



# 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  
"Humility"

4th SUNDAY IN ORDINARY TIME - 29th JANUARY, 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.

## LAST WEEK'S COLLECTION

22nd January, 2023

	1st	2nd
Cathedral Saturday	\$2,584.10	\$ 879.39
Sunday 7:00 am	\$2,074.05	\$ 419.47
9:00 am	\$2,845.48	\$ 565.68
Parham	\$ 285.00	\$ 168.00
Potters	\$ 520.00	\$ 209.40
Villa	\$1,172.52	\$
Hispanic	\$ 473.45	\$ xxx
Diocesan Schools	\$ 320.00	

**Thank you for your generosity**

Parishioners are invited to  
attend Mass of the Feast of the  
Presentation of The Lord on  
February 2nd at 6:00 pm.

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**COLOURS OF LOVE - Pre-  
Valentine's Fete, It is not just  
for couples, any one can attend.**

**You can purchase your tickets**  
from Gilbert Laudat at the  
Cathedral, Theolinda Brooks at  
Villa and at the Pastoral Centre.  
**Come and join us at Indies**  
Green on Friday, February 10,  
2023 starting at 8:00pm. All  
inclusive package is \$150.00 per  
person. Drinks, food and music on  
the house.

\*\*\*\*\*

**Mass for the sick will be  
celebrated on the Feast of Our**  
Lady of Lourdes 11th February at  
8:00 am The sick will be anointed  
at that Mass.

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**The Feeding Program resumes  
next month.** 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 15 Bible Diaries are left. The  
cost is \$80.00.

**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 the OLPH Parish  
Office.

\*\*\*\*\*

**The Diocese of St John's-  
Basseterre** Catholic Men's  
Conference will be held on Sunday,  
January 29, 2023 at the Antigua &  
Barbuda Hospitality Training  
Institute, Dutchman's Bay,  
Coolidge, from 1:30 pm to 6:00 pm.

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## Lectio Divina

**Read:** Zephaniah promises the  
exiles of Israel that they will again  
find peace and contentment because  
of the Lord's faithfulness. Paul  
reminds his readers that God does  
not choose only the wise and the  
powerful. Instead, he choose the  
weak and the poor, giving them  
strength and wisdom in Christ. In  
the Gospel, Jesus begins his  
Sermon on the Mount by teaching  
that those considered less fortunate  
in the eyes of the world will be  
blessed immeasurably by God.

**Pray:** Loving God, please help me  
to see the world and its people  
through your eyes.

**Act:** Log off from social media  
for one day and use the time for  
prayer or service.



## Our Catholic Life -

### The Presentation of the Lord

Today's feast is celebrated in our Church forty days after Christmas, marking the day that Mary and Joseph would have brought Jesus into the Temple. Though Mary was pure and free from sin from the moment of her conception, and though the Son of God did not need to be redeemed, Mary and Joseph fulfilled these ritual obligations.

When the days were completed for their purification according to the law of Moses, Mary and Joseph took Jesus up to Jerusalem to present him to the Lord, just as it is written in the law of the Lord, "Every male that opens the womb shall be consecrated to the Lord," and to offer the sacrifice of "a pair of turtledoves or two young pigeons," in accordance with the dictate in the law of the Lord. ~ Luke 2:22-24

Mary and Joseph were faithful Jews who obeyed the Law of Moses. Jewish Law prescribed that two ritual acts needed to take place for a firstborn son. First, the mother of a newborn son was ritually unclean for seven days, and then she was to "spend thirty-three more days in a state of blood purity".

During these forty days she was not to "touch anything sacred nor enter the sanctuary till the days of her purification are fulfilled." For this reason, today's feast has at times been called the "Purification of Mary." Second, the father of the firstborn son was to "redeem" the child by making an offering to the priest of five shekels so that the priest would then present the child to the Lord

"Candlemass" is also a traditional name given to today's feast because as early as the fifth century, the custom of celebrating this feast with lighted candles developed. The lit candles symbolized Simeon's prophecy that Jesus would be "a light for revelation to the Gentiles." Lastly, this Feast has been referred to as the "Feast of the Holy Encounter" because God, in the Person of Jesus, encountered Simeon and Anna in the Temple.

## 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 Massicott, Justin Joseph, Carmen Ambrose, Tyler Lockhart., Joan Underwood, Yvonne Watkins, Cosmas Rowe, Novelle Ford, Andrea Brown, Latoya Edmun-Joseph, Rose Margetson.

**PS... Please inform the Parish Office of phone contacts for this list of sick and shut-ins.**



## 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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## HUMILITY

It is not easy to find a market for the value called humility. Humankind has achieved so much during the last few decades! Perhaps humility is misunderstood. Persons with an identity crisis and unsure of themselves are not necessarily humble in the Christian sense! Christians should develop themselves to their full potentiality, but always seeing themselves as God's partners. Covenant-partnership with God the Creator of the universe is an ancient Bible concept. It is Hebrew wisdom, which Christians inherited from their Jewish brethren. With them they see it as divine wisdom.

