



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

"The Profession of Faith"

1ST SUNDAY OF LENT - 9th March, 2025 - C

WEEKDAY MASS SCHEDULE FOR THE LENTEN SEASON

Mondays

Holy Family Cathedral - 6:00 am

Tuesdays

Holy Family Cathedral 6:00 am
Potters - 6:00 pm

Wednesdays

Holy Family Cathedral - 6:00 am
Villa - 6:00 pm

Thursdays

Holy Family Cathedral- 6:00 am
Villa - 6:00 pm

Fridays

Holy Family Cathedral
6:00 am & 12:15 pm

Saturdays

Holy Family Cathedral - 8:00 am

Catholic Radio is now offering a new service for our community. Families can now have funeral announcements broadcasted on Catholic Radio to inform friends, relatives, and the wider community about the passing of their loved ones and the details of the funeral services. For more information and to arrange for a funeral announcement, please contact the **Pastoral Office** at **562-2693**.

May this service bring comfort and support to our parish members during their time of loss.

Marriage Preparation Class will begin on 15th March from 9:00 am in the Pastoral Centre. Interested couples can collect a registration form at the Pastoral Centre or at Tyrells Office.

Adoration of the Blessed Sacrament continues every Friday immediately after the 12:15pm Mass until 7:00pm in Holy Family Cathedral chapel. All are invited.

Parishioners are advised that priests are available for confessions immediately after the weekday Masses and after Mass on Saturdays until 12:00 noon. You can also call the Parish Office and make an appointment to see a priest for confession.

Stations of the Cross will be held at 7:00 pm every Friday evening for the season of Lent.

On Friday 14th March, 2025 Stations of the Cross will begin at 6:00 pm and Lenten Mission will begin at 7:00 pm. Please be guided according.

JUBILEE SACRED SITE PHOTO

BOOTH: Place take your photo at the photo booth at the front entrance of the Cathedral and make it your profile picture for the Jubilee year. Share on your status, with your friends and family and proclaim "You are a Pilgrim of Hope."

LENTEN MISSION - March 10th—14th at Holy Family Cathedral - 7:00 pm nightly under the theme: Reconciliation with Bishop Robert Llanos

THE CATHEDRAL BOOK STORE is having a SALE on Lenten books - cost **\$5.00 each. Available are :-**

- The Way of the Cross Booklet
- Daily Reflection for LENT
- Outlines of the Catholic Faith

Rosaries are also available in white and yellow & blue. Seeds of Faith Books will be given away with your Lenten Purchase.

The annual **ST. JOSEPH'S DAY FUNDRAISING LUNCH** will be held on Saturday, 22nd March, 2025 from 12 noon to 2:00 p.m. on the grounds of St. Joseph's Academy. On the menu will be baked and barbecued chicken, jerked and stewed pork and saltfish. Each entre is served with a selection of side dishes. All meals are \$30. Fish meals, which are \$35, will be 'pre-orders only' and must be done through the school's office.

A complimentary Local Juice is provided with every meal. For additional information or group orders please call 462-2121 or 779-0900.

LAST WEEK'S COLLECTION *2nd March, 2025*

Cathedral	1st	2nd
Saturday	\$2,240.89	\$ 405.25
Sunday 7:00 am	\$1,295.56	\$ 359.22
9:00 am	\$2,067.18	\$ 478.99
Out Stations		
Potters	\$ 328.25	\$ 112.10
Parham	\$ 696.75	\$ 232.67
Villa	\$1,162.94	\$ 364.30
Diocesan Schools	\$ 20.00	

Thanks for your Generosity

"DIVINE MERCY ASSOCIATION IN FORMATION"

Holy Family Cathedral and Our Lady of Perpetual Help Parishes are in the PROCESS of Forming A DIVINE MERCY ASSOCIATION.

The Necessary Research and Fact Finding are in Process. Persons who are Interested in becoming Members of this Association may contact any of the following persons:

HFC Parish:

-Deacon Paddy Benjamin
-Deacon Rosario - Hispanic Community
-Ms. A Agnes Blaize.

OLPH Parish:

-Fr. Astu Jean-Paul Sade

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, Arnold Gomes, Jean James, Conrad Looby, Cecelia John, Justin Joseph, Carmen Ambrose, Tyler Lockhart, Joan Underwood, Cosmas Rowe, Andrea Brown, Rose Margetson, Niethia Dyer, Victor Charles, Junie Browne, Andrea Canterbury, Colette Simon, Brenda Frederick, Elma Skerritt.



Jubilee of Volunteering

8th - 9th March 2025

WHO IS A VOLUNTEER? WHAT IS VOLUNTEERING?

This word has many meanings in Catholic settings. Each diocese/eparchy or parish can establish parameters for what it exactly means for each context, but here are a few thoughts about who can be included within the broad category of "volunteering." This is not an exclusive list, but may spark your own creativity:

- ◆ Parishioners who volunteer for one or more of the ministries in a parish community (i.e., liturgical ministers, church council members, children's catechists, musicians or choir members, food pantry support, soup kitchen, Knights of Columbus, altar servers, non-paid ministry coordinators, etc.).
- ◆ Lay Catholics who give of their time and giftedness to the civic community (i.e., docents, volunteer firefighters, community clean-up work, non-paid assisted living support, those who assist with secular poverty programs and shelters, those who coordinate community social events, etc.).
- ◆ Lay Catholics who are active on the regional, national, or global level through volunteer based service and/or mission organizations (i.e., Catholic Volunteer Network, Catholic Charities, Catholic Relief Services, Jesuit Volunteer Corps, Glenmary, Maryknoll, Nazareth Farm, Amate House, Habitat for Humanity, Appalachia Service Project, AmeriCorps, Teach for America, Greenpeace, Mercy Volunteer Corps, Franciscan Mission Service, Salesian Lay Missioners, etc.).

