



The Feast of Corpus Christi

THE PROCESSION OF BENEDICATION OF THE MOST BLESSED SACRAMENT



The Feast of The Body and Blood of Christ (Corpus Christi) was celebrated with Evening Prayer and Benediction on Sunday, June 26th, at St. Francis Xavier Cathedral. The celebrant was Archbishop Patrick Pinder, Archbishop of Nassau.

- photo courtesy of Philip Laramore

A reminder for Catholics to celebrate Faith

Fr Noel Clarke, Pastor of St Bede's Parish, shares a reflection on the celebration of the Solemn Feast of the Body and the Blood of Jesus

I am the living bread that came down from heaven, says the Lord; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world." (Matthew 6:51)

Today as Catholics, we celebrate the Solemnity of the Body and Blood of Christ known in latin as Corpus Christi. Today we focus in on the Eucharist The source and summit of our faith.

This feast the solemnity of the body and blood of Christ began in Liege, Belgium in 1247 when an Augustinian nun, Julian of Liege, received visions that God wanted his people to celebrate his institution of the Blessed Sacrament. Perhaps twelve hundred years after the First Eucharist at the Last Supper, people were beginning to overlook the importance of this sacra

ment.

The Body and Blood are given for us. He is there and will be there till there is no more time in the world. But why? Pope Pius XII, the Pope of the 1940s and 50s put it this way: When we receive worthily, we are what we receive. We are transformed into Christ.

Continued on page 5

Archbishop's statement on 2011 Hurricane Season

Beloved in Christ,

We must now once again prepare for the Hurricane Season which begins on June 1 each year. This year the Hurricane Season is expected to be a highly active one. If the predictions are correct, there will be sixteen storms between June 1 and November 30, 2011. Nine of these are expected to develop into hurricanes and five are predicted to reach Category 3 Level.

Our preparation begins now! Our level of preparedness should remain constant throughout the Hurricane Season which extends from the beginning of June to the end of November.

At the very least we should maintain the following items in our homes -

- non-perishable food
- drinking water, enough to last a week

- prescription medicines, at least a week's supply
- flashlights, batteries and a transistor radio and
- a manual can opener

Now is the time to ensure that all our hurricane shutters and the tools necessary for putting them in place are readily available. Our advance preparation can avoid the last minute rush to purchase supplies. Having an adequate supply of food, water and medicine is critical for coping during the difficult days of immediate post hurricane recovery, should we come to that.

Every household should have a clear evacuation plan to following the event of flooding or severe winds which your structure may not be able to withstand. Make plans to seek shelter with a relative or friend whose home is more secure than your own and who is willing and able to accommodate you.

If you plan to seek refuge in a designated Hurricane Shelter, first of all, know where the nearest suitable shelter is. Gather the necessary provisions then arrange to go to the shelter with relatives and friends who also need to seek shelter. We cannot emphasize enough the importance of being prepared whether hurricanes actually make landfall on our shores or not. We must never risk being caught unprepared!

Most importantly, as we prepare let us trust ourselves to God's divine providence, praying that we will be spared the destructive forces of hurricanes and storms, trusting that whatever happens all shall be well.

Sincerely yours in Christ,
Most Reverend Patrick C. Pinder, S.T.D., C.M.G.
Archbishop of Nassau

Archbishop Speaks



Archbishop Patrick C. Pinder, STD

The following is Archbishop's homily delivered at the Mass of The Neophytes on June 9th at St. Francis Xavier Cathedral.

Readings:

Acts of the Apostle 22:30 – 23:6-11

Psalm 16

John 17:20-26

Beloved in Christ,

As we gather for what we call the Mass of the Neophytes let us be mindful of a few things.

Firstly, this is the occasion for the newly baptized to gather with the Archbishop. It is a time for them to be reaffirmed in their membership in the church. It is an occasion for you Neophytes to develop your

wore their white baptismal robes for the last time. The event was associated with Pentecost. So Pentecost (whose liturgical color is red) got the name White Sunday. Over time, this was corrupted and shortened to Whit Sunday." The following day was and still is called Whitmonday. Whitmonday, for us, is a public holiday. Its roots lie in our liturgical calendar. It is related to the end of the Easter Season and to the procession of the Neophytes wearing their baptismal white for the last time.

