



# 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 Human and the Divine Element in Religion"*

**22ND SUNDAY IN ORDINARY TIME—1ST SEPTEMBER, 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.

Holy Family Cathedral Bookstore  
now has Rosaries on sale at a cost of  
**\$10.00 each**. There are three different  
colors available white, black and a  
mixture of blue and yellow. The  
bookstore is located in the Pastoral  
Centre and is opened from 9:00AM to  
4:30PM.

\*\*\*\*\*

**The funeral Mass for Mr. David  
Morris** will be held on Thursday 5th  
September, 2024 at Holy Family  
Cathedral at 1:00pm. Tributes begin  
at 12:30pm. May his soul Rest In  
Peace.

\*\*\*\*\*

## MARRIAGE & FAMILY LIFE

### Save the dates

The **Marriage Enrichment Weekend**  
will take place from **October 4-6,  
2024** at the Verandah Resort. Cost is  
USD \$468.00 per couple for the entire  
weekend.

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## ST. JOSEPH'S ACADEMY NOTICE

**Tuesday, September 3, 2024**

Opening of School (Orientation Day)  
Regular Uniform  
New Students – 8:00 am – 12:30 pm  
Returning Students 9:00 am – 12:30  
pm.

\*\*\*\*\*

**The parish welcomes the Very  
Rev. Fr. Lawrence Malama** who  
takes over as Administrator of  
Holy Family Cathedral. We wish  
him well and pray for him in his  
new role.

## Lectio Divina

**READ:** The Pharisees and some  
teachers of the law gathered around  
Jesus. They observed that Jesus'  
disciples were eating with unclean  
hands. The Pharisees, being Jews,  
would not eat without first washing their  
hands. Upon observing that Jesus'  
disciples were eating with unclean  
hands, the Pharisees and the teachers of  
the law questioned why Jesus' disciples  
were not following the tradition of the  
elders. Jesus answered them by quoting  
the prophet Isaiah on false worship,  
exposing their shallow understanding of  
God's commandments. It is not what  
enters a person that makes him/her  
unclean. What makes a person unclean  
are the things that come out of him/her.

**REFLECT:** Yesterday we reflected on  
the challenge of not wasting our talents.  
There are times when we are tempted to  
waste whatever God has given us.  
Moreover, there are also times when we  
are misled to use them for self-serving  
purposes. Our talents are useless if we  
do not use them well to serve others.  
Everything starts from within us, from  
having a heart that truly cares. In today's  
Gospel, the Pharisees and the teachers  
of the law were focusing on the external  
things because evil desires had already  
resided in their hearts. Jesus calls us to  
purity of heart. If our intentions are  
pure, the good use of our God-given  
talents will naturally follow.

**PRAY:** Let us pray that we may have  
pure hearts.

**ACT:** Let us do a more serious  
examination of conscience and then let  
go of any ungodly desires. Afterwards,  
let us do one concrete good act using  
our God-given talents.

## LAST WEEK'S COLLECTION 25th August, 2024

	1st	2nd
Cathedral Saturday	\$2,530.54	\$ 946.57
Sunday		
7:00 am	\$1,947.02	\$ 437.72
9:00 am	\$2,674.32	\$ 515.15
Potters	\$ 409.90	\$ 65.00
Parham	\$ 558.01	\$ 185.00
Villa	\$ 635.07	\$ 205.30
Donovans	\$ 443.67	\$ 206.10
Diocesan Schools	\$ 245.00	

**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, Georgina-Glave-Toussaint, Catherine DeTouche, Edward Lewis, 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.

*"The HFC Steel Orchestra resumes its beginners' practices from Saturday, September 14th and every Saturday thereafter. The sessions will be from 12 noon to 1pm in the Holy Family Cathedral. All ages, from 7 years old, are welcome. Contact 770-6719 for more information".*

### \*\*\*\*\* CATECHETICAL SUNDAY 2024

Catechetical Sunday, which is celebrated on the third Sunday in September, (September 15, 2024) was established to recognize and celebrate the gift that catechists bring to a parish community. It also provides us an opportunity to reflect on the role that each person plays, by virtue of baptism, in handing on the faith and being a witness to the Gospel. The AEC Catechetical Commission for this Region has chosen the theme: **Catechists: Missionaries of Healing and Service.** It is part of the sub theme from the Universal theme which is: *Lord, when did we see you hungry?" Matthew 25: 35 -40).* The theme will allow catechists to reflect throughout this year on Jesus the healer of all kinds of healing and service to all, especially families who are on the periphery. All Catholics are reminded to consider ways we are to witness for Jesus and to rededicate ourselves to the mission of passing on the faith. We pray for all who come forward for this ministry. They are people who are willing to share their own faith and have the courage to listen to the faith stories of others. On Sunday September 15, the catechists of the parishes in our Diocese, the region, worldwide, will recommit themselves to this ministry of service.

### *Prayer for Our Catechists:*

*Lord God, source of all wisdom and knowledge, you sent your Son, Jesus Christ, to live among us and to proclaim his message of faith, hope, and love to all nations. In your goodness, bless our brothers and sisters who have offered themselves as catechists for your Church. Strengthen them with your gifts that they may teach by word and by example the truth that comes from you. We ask this through Christ our Lord. Amen.*

## 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.

\*\*\*\*\*  
**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.

