



# 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  
"Hope"

11th SUNDAY IN ORDINARY TIME - 16th JUNE, 2024 - B

**THE CATHEDRAL BOOK  
STORE IS LOCATED IN THE  
PASTORAL CENTRE.**



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**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.

Parishioners are advised that there  
are 6 more Bible Diaries available for  
sale at the cost of **\$45.00**.

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**The Society of St. Vincent de Paul,  
St. Joseph's Conference** invites you  
to its Annual Fathers' Day Lunch  
TODAY June 16, 2024 from 10:30 am  
- 12: 30 pm on the grounds of Holy  
Family Cathedral. **Tickets cost  
\$25.00.**

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**The Diocese of St John's-Basseterre** is  
organizing a memorial Eucharistic  
celebration for Bishop Anthony Tony  
Pascal Rebello, SVD, who died on May  
4, 2024, Tonota, Botswana and for Fr  
Kevin O'Toole, SVD who passed away  
peacefully on May 21, at the Nazareth  
Home, London. The memorial Mass will  
take place on Wednesday, June 26th,  
2024, at Holy Family Cathedral at 6pm.  
Both men served this Diocese with great  
dedication and are still fondly  
remembered by many.

You are invited to join Bishop Llanos as  
we honour these two great former  
missionaries.

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**St. Francis of Assisi Villa conference**  
will host their quarterly cake sale on  
June 30th. Please continue to support  
our efforts as we raise funds to assist  
the less fortunate in this area and  
beyond.

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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](mailto:sjaantigua@gmail.com). Applications  
should reach the Principal on or before  
Tuesday, July 30, 2024.

## Lectio Divina

**READ:** Jesus continued telling  
parables. The first parable tells of a  
man who scatters seed upon the soil  
wherein the seed itself sprouts and  
grows without the knowledge of the  
man who scatters the seed. The seed  
turns into a full grain ready for the  
harvest. There is another parable, one  
that tells of the mustard seed. This  
parable tells that the kingdom of God is  
like a mustard seed which is the  
smallest of all seeds but when sown  
may become the largest of the plants in  
the garden.

**REFLECT:** God's kingdom is  
mysterious. It cannot be understood in  
full. As a mystery, it keeps unfolding  
and it will require an openness on our  
part. This implies that while we are  
called to participate in the realization of  
the kingdom of God, it is God who will  
fully establish his kingdom in the end.  
The full realization of God's kingdom  
is a gift to be received. It can even be  
received by those who, at first, did not  
want to participate but eventually did  
so. In the parable of the sower, the  
birds threatened the existence of the  
seeds. Yet, the birds would also benefit  
from the shade which the grown  
mustard seed provides.

**PRAY:** We pray that God may grant us  
the grace to be open as his kingdom  
unfolds in our life.

**ACT:** Let us make a concrete gesture  
showing that we accept somebody  
whom we have difficulty accepting.

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**Couples for Christ Ministries will  
host** a BINGO night on Friday July  
5th, 2024 from 7:00 pm at the Pastoral  
Centre. Jackpot \$500.00. Five games  
\$20.00 or \$5.00 per game. Proceeds  
are in aid of CFC Caribbean  
Conference in St Martin and 25th  
Anniversary celebrations in September.  
Refreshments will be on sale.

## LAST WEEK'S COLLECTION 9th June, 2024

|                    | 1st         | 2nd         |
|--------------------|-------------|-------------|
| Cathedral Saturday | \$2,009.09  | \$ 1,129.32 |
| Sunday             |             |             |
| 7:00 am            | \$1,208.38  | \$ 611.24   |
| 9:00 am            | \$1,487.70  | \$ 402.81   |
| Potters            | \$ 584.67   | \$ 290.05   |
| Parham             | \$ 1,096.70 | \$ 240.00   |
| Villa              | \$ 954.15   | \$ 260.00   |
| Donovans           | \$ 132.34   | \$ 123.00   |
| Diocesan Schools   | \$ 100.00   |             |

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.

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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, Jean James, Conrad Looby, Cecelia John, Justin Joseph, Carmen Ambrose, Tyler Lockhart, Joan Underwood, Cosmas Rowe, Andrea Brown, Latoya Edmun-Joseph, Rose Margetson, Niethia Dyer, Patrick Skerritt, Victor Charles, Junie Browne, Cheralyn Beazer.