During the Easter Season our constant companion at worship is the Acts of the Apostles. It records for us an account of the joys and the sorrows, the triumphs and the challenges of the early church, a community fired up with enthusiasm in the wake of the resurrection.

...you have begun the journey of living as full members of the Church. Your destination is clear. It is the life of GRACE in this world and the life of GLORY beyond this world. The life of GRACE and GLORY... that is your destination! Loving God and neighbor is the ticket to this destination.

- Archbishop Pinder

sense of participation in the life of the Church and your union with the Archbishop.

Secondly, this occurs at the end of the Easter Season. Pentecost, which marks the end of the Easter Season is only days away. Now, I never tire of saying that during the fifty days from Easter to Pentecost the Church invites us, challenges us, urges us to reflect, at length, on what it means to say and believe that Christ is risen from the dead.

The word Neophyte means literally, "the newly planted." You are the newest plants in the vineyard of the Lord. The hope and expectation is that you will bear much fruit, much good fruit. By custom this celebration was the time when the neophytes

Today's first reading concludes with Paul receiving in a vision his instruction to go and witness to the faith in Rome. Of course, at Rome he will witness to the faith but not just in words. He will do so with his blood. He was beheaded. He escaped crucifixion because of his Roman citizenship. Because he was beheaded he is often represented in art holding a sword in one hand. Since his writings make up the bulk of the New Testament he is often pictured with a manuscript or a quill in the other hand.

Elsewhere in the Acts of the Apostles we find Paul bidding farewell to the leaders of the Church of Ephesus. Let us listen to some of what he has to say.

"Keep watch over yourselves and over the whole flock of which the Holy Spirit has appointed you overseers, in which you tend the church of God that he acquired by his own blood. I know that after my departure savage wolves will come among you, and they will not spare the flock. And from your own group, men will come forward perverting the truth to draw the disciples away after them. So be vigilant and remember that for three years night

Jesus uses the image of the vine and the branches. "I am the vine, you are the branches. Whoever remains in me will bear much fruit, because without me you can do nothing." (John 15:5) These words and images are quite fitting for Neophytes, that is, those newly planted branched in the vineyard of the Lord.

Today's Gospel is taken from the "high-priestly prayer" of Jesus (John 17:1-26).



Archbishop Pinder greets new members of Church after celebrating Neophyte Mass- Photo by Michelle Mitchell

and day, I unceasingly admonished each of you with tears. And now I commend you to God and to that gracious word of his that can build you up and give you the inheritance among all who are consecrated." (Acts of the Apostles 20:28-32)

These words are addressed to the leaders of the Church. It is their first duty to keep watch over themselves and over the whole flock. But it is the first duty of each of us, great and small to guard that special treasure which is our faith. We must keep the flame of faith alive in our hearts, always, and let nothing snuff it out.

The Gospel of John which we heard from today also has the tone of farewell. Our passage is taken from one of the last supper discourses. Earlier in the discourse

Jesus has come to the end of his earthly ministry and he prepares to return to the Father. This is what he says:

"I pray not only for them, but also for those who will believe in me through their word, so that they may all be one, as you, Father are in me and I in you, that they also may be in us, that the world may believe that you sent me." (John 17:20-21)

This is really a prayer of Jesus to the Father. When we read these words we are listening in on Jesus as he prays to the Father. That is a unique privilege which this Gospel offers us.

Continued on page 7



AROUND THE ARCHDIOCESE

Sacraments of Confirmation & First Communion



First Holy Communicants with Archbishop Pinder.



Group of young confirmands from Sacred Heart Parish with the Archbishop



Denzel Bethel with his sponsor, KC Campbell



Tylen Perpall of St Paul The Apostle Parish with her sponsors Sharon Major and Inez Barnett



Archbishop Pinder traces the sign of the cross with Chrism Oil on the newly confirmed

PUBLICIZE YOUR EVENT HERE

The Bahama Catholic welcomes calendar items of parish/organizations events that are open to the whole Archdiocese.

