



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 ♦ 268 461-1127

"Overcoming the powers of Evil"

1st SUNDAY OF LENT - 18th FEBRUARY, 2024 - B

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-

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 11th February, 2024

	1st	2nd
Cathedral Saturday	\$1,761.15	\$ 599.02
Sunday 7:00 am	\$1,051.35	\$ 405.00
9:00 am	\$2,722.63	\$ 656.90
Potters	\$ 677.00	\$ 357.72
Parham	\$ 1,233.00	\$ 231.20
Villa	\$1,049.15	\$ 231.20
Donovans	\$ 200.00	\$ 136.50
Diocesan Schools	\$ 270.00	

Thank you for your generosity

BANNS

There is a promise of marriage between Andrew Salomon Doumith and Christina Mary Bitar. Anyone knowing of any reason why this couple should not be married in the Catholic Church should contact one of the priests.

Parishioners are encouraged to attend Masses during the week in the Lenten season. There are more Masses made available in the parish weekly, and the attendance in Villa and Potters have not been encouraged. Please make the effort to attend weekday Masses as your Lenten sacrifice.

St. Lucia's 45th Independence Anniversary Mass will be celebrated on Sunday 18th February at 9:00 am. The preacher is Rev. Deacon David Popo Director of the Cardinal Kelvin Felix Archdiocesan Pastoral Centre. All are invited to attend.

CHRISTIAN LIFE PROGRAM

Couples for Christ Ministries invite you to a Christian Life Program. It will be held on Saturday 24th and Sunday 25th February from 9:00 am to 4:00 pm at the Pastoral Centre. To register please call Mrs. Margaret Louisor at 7702285 or Ms Clemie Toulon at 723-9000.

Stations of the Cross continues on Friday 23rd February, 2024 at 7:00 pm.

MARRIAGE MINISTRY

The next Marriage Preparation Classes will begin on February 24th, 2024. Interested couples can collect a registration form at the Pastoral Centre. They can call 560-2693 or 461-1127 for further details.

Do you know anyone with Alzheimer's/Dementia? Could you use some advice from professionals on how to care for someone with this disease? The St John Hospice invites you to the Pastoral Centre, Michael's Mount on Sunday from 7:30 p.m. until 10 p.m. Come watch a DVD on Alzheimer's and let us share information so that we can better help those living with Dementia.

Parish Lenten Mission will be from the 11th to 14th March at 7:00 pm. The theme is 'A Synodal church and a parish response.' The preacher is Msgr. Patrick Anthony (PABA) from St. Lucia. All are invited to attend.

All active groups in the parish including the outstations are invited to a lecture on Tuesday 20th February at 5:30 pm at the Pastoral Centre. The topic is "Towards a Missionary Synodality Church: a betterment towards parish life." The guest speaker is Rev. Deacon David Popo Director of the Archdiocese Pastoral Centre Castries, St. Lucia. All groups are invited.



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.

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.** Amen.

Gillian Howie, Nelister Sebastian, Catherine Durand, Dion Thomas, Georgina-Glave-Toussaint, Catherine DeTouche, Edward Lewis, David Morris, Gweneth Bryan, Shanla Carr, Arnold Gomes, Auchland Jarvis, Jean James, Conrad Looby, Cecelia John, Justin Joseph, Carmen Ambrose, Tyler Lockhart., Joan Underwood, Cosmas Rowe, Andrea Brown, Latoya Edmun-Joseph, Rose Margetson, Niethia Dyier, Patrick Skeritt, Victor Charles.

LENTEN BIBLE SESSION with Fr. Jean Paul and Fr. Wacuma - February 21, 28, March 6 & 13 - 6:45 p.m. - 8:00 p.m. at the Pastoral Centre. Learn more about the Scriptures and achieve a fulfilling relationship with God through these sessions this Lent. Bring a friend with you!

PENTECOST SONG CONTEST

Are you a singer or do you know how to turn a tune very well? Can you bring down the Holy Spirit with your vocal abilities and stage performance? Holy Family Cathedral Parish invites you to be a part of its Pentecost Song Contest 2024. You may select any genre, Christian song or your original composition but your presentation must have an upbeat rhythm indicative of Pentecost Sunday. Register at the Pastoral Centre before 29th February, 2024. Call Gilbert Laudat at 720-2431 for more information.

Lectio Divina

READ: The Spirit drove Jesus into the desert. Jesus stayed in the wilderness for forty days and forty nights. Satan tempted him there. Jesus was also with the wild beasts. The Angels ministered to him. Afterwards, John the Baptist was arrested. Jesus went to Galilee proclaiming the Good News. He proclaimed that the Kingdom is near and called people to a change of heart.

REFLECT: The temptation account as recounted by Mark gives no indication that Satan left Jesus compared to the Matthean and Lucan accounts. The implication is that all throughout Jesus' ministry and journey from Galilee to Jerusalem, Satan was lingering around. In the Markan Gospel, Jesus' temptation by Satan and his triumph over such temptation was happening many times. Jesus had the steadfast heart par excellence, overcoming every temptation by Satan. With this same steadfast heart, Jesus never grew tired of inviting people to metanoia, a change of heart. Jesus also invites us now to the same metanoia because he has faith in us - that we can also grow from being fainthearted to having a heart that is like his heart, strong and steadfast.

PRAY: Let us pray that through our Lenten journey, we may grow from being fainthearted to having a steadfast heart.

The Sacrament of Baptism will be celebrated soon. Parents with children to be Baptized are asked to bring the child's birth certificate and the name of two confirmed Catholics to register at the Pastoral Centre. Parents are kindly asked to take note that there will be a meeting with Fr. George on Thursday 22nd February at 11:00 am in the Pastoral Centre. Please be on time.

