



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 ♦ 461-1127
"Heaven and Earth"

ASCENSION OF THE LORD - 21st MAY, 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.

Bible Study will continue on
Wednesday 24th May from 6:45pm.

**All members of the Liturgy
Committee** are invited to a meeting on
Wednesday 24th May with bishop
Robert Llanos in the Pastoral Centre
at 5:00pm. Please be on time.

**Parishioners are invited to celebrate
Pentecost Monday** at Pleasure Cove
Runaway for our annual Beach Bash.
Food and Drinks will be on sale.
Buses will leave the church grounds at
10:00 am. All are encouraged to be
there and support.

COINS DROP BOX: Every dollar
counts! 3 boxes will be at each door of
the Cathedral for you to drop your loose
change, however small. Proceeds are in
aid of the Confirmation candidates
traveling to Trinidad for the Life in the
Spirit Retreat. We thank you in advance.

Bourgeoise Band House presents
Colours of Antigua. Covered T-shirt
Mas!! Package includes 2 pc Attire (Dri-
fit Spandex) Unlimited food, drinks
Security, Snacks, etc.. Cost
\$350.00. Register during the Saturdays in
May from 9:00 a.m. to 2:00 p.m. at the St.
Lwanga Youth Centre. Stapleton Lane or
call Kim for more information at 789-
8020.

**Parishioners are advised that there
are still a few calendars left for sale.**
The calendars now cost \$10.00. Vital
information about your Catholic Faith
is included in the calendar Feast
Days, prayers and lots more. Get your
copy at the Pastoral Centre.

There will only be one Parish Mass
at Holy Family Cathedral on Sunday
28th May at 9:00 am. There will be
NO MASS in any of the out
stations. Parishioners are kindly
asked to take note.

**Sunday 28th May is Pentecost
Sunday.** Brunch will be on sale.
Tickets cost \$35.00 and can be
purchased from the following
persons: Shyka Hannays, Gilbert
Laudat, Eutha Meade and Nichola
Brown.

NOVENA

The Pentecost Novena began on the
19th May and continues until the 27th
May. The Novena will be prayed
everyday before the weekday Masses.
Parishioners are advised to take a
copy of the prayer and pray it at home
daily.

**PENTECOST SUNDAY
AFTER MASS**

ACTIVITIES: The young people
attending the Life in the Spirit
Retreat in Trinidad and the World
Youth Day in Lisbon, Portugal
will be hosting after Mass Fun and
Games! Stay, relax and play
BINGO after your Brunch. Bingo
starts at 12:45 p.m. Adult
Games: 2 cards for \$5.00. Lots of
exciting prizes! **SPECIAL
BINGO** for children 12 years and
Under @ \$2.00 per game. Enjoy
other games for the entire family-
lucky dip, ring toss, musical chair.
Popcorn, snow cone, fish cakes
and hamburgers will be on sale.

LAST WEEK'S COLLECTION 14th May, 2023

	1st	2nd
Cathedral Saturday	\$1,763.67	\$ 570.37
Sunday 7:00 am	\$2,254.45	\$ 392.50
9:00 am	\$3,192.31	\$ 688.70
Parham	\$ 120.00	\$ 42.60
Potters 11:00 am	\$ 333.25	\$ 77.50
Villa 11:00 am	\$ 934.59	\$ 136.00
Donovans	\$ 102.00	\$ 60.95
Diocesan Schools	\$ 115.00	

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

Save the Date

The Society of St. Vincent de Paul St. Joseph's Conference will host its Fathers' Day Lunch on **June 18, 2023.**

Time: 10:30 am - 12:30 pm

Venue: Holy Family Cathedral Grounds

Tickets: \$25.00 (Will soon be available)

Hamburgers and Hot Dogs will also be on sale.

Come and support us as we seek to help those in need.

The Xclamation Mas Troupe presents for Carnival 2023 "**PRETTY MAS**". For more information and registration please call Daniel Charles @ 721-0368. Come and help us to express ourselves through creativity and culture.

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, Cosmas Rowe, Andrea Brown, Latoya Edmun-Joseph, Rose Margetson, Niethia Dyier

Rite of Christian Initiation for Adults (RCIA): Adults and young adults who have not been baptized, or Confirmed or received their First Holy Communion and persons wishing to become a member of the Catholic Church are invited to register for this programme. Please call the Pastoral Centre at 560-2693.

Choir Members from Villa, Donovans, Potters, Parham, HFC Youth Choir and Holy Family Cathedral Senior Choir are kindly asked to take note of a combined choir practice on Thursday 25th May at 7:00pm at Holy Family Cathedral. Please make an effort and be on time.