\*\*\*\*\*  
**Couples for Christ Ministries Antigua** celebrates its 25th (Silver Jubilee) Anniversary with a week of activities from September 8th to September 15th, 2024.

**Theme:** "Sharing Jesus' love with Action", 1 John 3: 18

Activities will include:

- Eucharistic Celebration
- Social Outreach
- Bible Trivia Quiz
- Banquet and Awards
- Talent and Fashion Show

### \*\*\*\*\* MASS FOR THE SICK AND ELDERLY

**On Saturday, 28<sup>th</sup> September, in celebration of the Feast of St. Vincent de Paul, you are asked to bring your sick and elderly loved ones to a Mass of Healing and Anointing at Holy Family Cathedral at 9.00am.**

Come and experience God's healing power. Let us as a church community support and show our love and care for the sick and elderly. Those in need of transportation should contact the Pastoral Centre at **560-2693** or **461-1127**.

**This Sunday's Readings**  
**1st September, 2024**

**First Reading:** Deuteronomy 4: 1-2, 6-8

**Responsorial Psalm:** 15: 2-5

**Second Reading:**

James 1: 17-18, 21-22 & 27

**Gospel:** Mark 7: 1-8, 14-15, 21-23



**Readings for Monday to Saturday**

**Monday 2nd September**

1 Corinthians 2: 1-5

Psalm 119: 97-102

Luke 4: 16-30

**Tuesday 3rd September**

1 Corinthians 2: 10-16

Psalm 145: 8-14

Luke 4: 31-37

**St. Gregory the Great, pope & doctor**

**Wednesday 4th September**

1 Corinthians 3: 1-9

Psalm 33: 12-15, 20-21

Luke 4: 38-44

**Thursday 5th September**

1 Corinthians 3: 18-23

Psalm 24: 1-6

Luke 5: 1-11

**Friday 6th September**

1 Corinthians 4: 1-5

Psalm 37: 3-6, 27-28, 39-40

Luke 5: 33-39

**Saturday 7th September**

1 Corinthians 4: 6-15

Psalm 145: 17-21

Luke 6: 1-5

**Blessed Virgin Mary**

**WHAT THE FIRST READING  
SAYS TO ME**

Meditating on the Law of Moses, the author of Deuteronomy saw the danger of human traditions, usually created by pious and well-intentioned churchmen, which could obscure the original will of God for his people. In your observance of the commandments of the Lord, "you shall not add to what I command you nor subtract from it." From the Gospel we learn that the Pharisees and experts of the law in Jesus' time had not heeded this advice of Deuteronomy too well. The Responsorial Psalm mentions a few things that cannot be done away with.

**WHAT THE SECOND READING  
SAYS TO ME**

The sacred author stresses that the word of God is a genuine benefit from above, freely given by God. If this word is humbly welcomed in faith, it will save us. But we should do more than just listen to God's word. We should also live it.

**WHAT THE GOSPEL SAYS TO  
ME**

This passage, as we have it now in Mark, consists of two pronouncements. In the first one Jesus castigates the experts of the law for the countless human-made traditions they want the faithful to follow. "You disregard God's commandment [love for God and neighbor?] but cling to human tradition." In the second pronouncement, Jesus refers to the human-made dietary laws of the Jewish Religion, the prohibition of certain foods (e.g., pork) that would make people impure and not fit to partake in cultic worship. In the early Church, Christians of Jewish origin tried to impose these in the early Church laws on Christians of Gentile background! Mark does not agree and refers to Jesus' statement that only what comes out of people (evil words and actions) makes them unclean. In both cases, Jesus stresses the relativity of human tradition versus the divine elements in religion. What is your attitude toward Church renewal?

**DID YOU KNOW : --**

**Pope Gregory I** (Latin: Gregorius I; c. 540 – 12 March 604), commonly known as **Saint Gregory the Great**, was the 64th Bishop of Rome from 3 September 590 to his death. He is known for instituting the first recorded large-scale mission from Rome, the Gregorian mission, to convert the then largely pagan Anglo-Saxons to Christianity. Gregory is also well known for his writings, which were more prolific than those of any of his predecessors as pope. The epithet **Saint Gregory the Dialogist** has been attached to him in Eastern Christianity because of his Dialogues.

Gregory was born into a wealthy noble Roman family with close connections to the church. His father, Gordianus, a patrician who served as a senator and for a time was the Prefect of the City of Rome, also held the position of Regionarius in the church, though nothing further is known about that position. Gregory's mother, Silvia, was well-born, and had a married sister, Pateria, in Sicily. His mother and two paternal aunts, Trasilla and Emiliana, are honored by Catholic and Orthodox churches as saints. Gregory's grandfather had been Pope Felix III, the nominee of the Gothic king, Theodoric. Gregory's election to the throne of St. Peter made his family the most distinguished clerical dynasty of the period.

A Roman senator's son and himself the prefect of Rome at 30, Gregory lived in a monastery that he established on his family estate before becoming a papal ambassador and then pope. Before becoming Pope, he challenged the theological views of Patriarch Eutychius of Constantinople before the emperor Tiberius II. Although he was the first pope from a monastic background, his prior political experiences may have helped him to be a talented administrator. During his papacy, his administration greatly surpassed that of the emperors in improving the welfare of the people of Rome.





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BETTER EVERYDAY**