



# 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  
"Holiness"

7th SUNDAY IN ORDINARY TIME - 19th February, 2023 - A

**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.  
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.

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**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.

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**Parishioners are advised** that only 4 Bible Diaries are left. The cost is \$80.00.

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**ASH WEDNESDAY - Mass**

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

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**"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.

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**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 Help's Parish Office.

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**The St. Joseph's Team** is a new established group of active men with a mission to work, pray, protect, fellowship and evangelize, imitating the examples of St. Joseph their patron saint. An invitation is extended to all gifted and active males to join us every Monday evening at 6:30pm in the Cathedral. For more information, please contact Deacon Duplessis at 771-6840.

We encourage and welcome all who wish to join us for the **MEDICAL BENEFITS HEARTBEAT WALK** as a church group on Sunday 19th February starting at 3:30 p.m. Warm up at 3:00 p.m. at the MBS Headquarters on Nevis Street. We will gather at the warm up time at the Cross St. corner. There is no registration fee. Wear something GREEN. There will be prizes for the largest group and the most creative green outfit. The route: From the MBS Headquarters, onto Independence Drive, onto Dickenson Bay Street, onto Fort Road to Anchorage Road, Halcyon Heights, Marble Hill, Friar's Hill Development by Xtreme Fitness, onto Friars Hill Road back to MBS Headquarters. Let our hearts beat!  
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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.

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**A Brief Survey of the Biblical Word**  
Beginning 1st March and every Wednesday during Lent Bible Study will be held in the Pastoral Centre from 6:30 pm to 7:30 pm with Fr. Jean Paul Sade. Please call 560-2693 or 461-1127 and register.

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**All Auxillary Members of the Legion of Mary** are invited to a meeting on Saturday 25th February at 9:00 am in Holy Family Cathedral with Fr. Jean Paul Sade. Please make a special effort to attend and to be on time.

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Fr. George sends out a hearty thank you to Ms. Daffodil Lockhart for her efforts in collecting \$6000.00 to help repair the Presbytery. May God continue his blessings on you.

## LAST WEEK'S COLLECTION

12th February, 2023

	1st	2nd
Cathedral Saturday	\$1,711.44	\$ 829.42
Sunday 7:00 am	\$1,250.70	\$ 211.35
9:00 am	\$4,019.82	\$ 964.35
Parham	\$1,144.35	\$ 128.74
Potters	\$580.55	\$ 187.05
Villa	\$ 901.00	\$ 160.00
Hispanic	\$ 360.65	\$ xxx
Diocesan Schools	\$ 190.00	

**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.

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**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

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### *Our Catholic Life -*

The Season of **LENT** starts on Ash Wednesday and ends on Holy Thursday before the Evening Mass of the Lord's Supper. From then until Easter Sunday the Church celebrates the Easter Triduum of Christ's passion and death, burial and resurrection. Lent is characterized by penance for our past sins, works of mercy especially towards the poor and personal preparation for the renewal of our baptismal promises at the Easter Vigil. Thus Lent has two features: penitential and baptismal. Our tears of penance renew in our hearts and souls the water of baptism.

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 *lencen*, meaning "lengthen" and refers to the lengthening days of spring. The forty days **represent the time Jesus spent in the wilderness, enduring the temptation of Satan and preparing to begin his ministry.**

## FRIDAYS IN LENT

Stations of the Cross will be led by the following at 6:00 pm at HFC every Friday for Lent.

- 24/02 Fr Jean Paul and Deacon George
- 03/03 Parish Deacons
- 10/03 Men's Fellowship
- 17/03 Sr. Annita
- 24/03 Parish Youth
- 30/03 Bishop—Road to the Cross
- 07/04 GOOD FRIDAY

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## 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 Skeritt, Marion Warren, Auchland Jarvis, Jean James, Conrad Looby, Cecelia John, Natalie Massicott, Justin Joseph, Carmen Ambrose, Tyler Lockhart., Joan Underwood, Yvonne Watkins, Cosmas Rowe, Novelle Ford, Andrea Brown, Latoya Edmun-Joseph, Rose Margetson.