International Eucharistic Congress June 10-17, 2012

An International Eucharistic Congress will be held from June 10 17, 2012 in Dublin, Ireland under the theme: "The Eucharist: Communion with Christ and with one another."

A Caribbean wide Pilgrimage will be headed by Bishop Gabriel Malzair, National Delegate for the Antilles Episcopal Conference (AEC).

The congress is an opportunity to travel and with other Catholic pilgrims from around the world in celebration of our Catholic faith in the Eucharist.

For more information contact:

Monsignor Alfred Culmer

242-325-8150

email: alfredcculmer@coralwave.com

Seven "Men of Service" honoured



Each year since its inception in 2006 - The Catholic Church Men's Association of St. Francis Xavier Cathedral host a "Honour Thy Father, Father's Day Luncheon. This year the association honoured seven "Men of Service" - Michael Lightbourn, Dr. Jerome Lightbourne, Fredrick Taylor, George Edwards, Michael Hepburn, Alphonso Coakley and C. Leroy Mitchell (posthumously). They are pictured above with members of the Catholic Church Men's Association of St. Francis Xavier Cathedral.

On Friday June 17th, Michael Hepburn, Dr. Jerome Lightbourne, Alphonso Coakley, Michael Lightbourne, Fredrick Taylor, George Edwards and Leroy C Mitchell (posthumously) were honoured at Catholic Church Men's Association of St. Francis Xavier Cathedral's (CCMASF) annual dinner held at the Sheraton Nassau Beach Resort.

These men have served and continue to serve the Cathedral parish with distinction in the Catholic tradition. They have not only given unselfishly of their time, talent and treasure to the St. Francis Xavier Cathedral community, but have also distinguished themselves as outstanding family men and professionals within our local community. The seven have given and continue to give exemplary service in their various fields of endeavour including architecture, accounting, banking, medicine, surveying, electrical engineering and the restaurant business.

In Ballroom C of the Sheraton Nassau Beach Resort filled to capacity with family, friends and well wishers, these men were showered with accolades as they individually received plaques and other gifts. As is the tradition, the

Association also honoured one individual posthumously, the late Cleveland Leroy Mitchell who was represented by his wife, Dame Paula and their children. Peter, his son, accepted the gifts on his behalf.

John Whitfield, a dedicated member of the Cathedral parish, and an association member, received The President's Award for his outstanding service to the Association over the years.

According to the new president of the Association, Lennox Coleby, the intention is to continue this special tradition and involve all of the Catholic parishes throughout New Providence. The CCMASFX initiated this event not only to honor these men of service but to promote and recognize the invaluable contributions of fathers, and the Father's Day weekend could not have been a more appropriate time to celebrate them.

This tradition of honoring seven men from the Cathedral parish at a dinner under the theme, "Honor Thy Father.... Men of Service", begun six years ago.

- Submitted by Henry Lightbourne

A Right of Passage

Forty-one boys participate in investiture ceremony



Forty-one boys turned out to participate in an investiture ceremony on the Priory grounds recently. Their parents and relatives, mainly their mothers and sisters, as well as other guests, watched as twenty-one young men received their badges and scarves as a right of passage. As part of the ceremony, the disciplined troupe marched in parade, demonstrating the new skills they had learned. Placing their left hand on the Scout's flag and raising their right hand, they repeated the Scouts' motto, pledging to remain true and faithful Cub Scouts.

This event was the culmination of several years of committed work by Mr. Danny Ferguson (Scouts Leader) and several dedicated members of the Catholic Church Men's Association of St. Francis Xavier Cathedral.

Continued on page 5

A Right of Passage

Forty-one boys participate in investiture ceremony



From page 4

This perseverance bore fruit, so much so that Ferguson and Foulkes are now joined by Ron Armbrister and Lennox Coleby, and they now have an active Cubs/Scouts troupe of fifty youngsters ranging from ages 5 to 11 years old who meet every Saturday on the Priory grounds from 12:00 pm to 1:00 pm.