CATECHETICAL NOTICE

ANTILLES EPISCOPAL CONFERENCE YOUTH ASSEMBLY (AECYA) will be held in the Archdiocese of Castries, in St. Lucia from July 17 - 28 2025. The main theme for the Youth Assembly is "Pilgrims of Hope". Youth and young adults 16 - 35 years will soon be invited to register to start the preparatory stages of prayer, special activities and fundraising events.

In preparation for the Jubilee Year, 2025, Pope Francis has dedicated 2024 as the Year of Prayer. Youth and young adults are invited to participate.

LENTEN FOOD PANTRY DRIVE for vulnerable and needy families. Join the children and young people in the Catechetical programme, the Youth to Youth Ministry team with the Pontifical Mission Societies, as we continue to embark on helping those who suffer silently. Following the successful Can Concert held in December where your contribution of non-perishable items helped many families and shut-ins, parishioners are welcomed to join us this Lent. Bring your items to the Pastoral Centre where our Pantry Box awaits your Lenten offerings (Almsgiving). The young people will package and distribute the items during the Easter Break.

This Sunday's Readings
18th February, 2024

First Reading: Genesis 9:8-15

Responsorial Psalm: Your ways, O Lord, are love and truth, to those who keep your covenant.

Second Reading: 1 Peter 3:18 -22

Gospel: Mark 1: 12-15

Readings for Monday to Saturday

Monday 19th Leviticus 19: 1-2, 11-18

Psalm 19: 8, 9, 10, 15

Matthew 25: 31-46

Tuesday 20th Isaiah 55: 10-11

Psalm 34: 4-7, 16 -19

Matthew 6: 7-15

Wednesday 21st Jonah 3: 1-10

Psalm 51: 3-4, 12-13, 18 -19

Luke 11:29-32

St. Peter Damian, bishop & doctor

Thursday 22nd 1 Peter 5: 1-4

Psalm 23: 1- 6

Matthew 16: 13-19

Feast of the Chair of St. Peter the Apostle

Friday 23rd Ezekiel 18: 21-28

Psalm 130: 1-8

Matthew 5: 20-26

St. Polycarp, bishop & martyr

Saturday 24th Deuteronomy 26: 16-19

Psalm 119: 1-2, 4-5, 7-8

Matthew: 5: 43-48

"Then the Spirit drove him into the desert."



WHAT THE FIRST READING SAYS TO ME.

In order to understand the common theme of today's Bible readings, we must keep in mind the belief of the ancients that disasters of nature, such as a flood, were caused by evil spirits, wicked angels, the power of evil and sin. But if people were faithful to God's covenant, they could overcome the power of evil with God's help. The flood story with its rainbow is a beautiful allegory containing a very meaningful and universal lesson. God will preserve the universe if human beings want to cooperate. Ecology is a Christian concern! Responsibly using the resources of the planet and not wasting them is over-coming the evil of destruction.

WHAT THE SECOND READING SAYS TO ME

By his death Christ overcame the power of evil: "He... went to preach to the spirits in prison," announcing their defeat to the cosmic powers of evil, including the disobedient spirits at the time of Noah. The author sees an analogy between the waters of the flood and the baptismal bath. A few persons escaped in the ark through the water and were saved. A baptismal candidate goes through the water (immersion), is saved, and is able to overcome the powers of evil.

The author warns, however, that the baptismal water as such does no good, unless it is accompanied by the pledge to God that proceeds from a good conscience.

WHAT THE GOSPEL SAYS TO ME

In this passage, we read about the test (temptations), Satan (the devil), the wild beasts (every kind of threat and evil), and angels (God's protection). Nothing has changed. All of this is still in and around us! The temptation to fall for warped values is perhaps even more powerful than it has ever been.

Jesus gives the example of going into solitude. Making a retreat occasionally is very beneficial. Observing Lent can be done by all. Jesus is victorious over the powers of evil. Angels will wait on us, if only we ask God for help. Have a realistic look at yourself and reform your life.

KNOW YOUR CHURCH

Those who visit the chapel of the Our Lady of Lourdes shrine in the city of Alta Gracia in Córdoba province, Argentina, witness a phenomenon that has no explanation: In the niche that is part of the altarpiece above the altar, an image of the Virgin Mary can be seen although without a doubt the space is empty — there is nothing there.

According to the Argentine news agency AICA, what is seen is not a flat image but rather a relief, a three-dimensional image with folds in the garment. It is also not a psychological illusion resulting from the exaggerated devotion of some pilgrims.

Everyone — believers or not — sees it. Additionally, the image appears in photos taken there. A curious fact is that the image is clearly seen from the front door of the church and then fades as one slowly approaches the altar.

Sources from Our Lady of Lourdes Shrine in Alta Gracia told ACI Prensa, CNA's Spanish-language news partner, that although there is no specific statement from the Archdiocese of Córdoba, where the shrine is located, "everything is still the same. The image can be seen just as on the first day or more, a little more."

"As for the image in the niche, everything remains the same and intact," the statement said.

Pilgrimage, Masses on Feb. 11

Since it was built at the beginning of the 20th century, the shrine has been an important pilgrimage site. In 2023, about 30,000 pilgrims came from the city of Córdoba, 22 miles away.

In the Mass he offered there last year on Feb. 11 for the World Day of the Sick, Cardinal Ángel Sixto Rossi, the archbishop of Córdoba, pointed out that "the experience of weakness and illness are part of our path; they don't exclude us from the people of God, but they take us to the center of the attention of the Lord, who is Father and does not want to lose any of his children along the way."



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