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**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**  
**19th February, 2023**

**First Reading: Leviticus 19: 1-2, 17-18**

**Responsorial Psalm: *The Lord is kind and merciful.***

**Second Reading: 1 Corinthians 3:16-23**

**Gospel: Matthew 5: 38-48**

**Readings for Monday to Saturday**

**Monday 20th Sirach 1: 1-10**

**Psalm 93: 1,2,5**

**Mark 9: 14-29**

**Tuesday 21st Sirach 2: 1-11**

**Psalm 37: 3-4, 18-19, 27-28, 39-40**

**Mark 9: 30-37**

**St Peter Damian, bishop & doctor**

**Wednesday 22nd Joel 2: 12-18**

**2nd Corinthians 5: 20—6:2**

**Psalm 51: 3-6, 12-14 & 17**

**Matthew 6: 1-6, 16-18**

**Ash Wednesday**

**Thursday 23rd Deuteronomy 30: 15-20**

**Psalm 1: 1-4 & 6**

**Luke 9: 22-25**

**St. Polycarp, bishop & martyr**

**Friday 24th Isaiah 58: 1-9**

**Psalm 51: 3-6, 18-19**

**Matthew 9: 14 -15**

**Saturday 25th Isaiah 58: 9 -14**

**Psalm 86: 1-6**

**Luke 5: 27-32**

*"Love Your enemies, and pray for those who persecute you."*

**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.

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**YOUTH NIGHT** on Friday 24th February. All young people are invited to attend the Stations of the Cross at 7 pm and stay for Games night on the church grounds afterwards.

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

God's people are called to be holy, "for I, the Lord, your God, am holy." The verses that follow explain what is most essential for holiness. It all revolves around love, mercy, kindness, and compassion, as the Responsorial Psalm brings out so beautifully. "The Lord is kind and merciful." Hence, we should be the same.

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

There is dissension in the congregation of Corinth. How is this possible if Christians are aware that they are a temple of God and the Spirit dwells in them? Being smart, wise in a worldly way, and wanting to have it your way or no way is contrary to what Christians should be; they should be holy as depicted in the First reading and the Responsorial Psalm.

**WHAT THE GOSPEL SAYS TO ME:**

The Gospel is a continuation of Jesus' sermon of last Sunday. "Love your enemies!" A civil rights leader who strove to follow this command till he was ultimately killed comments:

"I am not speaking of love in a sentimental or affectionate sense. It would be nonsense to urge people to love their oppressors in an affectionate sense. When I refer to love in the context, I mean understanding good-will—we must in strength and humility meet hate with love."

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**Colours of Love**

The Marriage and Family Ministry would like to express their appreciation and gratitude to the many who have patronized and supported our recent edition of the Colours of Love. It was a wonderful evening, especially after the pandemic. Thank you and may God bless you!

**KNOW YOUR CHURCH**

**By Hannah Brockhaus**

Rome Newsroom, Feb 14, 2023 / 11:45 am The Catholic cardinal of Quebec said Tuesday that pastors are to be shepherds who help their people grow in a relationship with Jesus Christ, not "the boss" or manager of lay people.

Cardinal Gérald Cyprien Lacroix spoke at a Feb. 14 press conference previewing a three-day Vatican meeting on how to improve collaboration among lay people, priests, and bishops. Lacroix, the archbishop of Quebec and primate of Canada, will be giving a talk on the second day of the Feb. 16-18 conference on the role of pastors in effective co-responsibility.

"What is our role as priests and bishops in this beautiful adventure?" he asked. "Well, our main role is to be pastors. We're not managers, we're not the boss: We're pastors, shepherds."

"Helping the lay faithful," he continued, "helping our Church to encounter the Lord and to grow in a relationship with God. That is our mission."

The title of the conference is "Pastors and Lay Faithful Called to Walk Together." It has been organized by the Vatican's Dicastery for Laity, Family, and Life, headed by Cardinal Kevin Farrell.

The final day of the Vatican's invite-only meeting will be an audience with Pope Francis.

Lacroix told journalists Feb. 14 that part of effective co-responsibility is Catholics growing in love for the Lord together so that they can better fulfill their baptismal call to share the Gospel with others.

Within this, the role of pastors is, he said, "to make sure we are all walking together toward this same goal: to be missionary disciples of the Lord."

The cardinal emphasized that pastors need to be focused on the mission of helping people grow in holiness. "Evidently we've been working on this a long time — about 2,000 years I would say," he added.





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