



# 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 ♦ 461-1127

*"Law and Freedom?"*

6th SUNDAY IN ORDINARY TIME - 12th February, 2023 - A

**THE CATHEDRAL BOOK  
STORE IS LOCATED IN THE  
PASTORAL  
CENTRE.**



\*\*\*\*\*

**PASTORAL PROGRAM AT  
HOLY FAMILY CATHEDRAL  
PARISH**

**FEEDING PROGRAM - for the  
Shut-Ins and the Elderly, is  
ongoing.  
HOME - for the Elderly -**

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 Feeding Program**  
Parishioners who know of individuals  
in need of lunches, are asked to  
contact Fr. George or the Pastoral  
Centre.

\*\*\*\*\*

**The Parish now has an Ice Machine.**  
Parishioners can get bags of ice at  
\$5:00 per bag. Order your ice one  
week in advance.

\*\*\*\*\*

**Parishioners are advised** that only  
11 Bible Diaries are left. The cost is  
\$80.00.

\*\*\*\*\*

**ASH WEDNESDAY - Mass**

Cathedral ...6:00 am and 7:00 pm  
Christ the King ...8:00 am  
St Joseph's Academy 12:00 noon  
St Francis of Assisi, Villa 6:00 pm

\*\*\*\*\*

On Wednesday 15th February at 6:00  
pm there will be a memorial Mass for  
Marcel and David Toulon, the son  
and brother of our sister Clemie  
Toulon. May their souls rest in peace.

\*\*\*\*\*

***"Be still and know that I am  
God" (Ps. 64:10)***

**Mount Tabor Retreat Centre** will  
host a **Contemplative Prayer Retreat**  
on Saturday, February 25, 2023. The  
fee per person is \$25 EC.

For more information and to register  
please contact Mrs. Janice Anton @  
728-7735.

\*\*\*\*\*

**The next Marriage Preparation  
Course** will be held in March.  
Couples planning to get married this  
year are encouraged to pick up a  
registration form at the Pastoral  
Centre or at Our Lady of Perpetual

The St. Lucian community in Antigua  
are invited to celebrate the 44th  
Independence Anniversary on Sunday  
19th February at St. Francis of Assisi  
Church in Villa at 11:00 am.

\*\*\*\*\*

**Medical Benefits Heartbeat Walk.**  
**Join the Catechists and young people**  
as we strive for healthy faith, body,  
mind and soul. Register at the Pastoral  
Centre so we can register as a large  
church group. Get your green shirts  
ready!

\*\*\*\*\*

**Fr. George would like to thank those  
who** contributed to funds in quick  
time for relief assistance to our  
brothers and sisters from Africa. To  
date, we have been able to raise so far  
\$10,000 dollars. Thanks must also be  
extended to some of our non Catholics  
for their contribution. The funds will  
be used to purchase groceries to  
distribute among 47 persons in need  
for a period of three months.

We would like to report that the net  
profit of the proceeds from the  
Christmas dinner is \$27,000. The  
funds will be distributed as follows:

\$10,000 allocated to the Youth Centre  
\$17,000 allocated to the St. Francis  
home for the Poor. Fr. George would  
like once again to thank those who  
assisted and supported the dinner.

\*\*\*\*\*

February is Black History Month,  
where we focus on the contributions of  
black people to the development of our  
culture and society as a whole. In that  
regard, the Parish Council invites you  
to join in solidarity by wearing the  
colors, fabrics, African or national  
dress of your choice to the weekend  
Masses on the 25th and 26th of  
February 2023.

## LAST WEEK'S COLLECTION

5th February, 2023

	1st	2nd
Cathedral Saturday	\$2,872.25	\$ 816.35
Sunday 7:00 am	\$1,647.35	\$ 479.56
9:00 am	\$2,167.82	\$ 571.25
Parham	\$1,404.40	\$ 135.20
Potters	\$ 980.00	\$ 419.00
Villa	\$1,416.70	\$ 669.25
Hispanic	\$ 241.55	\$ xxx
Diocesan Schools	\$ 105.00	

**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.

\*\*\*\*\*

**Parishioners are advised that the following Synodality synthesis comes into effect in parish management for a five year period at the first instance. All are encouraged to be part of this new parish experience.**

Theme for five Years Pastoral plan "Enlarge the place of your tent, stretch your tent curtains wide, do not hold back; lengthen your cords, strengthen your stakes" (Is 54:2).  
Sub- theme : January 2023 to January 2024

A call to Missionary Discipleship .(Pastoral Exhortation 2020 ( Bishop Robert Llanos pastoral letter.)

