



### Run the Race

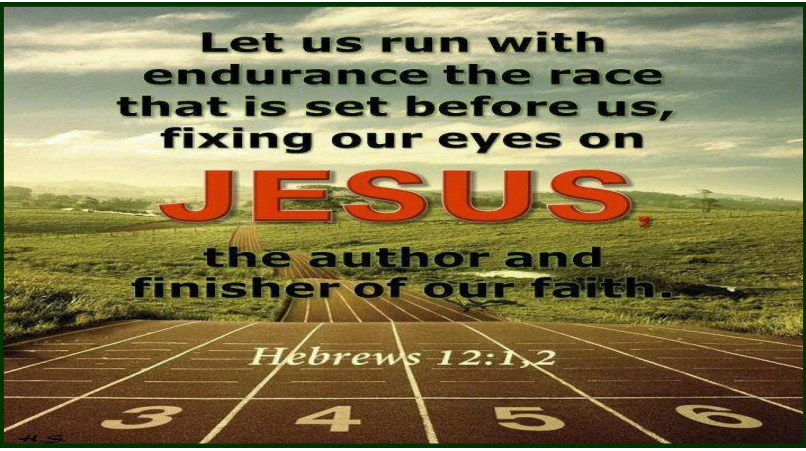
Let us run with perseverance the race marked out for us. Hebrews 12:1b (NIV)

Based on Hebrews 12:1-2



G Y B R H X E A E N G E T Z Q  
B H W T N U E L J W E Q H U S  
S F I P A T E G H F V V A E B  
D A I P Z H O T S I A I S X H  
F M U X H R A S D L N S H C L  
D K I C K O D T I D E D S O K  
C R U N F W M I U N M E E S F  
M T H R O N E O T P Y O F R V  
U A A Y M I L I F E E S G K S  
F A R A E C W X B U L J R N X  
R F J K J C V H Q G U E E I T  
A K B Q E U S E H C I S A U F  
C J O C O D U F U D M U T E A  
E F F N V M H S I N K S R M Z  
R G W R I P K J O Y T L K U N

GREAT WITNESSES MARKED	RACE THROW FIX	JESUS THRONE HINDERS	JOY EYES CLOUD	FAITH RUN SIN
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**Parish Pastoral Team:** FR. KUFRE EMMANUEL MSP (Cathedral Administrator)  
DEACON RAPHAEL JOHNSON (Parish Deacon)  
THE PRESENTATION BROTHERS

# REFLECTION

“I came to cast fire upon the earth; and would that it were already kindled!” (v. 49). The fire that Jesus speaks of is the fire of the Holy Spirit, the presence living and working in us from the day of our Baptism. It — the fire — is a creative force that purifies and renews, that burns all human misery, all selfishness, all sin, which transforms us from within, regenerates us and makes us able to love. Jesus wants the Holy Spirit to blaze like fire in our heart, for it is only from the heart that the fire of divine love can spread and advance the Kingdom of God. It does not come from the head, it comes from the heart. This is why Jesus wants fire to enter our heart. If we open ourselves completely to the action of this fire which is the Holy Spirit, He will give us the boldness and the fervor to proclaim to everyone Jesus and his consoling message of mercy and salvation, navigating on the open sea, without fear.

In fulfilling her mission in the world, the Church — namely all of us who make up the Church — needs the Holy Spirit’s help so as not to let herself be held back by fear and by calculation, so as not to become accustomed to walking inside of safe borders. These two attitudes lead the Church to be a functional Church, which never takes risks. Instead, the apostolic courage that the Holy Spirit kindles in us like a fire helps us to overcome walls and barriers, makes us creative and spurs us to get moving in order to walk even on uncharted or arduous paths, offering hope to those we meet. With this fire of the Holy Spirit we are called to become, more and more, communities of people who are guided and transformed, full of understanding; people with expanded hearts and joyful faces. Now more than ever there is need for priests, consecrated people and lay faithful, with the attentive gaze of an apostle, to be moved by and to pause before hardship and material and spiritual poverty, thus characterizing the journey of evangelization and of the mission with the healing cadence of closeness. It is precisely the fire of the Holy Spirit that leads us to be neighbours to others, to the needy, to so much human misery, to so many problems, to refugees, to displaced people, to those who are suffering.

At this moment we think with admiration especially of the many priests, men and women religious and lay faithful who, throughout the world, are dedicated to proclaiming the Gospel with great love and faithfulness, often even at the cost of their lives. Their exemplary testimony reminds us that the Church does not need bureaucrats and diligent officials, but passionate missionaries, consumed by ardour to bring to everyone the

consoling word of Jesus and his grace. This is the fire of the Holy Spirit. If the Church does not receive this fire, or does not let it inflame her, she becomes a cold or merely lukewarm Church, incapable of giving life, because she is made up of cold and lukewarm Christians. It will do us good today to take five minutes to ask ourselves: “How is my heart? Is it cold? Is it lukewarm? Is it capable of receiving this fire?”.

**Pope Francis**

## NOTICES

- The Catholic Charismatic Renewal** invites everyone to their day of Renewal at the St. Joseph Catholic Church (Pomme Rose) on Sunday August 31st 2025 at 2:00pm.
- The St. George’s conference of the society of the St. Vincent de Paul**, will be having a breakfast sale next Saturday and Sunday immediately after mass at the Cathedral at the cost of \$10.00. Please support a worthy cause.
- The St. Paul’s conference of the Society of St. Vincent de Paul (SSVP)** invites all to their takeaway fundraiser at Roger’s roadside BBQ Grill, St Paul, on Saturday 30th August, 2025. Starting time 11:00am. Tickets are available for \$20.00, each ticket purchased will enter you into a raffle draw.