## CATECHETICAL NOTICES

**ST. LWANGA YOUTH CENTER PRESENTS BEST FEST 2.0.** - July 8 - 12, 2024. Register Now for Our Exclusive Workshop for students in Secondary and Tertiary education. Build valuable skills, gain insights, and prepare for future opportunities. Unlock your potential and grow your capacity. This Workshop will be held from July 8 - 12, 2024 at the St. Lwanga Youth Center, Stapleton Lane - 9:30 a.m. to 4:30 p.m. Registration fee - \$100.00. Click on the link to register or call the Youth Center at 780-9688. The first ten (10) registrants will receive a 10% discount.

Click the link to register <https://forms.gle/yWVKE7buuGhxXE1c8>

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**CONFIRMATION CELEBRATION** - June 30, 2024 at 3:00 p.m. We pray for the 27 young people who will be sealed with the Gift of the Holy Spirit.

Jonah Burton, Aiden Carbon, Asafa Donovan, Kalei Gordon, Jeremiah Jennings, Logan Langlois, Christopher LeClerc, Khemani Liverpool, Kerad Waldron, Steven Ragguette, Ean Southwell, Joshua Lake, Seirena Albert, Jubilee Christopher, Michal Hannays, Amelia Jack, Lucy James, Ciara Martin, Therese Mathurin, Uzoamaka Mbagho, Amyah Peterson, Sonaya Prosper, Kizzy Robinson, Siena Harney-Barnes, Mia Lake, Laina Hadeed, Malik Ambrose.

We pray for them, their sponsors, and their parents.

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**SUMMER CAMP 2024** for children 5 - 12 years. This year Summer Camp for this group will be held from July 15th - 26th from 9 a.m. to 3 p.m. at the St. Lwanga Youth Center. Registration opens on June 17th. Forms can be collected at the Pastoral Centre.

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**CLOSE OF THE CATECHETICAL YEAR, SCHOOL YEAR, BLESSING FOR A SAFE SUMMER, SPECIAL BLESSINGS FOR THOSE GOING ABROAD TO STUDY:** All children and young people, together with their families are invited to this special Mass on Friday 5th July at 5 p.m. in the Cathedral. Stay after Mass for the Bonfire and Games. Food and drinks will be on sale!

## SOLEMNITY OF THE NATIVITY OF ST JOHN THE BAPTIST

The **Nativity of John the Baptist** (or **Birth of John the Baptist**, or **Nativity of the Forerunner**, or colloquially **Johnmas** or **St. John's Day** (in German) **Johannistag**) is a Christian feast day. It is observed annually on 24 June. The Nativity of John the Baptist is a high-ranking liturgical feast, kept in the Catholic Church, Eastern Orthodox Church, Anglicanism, and Lutheranism. The sole biblical account of the birth of John the Baptist comes from the Gospel of Luke

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## SOLEMNITY OF STS PETER AND PAUL

The **Feast of Saints Peter and Paul** or **Solemnity of Saints Peter and Paul** is a liturgical feast in honor of the martyrdom in Rome of the apostles Saint Peter and Saint Paul, which is observed on 29 June. The celebration is of ancient Christian origin, the date selected being the anniversary of either their death or the translation of their relics.

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The funeral Service of Oscar Shelton Joseph will be held on Monday 17th June at 2:30pm at Holy Family Cathedral. May his soul Rest In Peace.

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The funeral Mass of Anthony Michael will be held on Wednesday 19th June at 2:00pm at Holy Family Cathedral. May his soul Rest In Peace.

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The funeral Mass of Fustinna June (June) Waldron will be held on Thursday 27th June at 2:00pm at Holy Family Cathedral. May her soul Rest In Peace.

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The Memorial Mass for Mary Marie Makhoul will be held on Thursday 27th June at 6:00 pm at Holy Family Cathedral. May her soul continue to Rest In Peace.

