



# 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 Healing Activity of Our Lord"*

**23rd SUNDAY IN ORDINARY TIME—8th 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.

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.

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**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 Holy Family Cathedral.  
All ages, from 7 years old, are welcome.  
Contact **770-6719** for more information.

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**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

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## Protect Your Health: Free HPV Testing for Women 30-65 Years

Cervical cancer is the third leading cause  
of cancer deaths among women in  
Antigua and Barbuda, with nearly all  
cases caused by the Human Papilloma  
Virus (HPV). HPV infection is extremely  
common, but some women are unable to  
clear the virus, which can lead to cervical  
cancer if not screened effectively.

### Know your risk!

Free HPV testing is available for women  
aged 30-65, even if you've had a recent  
Pap smear.

**Location:** Villa Polyclinic

**Saturdays:** September 7th, 14th, 21st

**Sundays:** September 8th, 15th, 22nd

**Time:** 9:00 AM - 3:00 PM

**Contact:** Call 464-3764 for more  
information.

*Take charge of your health—get tested!*

## World Mission Sunday - October 20, 2024

World Mission Sunday, celebrated on the  
second-to-last Sunday of October, is a  
day set aside by the Catholic Church to  
remember and support the mission work  
being done around the world. Pope  
Francis has chosen the theme "Go and  
invite everyone to the banquet," inspired  
by the parable of the wedding banquet in  
Matthew 22:9. This theme emphasizes  
two core aspects: Going Out: It's a call to  
be active and engaged in spreading the  
faith. Inviting Everyone: It calls on us to  
welcome everyone to the feast of the  
Eucharist and the ultimate banquet in the  
Kingdom of God. Details of Mission  
Month activities in our Diocese will be  
given in subsequent announcements.

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## CATECHETICAL NOTICE

We **WELCOME** all parents, families,  
children, young people and the Parish  
Community to the New Catechetical &  
Pastoral Year. This year we will be  
working under several themes:  
**Catechists: Missionaries of Healing  
and Service.** We are embarking on a  
rigorous task of finding those families  
who have not enrolled their children in  
any religious programmes and activities.

The catechists have been "church auntie  
goddies" to families who drop off their  
children to Mass and we will continue to  
do so to give the children a spiritual  
foundation to help them navigate the  
society and all that is happening. There  
is a special seating area for them. The  
community is encouraged to do its part in  
mentoring these children and families.  
Families are unable to attend Mass for  
various reasons. We all have to play our  
part in being Missionaries of Healing and  
Service. We are also moving into the  
celebration of the Jubilee Year under the  
theme: Pilgrims of Hope and the Mission  
Sunday theme is: Go and Invite Everyone  
to the Banquet. Join us as we work  
together being Missionaries of Healing  
and Service, in the Jubilee Year, being  
Pilgrims of Hope to all, Inviting  
Everyone to the Banquet.

## LAST WEEK'S COLLECTION 1st September, 2024

	1st	2nd
Cathedral Saturday	\$ 2,543.20	\$673.85
Sunday 7:00 am	\$2,770.36	\$ 572.67
9:00 am	\$2,109.80	\$ 484.64
Potters	\$ 503.40	\$ 56.55
Parham	\$ 515.00	\$ 180.00
Villa	\$ 874.60	\$ 309.85
Donovans	\$ 227.45	\$ 208.00
Diocesan Schools	\$ 180.00	

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.

**Catechetical Sunday 2024**, 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. 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.**

### \*\*\*\*\* CATECHETICAL SESSIONS FOR THE FOLLOWING GROUPS:

**Existing Confirmation groups** 1st and 2nd Year -Saturday 21st September at 11:00 a.m.

**Sunday School group:** Parents who registered for this day - the first session with you and the children will be on **Sunday 22nd September after 9 a.m.** Mass. Please meet at the Pastoral Centre.

**Monday Religious Education Class:** Parents who registered for this group - the first meeting for you and the children will be on **Monday 23rd at 4:45 p.m.** in the Pastoral Centre.

**First Communion newly registered group:** Parents and children are invited to the orientation session on **Tuesday 24th at 4:45 p.m.** in the Pastoral Centre.

**The newly registered Confirmation Group** will have their orientation in October. Date and time will be announced. Parents, please take note. We look forward to our faith journey together.

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**C A T E C H I S T P R A Y E R BREAKFAST IS BACK!** Keep the date Saturday October 19 free! Join us for a morning of Praise, Worship, Reflection and Discussions over Breakfast from 9:00 a.m. to 11:00 a.m. Venue and Cost will be given in a subsequent announcement. Proceeds in aid of our Catechetical Ministry's Spiritual and Community Outreach Programme.