#### Agenda

1. Formation and training on the concept of "A Call to Missionary Discipleship" Pastoral Exhortation 2020 by Bishop Robert Llanos.
2. Continued interactions among groups in the parish with reference to gender theory and ideology
3. A review of all existing groups in the parish with consideration to consensus adoption guided by Synodality synthesis
4. Liturgical Review (preparation of Sunday Masses and other devotions).

5. Catechetical program and its effects on faith development among the children and youth.
6. Youth Program (contents and applicability to current needs).
7. Hospitality (welcoming atmosphere in the parish – existing and improvement).
8. Home Visitation (visiting the sick, ministering spiritual needs).
9. Focus on the spiritual needs of men (special efforts to reach out to lapsed Catholic men).
10. Networking in the form of evangelization (reaching out to those who are on the periphery).
11. Formation of women network at the parish level (to include single women, a non-judgmental approach towards inclusion).
12. Implementation team formation towards fundraising activities.
13. Additional support for the ongoing feeding program and assistance in support resources for the newly refurbished St. Francis Home for the Poor.
14. Bible and faith formation studies

\*\*\*\*\*

### *Our Catholic Life -*

**Ash Wednesday is a solemn reminder of human mortality and the need for reconciliation with God** and marks the beginning of the penitential Lenten season. It is commonly observed with ashes and fasting. Ash Wednesday – officially known as the Day of Ashes – is a day of repentance, when **Christians confess their sins and profess their devotion to God**. During a Mass, a priest places the ashes on a worshiper's forehead in the shape of a cross. Purple is associated with Lent, the religious period of fasting, penance, almsgiving, and prayer that begins on Ash Wednesday and lasts 40 days as it leads up to Easter, the celebration of Christ's resurrection. The ash cross marking observers' foreheads is meant **to represent mortality and penance for their sins**. It is applied by a priest during a morning mass, often along with a small blessing: "Remember that you are dust and to dust you shall return." Many choose to keep it on all day. Also, on Ash Wednesday, Good Friday and all Fridays during Lent, adult Catholics over the age of 14 **abstain from eating meat**. During these days, it is not acceptable to eat lamb, chicken, beef, pork, ham, deer and most other meats. However, eggs, milk, fish, grains, and fruits and vegetables are all allowed.

There are also no limits on most beverages you can have on Ash Wednesday, so coffee and tea would be acceptable. Children, the elderly, pregnant women and those with certain health conditions are exempt from fasting on Ash Wednesday and during Lent. Lent comes from the Anglo Saxon word *lencten*, meaning "lengthen" and refers to the lengthening days of spring. The forty days **represents the time Jesus spent in the wilderness, enduring the temptation of Satan and preparing to begin his ministry**.

\*\*\*\*\*  
**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**. Above all, grant us the grace to acknowledge your will and know that whatever you do, you do for the love of us. Amen.

Shawn Phillip, Gillian Howie, Nelister Sebastian, Catherine Durand, Dion Thomas, Georgina-Glave-Toussaint, Catherine DeTouche, Edward Lewis, David Morris, Gweneth Bryan, Shanla Carr, John Willock, Arnold Gomes, Patrick Skerritt, Marion Warren, Auchland Jarvis, Jean James, Conrad Looby, Cecelia John, Natalie Masscott, Justin Joseph, Carmen Ambrose, Tyler Lockhart., Joan Underwood, Yvonne Watkins, Cosmas Rowe, Novelle Ford, Andrea Brown, Latoya Edmun-Joseph, Rose Margetson.

\*\*\*\*\*  
Holy Family Cathedral Parish presents The Passion and the Pan. A Spirit filled outdoor event on the lawn (the east parking lot).

Sunday 2nd April, 2023 at 5:30 pm

Tickets are \$10.00 for adults  
\$ 5.00 for children

Come and be enlightened. Come and be blessed.