**This Sunday's Readings**  
**16th June, 2024**

***First Reading***  
*Ezekiel 17: 22-24*  
***Responsorial Psalm***  
*92: 2-3, 13-16*

***Second Reading***  
*2 Corinthians 5: 6 -10*  
***Gospel***  
*Mark 4: 26-34*

***"What is the Kingdom of God Like?"***



**Readings for Monday to Saturday**

**Monday 17th June**  
1 Kings 21: 1 - 16  
Psalm 5: 2-7  
Matthew 5: 38-42

**Tuesday 18th June**  
1 Kings 21: 17-29  
Psalm 51: 3-6 11, 16  
Matthew 5: 43-48

**Wednesday 19th June**  
2 Kings 2: 1, 6 -14  
Psalm 31: 20, 21, 24  
Matthew 6: 1-6, 16-18  
*St. Romuald, abbot*

**Thursday 20th June**  
Sirach 48: 1-14  
Psalm 97: 1-7  
Matthew 6: 7-15

**Friday 21st June**  
2 Kings 11: 1-4, 9-18, 20  
Psalm 132: 11-14, 17-18  
Matthew 6: 19-23

**St. Aloysius Gonzaga, religious**

**Saturday 22nd June**  
2 Chronicles 24: 17-25  
Psalm 89: 4-5, 29-34  
Matthew 6: 24-34

**Blessed Virgin Mary / St. John Fisher,**  
**bishop / St. Thomas More, martyrs / St.**  
**Paulinus of Nola, bishop**

**WHAT THE FIRST READING  
SAYS TO ME**

Ezekiel consoles his troubled and despairing fellow citizens with the promise of God's kingdom to come. It will be a kingdom of prosperity and peace, with a Messiah, an anointed king, as God's vicegerent to rule them. Have hope! It is still a tender shoot but it will grow. God can do whatever seems impossible: "I, the Lord... lift high the lowly tree, .... and make the withered tree bloom." This reading prepares for the Gospel wherein God's kingdom awaited by the Hebrews becomes the Christian kingdom of God with Jesus as the Christ (Messiah-Anointed King) and God's vicegerent.

**WHAT THE SECOND READING  
SAYS TO ME**

Paul also preaches a message of hope: "We are always courageous." But we must have patience both with ourselves and with our fellow Christians. "We walk by faith, not by sight." Not all members of our congregation do things our way. Do not blame them! Perhaps there will be a few surprises when we "appear before the judgment seat of Christ."

**WHAT THE GOSPEL SAYS TO  
ME**

Christian hope implies uncertainty and requires patience. Ezekiel told his people this when he referred to a Hebrew kingdom of God to come (First Reading). Mark teaches the same lesson. God's word is like a seed in us. Through Jesus Christ he scattered it on the ground. We want this seed (God's word) to bear bountiful fruit in the Church right now. There are members who leave the Church if things do not go their way. They have in mind an ideal Church with the kingdom of God already realized in it. But it does not work that way. The kingdom of God-justice, love, fidelity, peace is submitted to the slow process of growing (a mustard seed!). Its fully realized splendor will appear only in the world to come. Meanwhile, have hope and patience. If you want to improve the Church, start with yourself.

**KNOW YOUR CHURCH**

By Courtney

Pope Francis has once again appealed to Catholic priests to keep their homilies short, this time warning that homilies should be no longer than eight minutes or "people will fall asleep." Speaking in St. Peter's Square for his Wednesday catechesis on June 12, the pope explained that the goal of a homily is to "help move the Word of God from the book to life." But the homily for this must be short: an image, a thought, a feeling. The homily should not go beyond eight minutes because after that time you lose attention and people fall asleep," he said. It is not the first time that Francis has stressed the importance of short homilies. In 2018, the pope urged priests to "be brief" and ensure that their homilies are "no more than 10 minutes." The pope's words echo the recommendations made by Archbishop Nikola Eterovic in his 2010 book on the 2008 Synod on the Word of God, which advised prelates to keep their homilies to eight minutes or shorter and to avoid "improvisations" from the pulpit. Pope Francis often exceeds this time limit in his own homilies. On Holy Thursday this year, the pope's homily for the chrism Mass was more than 20 minutes long. The pope made the comments on homily length off the cuff during a reflection on how the Bible is "inspired by God and authoritative. Francis added that "the Holy Spirit, who inspired the Scriptures ... also makes them perennially living and active." "The words of the Scripture, under the action of the Spirit, become luminous; and in those cases, we touch with our own hands how true is the statement in the Letter to the Hebrews: 'The word of God is living and active, sharper than any two-edged sword'. Pope Francis urged Catholics to take time every day to read and reflect on a passage from Scripture, recommending that Christians carry "a pocket Gospel" with them to read during spare moments throughout the day. But the quintessential spiritual reading of the Scripture is the community reading in the liturgy in the Mass," he said. "There, we see how an event or a teaching, given by the Old Testament, finds its full expression in the Gospel of Christ." "Among the many words of God that we listen to every day in Mass or in the Liturgy of the Hours, there is always one that is meant specially for us.





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