



# 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 ♦ 268 461-1127

*"The Son of Man Lifted Up, That All May Have Eternal Life in Him"*

**4th SUNDAY OF LENT - 10th MARCH, 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 3rd March, 2024

	1st	2nd
Cathedral Saturday	\$2,535.21	\$1,069.45
Sunday 7:00 am	\$1,958.30	\$ 327.80
9:00 am	\$2,979.64	\$ 698.09
Potters	\$ 760.78	\$ 254.40
Parham	\$ 663.54	\$ 185.00
Villa	\$ 664.02	\$ 235.95
Donovans	\$ 507.35	\$ 233.00
Diocesan Schools	\$ 235.00	

**Thank you for your generosity**

**Stations of the Cross continues on**  
Friday 15th March, 2024 at 7:00 pm at  
Holy Family Cathedral.

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**The Parish Lenten Mission will be**  
from Monday 11th to Thursday 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.

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### 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.

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**Parishioners are invited to the  
following Masses:**

Tuesday 19th March

- Feast of St. Joseph Mass at 6:00  
pm with the Blessing of the New  
Altar.

Wednesday 20th March

- Chrism Mass at 6:00 pm. All the  
priests of the Diocese will be  
present.

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The first information meeting for Holy  
Family Cathedral Parish Fair on  
Pentecost Sunday will be held on  
Monday 11th March, 2024 at 5:30 pm  
on the church grounds.

### HOLY WEEK SCHEDULE

**Palm Sunday - 9:00 am ONLY HFC**  
**Parham - 9:00 am**  
**Potters - 11:00 am**  
**Villa - 11:00 am**

Holy Thursday - Last Supper..7:00 pm  
Good Friday - LIVE Stations of the  
Cross from Tyrells to Mount Tabor at  
8:00 am

Good Friday: Passion and Death of Our  
Lord's Supper at 3:00 pm

Easter Vigil at 10:00 pm.

Easter Sunday - HFC ...9:00 am ONLY  
Parham ...9:00 am  
Villa ...11:00 am  
Potters ...11:00 am

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**Parishioners are encouraged to**  
support the annual Easter Monday  
Catholic Radio Beach Fiesta. Venue  
will be announced.

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Parishioners are asked to note that there  
will be NO Mass in Villa and Potters  
during this week due to the Lenten  
Mission. Mass will be at 6:00pm in the  
Cathedral before the Mission. Please  
attend.

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St. Francis' Home for the Homeless  
welcomes the visit of two religious  
brothers from the Missionaries of the  
Poor. They will be with us on a Pastoral  
visit for one week.

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The Charismatic Renewal Prayer Group  
will host a take away breakfast on  
Sunday 17th March 2024 after the 9am  
Mass. The menu will be a choice of salt-  
fish, red herring or sausages with  
vegetables, eggs, bakes, bread. The cost  
is \$15.00. Proceeds are in aid of the  
weekly feeding program. Please support.

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The Sacrament of Reconciliation  
(Confession) will be held on Saturday  
23rd March, 2024 from 9:00 am to  
1:00pm on the grounds of Holy Family  
Cathedral.



## 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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### 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 Skerritt, Victor Charles. Junie Browne.

## Lectio Divina

**READ:** Jesus was conversing with Nicodemus, telling him that the Son of Man must also be lifted up to bring salvation. Jesus continued by telling Nicodemus that God loved the world so much that he sent his only Son so that whoever believes in him (Jesus/ the Son) will not perish or be lost but will have eternal life. Jesus came not to judge the world but to save the world. Jesus further explained to Nicodemus that he (the Son) came as the light to the world but those who do evil hated the light because they did not want their wicked ways to be exposed.

**REFLECT:** The very reason why God sent his Son, Jesus Christ, into the world is to save the world. Why? It is because God loves the world so much, the world and all it contains. Love is the very energy that keeps the entire salvific process moving. God's love saves us. As followers of Jesus, we are called to become God's instruments of salvation in our world today and it is God's love that will enable us to participate in God's salvific act. Lent is a season that allows God's love to grow in us. Love must motivate our Lenten observances.

**PRAY:** Let us pray that the love of God may increase in us.

**ACT:** Let us do one act of goodness today while being fully conscious that we do it out of love and for the love of God.

\*\*\*\*\*

The National Office of Disaster Services (NODS) will be hosting the annual Caribe Wave Tsunami Exercise on Thursday 21<sup>st</sup> March at 11:00 a.m. This national evacuation exercise will include schools, workplaces etc. Several locations have been designated as safe areas such as the St. John's Cathedral, Michael's Mount, the Antigua Recreation Grounds, Adele School area, the Botanical Gardens, Yasco playing field. Other safe areas are located in the hills of the countryside. The alert signaling the start of the exercise will be sent via the Common Alerting Protocol (CAP) app, which individuals are asked to download on their smart phones. Sirens will also be blaring throughout the island.

## CATECHETICAL NOTICE

**GOOD FRIDAY STATIONS OF THE CROSS FROM TYRELLS TO MT. TABOR:** For parishioners who are interested in transportation from the Cathedral to Tyrells for the Stations of the Cross... there will be two buses leaving the Cathedral at 7:30 a.m. sharp. Transportation will be available for the elderly during the walk to Mt. Tabor.

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**STATIONS OF THE CROSS** on March 15th will be led by the Catechetical & Youth Ministry at 7:00 p.m.