**This Sunday's Readings**  
**29th January, 2023**

**First Reading: Zephaniah 2: 3; 3: 12,13**

**Responsorial Psalm: *Blessed are the poor in spirit; the kingdom of heaven is theirs!***

**Second Reading: 1 Corinthians 1: 26-31**

**Gospel: Matthew 5 : 1-12**

**Readings for Monday to Saturday**

**Monday 30th Hebrews 11: 32-40**

**Psalm 31: 20-24**

**Mark 5: 1-20**

**Tuesday 31st Hebrews 12: 1-4**

**Psalm 22: 26,27,28,30,31,32**

**Mark 5: 21-43**

***St John Bosco, priest***

**Wednesday 1st Hebrews 12: 4-7, 11-15**

**Psalm 103: 1,2,13,14,17,18**

**Mark 6 : 1-6**

**Thursday 2nd Malachi 3: 1-4**

**Psalm 24: 7-10**

**Hebrews 2: 14 - 18**

**Luke 2: 22-40**

***Feast of the Presentation of the Lord***

**Friday 3rd Hebrews 13: 1-8**

**Psalm 27: 1,3,5,8,9**

**Mark 6: 14-29**

***St. Blaise, bishop & martyr/ St. Ansgar, bishop***

**Saturday 4th Hebrews 13: 15-17, 20-21**

**Psalm 23: 1 - 6**

**Mark 6: 30-34**

***Blessed Virgin Mary***

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

This reading from Zephaniah leads up to the theme of the Gospel, Jesus' sermon on the mount. In Judah, "a nation without shame," there is a remnant of faithful servants of Yahweh. They are called "the remnant of Israel." In this remnant, the prophet addresses all of us: "All you humble of the earth, who have observed his law." Humility is a Christian virtue and a condition to be considered "blessed," as explained in the Gospel.

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

Paul addresses the slaves and "longshoremen" of Corinth. "God chose the foolish of the world to shame the wise." Christ's special concern for the deprived implies a lesson for those who are going by the wisdom of this world, which is pride. Paul stresses: "It is due to (God) that you are in Christ Jesus. See yourself as related to God in a sacred partnership (covenant) and then there will be no boasting before God."

**WHAT THE GOSPEL SAYS TO  
ME:**

Matthew was a Jew, writing for Christians of Jewish background. He compares Jesus often with the great lawmaker of Israel, Moses, with whom all Jews were familiar. In this Bible passage, Matthew states indirectly: Moses announced the laws (figuratively) from Mount Sinai. Jesus, greater than Moses, does (figuratively) the same on "the mountain." Notice that Luke has the Lord preach this sermon on the plain. Actually, Matthew combines various sayings of Jesus and has the Lord proclaim them in what is known now as the Sermon on the Mount. The beatitudes are ideals which we should pursue constantly, though humbly admitting that it is not easy to do so!

**KNOW YOUR CHURCH**

By Courtney Mares

Rome Newsroom, Jan 24, 2023 / 08:42 am

Pope Francis has urged Christians to "speak the truth and to do so with charity" amid polarization and divisions within the Church. In his message for the World Day of Social Communications on Jan. 24, the pope said that everyone has the responsibility to "communicate truth with charity" in a time "marked by polarizations and contrasts — to which unfortunately not even the ecclesial community is immune." "We should not be afraid of proclaiming the truth, even if it is at times uncomfortable, but of doing so without charity, without heart," Pope Francis said. Because 'the Christian's programme' — as Benedict XVI wrote — 'is "a heart which sees,"' he added, quoting Benedict's first encyclical Deus Caritas Est. Pope Francis underlined that this call to speak the truth from the heart "radically challenges the times in which we are living" in which the truth can be exploited with disinformation. He said that "it is necessary to purify one's heart" to see clearly and bear good fruit in communication.

"Christians in particular are continually urged to keep our tongue from evil (cf. Ps 34:13), because as Scripture teaches us, with the same tongue we can bless the Lord and curse men and women who were made in the likeness of God (cf. Jas 3:9)," he wrote.

"No evil word should come from our mouths, but rather 'only such as is good for edifying, as fits the occasion, that it may impart grace to those who hear' (Eph 4:29)." The pope's message was released on the feast of St. Francis de Sales, the patron saint of writers and journalists. "A brilliant intellectual, fruitful writer and profound theologian, Francis de Sales was bishop of Geneva at the beginning of the 17th century during difficult years marked by heated disputes with Calvinists," he said. "His meek attitude, humanity, and willingness to dialogue patiently with everyone, especially with those who disagreed with him, made him an extraordinary witness of God's merciful love."

*"Fortunate are those who are poor in spirit."*





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