



# 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

*"That We May Have Life"*

**13th SUNDAY IN ORDINARY TIME - 30th 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.

The Society of St. Vincent de Paul  
Villa Conference expresses its thanks  
and appreciation to all who supported  
the cake sale last week. Your generosity  
will not be outdone. Thank you.

\*\*\*\*\*

**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.

\*\*\*\*\*

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.

\*\*\*\*\*

### Wednesday July 3rd

#### Feast of St Thomas, Apostle

In John's Gospel, Thomas is also called  
the Twin. We may reflect that we are  
the twins of Thomas in as far as our faith  
journey is concerned. Like Thomas, we  
are also called and sent in order to give  
witness to a faith which manifests that  
Jesus is alive. However, we may further  
reflect that we are Thomas' twins too  
whenever we are lacking in faith,  
exhibiting a dichotomy between faith  
and life. When the other disciples told  
Thomas that they had seen the Lord,  
Thomas did not believe them.

### Lectio Divina

**READ:** Jairus pleaded with Jesus to  
heal his seriously sick daughter. Jesus  
went with Jairus with the large crowd  
followed them and pressed on Jesus.  
There was a woman who suffered from  
bleeding for twelve years. The woman  
came behind Jesus and touched his  
cloak because she thought that if she  
could touch Jesus' cloak she would be  
healed. She was healed. Jesus was  
aware that healing power had gone out  
of him. He turned around and asked  
who had touched him. The woman  
came and told the truth. People from  
Jairus' house came to tell them that the  
daughter was already dead. Jesus  
ignored what they said. Jesus raised  
Jairus' daughter back to life.

**REFLECT:** Today's Gospel narrates  
two important miracles performed by  
Jesus: the raising up of Jairus' daughter  
back to life and the healing of the  
woman who suffered from bleeding for  
twelve years. The second miracle is  
framed by the pleading of Jairus for  
Jesus to heal his daughter who was at  
the point of death and the eventual  
raising of the girl back to life. The  
woman was sick for a long time and no  
one was able to cure her. These two  
miracles depict Jesus' power over  
hopeless situations. We continue our  
faith journey for Jesus, who has the  
power over hopeless situations, and  
who journeys with us.

**PRAY:** We pray that Jesus may  
strengthen our hope.

**ACT:** Let us be beacons of hope for  
others by keeping a positive  
disposition.

### LAST WEEK'S COLLECTION 23rd June, 2024

	1st	2nd
Cathedral Saturday	\$1,339.25	\$ 664.15
Sunday 7:00 am	\$1,444.30	\$ 669.92
9:00 am	\$1,536.92	\$ 595.15
Potters	\$ 477.50	\$ 82.70
Parham	\$ 180.01	\$ 112.67
Villa	\$ 529.75	\$ 168.69
Donovans	\$ 191.00	\$ 73.00
Diocesan Schools	\$ 115.00	

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, 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 is now open. 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 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. Call 560-2693 or 461-1127 for further details.

### \*\*\*\*\* 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.

### \*\*\*\*\* St Thomas, the apostle

St. Thomas was a Jew, called to be one of the twelve Apostles. He was a dedicated but impetuous follower of Christ. When Jesus said He was returning to Judea to visit His sick friend Lazarus, Thomas immediately exhorted the other Apostles to accompany Him on the trip which involved certain danger and possible death because of the mounting hostility of the authorities. At the Last Supper, when Christ told His Apostles that He was going to prepare a place for them to which they also might come because they knew both the place and the way, Thomas pleaded that they did not understand and received the beautiful assurance that Christ is the Way, the Truth, and the Life. But St. Thomas is best known for his role in verifying the Resurrection of his Master. Thomas' unwillingness to believe that the other Apostles had seen their risen Lord on the first Easter Sunday merited for him the title of "doubting Thomas."