## WEEKDAY READINGS (PSALTER WEEK 4)

- 18 Monday - Weekday in Ordinary Time**  
Judges 2: 11-19; Matthew 19: 16-22
- 19 Tuesday - Weekday in Ordinary Time**  
Judges 6: 11-24a; Matthew 19: 23-30
- 20 Wednesday - St. Bernard, Abbot & Doctor of the Church**  
Judges 9: 6-15; Matthew 20: 1-16
- 21 Thursday - St. Pius X, Pope**  
Judges 11: 29-39a; Matthew 22: 1-14
- 22 Friday - Our Lady, Mother & Queen**  
Ruth 1: 1, 3-6, 14b-16, 22; Matthew 22: 34-40
- 23 Saturday - Weekday in Ordinary Time**  
Ruth 2: 1-3, 8-11; 4: 13-17; Matthew 23: 1-12
- 24 Sunday - 21st Sunday in Ordinary Time**

**Nutrition Tip for the week**

Keep a list of food allergies or special feeding for each member of your household in your emergency kit. This will be useful for a short stay at an emergency shelter.

## Catechesis Corner

### THE TEN COMMANDMENTS CONT...

#### THE FIFTH COMMANDMENT cont...

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

### III. SAFEGUARDING PEACE

#### Peace

By recalling the commandment, "You shall not kill," (Mt 5:21) our Lord asked for peace of heart and denounced murderous anger and hatred as immoral.

Anger is a desire for revenge. "To desire vengeance in order to do evil to someone who should be punished is illicit," but it is praiseworthy to impose restitution "to correct vices and maintain justice. "(St. Thomas Aquinas, STh II-II,158,1 ad 3) If anger reaches the point of a deliberate desire to kill or seriously wound a neighbor, it is gravely against charity; it is a mortal sin. The Lord says, "Everyone who is angry with his brother shall be liable to judgment. "(Mt 5:22)

Deliberate hatred is contrary to charity. Hatred of the neighbor is a sin when one deliberately wishes him evil. Hatred of the neighbor is a grave sin when one deliberately desires him grave harm. "But I say to you, Love your enemies and pray for those who persecute you, so that you may be sons of your Father who is in heaven. "(Mt 5:44-45).

Respect for and development of human life require peace. Peace is not merely the absence of war, and it is not limited to maintaining a balance of powers between adversaries. Peace cannot be attained on earth without safeguarding the goods of persons, free communication among men, respect for the dignity of persons and peoples, and the assiduous practice of fraternity. Peace is "the tranquility of order." (St. Augustine, De civ. Dei, 19,13,1:PL 41,640). Peace is the work of justice and the effect of charity. (Cf. Isa 32:17; cf. GS 78 §§ 1-2).

Earthly peace is the image and fruit of the peace of Christ, the messianic "Prince of Peace. "(Isa 9:5). By the blood of his Cross, "in his own person he killed the hostility," (Eph 2:16 J.B.; cf. Col 1:20-22) he reconciled men with God and made his Church the sacrament of the unity of the human race and of its union with God. "He is our peace. "(Eph 2:14). He has declared: "Blessed are the peacemakers. "(Mt 5:9).

Those who renounce violence and bloodshed and, in order to safeguard human rights, make use of those means of defense available to the weakest, bear witness to evangelical charity, provided they do so without harming the rights and obligations of other men and societies. They bear legitimate witness to the gravity of the physical and moral risks of recourse to violence, with all its destruction and death.(Cf. GS 78 § 5).

To be cont..

### COLLECTIONS:

#### 19th Sunday in Ordinary Time /C - 10th August, 2025

Cathedral 6.00 p.m.	\$ 533.85	Belmont	\$ 128.30
Cathedral 8.00 a.m.	\$ 729.74	Mt. Mortiz	\$ 170.00
Happy Hill	\$ 514.50	Brizan	\$ 57.75
Tempe	\$ 482.50		
<b>Total:</b>	<b>\$ 2,616.64</b>		

### 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 AUGUST:

#### For mutual coexistence

Let us pray that societies where coexistence seems more difficult might not succumb to the temptation of confrontation for ethnic, political, religious, or ideological reasons.

### Parish Contact Information

**Address:** Cathedral of the Immaculate Conception, P. O. Box 224, Church Street, St. George's, GRENADA, W.I. **E-mail Address:** Cathedralparish@hotmail.com

**Website:** www.grenadacic.wixsite.com

**Telephone:** (473) 440-2999/ 435-7513, Cell: 406-0506. **Fr. Kufre Emmanuel MSP** (473) 458-4779

**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*

**20th Sunday in Ordinary Time / C - August 17th, 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's Gospel is a great comfort to us, especially in times of sorrow and trouble; but it also challenges us to shun darkness and opt for the light to be with Christ rather than against him. We are invited to see and know where we stand - whether with Christ or against him.

**First Reading:** From the prophet Jeremiah chapter 38 verses 4 to 6 and 8 to 10. This text, describes the persecution of prophet Jeremiah, whom Christians see a figure of Christ.

**Second Reading:** From the letter to the Hebrews chapter 12 verses 1 to 4. The author exhorts his readers to persevere in their faith, drawing strength from the example of Christ and all those who have gone before them.

**Gospel:** According to Luke chapter 12 verses 49 to 53. The coming of Christ marks a time of division in which people will be called on to declare their loyalties.