



The Most Important Thing

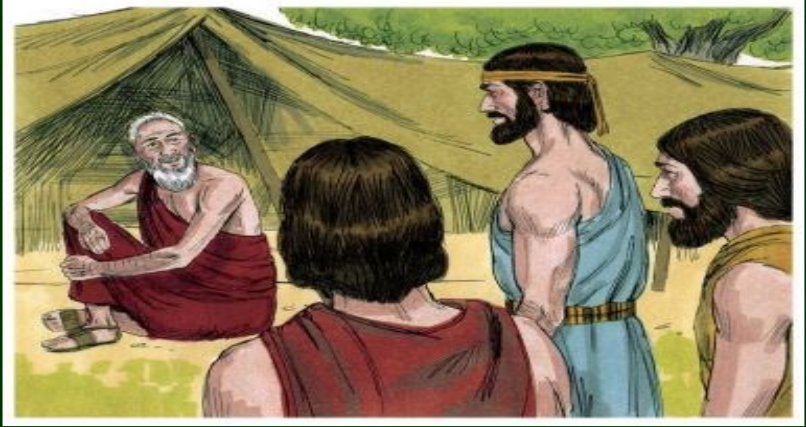
But the Lord said to her, "My dear Martha, you are worried and upset over all these details!" Luke 10:41 (NLT)
Each number represents a letter of the alphabet. Substitute the correct letter for the numbers to reveal the coded words.



1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
S	D	B	H	O	C	R	Y	U	A	J	N	L	F	X	M	V	Z	K	P	W	T	G	Q	I	E

1. 6-4-5-1-26-12 _____
2. 21-5-7-19 _____
3. 1-25-1-22-26-7 _____
4. 21-5-7-7-25-26-2 _____
5. 9-20-1-26-22 _____
6. 17-25-13-13-10-23-26 _____
7. 3-26-22-22-26-7 _____
8. 21-5-16-10-12 _____

WOMAN	UPSET	SISTER	VILLAGE
WORRIED	CHOSEN	WORK	BETTER



Parish Pastoral Team: **FR. KUFRE EMMANUEL MSP** (Cathedral Administrator)
FR. RAYMOND INAEDE (Priest-in-residence)
DEACON RAPHAEL JOHNSON (Parish Deacon)
THE PRESENTATION BROTHERS

REFLECTION

The Gospel of this Sunday’s Liturgy presents us with a lively domestic scene with Martha and Mary, two sisters who extend their hospitality to Jesus in their home (cf. Lk 10:38-42). Martha immediately sets about welcoming the guests, whereas Mary sits at Jesus’ feet to listen to him. Then Martha turns to the Master and asks him to tell Mary to help her. Martha’s complaint does not seem out of place; indeed, we would tend to agree with her. Yet Jesus answers her: “Martha, Martha, you are anxious and troubled about many things; one thing is needful.

Mary has chosen the good portion, which will not be taken away from her” (Lk 10:41-42). This is a surprising answer. But Jesus overturns our way of thinking many times. Let us ask ourselves why the Lord, while appreciating Martha’s generous attentiveness, says that Mary’s attitude is to be preferred.

Martha’s “philosophy” seems to be this: first duty, then pleasure. In effect, hospitality is not composed of fine words, but demands that you roll up your sleeves, that everything necessary is done so the guest feels welcome. Jesus is well aware of this. And indeed, he acknowledges Martha’s effort. However, he wants to make her understand that there is a new order of priorities, different from the one she had followed until then. Mary had sensed that there is a “good portion ” that must be accorded first place. Everything else comes after, like a stream flowing from the source. And so we wonder: what is this “good portion”? It is listening to Jesus’ words. The Gospel says Mary “sat at the Lord’s feet and listened to his teaching ” (v. 39). Note: she did not listen while standing, doing other things, but she sat at Jesus’ feet. She understood that he is not like other guests. At first sight it seems that he has come to receive, because he needs food and lodging, but in reality, the Master came to give himself to us through his word.

Brothers and sisters, let us take advantage of this vacation time to stop and listen to Jesus. Nowadays it is increasingly difficult to find free time to meditate. For many people the rhythm of work is frenetic and wearisome. Summertime can be valuable also for opening the Gospel and reading it slowly, without haste, a passage each day, a short passage from the Gospel. And this lets us enter into this dynamic of Jesus.

Let us allow ourselves to be challenged by those pages, asking ourselves how our life, my life, is going, if it is in line with what Jesus says, or not so much. In particular, let us ask ourselves:.

When I start my day, do I throw myself headlong into the things to be done, or do I first seek inspiration in the Word of God? At times we begin the day automatically, we start doing things ... like hens. No. We must start the day by first of all looking to the Lord, taking his Word, briefly, but allowing this to be the inspiration for the day. If we leave the house in the morning keeping a word of Jesus in mind, the day will surely acquire a tone marked by that word, which has the power to orient our actions according to the Lord’s wishes. May the Virgin Mary teach us to choose the good portion, which will never be taken from us.

Pope Francis

NOTICES

Midday mass at the Cathedral this week, will **only** be celebrated on Tuesday and Friday. Please take note.

The Catholic Charismatic Renewal will be having a Jericho March in St. George's next Sunday 27th July, 2025. Persons should gather at the bus Terminus at 2:00 pm.

