



Faith for the Journey

Complete the paragraph by filling in the blanks with the correct words from the word bank at the bottom of the story.



The LORD had said to _____, "Leave your _____, your _____ and your _____ household and go to the land I will show you.

"I will make you into a great _____ and I will _____ you; I will make your name _____, and you will be a blessing.

I will bless those who bless you, and whoever curses you I will _____; and all peoples on _____ will be blessed through you."

So Abram left, as the _____ had told him; and Lot went with him. Abram was seventy-five years old when he set out from Haran.

Genesis 12:1-4 (NIV)

Abram	country	earth	great	nation
bless	curse	father's	LORD	people

WEEKDAY READINGS (PSALTER WEEK 2)

02 Monday - Lenten Weekday

Daniel 9: 4b-10; Luke 6: 36-38

03 Tuesday - Lenten Weekday

1: 10, 16-20; Matthew 23: 1-12

04 Wednesday - Lenten Week

Jeremiah 18: 18-20; Matthew 20: 17-28

05 Thursday - Lenten Week

Jeremiah 17: 5-10; Luke 16: 19-31

06 Friday - Lenten Weekday

Genesis 37: 3-4, 12-13a, 17b-28; Matthew 21: 33-43, 45-46

07 Saturday - Lenten Weekday

Micah 7: 14-15, 18-20; Luke 15: 1-3, 11-32

REFLECTION

In today's gospel, Jesus takes Peter, James, and John up a high mountain to experience the Transfiguration, a pivotal moment revealing His divine glory. His face shines like the sun, and His clothes become dazzling white, as Moses and Elijah appear, representing the Law and Prophets affirming Jesus as their fulfilment. This glimpse of heavenly splendour offers the disciples and us a foretaste of the Easter joy even amid Lent's ascetic path.

God's voice thunders from the cloud, declaring, "This is my Son, the Beloved: He enjoys my favour, Listen to him," echoing the baptism and commanding obedience. Peter impulsively offers to build three tents, but the divine interruption silences human plans, urging attentiveness to Christ's words over misguided action. The Transfiguration strengthens the apostles for the looming Cross, reminding us that glory follows suffering.

As we descend the mountain with Jesus, instructed to tell no one until the resurrection, we're called to carry this radiant hope silently through our Lenten trials. In a world of distractions, the Transfiguration invites us to keep our eyes fixed on Christ's divinity, trusting in His promise of transformation even in shadows. Let this vision renew our resolve to listen and to follow Him.

NOTICES

Remember; Lenten Season offers us an opportunity to deepen our life of faith by prayer, fasting and acts of charity. Stations of the cross continues at the Cathedral every Friday during Lent at 5:00 p.m. and other mass centers are as follows:

Mt. Moritz - Thursdays at 6:00 p.m. Belmont - Fridays at 5:00 p.m. Happy Hill - Fridays at 6:00 p.m. Brizan - Fridays at 6:00 p.m. Tempe—Fridays at 6:00 p.m.

Our Lenten fast enables us to give up something to help the needy and the poor. Lenten charity 'collections' continues for this purpose. You are encouraged to do so generously. Thank you!

Parish Pastoral Council Meeting will be held this Monday March 2, 2026 5:00 p.m. at Norton Hall.

COLLECTIONS:

February 22nd 2026 (1st Sunday of Lent /A)

Cathedral 6.00 p.m.	\$ 766.15	Belmont	\$ 550.00
Cathedral 8.00 a.m.	\$ 1022.25	Brizan	\$ 100.00
Happy Hill	\$ 789.60	Fontenoy	\$ 86.80
Tempe	\$ 240.00	Mt. Moritz	\$ 221.05
Total:	\$ 3775.85		

Thank you for your generosity. God bless you always!

LET US PRAY FOR THE SICK AND SHUT-INS IN OUR PARISH COMMUNITY:

Limo Grant, Ann Bishop, Thelma Joseph, Michael Philbert, Dean Andrew, Clarissa Bain, Arnold Joseph, Ambrose Noel, Andrea Jessica, Veronica Thomas, Emma Joseph, Joseph Ross, Finley Gill, Gwendolyn Noel, Beryl Grant, Mildred

Nutrition Tips For The Week

Keep hydrated everyday. Aim for urine to be pale yellow. If urine is dark yellow and smells, you need to drink more water. Flavor water with fresh fruits like lemon or mango, vegetables like cucumber and spices like bay leaf.

CATHEDRAL PARISH LENTEN MISSION 2026

Theme: Walking Together with St. Francis:

Simple, Listening, Serving Church.

Scripture: Luke 9:46-48.

Time: 6:00 p.m. nightly

Cathedral of the Immaculate Conception.

MONDAY 23RD: JOURNEYING TOGETHER AS GOD'S PEOPLE

TUESDAY 24TH: HUMILITY AND LISTENING FROM THE MARGINS

WEDNESDAY 25TH: MISSION-FOCUSED DISCERNMENT (GOING OUT AND SERVING)

THURSDAY 26TH: FRATERNITY AND RECONCILIATION IN THE COMMUNITY

FRIDAY 27TH: JOY, GRATITUDE, AND THANKSGIVING ALONG THE WAY

Preacher: Fr. Kenwin Sylvester from the Archdioceses of Port of Spain, Trinidad and Tobago



Parish Pastoral Team: FR. CARL HAYNES (Cathedral Administrator)
DEACON RAPHAEL JOHNSON (Parish Deacon)
THE PRESENTATION BROTHERS

Catechesis Corner

THINGS YOU SHOULDN'T DO DURING LENT.