**This Sunday's Readings**  
**12th February, 2023**

**First Reading: Sirach 15: 15-20**

**Responsorial Psalm: *Blessed are they who follow the law of the Lord.***

**Second Reading: 1 Corinthians 2: 6-10**

**Gospel: Matthew 5: 17- 37**

**Readings for Monday to Saturday**

**Monday 13th Genesis 4: 1-15, 25**  
**Psalm 50: 1,8,16,17,20,21**  
**Mark 8: 11-13**

**Tuesday 14th Genesis 6: 5-8; 7: 1-5, 10**  
**Psalm 29: 1,2,3,4,9,10**  
**Mark 8: 14 - 21**

St Cyril, monk & St. Methodius, bishop  
**Wednesday 15th Genesis 8: 6-13, 20-22**  
**Psalm 116: 12-15, 18,19**  
**Mark 8: 22-26**

**Thursday 16th Genesis 9: 1-13**  
**Psalm 102: 16 - 23, 29**  
**Mark 8: 27-33**

**Friday 17th Genesis 11: 1 - 9**  
**Psalm 33: 10-15**  
**Mark 8: 34—9:1**

*The Seven Holy Founders of the Servite Order*

**Saturday 18th Hebrews 11: 1-7**  
**Psalm 145: 2-5, 10,11**  
**Mark 9: 2-13**  
*Blessed Virgin Mary*

**WHAT THE 1ST READING SAYS TO ME:**

God's wisdom tells us that we must be careful with statements often made by contemporary psychologists who try to do away with human responsibility for evil committed. A breakdown of authority in the family, the Church, and the state, resulting in a high rate of juvenile delinquency, might have something to do with a certain kind of psychology, taught for several decades. THIS Bible passage does not deny that human beings need the grace of God to be good, neither does it disclaim determining circumstances that can lessen their subjective guilt. But as a whole, human freedom means that people can choose good and avoid evil. Certainly we cannot make God responsible for evil in the world! If this world is in a bad state, it is people who have made it so! Pray with the psalmist. "God give me discernment, that I may observe your law and keep it with all my heart."

**WHAT THE 2ND READING SAYS TO ME:**

Nobody wants to be considered ignorant or lacking in understanding. Wisdom is a great asset. Paul speaks of a wisdom of this age. It is a wisdom put on a higher level, since the wisdom of God is hidden in it. That wisdom, the insight of faith, may help us to make the right decisions in life. We should pray that the Spirit may give us discernment in confused situations. And existing laws, reflecting what other people have done could be guidelines to find out what is the loving thing to do is in our life situations.

**WHAT THE GOSPEL SAYS TO ME:** Jesus did not come to do away with the law, but to reinterpret it and raise it to a different level. "Jesus stresses that we should pay attention not just to what is actually done, but also to the inner motive, which is known only to ourselves and to God. It is principally this inner motive that constitutes our aversion from or conversion to God, and for which we will have to account. In strong Semitic language, Jesus draws a black-versus-white picture. The idea is clear, God claims our whole selves in the entirety of love.

**KNOW YOUR CHURCH**

CNA Newsroom, Feb 7, 2023 / 14:20 pm

A statue of the Virgin Mary was untouched after the collapse of a Catholic cathedral in an earthquake that struck Turkey and Syria on Monday, inflicting heavy damage with a death toll already exceeding 6,000 and leaving thousands more injured. The image of Our Lady was unharmed in the quake that brought down Annunciation Cathedral in the city of Alexandretta in the Turkish province of Hatay. The cathedral was the main church of the Apostolic Vicariate of Anatolia.

On Facebook, Father Antuan Ilgit, a Turkish Jesuit priest, asked the faithful to "pray for us and for the people. It was a powerful earthquake. We don't have definite news yet. However, our cathedral is no more!"

"Thank God we, our sisters, and our collaborators are well and we're trying to take in those who come to stay with us," he added.

"Now the living stones that need attention are here, and with the help of God we will be able to rebuild everything," Ilgit said.