Father Glen Nixon, Rector of the Cathedral gave the benediction at the closing of the event, was so pleased with the efforts of the Men's Association that he exclaimed, "in 2012, we should have at least one thousand young men invested."

The ceremony was filled with pomp and pageantry as senior officials of the Scouts Association, family members and enthusiastic spectators looked on. A special reception followed the ceremony.

From page 1

In the gospel, Jesus makes it very clear how we are to approach his body and blood: "if you do not eat the flesh of the Son of Man and drink his blood you have no life in you. He who feeds on my flesh and drinks my blood has life eternal." As human beings we must eat and drink to stay alive and the food and drink that we consume daily, become part of our bodies, sustaining them and allowing them to grow, function, and heal.

As practicing Catholics we believe that the food that is the body and blood of Christ does something far greater; it makes us one with God. Again the gospel says, "The man who feeds on my flesh and drinks my blood remains in me, and I in him." That is why the body and blood of Christ signify unity and peace: there is one Christ, and all who eat and drink the body and blood of Christ become one in the one Christ. St. Paul in his first letter to the Corinthians tells us, "We, many though we are, are one body, for we all partake of the one loaf." There is no room for disunity among those who eat and drink the body and blood of Christ.

St. Paul insists we are all one body when we celebrate no matter our race, nationality or ethnic background we are all one body in Christ. So besides firmly believing in the Real Presence, is the question of how much of the Eucharist do we share? The Lord answered the disciples and answers to us, is that the teaching, the mystery, the Eucharist remains regardless of the number of people who take the leap of faith the Eucharist demands.



We need a continual source of strength to hold on to and to grow in our faith. That strength is given to us in the Eucharist.

As one priest describes it; "Christ within us, nourishing us. Christ closer to us than our skin. Christ feeling our joy and our sorrow. Christ knowing our needs before we can express them. Christ building up our

faith life, our spiritual life, our eternal life. Jesus, on the Cross, offering himself up. Offering himself for us."

This celebration, the Solemnity of Corpus Christi, helps us focus on the totality of Eucharist. As Catholics the Eucharist is not just a meal of fellowship nor is it just a symbolic action. "The Eucharist is union with

the Word of God throughout the ages." The Eucharist is union with Jesus, offering his life on the Cross for us and redeeming us. The Eucharist is the Community of Believers united into and by the Body of Christ.

Catholic SCHOOL NEWS

Archbishop to Graduates: be thankful, truthful and good



Justin Culmer, Kobe Cumberbatch, Zack Roberts, Daunte Smith and Marcel Ingraham, all graduates from St. Francis/Joseph School pose for Bahama Catholic after Exodus Mass

On Wednesday, June 8th, proud parents, family and friends gathered at St. Francis Xavier Cathedral to celebrate the Exodus Mass for the Class of 2011, under the theme, "WE Stand in Faith, Holiness and Truth." The Exodus Mass is celebrated annually for the students from our Catholic Primary Schools who have completed the sixth grade. This year 348 students completed. Archbishop Patrick Pinder was the main celebrant for the occasion and delivered the homily. The following is the text.

Readings:

Acts of the Apostles 20:28-38

(Psalm 68)

John 17:16-19

I wish to remind you that our celebration today takes its name from one of the great events of the Bible. The Exodus was a journey. It was a journey whose goal and destination was freedom. In the course of that journey, a people were formed and fashioned. Their values, their customs, their entire history took shape. On that journey they were schooled in the importance of faith and truth and holiness.

These were very important values in their time. They are important values in our time. Faith, truth and holiness are important in any time. So, "*We Stand in Faith, Truth and Holiness*" is a fitting theme for this celebration today.

As students, during these years of Primary School, you have learned many things. Most importantly you have learned how to listen. As we listened today we heard words from the Acts of the Apostles and from the Gospel of John. In each case we have someone saying good-bye. First we meet St Paul saying farewell to his friends at Ephesus. He offers them a few parting words. These are words of wisdom offered by a friend before leaving for good. He says to them, "Keep watch over yourselves." "Be vigilant." "Help the weak." "Remember the Word of the Lord. It is better to give than to receive."

