



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
"The Holy Spirit, Gift of the Father"

PENTECOST SUNDAY - 28th 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.

LAST WEEK'S COLLECTION 21st May, 2023

	1st	2nd
Cathedral Saturday	\$1,733.34	\$ 649.50
Sunday 7:00 am	\$1,601.15	\$ 370.10
9:00 am	\$2,207.35	\$ 398.20
Parham	\$ 555.00	\$ 86.00
Potters 11:00 am	\$ 445.00	\$ 288.80
Villa 11:00 am	\$ 928.00	\$ 122.05
Donovans	\$ 320.70	\$ 103.15
Diocesan Schools	\$ 170.00	

Thank you for your generosity

Parishioners are advised that Mass
on Monday 29th May will be at 8:00
am.

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.

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.

To culminate the month of May,
members of the Legion of Mary
welcome you to participate in the
"Crowning of Mary" on
Wednesday 31st May, 2023 at 5:30 pm
at the Lady of Fatima Shrine. Please
bring flowers and prepare for prayers
and songs.

Bourgeoisie Band House presents
Colours of Antigua. Covered T-shirt
Mas!! Package includes 2 pc Attire (Dri-
fit Spandex) Unlimited food, drinks
Security. Call Kim for more information
at 789-8020.

**REPRESENTATIVES FROM THE
BOURGEOISE TSHIRT Mas Band**
will be on the grounds of the Cathedral
after the 9:00 am. Mass. Come and see the
designs, give your measurements and pay
for your package.

A Prayer on the Day of Pentecost

**Holy Spirit, we welcome You. Holy
Spirit, we know that You are the
Counselor of Truth, our help in need,
and the One who fills us with the
Spirit of God. Holy Spirit, we pray
this very day to come into
greater communion with You. You so
graciously work to intercede for us to
the Father, but also to comfort us with
Your peace that goes beyond all
understanding. Holy Spirit, please
come .**



**The Marriage and Family Ministry
will be organizing a few events as
follows:**

Two evenings as follow-up sessions from
Conferences held in 2022:

"SINGING IN THE RAIN": A Session
for all Catholic Men which will be held
on Friday, June 16, 2023, at 7:00p.m.

"DANCING IN THE RAIN": A Session
for all Catholic Women which will take
place on Friday, June 23, 2023, at
7:00p.m.

The venue for both events and other
information will be announced
subsequently.

A Panel discussion for married or
engaged couples in July and the Marriage
Enrichment Weekend from October 6-8,
2023. The cost of the Marriage Weekend
will be approximately US 550.00 per
couple. Monthly payment plans are
available to interested couples.



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.

RECEIVE

THE

HOLY

SPIRIT

This Sunday's Readings
28th May, 2023

First Reading: Acts 2: 1 - 11

Responsorial Psalm: Lord, send out your Spirit and renew the face of the earth.

Second Reading: 1 Corinthians 12: 3-7, 12,13

Gospel: John 20: 19-23

Readings for Monday to Saturday

Monday 29th Sirach 17: 20-24

Psalm 32: 1,2,5,6,7

Mark 10: 17-27

Blessed Virgin Mary, Mother of the Church

Tuesday 30th Sirach 35: 1-12

Psalm 50: 5-8, 14,23

Mark 10: 28 -31

Wednesday 31st Zephaniah 3: 14-18

Isaiah 12: 2-6

Luke 1: 39-56

Feast of the Visitation of the Blessed Virgin Mary

Thursday 1st Sirach 42: 15 - 25

Psalm 33: 2-9

Mark 10: 46-52

St. Justin, martyr

Friday 2nd Sirach 44: 1,9-13

Psalm 149: 1-6, 9

Mark 11: 11-26

Sts. Marcellinus & Peter, martyrs

Saturday 3rd Sirach 51: 12-20

Psalm 19: 9-11

Mark 11: 27-33

St. Charles Lwanga & Companions, martyrs

WHAT THE 1ST READING SAYS TO ME.