This Sunday's Readings
21st May, 2023

First Reading: Acts 1: 1-11

Responsorial Psalm: God mounts his throne to shouts of joy a blare of trumpets for the Lord.

Second Reading: Ephesians 1: 17-23

Gospel: Matthew 28: 16-20

Readings for Monday to Saturday

Monday 22nd Acts 19: 1-8

Psalm 68: 2-7

John 16: 29-33

St. Rita of Cascia, religious

Tuesday 23rd Acts 20: 17-27

Psalm 68: 10,11,20,21

John 17: 1-11

Wednesday 24th Acts 20: 28 - 38

Psalm 68:29,30,33 - 36

John 17: 11-19

Thursday 25th Acts 22: 30; 23:6 -11

Psalm 16: 1,2,5,7,8,9,10,11

John 17: 20-26

*St. Bede the Venerable, priest & doctor/
St. Gregory VII, pope/ St. Mary Magdalene
de' Pazzi, virgin*

Friday 26th Acts 25: 13-21

Psalm 103: 1,2,11,12,19,20

John 21: 15-19

St. Philip Neri, priest

Saturday 27th Acts 28: 16-20, 30,31

Psalm 11: 4,5,7

John 21: 20-25

St. Augustine of Canterbury, bishop

WHAT THE 1ST READING SAYS TO ME.

The wording of this tradition on the ascension of our Lord is clearly conditioned by the limited understanding of the universe during the writer's lifetime. This wording is not part of divine revelation. There is no absolute up or down. Heaven is not a place somewhere up in outer space. Heaven is a situation outside our concepts of time and space. What the evangelists have tried to do is describe the final appearance of Jesus and/or the fact that the Lord Jesus is "sitting at God's right hand," which is a Hebrew idiom for sharing power with God. Like's message is: Christ has died ("after he had suffered"), Christ is risen (he presented himself alive to them"). Christ will come again ("this Jesus ...will return"). This is the way we word it in our second Memorial Acclamation at Mass.

WHAT THE SECOND READING SAYS TO ME

Paul a learned Jewish rabbi, relates the same message as Luke and Matthew do in the first and third readings, only he does it in difficult theological language. Paul relates the risen and ascended Christ to all that exists. Christ is supreme, above all creatures, seated at God's right hand. Paul prays for the Ephesians and for all of us. "May ...God...give you a Spirit of wisdom and revelation resulting in knowledge of him ("the Lord Jesus)".

WHAT THE GOSPEL SAYS TO ME

In Matthew's version of the ascension account, the appearance takes place on a mountain. As the great appearance of God to Moses took place on Mount Sinai, so Matthew has Jesus' great sermon delivered on a mountain, and the transfiguration take place on a mountain has theological significance for Matthew, who as a Jew writing for Christians of Jewish background constantly writes with concepts and allusions taken from the Hebrew Bible. We should keep in mind that the primary significance of the Easter appearances is that they were revelations of the risen Lord Jesus. They could be doubled as well as believed. But once the disciples believed, they "worshipped (him)", and with admirable dedication they heeded the Lord's mission and went out to all nations to preach the Gospel.

KNOW YOUR CHURCH

The beauty of the Transfiguration
By Tyler Arnold

Washington, D.C. Newsroom, Mar 5, 2023 / 08:20 am

During his Sunday morning Angelus address, Pope Francis urged the faithful to reflect on the miracle of the Transfiguration and to see the same beauty in the faces of the people we interact with every day.

In the March 5 address, the pope discussed the "beauty" shown in Sunday's Gospel reading of Matthew 17:1-9. In this passage, Peter and James and his brother John witness Christ "transfigured before them" with his face shining "like the sun" and his clothes "dazzling white" as he conversed with Moses and Elijah on the top of a mountain.

Pope Francis said that we must "see the same beauty on the faces of the people who walk beside us every day," such as family, friends, and colleagues.

"How many luminous faces, how many smiles, how many wrinkles, how many tears and scars reveal love around us," the pope said. "Let us learn to recognize them and to fill our hearts with them. And then let us set out in order to bring the light we have received to others as well, through concrete acts of love diving into our daily occupations more generously, loving, serving, and forgiving with greater earnestness and willingness," the Holy Father said. "The contemplation of God's wonders, the contemplation of God's face, of the Lord's face, must move us to the service of others."

Reflecting on beauty the apostles respond to in the Gospel account, the pope asked, "Of what does this beauty consist? What do the disciples see? A special effect? No, that is not it" They see the light of God's holiness shining on the face and on the clothing of Jesus, the perfect image of the Father," the pope continued.

"I am with you always, even to the end of the world."





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BETTER EVERYDAY