These are words St. Paul could have addressed to you sixth graders on this special occasion. Keep watch and be vigilant, about what? Well, over these six years you have learned a lot of things. Take one – the use of language. It is a most necessary and useful tool for expressing your thoughts and feelings, for making a point, for explaining things to others, for communicating. The way we use words can make others feel good or bad. Our words can help or hurt others. So it is important for us to use language well. You have learned good language skills over these years of Primary School, but you must continue to develop them. Be vigilant about that.

Continued from page 7



The Graduates from St. Cecilia's School



St. Thomas Moore student, Perry Seymour, is congratulated by Archbishop Pinder after Mass. Proud mom, Elsie looks on.

Exodus Mass

from page 8

As a practical matter you should not let the summer holiday pass without reading at least two books. That is one small way to heed those words of St. Paul. It is one small way to be vigilant in preserving the skills you have acquired over these years of Primary School. Before leaving, St. Paul also told his friend to help the weak and to remember, that it is better to give than to receive. The point is a simple one. Do not be selfish. Do not be so self-centered that you care only for you and for no one else.

Remember your parents made sacrifices for you to be here today. Your teachers also made their share of sacrifices to make this moment possible. Follow their examples. Think about others not just about yourself. You will be a better person and our community will be

a better place, too. All of our lives are made richer not only by what we get but also by what we share and give back. You are not too young to learn this lesson.

As Jesus says goodbye to his disciples in the Gospel for today, his parting words take the form of a prayer. He prays that they may be one. He prays that they may know and love the truth.

This brings us back to your theme for today, *"We Stand in Faith, Truth and Holiness."* We stand in faith. The central act of faith in our Catholic culture and tradition is the Eucharist. This is one reason why we conclude your years of Primary School with the Eucharist. It means thanksgiving.

So firstly be thankful! Many people have helped you to come to this day - parents, teachers, classmates and friends. Thank God

for them and thank them, too.

Secondly, be truthful. Be truthful to yourself and to others. You always know when you have done the best that you could. You also know when you have not given your best effort. Never ever say or pretend that you have done your best if you have not. That would be a lie. Always be truthful.

Thirdly, to stand in holiness you must always strive to be good. You will be tempted to do wrong many times. As you get older the temptations become stronger. You must have the strength of will to avoid the bad influences, the bad company, the occasions which lead you in the wrong directions and could delay or even destroy your dream in life. Always be good.

You have now come to an important mile-

stone in the journey of your life and your education. This is perhaps the first major turning point in your life. You will be leaving behind the usual and the familiar for something new.

You are on your way to a new school, to meet new friends, new teachers, new subjects. May it open a whole new world of learning for you. May each of you embrace your future with the skills and the confidence gained over these past years of primary schools. And remember to –

Be thankful

Be truthful

Be good.

With those values to guide you, no matter where you go from this point on in your life, you shall do well. You shall do very well, indeed. And may God bless you always.

NEOPHYTE MASS

From page 2

These words from the Acts of the Apostles and the Gospel of John are placed before us on the occasion of this Mass for the Neophytes. As for you Neophytes, you have completed your catechesis. You have been initiated. You have just about finished your Mystagogia.

You have begun the journey of living as full members of the Church. You are now about to launch out on the adventure of faith in earnest. I will say to you what I say to all neophytes on this occasion. For any journey, you need to set your destination, pack your bags and say your goodbyes.

Your destination is clear. It is the life of GRACE in this world and the life of GLORY beyond this world. The life of GRACE and GLORY... that is your destination! Loving God and neighbor is the ticket to this destination.

The bags you have to pack contain the scriptures, the sacraments and the spiritual life of the Church. You should be regular in your attendance at Mass. You should read the scriptures privately, personally and prayerfully. You should participate in the sacraments, especially Eucharist and Penance. Penance, because we sin. Eucharist, because we need all the spiritual nourishment we can get to keep us strong against the ever present temp-

tation to sin.