"We are all in the refectory, which is more accessible, where we also celebrated Mass! I brought the image of the Madonna from the cathedral; this image will be our strength and with her we will face everything," he said. "We continue to trust in God and in his holy providence. It's raining, it's cold, and the tremors are very strong. We feel your closeness and count on it. We also hold beloved Syria in our hearts. May the Lord keep us in his love and be gracious to us!" the priest concluded. In the early hours of Monday, Feb. 6, a powerful 7.8-magnitude earthquake rocked southeastern Turkey and northwestern Syria. A few hours later, at around 1:30 p.m. local time, a second 7.5-magnitude earthquake struck central Turkey, bringing down more buildings. Turkey is located in one of the most active seismic zones in the world. The Turkish government has declared a level 4 state of emergency and has requested international assistance after more than a thousand buildings in various provinces in southern Turkey and northern Syria were demolished by the strong earthquake.

**CATECHETICAL NOTICES**

**ST. LWANGA AFTER SCHOOL CARE & HOMEWORK ASSISTANCE:** Are you looking for a safe environment for your school children? The St. Lwanga Youth Centre in Stapleton Lane in the same compound as St. Joseph's Academy is the place where your children can stay after school and where homework is supervised. Time: Monday to Friday 1:30 p.m. to 4:45 p.m. Cost: \$20.00 without a light meal and \$30.00 with a light meal. Call the Centre at 780-9688.





Restaurant and fresh pita bread  
Popeshead street  
562 6885 - 562 4136

**Signs AND Impressions**

**The QUICK Printing Specialist**  
**(268)562-4839 EXT#81**

**bss**  
business systems & supplies  
Office Equipment & Supplies

• Printers  
• Copiers  
• Furniture  
**(268)562-4839**

**FOOD BROKERAGE SERVICES LTD.**

Visit any of our three locations  
SOUTH STREET: 480-2000  
FRIARS HILL ROAD: 480-2017  
For the best, shop at F.B.S

EXOTIC ANTIGUA YOUR NUMBER 1 STORE FOR ALL YOUR CLOTHING NEEDS FOR MEN AND WOMEN WE ARE OPEN MONDAY TO SATURDAY FROM 9am to 5pm WITH NEW ARRIVALS EVERY 2 WEEKS CHECK US OUT TODAY REDCLIFFE QUAY TEL:562-1288.

Call #726-3412



“Download our App today from the Apple or Goggle Play Store for easy and convenient ordering.  
Eat and Earn Loyalty points via our App”.

**SPACE AVAILABLE**

**Harney Motors Ltd.**  
TOYOTA KIA FORD  
462-1062

**Ace Enterprises Ltd.**  
MITSUBISHI MAZDA SSANGYONG  
462-1289

**TOWNHOUSE MEGASTORE**

**SPACE AVAILABLE**

**THE LAND SHOP**  
**HAS**  
**NEW ARRIVALS/DISCOUNTS**  
And lots more  
TEL: 462-0746

**Lolita's Dream Home**  
Village Walk  
Now offering Fresh Flowers  
For all occasions  
Tel: 460-4663

**CARIB WORLD TRAVEL**  
**WESTERN UNION**  
Re-Opens - At Carib-World  
Tel: 480-2999 Ext 2982  
E-mail: info@carib-world.com

**BELLE VUE HEIGHTS SERVICE STATION**  
P O Box 420, All Saints Road  
Tel: 463-3938  
**WATSONS'S DRINK DEPOT & PARTY SNACKS**  
**TYRE MAXX / TYRE SPECIALISTS "NEW & USED"**



**Health & Contemporary Tourism Solutions Ltd.**  
**NEED DIALYSIS**

Visit us at: The Alhawash Building, Friars Hill Dev. WIOC Road. Mon - Sat. From 7 am. Call: 714 - 0253 for more info. Physiotherapy Services also offered.  
Dr B. Bird Tel: 732—7283

**SHOUL'S TOYS**  
**GIFTS &**  
**HOUSEWARES**

**ANTIGUA'S FAMILY STORE**  
**NEWGATES STREET**

Opening Hours -  
Mon to Sat 8:30am to 5:00pm

**SPACE AVAILABLE**

**JOHN F. SHOUL**

**HOUSEHOLD FURNISHINGS & ACCESSORIES**

“CLOTHING FOR THE ENTIRE FAMILY”

Mon to Sat 8:30am - 5:00pm

**SHOUL'S CHIEF STORE**

Market & St. Mary's Streets

1-268-462-1139/1140

**WE KEEP GETTING BETTER EVERYDAY**