



# 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  
"We Should Glory In The Cross of Our Lord Jesus Christ"

**FEAST OF THE EXALTATION OF THE HOLY CROSS - 14th September, 2025 - C**

## WEEKDAY MASS SCHEDULE

### Monday

Holy Family Cathedral 6:00pm

### Tuesday

Holy Family Cathedral 6:00 am

St. Anthony's Potters 6:00pm

### Wednesday

Holy Family Cathedral 6:00pm

### Thursday

Holy Family Cathedral 6:00 am

St. Francis of Assisi, Villa 6:00pm

### Friday

Holy Family Cathedral 12:15 noon

### Saturday

Holy Family Cathedral 8:00am

The next **Marriage Preparation** course will be held from **September 20th at 10:00 am** and every Tuesday and Thursday after that date at 6:30pm in the Pastoral Centre. Interested couples can register at the Parish Office.

**The Marriage Enrichment Weekend** will take place on **October 3-5, 2025.**

**Venue:** Jolly Beach Resorts & Spa

The total cost for the All Inclusive weekend per couple will be around **US\$350.** Call the Pastoral Centre or Parish Office to register or register with any member of the Marriage Ministry.

**With gratitude to God,** we joyfully celebrate on **September 14, 2025,** the **12th Episcopal Anniversary of Bishop Robert A. Llanos.** We give thanks for his faithful service, spiritual leadership, and unwavering dedication to the people of God. Please join us in prayer as we honor this special milestone in his ministry. *To God be the Glory.*

## REGISTRATION FOR CATECHETICAL GROUPS:

ALL PARENTS with children and young people in the Catechetical programme and parents wishing to register for the new groups, are invited to the two mandatory parents' sessions on Tuesday 16th and Wednesday 17th September from 5-7 pm in the Pastoral Centre.

**DIOCESAN JUBILEE GATHERING OF CATECHISTS:** The Jubilee of Catechists will be celebrated in St. Kitts where the Catechists of the Diocese will meet from September 25 to 29.

On behalf of the Society of the Divine Word, I would like to extend our sincere gratitude for your support and kind wishes during the **150th anniversary celebrations** of our founding. We value and appreciate the contributions of all who joined us in commemorating this important milestone. May God bless us all as we continue to witness to His Light from everywhere for everyone.

We would also like to express our appreciation to Mr. Kim Burdon and Denielle Mondesire for their exceptional work on the plaque featuring our Founder and the successive Superior Generals.

**CATECHETICAL SUNDAY:** On Sunday 21st September we celebrate with all catechists in our region and beyond. The theme for 2025 is "Always be ready to give an explanation for a reason for your hope" (1 Pet 3:15). The theme encourages us to be prepared to share the basis of our faith, the Lord, and the hope he provides. The AEC Catechetical Commission added to the theme in recognition of the Jubilee Year; Catechists: Pilgrims of Hope, Nourished by the Word and the Eucharist. May all of us be ready to share this Hope.

## **OCTOBER IS MISSION MONTH!**

In a special way during the month of October we remember that every one of us is called to be a missionary—someone who shares God's love with others. Mission Month is a time to pray for people around the world who are helping those in need, especially in places where life is difficult. Even if we do not travel far, we can still be missionaries right here—by being kind, generous, and standing up for what's right. Let's ask ourselves: How can I share Jesus' love today?

Mission Month 2025 will be held under the theme **"Missionaries of Hope among the Nations".**

## **LAST WEEK'S COLLECTION** *7th September, 2025*

Cathedral	1st	2nd
Saturday 6:00 pm	\$2,282.89	\$699.18
Sunday 7:00 am	\$1,805.82	\$628.95
9:00 am	\$2,250.93	\$618.01
Hispanic	-	-
Out Stations		
Potters	\$233.00	\$142.95
Parham	\$723.00	\$186.00
Villa	\$821.31	\$200.55
Diocesan Schools	\$170.00	-

**Thanks for your Generosity**

**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 Dyier, Victor Charles, Junie Browne, Colette Simon, Brenda Frederick, Elma Skerritt, Yvonne Watkins, Anthony Mathurin, Derrick Louisor.