St. Matthew’s R.C. Church (Birchgrove) invites all to their Annual Harvest on Friday 1st August, 2025 at the church grounds, starting time 12 noon.

All are invited to the memorial mass for the departed father of our priest which will hold at the Cathedral on Wednesday July 23rd at 5pm.

Fr. Kufre will travel on Saturday 26th to join his family as they prepare for the funeral. Please keep him in your prayers.

WEEKDAY READINGS (PSALTER WEEK 4)

21 Monday - St Lawrence of Brindisi, Priest & Doctor
Exodus 14: 5-18; Matthew 12: 38-42

22 Tuesday - St. Mary Magdalene, Disciple of the Lord
Exodus 14: 21 - 15: 1; John 20: 1-2, 11-18

23 Wednesday - Weekday in Ordinary Time
Exodus 16: 1-5, 9-15; Matthew 13: 1-9

24 Thursday - Weekday in Ordinary Time
Exodus 19: 1-2, 9-11, 16-20b; Matthew 13: 10-17

25 Friday - Saint James, Apostle
Second Corinthians 4: 7-15; Matthew 20: 20-28

26 Saturday - Ss Joachim and Anne, parents of the Virgin Mary
Exodus 24: 3-8; Matthew 13: 24-30

Catechesis Corner

THE TEN COMMANDMENTS CONT...

THE FIFTH COMMANDMENT cont...

You shall not kill. (Ex 20:13; cf. Deut 5:17)

II. RESPECT FOR THE DIGNITY OF PERSONS

Respect for the souls of others: scandal

Scandal is an attitude or behavior which leads another to do evil. The person who gives scandal becomes his neighbor's tempter. He damages virtue and integrity; he may even draw his brother into spiritual death. Scandal is a grave offense if by deed or omission another is deliberately led into a grave offense.

Scandal takes on a particular gravity by reason of the authority of those who cause it or the weakness of those who are scandalized. It prompted our Lord to utter this curse: "Whoever causes one of these little ones who believe in me to sin, it would be better for him to have a great millstone fastened round his neck and to be drowned in the depth of the sea." (Mt 18:6; cf. 1 Cor 8:10-13). Scandal is grave when given by those who by nature or office are obliged to teach and educate others. Jesus reproaches the scribes and Pharisees on this account: he likens them to wolves in sheep's clothing. (Cf. Mt 7:15).

Scandal can be provoked by laws or institutions, by fashion or opinion. Therefore, they are guilty of scandal who establish laws or social structures leading to the decline of morals and the corruption of religious practice, or to "social conditions that, intentionally or not, make Christian conduct and obedience to the Commandments difficult and practically impossible." (Pius XII, Discourse, June 1, 1941) This is also true of business leaders who make rules encouraging fraud, teachers who provoke their children to anger, (Cf. Eph 6:4; Col 3:21). or manipulators of public opinion who turn it away from moral values.

Anyone who uses the power at his disposal in such a way that it leads others to do wrong becomes guilty of scandal and responsible for the evil that he has directly or indirectly encouraged. "Temptations to sin are sure to come; but woe to him by whom they come!" (Lk 17:1).

To be cont..

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.

COLLECTIONS:

15th Sunday in Ordinary Time / C - 13th July, 2025

Cathedral 6.00 p.m. \$ 1097.40 Belmont \$ 246.77

Cathedral 8.00 a.m. \$ 818.32 Fontenoy \$ 223.75

Happy Hill \$ 588.50

Tempe \$ 438.25

Total: \$ 3,412.99

THE JUBILEE PRAYER

Father in Heaven, may the faith you have given us in your son, Jesus Christ, our brother, and the flame of charity enkindled in our hearts by the Holy Spirit, reawaken in us the blessed hope for the coming of your Kingdom.

May your grace transform us into tireless cultivators of the seeds of the Gospel. May those seeds transform from within both humanity and the whole cosmos in the sure expectation of a new heaven and a new earth, when, with the powers of Evil vanquished, your glory will shine eternally.

May the grace of the Jubilee reawaken in us, **Pilgrims of Hope**, a yearning for the treasures of heaven. May that same grace spread the joy and peace of our Redeemer throughout the earth. To you our God, eternally blessed, be glory and praise for ever. **Amen.**

POPE'S PRAYER INTENTION FOR JULY:

For formation in discernment

Let us pray that we might again learn how to discern, to know how to choose paths of life, and reject everything that leads us away from Christ and the Gospel.

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*

16th Sunday in Ordinary Time / C - July 20th, 2025

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 - 6 pm

CONFESSON:

Cathedral: Saturdays: 7.00 a.m. - 8.00 a.m.
(Priests available at request)

Welcome!

Today we hear in the Gospel, Jesus came to the house of Martha and Mary. Martha got completely carried away by the details of hospitality, but Mary sat at his feet and listened to Him. During this mass we have an opportunity to do what Mary did, namely spend some time in the presence of the Lord. Let us enliven our faith in his presence among us.

First Reading: From the Book of Genesis chapter 18 verses 1 to 10. When Abraham gave hospitality to three strangers he did not know he was entertaining God himself, who would reward him with good news.

Second Reading: Paul, a minister of the Good News of the calling of the Gentiles to salvation, suffers for his converts. This we hear from his letter to the Colossians chapter 1, verses 24 to 28.

Gospel: According to Luke chapter 10 verses 38 to 42. The Gospel contrasts Martha's activity and Mary's quiet devotion to the Lord.