



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
"The Word Of God"

15TH SUNDAY OF ORDINARY TIME - 12th July, 2026 - A

WEEKDAY MASS SCHEDULE

Monday

Holy Family Cathedral 6:00 pm

Tuesday

Holy Family Cathedral 6:00 am

St. Anthony's Potters 6:00 pm

Wednesday

Holy Family Cathedral 6:00 pm

Thursday

Holy Family Cathedral 6:00 am

St. Francis of Assisi, Villa 6:00 pm

Friday

Holy Family Cathedral 12:15 noon

Saturday

Holy Family Cathedral 8:00am

HOLY FAMILY CATHEDRAL ADORATION HOURS

Wednesdays

3:00 pm - 6:00 pm in the Chapel

Fridays

1:00 pm - 7:00 pm in the Chapel

Saturdays

7:00 am - 8:00am in the main
Cathedral

UP-COMING IN JULY

• Wednesday 22nd July - Feast
of St. Mary Magdalene

• Saturday 25th July - Feast of
St. James, Apostle

Applications are invited from
suitably qualified professionals to
teach Food, Nutrition and Health at
Christ the King High School.

Cover letter and CV should be
submitted
to christtheking268@gmail.com.

Deadline for submission is Friday
17th July, 2026.

Children's Adoration for the
month of July will be available on
Tuesday, July 21st at 4:15 PM at
Holy Family Cathedral. This
program offers children a
meaningful opportunity to deepen
their faith and understanding of
Jesus' presence in the Eucharist.
The experience has been
thoughtfully designed to be age-
appropriate, providing young
participants with a gentle but
reverent introduction to Eucharistic
Adoration.

All children between the ages of 5-
12 years old are invited!

Parishioners please be advised
that on Saturday 25th July, 2025
there will be NO 6:00pm Mass in
the Cathedral.

SUPPORT THE CATECHETICAL MINISTRY & THE SUMMER PROGRAMMES:

Our Catechetical Ministry continues
to be a vital part of parish life,
nurturing the faith of our children,
youth, and adults through
catechesis, prayer, creativity, and
fellowship. This summer, we are
preparing programmes that will help
our young people and the
community grow in faith, develop
their talents, and experience the joy
of belonging to the Church. We
invite you to support our
Catechetical Ministry and summer
programmes. Please drop your
donations in the boxes at the back of
the Cathedral. Thank you for your
generosity.

The next marriage preparation
class will be held in **September,**
2026. Interested couples can collect
a registration form at the Pastoral
Centre or at Tyrells Office.

The Marriage & Family Ministry
will host a Marriage Enrichment
Weekend from October 2nd to
October 4th, 2026. More details
will be given in a subsequent
announcement.

QUOTE:

"I WILL WILLINGLY ABANDON
THIS MISERABLE BODY TO
HUNGER AND SUFFERING,
PROVIDED THAT MY SOUL
MAY HAVE ITS ORDINARY
NOURISHMENT."

— Saint Kateri Tekakwitha

LAST WEEK'S COLLECTION

05th July, 2026

Cathedral	1st	2nd
Saturday 6:00 pm	\$2,404.10	\$754.80
Sunday 7:00 am	\$2,397.30	\$780.47
9:00 am	\$2,409.45	\$726.85
Out Stations		
Potters	\$231.25	\$51.70
Parham	\$758.50	\$278.40
Villa	\$611.70	\$255.85
Diocesan Schools	\$85.00	

Thanks for your Generosity

CATECHETICAL NOTICES

WELCOME: We welcome the Sisters of the Sorrowful Mother visiting with the Summer Camp Team from Grenada, US and UK who will be conducting the Summer Camp from July 13th to 17th. They are eager to welcome children and teens 5 - 16 years for this week. Parents, you can still register your children for this experience. We thank them for their ministry and pray God's blessings upon them. In addition to the camp days, the Team, consisting of trained counsellors and therapists will have an evening of engagement on Friday 17th at 6:00 p.m. on the church grounds for parents, children and young people.

PARENTS & YOUTH - THIS EVENING IS FOR YOU!

You are invited to join the visiting SSM Summer Camp Team for an exciting Family Night filled with learning, laughter and fun - on Friday, July 17, 2026 - 6:00 p.m. - Holy Family Cathedral Grounds.

Parents: Take part in an inspiring discussion on:

Parenting children and teenagers

Practical ways to cope with stress

Children & Youth: Enjoy exciting games

Bring the whole family and experience an evening of growth, joy and togetherness.

Don't miss it! We are saving a place just for you! See you there!

J'Ouvert Morning Breakfast:

Enjoy delicious breakfast after jumping up on J'Ouvert morning. The Catechists will be hosting this event at St. Lwanga Youth Centre from 6:00 a.m. to 9:00 a.m. on August 3rd. We look forward to your support.

Prayer for Protection During Hurricane Season

Lord Jesus Christ, our God in the flesh! As You saved Your apostles from perishing in a storm by calming wind and wave on Your command, so now keep us safe and sound during this hurricane season. Grant us favorable and benign weather. Protect us from the unpredictable elements of nature. Spare us from storm, flood, fire, illness, injury, disaster and sudden death. Preserve us from all evil and harm, for we, though sinful, are nonetheless the work of Your hands — and You, together with Your Father who has no beginning and Your holy, good and life-giving Spirit, are our God, in whom we live, move and have our being, now and ever, and for ages and ages. **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.

Gillian Howie, Catherine Durand, Georgina-Glave-Toussaint, Catherine DeTouche, Edward Lewis, Arnold Gomes, Jean James, Conrad Looby, Cecelia John, Justin Joseph, Carmen Ambrose, Tyler Lockhart, Joan Underwood, Cosmas Rowe, Andrea Brown, Niethia Dyier, Junie Browne, Cheralyn Beazer, Anthony Mathurin, Shirley Dyer, Deacon St. Clair Francis, Gerard Codrington, Jeffery Benjamin.