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

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

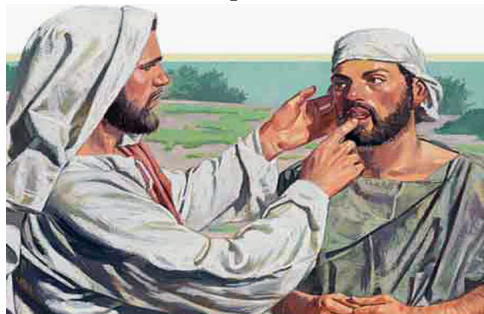
### \*\*\*\*\* MASS FOR THE SICK AND ELDERLY

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**  
**8th September, 2024**

***First Reading: Isaiah 35: 4-7***  
***Responsorial Psalm: 146: 7-10***  
***Second Reading: James 2: 1-5***  
***Gospel: Mark 7: 31-37***

*"Be opened"*



**Readings for Monday to Saturday**

**Monday 9th September**

1 Corinthians 5: 1-8  
Psalm 5: 5-7, 12  
Luke 6: 6-11  
**St. Peter Claver, Priest**

**Tuesday 10th September**

1 Corinthians 6: 1-11  
Psalm 149: 1-6, 9  
Luke 6: 12-19

**Wednesday 11th September**

1 Corinthians 7: 25-31  
Psalm 45: 11-12, 14-17  
Luke 6: 20-26

**Thursday 12th September**

1 Corinthians 8: 1-7, 11-13  
Psalm 139: 1-3, 13-14, 23-24  
Luke 6: 27-38

**Most Holy Name of Mary**

**Friday 13th September**

1 Corinthians 9: 16-19, 22-27  
Psalm 84: 3-6, 12  
Luke 6: 39-42

**St. John Chrysostom, bishop & doctor**

**Saturday 14th September**

Numbers 21: 4-9  
Psalm 78: 1-2, 34-38  
Philippians 2: 6-11  
John 3: 13-17

**Feast of the Exaltation of the Holy Cross**

**WHAT THE FIRST READING  
SAYS TO ME**

This passage is attributed to Second Isaiah and addressed to the exiles in Babylon, who are about to go home. The return from exile was seen as God's redemptive act, hence one accompanied by miraculous healings as a sign of God's redemptive presence. "Here is your God,... he comes to save you." Later the early Church applied this poem to the saving ministry of Jesus, and we have an example of this in today's Gospel. Human beings, handicapped in various ways, turn to God and pray with the words of the Responsorial Psalm.

**WHAT THE SECOND READING  
SAYS TO ME**

James has some advice for the hospitality committee of your parish and for all of us. Can strangers, people of other races, young and old feel welcome or are they just tolerated in your church? What can you do?

**WHAT THE GOSPEL SAYS TO  
ME**

We must be careful to note that Mark wants us to see the miracles of Jesus as signs of a hidden reality to come. Jesus is not like the traditional miracle-workers circulating in his day; his miracles are not ends in themselves. Mark brings this out by having Jesus order silence time and again after each miracle. Hence, we must meditate on what Mark wants to teach by relating this tradition.

We offer a few suggestions. We may know some people who are deaf to God's word. As the friends of the deaf man did, we could make them acquainted with our Lord. The reading shows that Jesus is concerned; he takes the handicapped man aside and heals him utilizing some of the gestures that healers of the time also use and are thus likely to be understood by the poor man before him who is undoubtedly a pagan (symbolism of our Sacraments!). Are you concerned about those who are deaf to God's word? You could talk with them and introduce them to your priest.

**The Story of the Exaltation of the  
Holy Cross - 14th September**

Early in the fourth century, Saint Helena, mother of the Roman Emperor Constantine, went to Jerusalem in search of the holy places of Christ's life. She razed the second-century Temple of Aphrodite, which tradition held was built over the Savior's tomb, and her son built the Basilica of the Holy Sepulcher on that spot. During the excavation, workers found three crosses. Legend has it that the one on which Jesus died was identified when its touch healed a dying woman. The cross immediately became an object of veneration. At a Good Friday celebration in Jerusalem toward the end of the fourth century, according to an eyewitness, the wood was taken out of its silver container and placed on a table together with the inscription Pilate ordered placed above Jesus' head: Then "all the people pass through one by one; all of them bow down, touching the cross and the inscription, first with their foreheads, then with their eyes; and, after kissing the cross, they move on."

To this day, the Eastern Churches, Catholic and Orthodox alike, celebrate the Exaltation of the Holy Cross on the September anniversary of the basilica's dedication. The feast entered the Western calendar in the seventh century after Emperor Heraclius recovered the cross from the Persians, who had carried it off in 614, 15 years earlier. According to the story, the emperor intended to carry the cross back into Jerusalem himself, but was unable to move forward until he took off his imperial garb and became a barefoot pilgrim.

**Reflection —** The cross is today the universal image of Christian belief. Countless generations of artists have turned it into a thing of beauty to be carried in procession or worn as jewelry. To the eyes of the first Christians, it had no beauty. It stood outside too many city walls, decorated only with decaying corpses, as a threat to anyone who defied Rome's authority—including Christians who refused sacrifice to Roman gods. Although believers spoke of the cross as the instrument of salvation, it seldom appeared in Christian art unless disguised as an anchor or the Chi-Rho until after Constantine's edict of toleration.





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**WE KEEP GETTING  
BETTER EVERYDAY**