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**LENTEN FOOD PANTRY DRIVE:** There will be a box at the back of the Cathedral for parishioners who have indicated that they would like to bring their food and/or toiletries to Mass on Sundays. Please place your items in the box provided. The young people will package and distribute the items during the Easter Break. If you know of families who would appreciate a food package, please call the Pastoral office at 560-2693.

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**CELEBRATION OF THE SACRAMENTS:** Please pray for the children and young people who will be celebrating the sacraments in May and June.

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**St Joseph's Academy - St Joseph's Day** - Invites you to their Fundraising Lunch - All Meals will be served with a Drink. Saturday 16th March, 2024 from 12 Noon until 2:00pm at St Joseph's Academy grounds. Chicken, Pork, Pepper-pot and Salt-fish Lunch cost is \$30.00 and Fish Lunch. The cost is \$35.00. Please support.

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### Palms for Palm Sunday

Parishioners are kindly asked to bring palms for Palm Sunday on Saturday 23rd March at 10:00 am to Holy Family Cathedral.

**This Sunday's Readings**  
**10th March, 2024**

**First Reading: 2 Chronicles 36: 14-16, 19-23**

**Responsorial Psalm:** Let my tongue be silenced, if I ever forget you!

**Second Reading: Ephesians 2: 4-10**

**Gospel: John 3: 14-21**

**Readings for Monday to Saturday**

**Monday 11th March**

**Isaiah 65: 17-21**

**Psalm 30: 2, 4-6, 11-13**

**John 4: 43-54**

**Tuesday 12th March**

**Ezekiel 47: 1-9, 12**

**Psalm 46: 2-3, 5-6, 8-9**

**John 5: 1-16**

**Wednesday 13th March**

**Isaiah 49:8-15**

**Psalm 145: 8-9, 13-14, 17-18**

**John 5: 17-30**

**Thursday 14th March**

**Exodus 32: 7-14**

**Psalm 106: 19-23**

**John 5: 31-47**

**Friday 15th March**

**Wisdom of Solomon 2: 1, 12-22**

**Psalm 34: 17-21, 23**

**John 7: 1-2, 10, 25-30**

**Saturday 16th March**

**Jeremiah 11: 18-20**

**Psalm 7: 2-3, 9-12**

**John 7: 40-53**

**WHAT THE FIRST READING SAYS TO ME:**

The Jews in Babylonian exile stand for all who are alienated from God by sin. Only those who are aware of their alienation and are longing for home, salvation, lasting happiness, and peace can be saved. The Responsorial Psalm is a prayer of displaced Jews. "Zion" is the holy mountain in Jerusalem on which the temple was built. Both "Zion" and "Jerusalem" stand for "home." Every sinner is a displaced person. Make this psalm your Lenten prayer!

**WHAT THE SECOND READING SAYS TO ME**

Paul states that the salvation that the repentant sinner is hoping for is not our own doing. It is God's gift that we should accept in faith. Good works as such do not justify us but should be the consequence of our purification. Grateful for God's abundant love, the justified sinner spontaneously desires to do something in return.

**WHAT THE GOSPEL SAYS TO ME**

The Book of Numbers (21:4-9) relates a beautiful tradition. In the desert on their way to the promised land, some of the chosen people were bitten by serpents and many of them died. At God's command, Moses made a bronze serpent and mounted it on a pole. Whenever those who had been bitten by a serpent looked at the bronze serpent, they recovered. The serpent stands for the evil one (Jn 3:6). All who have been bitten must die, but looking to the Son of Man, lifted up on the cross, will save them.

Looking to Christ means, of course, looking with faith and repentance! Those who love darkness rather than light cannot be saved. Do you have a crucifix in your home and do you ever look at it with faith and repentance?

**KNOW YOUR CHURCH**

On a spring day in the mid-aughts, Fr. Stephen Fichter was grabbing a slice of pizza from a shop in Ho-Ho-Kus, New Jersey, when a boy from Fichter's church pointed to him and said, "I didn't know he could eat pizza!"

Almost two decades later, Fichter, pastor of St. Elizabeth of Hungary Church in Wyckoff, New Jersey, wants people to know that not only do priests enjoy gastronomic delights, they're also fully human.

"There's a sense of priests being a separate entity," said Fichter, who told Religion News Service that viewing priests purely as spiritual figureheads can, as the Catholic abuse crisis indicates, have dire consequences. And while reductive narratives in film and media depict priests as perfect heroes or evil villains, he said, truth is more complicated.

"I wanted to write a film that would strike a balance," said Fichter, who began developing the idea for the movie "Trinity's Triumph" in 1998.

Starring Emmy winner Joe Morton ("Scandal") and Emmy-nominated actor Young Mazino ("Beef"), "Trinity's Triumph" is now available to stream on Amazon Prime and other platforms. The first feature-length film written by a priest, according to Fichter, it follows three Catholic seminarians who tell corny jokes, sin occasionally and grapple with the demands of the priesthood.

How many people really want to have vows of celibacy, poverty and obedience?" Thomas Plante, a professor of psychology at Santa Clara University, emeritus professor at Stanford University and co-editor of Sexual Abuse in the Catholic Church: A Decade of Crisis, 2002-2012, said about the challenges faced by today's Catholic seminarians. "Our culture so much values sexual freedom, doing whatever you want, whenever you want, and we worship money and riches. It's so completely countercultural to go into this kind of life."

***"Whoever live according to the truth come into the light."***





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