**This Sunday's Readings**  
**30th June, 2024**

***First Reading: Wisdom 1: 13-15; 2: 23,24***

***Responsorial Psalm: 30: 2,4,5,6, 11-13***

***Second Reading: 2 Corinthians 8: 7,9, 13-15***

***Gospel Mark 5: 21-43***

***"Your faith has saved you."***



**Readings for Monday to Saturday**

**Monday 1st July**

Amos 2: 6-10, 13-16

Psalm 50: 16-23

Matthew 8: 18-22

**St. Junipero Serra, priest**

**Tuesday 2nd July**

Amos 3: 1-8; 4: 11-12

Psalm 5: 4 - 8

Matthew 8: 23-27

**Wednesday 3rd July**

Ephesians 2: 19-22

Psalm 117: 1-2

John 20: 24-29

**Feast of St Thomas, apostle**

**Thursday 4th July**

Amos 7: 10-17

Psalm 19: 8-11

Matthew 9: 1-8

**St. Elizabeth of Portugal, religious**

**Friday 5th July**

Amos 8: 4-6, 9-12

Psalm 119: 2,10,20,30,40,131

Matthew 9: 9-13

**St. Anthony Mary Zaccaria, priest**

**Saturday 6th July**

Amos 9: 11-15

Psalm 85: 9-14

Matthew 9: 14-17

**Blessed Virgin Mary, St Maria Goretti,**

**WHAT THE FIRST READING  
SAYS TO ME**

"By the envy of the devil, death entered the world." If we understand this word of Scripture as referring only to physical death, we run into the problem that the just person also dies. The sacred writer has in mind a spiritual death, which consists in alienation from God and of which biological death is a sign. It is death by alienation from God, a broken relationship of love, which Jesus Christ overcame by his death and resurrection. Through him human beings who had drifted away can relate to God again in love and have life. This reading introduces the theme of the Gospel on life.

**WHAT THE SECOND READING  
SAYS TO ME**

Paul has promised the Church of Jerusalem that he will take up a collection in the churches he has founded abroad to help the poor of Jerusalem. He urges the congregation of Corinth to be generous and offers motivations for giving. These reasons may also motivate us to be generous in Church support and contribute to help those who are poor.

**WHAT THE GOSPEL  
SAYS TO ME**

Mark inserts the healing of the woman with the hemorrhage into the tradition concerning the raising of a little girl. Although both miracles prefigure our salvation, we are here limiting ourselves only to the account of Jairus' daughter. Physical death is a sign of that spiritual death which is conscious aversion from God. By overcoming death in this little girl, Jesus prefigures his victory over the death of alienation from God. Mark brings out that Jesus is the prophet of the end-time, who has come to bring life, in other words, to restore our relationship of love with God.

**KNOW YOUR CHURCH**

**Saints of the World**

Today the Catholic Church honors St. Josemaría Escrivá de Balaguer y Albás (1902–1975), Spanish priest, founder of Opus Dei, and author of "The Way" (1934), a book that continues to be of great spiritual benefit for millions of Catholics.

"God doesn't pull you out of your environment, he doesn't remove you from the world, nor from your state in life, nor from your noble human ambitions, nor from your professional work... but, there, he wants you to be holy!"

The above words of St. Josemaría Escrivá summarize the inspiration and message he promulgated that would move the hearts of many, with a call to sanctify themselves and sanctify the world. He earned the title "the saint of the ordinary" for emphasizing what the life of a Christian today is chiefly about: making ordinary everyday life something extraordinary.

**In the Footsteps of Christ:** Escrivá was born in 1902 in the town of Barbastro in Huesca province in northeastern Spain into a profoundly Christian family. From an early age, he experienced suffering: His three younger sisters died when they were very young, his father's business failed, and the family had to leave their land to move to Logroño in search of better conditions. One day, Escrivá saw footprints of bare feet in the snow. Just thinking about who could have left them chilled him to the core. Who can walk on ice without shoes? It seemed crazy to him. But when he found out that they were the footsteps of a monk, his perception of those tracks changed completely. Those footprints, he thought, have been left by someone extraordinary who does equally extraordinary things. Thinking that someone was capable of doing something like that could only be explained by a great purpose, someone operating on a different plane. Escrivá then sensed that perhaps God was sending him a message — perhaps God wanted something from him.





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**WE KEEP GETTING  
BETTER EVERYDAY**