



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

"Prayer in Faith"

12th SUNDAY IN ORDINARY TIME - 23rd JUNE, 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 16th June, 2024

	1st	2nd
Cathedral Saturday	\$2,719.26	-
Sunday	7:00 am \$3,559.09	-
	9:00 am \$3,961.44	-
Potters	\$ 890.00	-
Parham	\$1,954.50	-
Villa	\$ 938.45	-
Donovans	\$ 374.45	-
Diocesan Schools	\$ 145.00	-

Thank you for your generosity

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

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.

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.

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.

The second collection Today (Sunday
23rd June) will be for Peter's Pence.

"Peter's Pence" proceeds are used by the
Pope for philanthropic works throughout
the world and for administrative costs of
the Vatican state.

Lectio Divina

READ: When the evening came, Jesus
invited his disciples to go to the other
side of the lake. They left the crowd and
went. While they were in the boat, there
came a storm. The waves spilled over and
the boat was filled with water. Jesus was
in the stern, sleeping on a cushion. The
disciples woke Jesus up, asking him if he
did not care if they drowned. Jesus
commanded the wind and the sea to be
quiet and still. There was a great calm.
Jesus asked his disciples if they still have
faith. The disciples were terrified. They
also wondered about Jesus' identity since
even the wind and the sea obeyed him.

REFLECT: Faith can calm even the
most violent storm. As we continue our
journey, we can only ask Jesus to
strengthen our faith. There are times in
our life's journey when we can be
bombarded by seemingly insurmountable
problems. When faced with life's trials
and difficulties, we can easily falter and
lose faith. Moreover, there would also be
times when we would be entertaining the
thought that God does not care at all. The
truth is God cares for us. Jesus cares for
us. Jesus cares not only to save us from
danger but also to make our faith stronger
so that we may face our everyday
struggles calmly and with serenity.

PRAY: We pray that Jesus may increase
our faith.

ACT: Let us practice being calm and
serene today and for the rest of the week.

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.



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, 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 Centre, 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 Centre at 780-9688. The first ten (10) registrants will receive a 10% discount.

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

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.

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 Centre. Registration opens on June 17th. Forms can be collected at the Pastoral Centre.

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!

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

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.

The funeral Mass for Nelister Sebastian will be held on Friday 5th July, 2024 at 2:00pm at Holy Family Cathedral. May her soul Rest In Peace.

MARRIAGE MINISTRY The next Marriage Preparation Classes will begin in September, 2024. Interested couples can collect a registration form at the Pastoral Centre. They can call 560-2693 or 461-1127 for further details.

PRAYER IN FAITH

Many of us have experienced the awesome power of a hurricane or tornado. All of us have seen on television what its devastating force can do. Small wonder that in prescientific times people saw God's anger and threat in storms and bad weather. "They cried to the Lord in their distress...he hushed the storm to a gentle breeze and the billows of the sea were stilled." Today, there are still Christians who light a blessed candle and pray to God when thunder and lightning threaten. Nor is this such a bad thing! Prayer in faith is meaningful in any anxiety because it gives strength. God is with us!

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
23rd June, 2024

First Reading Job 38: 1, 8-11
Responsorial Psalm 107: 23-26, 28-31
Second Reading 2 Corinthians 5: 14-17
Gospel Mark 4: 35-41

"Quiet now! Be still!"