**Prayer for Protection during the Hurricane Season.**

O God, Master of this passing world, hear the humble voices of your children. The Sea of Galilee obeyed your order and returned to its former quietude. You are still the Master of land and sea. We live in the shadow of a danger over which we have no control. During this hurricane season we turn to You, O loving Father. Spare us from past tragedies whose memories are still so vivid and whose wounds seem to refuse to heal with the passing of time. O Virgin, Star of the Sea, our beloved Mother, we ask you to plead with your Son on our behalf, so that spared from the calamities common to this area and animated with a true spirit of gratitude, we will walk in the footsteps of your Divine Son to reach the heavenly Jerusalem, where a stormless eternity awaits us. Amen.

**THE JUBILEE PRAYER (AMENDED)**

Father in heaven, may the faith you have given us in your Son, Jesus Christ, our brother and the flame of charity enkindled in our hearts by the Holy Spirit, reawaken in us the blessed hope for the coming of your Kingdom. May the grace of the Jubilee reawaken in us, Pilgrims of Hope, a yearning for the treasures of heaven. May that same grace spread the joy and peace of our Redeemer throughout the earth. To you our God, eternally blessed, be glory and praise for ever. Amen

**The Catholic Charismatic Renewal Prayer Group celebrates its 48th Anniversary under the theme**

*"Empowered by the Holy Spirit, the Source of Hope."*  
**(Romans 15:13)**

**Activities:**

**Sunday 21st September** – Mass at St. Anthony’s Church Potters – **11:00 am**

**Wednesday 24th September** – Praise & Worship – Presentation by Fr. Arnold Francis – **7:00 pm**

**Thursday 25th September** – presentation by Fr. Arnold Francis with exposition of the Blessed Sacrament and Healing – **7:00 pm**

**Friday 26th September** – Eucharistic Celebration in memory of our deceased members. We invite family and friends of the deceased to join us – **7:00 pm**

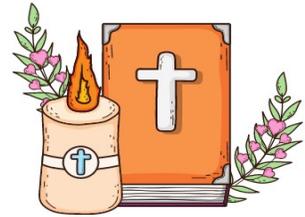
**The names of the deceased are:**

- ◆ Agnes Simon Anthony
- ◆ Johnson Laudat
- ◆ Ashmette Obrien
- ◆ James Daley
- ◆ Marie Attico
- ◆ Catherine Daley,
- ◆ Olivette Lloyde
- ◆ Magdalene Daley
- ◆ Annie Jules
- ◆ Alexandrina Liverpool
- ◆ Esme Stevens
- ◆ Martha Cooman
- ◆ Delphina Tannis
- ◆ Doris Skerrit
- ◆ Yvonne Henry
- ◆ Edmond Blaize
- ◆ Cynthia Smith
- ◆ Maria Blaize
- ◆ Ann Simmons

Fr. George Franklin (St Croix) Facilitator



**LECTIO DIVINA**



*"The Cross of Christ is about Love, Hope & Salvation"*

**Read:** The Israelites lose faith in God and are bitten by fiery serpents. The people’s gaze towards the bronze serpent expresses renewed trust in God. God sent his Son to save us. We look to the cross of Christ with hope and trust in his victory.

**Reflect:** The cross was an instrument of agonizing death, so why do we give it exalted status? We do so because of the One who was nailed to it. Only Jesus, God made man, could break the bonds of sin and death and he did so by dying on the cross and rising again. Jesus changed the cross from being an object of shame into a means of victory. By faith we realize that the cross of Christ is about love, hope and salvation. The cross becomes the greatest expression of God’s infinite love for us and in turn, by our fidelity to him in our sufferings, the cross becomes the greatest expression of our love for him. Let’s imitate the Lord. Let’s share in his cross, so as to share in his glory.