The Bible, especially the New Testament, should never be read in the past tense. It is God's word to you and me now! Jesus is alive. His Spirit is with every Christian. This is the meaning of the Christ event, meaningfully celebrated at Easter, Ascension and Pentecost, three aspects of the one mystery. Luke follows the early Christians' custom of celebrating the communication of the Spirit at the conclusion of the "great fifty days," our Pentecost. Hence, he relates the outpouring of the Spirit as we have it in the First Reading. John puts the communication of the Spirit on Easter day. The gift of the Spirit is one with the risen Lord Jesus. Notice that both traditions stress that the Christian message is not just for the Jews but for all people. Psalm 104 may refer to the renewal of nature at springtime, time and again, done by God's life-giving breath (*spirit). In Christian use, it is reinterpreted and applied to the renewal of life through the Holy Spirit.

WHAT THE SECOND READING SAYS TO ME

Paul is concerned about his congregation in Corinth. In it, a charismatic group has originated and glossolalia (speaking in tongues) is practiced. Its effect on the congregation has not been good. Those who have failed to participate are looked upon as second-class Christians and divisiveness has ensued. Paul does not condemn the movement. He sees in it the Spirit at work. But on the other hand he stresses that the outpouring of the Spirit must build up the community (the body of Christ), not tear it apart. To have the Spirit means, first of all, to confess: "Jesus is Lord". This is done in various ways, not just by speaking in tongues. Each gift, even the least spectacular one, must be used for the common good! This could be a reminder to contemporary movements and counter-movements in the Church.

WHAT THE GOSPEL SAYS TO ME Sometimes this reading is called "the Pentecost according to John." The theological background has been explained above. Notice that Jesus uses the symbolism of "breathing," when he communicates his Spirit to the disciples. Breath was the sign of life for the ancient Hebrews, and we ourselves still practice mouth-to-mouth resuscitation in a case of emergency.

KNOW YOUR CHURCH

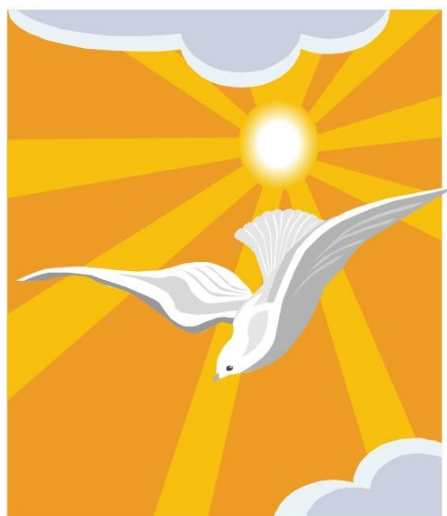
By Kelsey Wicks

When the Benedictine Sisters of Mary, Queen of the Apostles exhumed the body of their foundress Sister Wilhelmina Lancaster, OSB, on May 18, they found the unexpected: Four years after her death and burial in a simple wooden coffin, her body appeared remarkably well preserved. The news quickly spread on social media about the unusual state of the remains of the contemplative order's African American foundress, drawing hundreds of pilgrims to the monastery. Questions remain to be answered about whether an investigation will take place to examine her remains scientifically. In the meantime, many people want to know more about this woman who, at the age of 70, founded the order of sisters best known for their chart-topping Gregorian chant and classic Catholic hymn albums. The second of five children born to Catholic parents in St. Louis on Palm Sunday, April 13, 1924, Mary Elizabeth Lancaster (she took the name Wilhelmina when she made her vows) was raised in a deeply pious home.

According to the current abbess, Mother Cecilia Snell, OSB, and as told in a biography published by her community, the future Sister Wilhelmina had a mystical experience at her first Communion at age 9 wherein Jesus invited her to be his. "She saw something of him at her first Communion. Maybe not very clearly, but she saw he was so handsome," the abbess said. "He said, 'Will you be mine?'" "And she said, 'He is so handsome, how can I say no?'" The excerpt of the letter reveals a stunning straightforwardness and enduring faithfulness, given that she would die having lived 75 years under religious vows.

"Dear Mother Superior," it reads. "I am a girl, 13 years old, and I would like to become a nun. I plan to come to your convent as soon as possible. I will graduate from grade school next month. What I want to know is whether you have to bring anything to the convent and what it is you have to bring. I hope I am not troubling you any, but I have my heart set on becoming a nun (of course I am a Catholic.) God bless you and those under your command. Respectfully, Mary Elizabeth Lancaster."

"Receive the Holy Spirit!"





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WE KEEP GETTING
BETTER EVERYDAY