYS TO ME**

From prison Paul exhorts the congregation of Ephesus to preserve unity. We symbolize our oneness as congregation when we celebrate the Eucharist. "[Strive] to preserve [that] unity." All should heed this plea: grown-ups and young people, progressives and conservatives, charismatics and those who favor a less emotional way of living the message! "May all of us who share in the body and blood of Christ be brought together in unity by the Holy Spirit".

**WHAT THE GOSPEL  
SAYS TO ME**

Just as Moses fed the people in the desert by giving them the miraculous manna, our Lord, the new Moses, recreates that ancient desert wonder and feeds the crowds in the wilderness. Like Elisha (First Reading), Jesus does not have enough, but he organizes the meal anyway. He presides, as he does at our Eucharistic Celebration, when we break Bread together. Does our participation in the Eucharistic Banquet really promote togetherness with fellow Christians? Where two-thirds of our fellow humans are hungry, we should never go home without thinking of them. We break Bread with our Lord, but should also do it with our brother or sister in need. "God our Father,... help us to cherish the gifts that surround us, to share your blessings with our brothers and sisters, and to experience the joy of life in your presence"

**KNOW YOUR CHURCH**

**Daily Life of priests**

Much of the priestly life revolves around people. There are no two days that are the same, but here is a glimpse of what a typical day could look like. The priest begins his day with morning prayer and Mass, and perhaps some office work. In the afternoon, he makes his visits. Then in the evening, after more prayer and supper, there is almost always some kind of parish meeting or prayer service.

**Mass**

The Mass is "the source and summit of the Christian life." The Church encourages its priests to celebrate mass daily, even if the faithful are not present. It is that act of Christ and the church in which priests fulfill their primary function.

**Every Day is Different**

Priests accompany people in very dramatic moments of their lives: the birth of a child, a wedding engagement, or even death. There is a saying, "What a person goes through in a lifetime, a priest goes through in a day." It's important for a priest to maintain a healthy prayer life to sustain himself in the midst of these emotional events.

**Always On Call**

Being a Priest is not a 9:00am – 5:00pm job. Parishes are not businesses with office hours. A priest is always a priest and always present. The priest is preeminently a man of sacrifice. Priests are called to be agents of mercy and compassion by bringing people to God and God to the people.





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BETTER EVERYDAY**