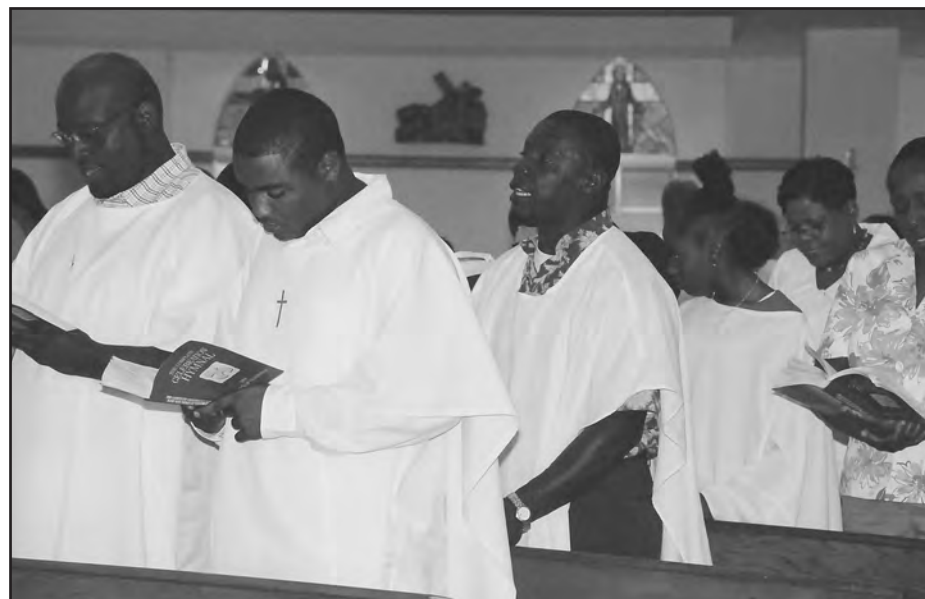
You are obliged to attend Mass each Sunday and Holyday of Obligation. You are obliged to celebrate the Sacrament of Penance at least once a year and especially in preparation for the Easter celebration. You should do so more than that. And, should the occasion arise, you are obliged to marry according to the norms of the Sacrament of Matrimony as the Church prescribes it.

My dear Neophytes, you should yearn to learn. Yearn to learn all that you can about our faith. You will never learn all that there is to know about our faith on this side of eternity. Learn all you can about our faith and then share it with others... by word and most importantly by example, too.

So we must pack our bags for this journey with the Church in faith. The baggage is the Word of God, the sacraments and the spiritual life of the Church.

Then too, we must say our goodbyes. This may be the hardest part of all. It requires the greatest degree of honesty. We have to say goodbye to old ways. We may have to loosen our grips on old relationships which do not mean us well – which draw us away from the life of grace.

We must say goodbye to persons, places and practices which lead us away from our



Newest members of the Church at Neophyte Mass.

true final destination which is GRACE and GLORY.

It is essential to keep in mind that our Catholic faith, its values, customs and traditions are not just a way of worship. It is a way of life. Three practical guides for successfully following this way of life should be very familiar to you now. These are the Ten Commandments, the Corporal Works of Mercy and the Spiritual Works of Mercy. If you do not yet know these get to know them as soon as possible. If your catechist cannot help you, consult the Catechism of the Catholic Church for yourself.

The adventure of faith is a magnificent adventure. It is not always pleasant. It is not always easy. But it is always good.

It is always true. It is no wonder then that Jesus in his farewell prayers prayed that his disciples might be confirmed in the truth.

On this occasion, I pray that each of you neophytes may be confirmed in the truth also. No matter what challenges come your way on the journey of faith and the pilgrimage of life, may you always be grasped by the splendor of TRUTH.

Be assured that the risen Lord, whose life you share in by Baptism, will guard you and guide you and keep you and protect you. He will lead you on the road from GRACE to GLORY. God bless you one and all.

Catholic Family Life

by Agatha Cartwright
Director of Office of Family Life



The Spirituality of Family Life

rooted in the love and mystery of God. Nourished in prayer and sustained by unconditional love for one another, the Christian family is challenged to live faithfully the gospel of Jesus Christ on a daily basis. Surely, this is a great challenge conceptually, but what does it mean practically?