The heart of a volunteer exudes a generous devotion to service for others and the mission of the Gospel. In upholding the dignity of every person, volunteers are stewards of the gifts God has given them to advance the work of the Church, to alleviate human suffering, or to contribute to the transformation of the world.

A FEW KEY SAINTS & BLESSEDS - *Holy Companions for Lay Volunteers*

- St. Zita (1212-1272, feast day April 27), patron of single laywomen, domestic workers, and service work; well-known for humility, meekness, and generosity, she was a domestic servant for a rich Italian household while also spending additional time serving the poor and sick in their homes in the community.
- Bl. Pier Giorgio Frassati (1901-1925, feast day July 4), lay volunteer, athlete, student, activist, member of the Third Order of Saint Dominic, beloved among the poor and marginalized, and declared the "Man of the Beatitudes"; engaged in regular acts of Christian charity, service, and support, especially for the sick and dying people of Turin, Italy. Died of polio at young adult age of 25 while ministering to polio victims.
- Bl. Michael McGivney (1852-1890, feast day August 13), founder of the Knights of Columbus (in 1882) and filled with a "zeal for the proclamation of the Gospel and generous concern for his brothers and sisters" that "made him an outstanding witness of Christian solidarity and fraternal assistance."

PRAYER FOR LAY VOLUNTEERS - *Christifideles Laici Prayer*

O Most Blessed Virgin Mary, Mother of Christ and Mother of the Church, with joy and wonder we seek to make our own your Magnificat, joining you in your hymn of thankfulness and love. With you we give thanks to God, "whose mercy is from generation to generation", for the exalted vocation and the many forms of mission entrusted to the lay faithful. God has called each of them by name to live his own communion of love and holiness and to be one in the great family of God's children. He has sent them forth to shine with the light of Christ and to communicate the fire of the Spirit in every part of society through their life inspired by the gospel.

This Sunday's Readings

First Reading

Deuteronomy 26: 4-10

Responsorial Psalm

Psalms 91: 1-2, 10-15

Second Reading

Romans 10: 8-13

Gospel

Luke 4: 1-13

"If you are the Son of God tell this stone to turn into bread."



Readings for Monday to Saturday

Monday 10th March

Leviticus 19: 1-2, 11-18

Psalm 19: 8-10, 15

Matthew 25: 31-46

Tuesday 11th March

Isaiah 55: 10-11

Psalm 34: 4-7, 16-19

Matthew 6: 7-15

Wednesday 12th March

Jonah 3: 1-10

Psalm 51: 3-4, 12-13, 18-19

Luke 11: 29-32

Thursday 13th March

Esther C: 12, 14-16, 23-25

Psalm 138: 1-3, 7-8

Matthew 7: 7-12

Friday 14th March

Ezekiel 18: 21-28

Psalm 130: 1-8

Matthew 5: 20-26

Day of abstinence from meat.

Saturday 15th March

Deuteronomy 26: 16-19

Psalm 119: 1-2, 4-5, 7-8

Matthew 5: 43-48

WHAT THE FIRST READING SAYS TO ME

This reading is a "Eucharistic Confession," a confession of thanksgiving. It is taken from the ritual prescribed for the feast of the harvest thanksgiving. "My father was a wandering Aramean...." Jacob (Israel), perpetually seeking pasture for his flock, ended up in Egypt where his clan first enjoyed prosperity and later was enslaved. Notice that the Exodus from Egypt "with terrifying power, with signs and wonders," has for the Jews a meaning similar to what the death and resurrection of our Lord Jesus Christ means to us Christians. Both are mighty acts of God resulting in liberation. Both inspire a Confession of Faith in which these mighty acts are recited. "Say to the Lord, 'My refuge and fortress, my God in whom I trust'".

WHAT THE SECOND READING SAYS TO ME

This reading contains a baptismal Confession: "If you confess with your mouth that Jesus is Lord,... you will be saved." Our Confession of Faith at baptism is now more elaborate, but the very core of it is that God has raised the Lord Jesus Christ from the dead and made him Lord. Pay special attention to your Profession of Faith during this worship service!

WHAT THE GOSPEL SAYS TO ME

Luke uses this tradition about our Lord to describe the temptations of the early Church. Notice the Confession: "One does not live on bread alone. You shall worship the Lord your God, and him alone shall you serve..... You shall not put the Lord, your God, to the test." Jesus was tempted to give up his vocation, the Church is tempted time and again to be unfaithful to her original calling, and we as individuals are tempted as well. We should be a "confessing" Church. Others should know clearly what we stand for. Could the above Confession of Faith inspire you during the week to come?

What is Lent?

Wednesday, March 5, 2025 -
Thursday, April 17, 2025

Lent is a 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully. We recall the waters of baptism in which we were also baptized into Christ's death, died to sin and evil, and began new life in Christ.

Many know of the tradition of abstaining from meat on Fridays during Lent, but we are also called to practice self-discipline and fast in other ways throughout the season. Contemplate the meaning and origins of the Lenten fasting tradition in this reflection. In addition, the giving of alms is one way to share God's gifts—not only through the distribution of money, but through the sharing of our time and talents. As St. John Chrysostom reminds us: "Not to enable the poor to share in our goods is to steal from them and deprive them of life. The goods we possess are not ours, but theirs." (Catechism of the Catholic Church, no. 2446).

In Lent, the baptized are called to renew their baptismal commitment as others prepare to be baptized through the Order of Christian Initiation of Adults, a period of learning and discernment for individuals who have declared their desire to become Catholics.





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