Lent is a time of spiritual self-discovery, renewal, and an invitation to find God's will for us. Through sacrifice, prayer, and alms-giving we are looking to join Jesus in the desert – finding a purer form of ourselves.

There are as many opportunities for Lenten self-improvement. As we enter the first week of Lent, however, we might want to take a look at our intentions and the desired effect on our lives.

Are our objectives pure? Do we have the proper mindset to make this Lent a life-altering experience?

“For as the rain and the snow come down from heaven, and return not thither but water the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, so shall my word be that goes forth from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and prosper in the thing for which I sent it.” (Isaiah 55:10-11)

In keeping with the hope of a fruitful Lent, we might consider this list of seven snares to avoid:

1 - Don't use Lent as a weight loss regimen –

Abstaining from delicacies we savor can be a worthy discipline to practice. While better care of the temple which is our body is admirable, selfishly looking for a vanity-based outcome can detract (or eliminate) the purity of our sacrifice. Instead, emptying ourselves and refraining from creature comforts, should make more room for God in our lives.

2 - Don't focus solely on self –

We are called to improve our relationship with God during Lent. An important aspect of the disciplines we practice, is to be closer to Him. A pertinent offshoot of applying this objective is to bring the love of Christ to others. We do this through our actions toward them. If we selfishly withdraw without giving thought to being a light to others, we diminish a positive aspect of our call to Lenten love. A virtuous alternative would be to allow true charity to bring us closer to those around us.

3 - Don't be rigid in our intentions –

If we find that our spiritual needs take on a divergent direction, we shouldn't be afraid to redirect our efforts as the Holy Spirit dictates. One of the purposes of Lent is to grow in our faith life and to transform our everyday interaction with God and others. Sometimes our needs or the opportunities to serve God through others present themselves in a variety of ways. Altering course and flexibility, then, become a benefit to our Lenten growth.

To be continued.

Prayer for the Discernment of A New Bishop

O God, Eternal Shepherd, who govern your flock with unchanging care, grant to your Church in St. George's-in-Grenada a shepherd who will faithfully follow in the footsteps of your Son, our Savior Jesus Christ. Give us a Bishop filled with wisdom and understanding so that, guided by your Holy Spirit, he may be a faithful pastor, a prudent teacher, wise in discerning the needs of our diocese and region. Strengthen him to uphold the gospel of truth, to lead your flock with humility and courage and to build up the Body of Christ in love and holiness. We ask this in the name of Jesus Christ our Lord. Immaculate Mary, Mother of the Church, pray with us and for us. **Amen.**

SYNOD PRAYER

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.

Save the Dates

Cathedral Parish Lenten Mission - March 23-27, 2026

Parish Tea - April 30, 2026

Parish Harvest - May 25, 2026

Parish Contact Information

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Office Hours: Monday to Friday: 8:30 a.m. to 4:30 p.m.

CATHEDRAL OF THE IMMACULATE CONCEPTION



Our Lady Queen of Peace, **BELMONT; SPRINGS**
Saints Joachim & Anne, **BRIZAN;**
Blessed Trinity, **FONTENOY;**
Church of the Uganda Martyrs, **HAPPY HILL;**
Our Lady Queen of the Universe, **MT. MORITZ;**
St. Benedict the Moor, **RIVER ROAD; DARBEAU**
Our Lady Lily of the Valley, **TEMPE.**

Contributor:  **The Computer Store Grenada Ltd** Tel: 444-3653 *Weekly Bulletin*

2nd Sunday of Lent / A - March 1st, 2026

Sunday Mass Schedules:

Cathedral Saturday: 6:00 p.m.
Belmont Saturday: 6:00 p.m.
Brizan Sunday: 6:30 a.m.
Cathedral Sunday: 8:00 a.m.

Happy Hill Sunday: 8:00 a.m.
Tempe Sunday: 8:00 a.m.
Fontenoy Sunday: 10:00 a.m.
Mt. Moritz Sunday: 10:00 a.m.

Weekday Masses:

Cathedral: 6:15 a.m. & 12:15 p.m.
Happy Hill: Wednesday 5:30 p.m.

CONFESSION:

Cathedral: Saturdays: 7:00 a.m. - 8:00 a.m.
(Priests available at request)

Welcome!

Welcome to this celebration for the 2nd Sunday of Lent. We are invited to trust in God's call and to have a glimpse of His glory amid our Lenten sacrifices.

The First Reading from Genesis 12:1–4a: Abram's obedient faith models our Lenten response to God's voice, leaving behind the familiar for divine blessing.

The Second Reading from 2 Timothy 1:8b-10: Paul urges Timothy to bear hardships for the Gospel with God's strength, recalling how Christ destroyed death and revealed eternal life through grace.

The Gospel According to Matthew 17:1–9: Jesus' Transfiguration before Peter, James, and John, revealing His divine glory with Moses and Elijah, and God's command to listen to Him.