**Pray:** Meditate with a crucifix today. Look upon the cross and adore Christ your Saviour.

**Act:** Help shoulder the burden of Christ’s cross in another person’s life.

## READINGS FOR THE WEEK

### Sunday 14th September

#### *First Reading*

Numbers 21: 4-9

#### *Responsorial Psalm*

Psalm 78: 1-2, 34-38

#### *Second Reading*

Philippians 2: 6-11

#### *Gospel*

John 3: 13-17



*"God so Loved The World He Gave His Only Son."*

### Monday 15th September

1 Timothy 2: 1-8

Psalm 28: 2, 7-9

John 19: 25-27 / Luke 2: 33-35

#### *Our Lady of Sorrows*

### Tuesday 16th September

1 Timothy 3: 1-13

Psalm 101: 1-3, 5-6

Luke 7: 11-17

*St. Cornelius, pope, & St. Cyprian, bishop, martyrs*

### Wednesday 17th September

1 Timothy 3: 14-16

Psalm 111: 1-6

Luke 7: 31-35

*St. Hildegard of Bingen, virgin & doctor*

*St. Robert Bellarmine, bishop & doctor*

### Thursday 18th September

1 Timothy 4: 12-16

Psalm 111: 7-10

Luke 7: 36-50

### Friday 19th September

1 Timothy 6: 2-12

Psalm 49: 6-10, 17-20

Luke 8: 1-3

*St. Januarius, bishop & martyr*

### Saturday 20th September

1 Timothy 6: 13-16

Psalm 100: 1-5

Luke 8: 4-15

*St. Andrew Kim Taegön, priest,  
St. Paul Chông Hasang & companions, martyrs*

## WHAT THE 1ST READING SAYS TO ME

This tradition tells us about the Jews in the desert who were bitten by snakes and looked to the bronze serpent lifted up or "exalted" as a symbol of salvation. By doing so with faith in God, they recovered.

The reading introduces us to Jesus' saying to Nicodemus in today's Gospel. When we are wounded by evil, in faith we should look at the sign of our salvation, Jesus crucified. God, in the Lord Jesus, is willing to forgive. With this in mind, read the Responsorial Psalm.

## WHAT THE 2ND READING SAYS TO ME

In this reading too there is reference to "lifting up" or "exaltation". Because of Jesus' humble obedience, God highly exalted him. And as lifted up or exalted, our Lord grants salvation. We kneel down in respect, for Jesus Christ is Lord. "We acknowledge the mystery of the cross on earth. May we receive the gift of redemption in heaven".

## WHAT THE GOSPEL SAYS TO ME

Jesus refers to the incident of the First Reading, where we read about Moses mounting a bronze serpent, symbol of salvation, on a pole. In both cases, there is a lifting up. In this passage "lifting up" is deliberately given a double meaning. It refers to Jesus Christ as lifted up in the resurrection and ascension into heaven whence he confers salvation on all of us.

If there is reference to looking at the cross as symbol of salvation, it is of course to be understood as "looking at in faith." When sinners turn to the "lifted up" Lord Jesus, their sins will be forgiven.

## Saint of the Day - September 15, 2025 *The Story of Our Lady of Sorrows*

For a while there were two feasts in honor of the Sorrowful Mother: one going back to the 15th century, the other to the 17th century. For a while both were celebrated by the universal Church: one on the Friday before Palm Sunday, the other in September.

The principal biblical references to Mary's sorrows are in Luke 2:35 and John 19:26-27. The Lucan passage is Simeon's prediction about a sword piercing Mary's soul; the Johannine passage relates Jesus' words from the cross to Mary and to the beloved disciple.

Many early Church writers interpret the sword as Mary's sorrows, especially as she saw Jesus die on the cross. Thus, the two passages are brought together as prediction and fulfillment.

Saint Ambrose in particular sees Mary as a sorrowful yet powerful figure at the cross. Mary stood fearlessly at the cross while others fled. Mary looked on her Son's wounds with pity, but saw in them the salvation of the world. As Jesus hung on the cross, Mary did not fear to be killed, but offered herself to her persecutors.

## Reflection

John's account of Jesus' death is highly symbolic. When Jesus gives the beloved disciple to Mary, we are invited to appreciate Mary's role in the Church: She symbolizes the Church; the beloved disciple represents all believers. As Mary mothered Jesus, she is now mother to all his followers. Furthermore, as Jesus died, he handed over his Spirit. Mary and the Spirit cooperate in begetting new children of God—almost an echo of Luke's account of Jesus' conception. Christians can trust that they will continue to experience the caring presence of Mary and Jesus' Spirit throughout their lives and throughout history.



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