Readings for Monday to Saturday

Monday 24th June

Isaiah 49: 1-6
Psalm 139: 1-3, 13-15
Acts 13: 22-26
Luke 1: 57-66, 80

Solemnity of the Nativity of St. John the Baptist

Tuesday 25th June

2 Kings 19: 9-11, 14-21, 31-36
Psalm 48: 2-4, 10-11
Matthew 7: 6, 12-14

Wednesday 26th June

2 Kings 22: 8-13, 23: 1-3
Psalm 119: 33-34, 36-37, 40
Matthew 7: 15-20

Thursday 27th June

2 Kings 24: 8-17
Psalm 79: 1-5, 8, 9
Matthew 7: 21-29

St. Cyril of Alexandria, bishop & doctor

Friday 28th June

2 Kings 25: 1-12
Psalm 137: 1-6
Matthew 8: 1-4

St. Irenaeus, bishop, martyr & doctor

Saturday 29th June

Acts 12: 1-11
Psalm 34: 2-9
2 Timothy 4: 6-8, 17, 18
Matthew 16: 13-19

Solemnity of Sts. Peter & Paul, Apostles

**WHAT THE FIRST READING
SAYS TO ME**

In lengthy dialogues Job and his friends have discussed the mystery of suffering, but not one of them has come up with an adequate answer to the question: **"Why must a just man suffer?"** Finally, God speaks out of the storm and asks Job: **"Who rules the sea?"** God is the Lord of creation. He has power to do things that humans cannot explain: "Thus far shall you come but no farther." Job in his suffering should be mindful of this. The reading introduces the theme of the Gospel, where Jesus shows a similar power by stilling the storm.

**WHAT THE SECOND READING
SAYS TO ME**

Paul defends himself against "the false preachers" who have captivated the minds of many in the congregation of Corinth. These preachers regard Jesus as just another miracle-worker. Paul condemns this viewpoint as one made solely in terms of mere human judgment, though at one time he subscribed to it himself. We should look at Christ as the one who "died for all and was raised," and as such inaugurated the new age. "Whoever is in Christ is a new creation." We should regard Christ the way Paul wants us to do and be grateful that we are "a new creation" in Christ.

**WHAT THE GOSPEL
SAYS TO ME**

"Who then is this whom even wind and sea obey?" Jesus has a power similar to the one God claimed for himself in the First Reading: "And here shall your proud waves be stilled." " 'Quiet! Be still!' The wind ceased and there was great calm".

This clearly indicates Mark's answer to the question: "Who then is this?" Jesus is "God with us," and we should turn to him in faithful prayer whenever difficulties overwhelm us.

KNOW YOUR CHURCH

By Courtney Mares

Rome Newsroom, Jun 19, 2024 / 06:00 am

Venerable Matt Talbot, an Irishman whose journey from alcoholism to the heights of holiness has inspired many who struggle with addiction, is being considered for sainthood in the Catholic Church. After spending more than a decade of his life as an alcoholic, Talbot found strength in the Eucharist, the rosary, and confession to uphold a vow he made at the age of 28 to abstain from all alcohol and in the process cultivated a deep interior spiritual life that led some to dub him "an urban mystic." Father Selva Thomas, one of the Salesian priests who ministers at the Church of Our Lady of Lourdes in Dublin where Talbot is buried, says that many people grappling with alcoholism or drug addiction continue to come to Talbot's tomb to pray nearly 100 years after his death. People feel that the Matt Talbot Shrine in central Dublin is a place where they can come and experience "spiritual rehabilitation as they undergo other forms of rehabilitation," he added. Talbot was born into a poor working class family in Dublin on May 2, 1856. He was the second of 12 children — nine who survived beyond infancy — and grew up surrounded by poverty and alcohol abuse in the wake of Ireland's Great Famine. He dropped out of school barely knowing how to read or write and began working for a wine merchant at the age of 12 where he developed the habit of sampling the drink, often coming home drunk. By his early teens, Talbot had already developed a dependency on alcohol, which consumed him for the next decade. Despite holding various jobs as an unskilled laborer at the Dublin docks and later as a bricklayer, his wages were often squandered at the pub, leaving him in a state of destitution and despair. Amid the difficulties of withdrawal, Talbot turned to prayer and found solace in the real presence of Jesus in the Eucharist as well as the rosary. He eventually embraced a life of prayer, penance, and dedication to the Church. He joined many prayer groups and confraternities, which provided a strong sense of community. He became one of the first members of the Pioneer Total Abstinence Association of the Sacred Heart after it was founded in Dublin in 1898.



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BETTER EVERYDAY**