LECTIO DIVINA



"Our faith encourages us to trust God"

Read: The prophet Isaiah tells us that God's word is given to all and will ultimately bear fruit in the lives of those who receive it. In the second reading St. Paul expresses his hope for the day when the children of God and all of creation will share in God's glory. Jesus, in the gospel, informs his disciples that the generous God offers the seed of salvation to everyone.

Reflect: A wise farmer knows where to plant the seed, making the sower in the parable seem foolish. Jesus tells us that the Father's love is "foolish." He does not define who we are but offers His gift of salvation to each of us, scattering the seed across all types of soil. We are the soil that receives the seed and are called to nurture the good seed He has planted within us. Although we may never know the future, our faith encourages us to trust God. Let us never allow the challenges and crises that arise in life to hinder our growth and commitment to God. Instead, let us strive to nourish our faith and bear fruit for God's kingdom.

Pray: Bless our hearts, O God, that we may nurture Your gift of salvation and bear the fruits of goodness for others.

Act: Develop a practical plan for daily reading of God's word.

READINGS FOR THE WEEK

Sunday 12th July

First Reading

Isaiah 55: 10-11

Responsorial Psalm

Psalm 65: 10-14

Second Reading

Romans 8:18-23

Gospel

Matthew 13: 1-23



"Still, other seeds fell on good soil and produced a crop: some a hundredfold, others sixty, and others thirty."

Monday 13th July

Isaiah 1: 10-17

Psalm 50: 8,9,16,17,21,23

Matthew 10: 34 —11: 1

St. Henry

Tuesday 14th July

Isaiah 7: 1-9

Psalm 48: 2-8

Matthew 11: 20-24

St. Camillus de Lellis, priest

St. Kateri Tekakwitha

Wednesday 15th July

Isaiah 10: 5-7, 13-16

Psalm 94: 5-10, 14,15

Matthew 11: 25-27

St. Bonaventure, bishop & doctor

Thursday 16th July

Isaiah 26: 7-9, 11,16-19

Psalm 102: 13-21

Matthew 11: 28-30

Our Lady of Mount Carmel

Friday 17th July

Isaiah 38: 1-8, 21-22,

Isaiah 38: 10-12, 16

Matthew 12: 1-8

Saturday 18th July

Micah 2: 1-5

Psalm 10:1-4,7-8,14

Matthew 12: 14-21

WHAT THE 1ST READING SAYS TO ME

This poem, clear in itself, introduces the theme of today's Gospel: the fate or final outcome of God's word when (poetically speaking) it comes down from heaven to water thirsty ground. The poet wants to emphasize that God's word can bear fruit only when it is soaked up in human life. The point is: Do we listen? We cannot blame God for a lack of guidance. The Church reapplies Psalm 55 to stress this: "You (God) have visited land and watered it (with your word); greatly have you enriched it."

WHAT THE 2ND READING SAYS TO ME

Paul offers his attitude toward the created world. God made the world, hence it must be good. Nevertheless, it is in slavery to corruption because of Adam's [every human being's] sin. As part of the created world, humans groan too. But there is hope of liberation. We expect a new heaven and a new world. Redeemed humanity will live in peace with God in a world transformed by his Spirit.

WHAT THE GOSPEL SAYS TO ME

Before the parable of the sower finally ended up in the Gospel version of Matthew, it went through a long period of oral transmission. The first part (its short form) is substantially the parable as originally told by Jesus. The allegorical interpretation at the end was added later. The discussion on the purpose of teaching in parables in between is also a later insertion that refers to the kingdom of God, mysteriously present in the works of Jesus. One may ask, if Jesus did not say all of this, is it nevertheless the word of God? Yes it is. There is much in the Gospels that was not said by Jesus verbatim. Much of the Gospels is meditative interpretation of Jesus' spirit and attitude toward life. Later the Church recognized herself in the four Gospels, as we have them now, and accepted them as God's word.

Since the point of the parable is offered by the Bible itself, we do not need to comment on it. Ask yourself this question: In reading your Bible and searching for the point (God's word to you), do you establish a living contact with God by meditative prayer? This is all that Christian Bible reading is about.

Saint of the Day for July 16

The Story of Our Lady of Mount Carmel

Hermits lived on Mount Carmel near the Fountain of Elijah in northern Israel in the 12th century. They had a chapel dedicated to Our Lady. By the 13th century they became known as "Brothers of Our Lady of Mount Carmel." They soon celebrated a special Mass and Office in honor of Mary. In 1726, it became a celebration of the universal Church under the title of Our Lady of Mount Carmel. For centuries the Carmelites have seen themselves as specially related to Mary. Their great saints and theologians have promoted devotion to her and often championed the mystery of her Immaculate Conception.

Saint Teresa of Avila called Carmel "the Order of the Virgin." Saint John of the Cross credited Mary with saving him from drowning as a child, leading him to Carmel, and helping him escape from prison. Saint Thérèse of the Child Jesus believed that Mary cured her from illness. On her First Communion day, Thérèse dedicated her life to Mary. During the last days of her life she frequently spoke of Mary.

There is a tradition—which may not be historical—that Mary appeared to Saint Simon Stock, a leader of the Carmelites, and gave him a scapular, telling him to promote devotion to it. The scapular is a modified version of Mary's own garment. It symbolizes her special protection and calls the wearers to consecrate themselves to her in a special way. The scapular reminds us of the gospel call to prayer and penance a call that Mary models in a splendid way.



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