First and foremost, we must understand that we are the first preachers of the faith to our children. Not the priests, not the nuns, not the CCD teachers, not even our parents. But us ... parents. For us this entails the responsibility of sharing our story and vision as members of the People of God. We must try to give them a sense that we are part of a story of faith much larger than ourselves. This is the tradition that binds us to both the past and future generations.

Our story is a family history. Our family, in a larger sense, is the whole People of God who have long known a God,

... "Families are the most basic communal structure of society. Whether one is part of a more traditional family unit as a married couple with children, or is a single parent, or even a single individual, we are all in some way or another part of a family..."

who, because he so intensely and faithfully loves his people, initiates salvation on their behalf. As the Psalms sing, he is still doing "marvelous things" for His people.

Like the families of the Exodus who are commanded by God, through Moses, to remember always the wondrous deeds the Lord has done for them, we today share the same responsibility. They were commanded to teach their children their story ... that once they were a captive people enslaved in Egypt, but the Lord heard their cries and delivered them. That deliverance, we believe, finds its climax and fulfillment in the passion, death and resurrection of Christ. It is a story of freedom and salvation.

A simple and effective way to communicate this great mystery to our children is through reading Bible stories and Gospel parables. Through the way we live our family life, we try to fashion the faith identity of our children as Catholic Christians. Faith is God's gift, but it demands our cooperation. To be a parent, means you must work.

Family prayer, especially around meal and bedtime is another key component in family spirituality. As people of faith, we communicate to our children that we choose to live our lives in conversation with God. Not only does God exist, but we must live in the context of our relationship

with God.

Family prayer... You may ask: "How do we begin?" Just begin! Sometimes we wait for the best conditions: once the baby's older, when the soccer season ends, after I finish night shifts. There is never going to be a perfect time free from stress, illness or an impossible schedule. "Anything worth doing is worth doing poorly." So quit making excuses and begin praying poorly. It is awesome to experience the courage and faith expressed in the daily commitment to family prayer. God's grace shines through in the most broken family situations when two or three gather in His name. Didn't Jesus promise it? Matthew 18:19 and 20 says: "I will be in the midst of them".

We must pray liturgically. Sunday Mass and involvement in Parish activities is a good way to show children that the domestic Church is part of a much larger faith community, the parish, which in turn, is part of the Archdiocesan Church, which takes its place in the Church universal. The parish community must never be turned in on itself; it must witness love for God by loving and serving others, especially sisters and brothers in need.

We must pray spontaneously. This is of great importance. Spontaneous prayer is prayer that is simple, from the heart and in our own words. It is a personal expression of our faith and confidence that Jesus is near us and wants to act on our behalf. Children learn this prayer very readily. At an early age they begin saying spontaneous prayers if they are nurtured in an environment that does it. A little five-year old boy may be heard saying: "Jesus, please heal Daddy's headache." "Thank you Jesus it's gone!"

Another 'family tradition' is to pray on our knees, especially when we pray the traditional prayers of the Church, like the Our Father, Hail Mary, Glory Be and Act of Contrition. Praying rote prayer may seem boring and uninspired, but it is a very important component in training our children in the Catholic Faith. Novenas are also very powerful and a great way to pray. It is very meaningful to be actively involved in the novena and to receive the answer to the prayer intention. This is a sign to the whole family of God's loving providence and the Holy Spirit/Saint's powerful intercession.

We should pray at meals, we should pray on Feast Days, we should pray on the road and we should pray with a sense of humor. A good spiritual maxim for every family is this: "Pray as you can and not as you can't". Forget the ideal. Find what's possible for your family. Ask the Holy Spirit to help you. After all He is the best teacher of prayer. Romans 8:26 says: "Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but the Spirit Himself intercedes for us..." This same Holy Spirit is at work in our children; every now and again, we can catch a glimpse

Continued on page 9

Let me preface this talk with these powerful words from a great soul: Mahatma Gandhi.

In The Midst Of Darkness

I do dimly perceive that whilst everything around me is ever changing, ever dying, there is underlying all that change, a living power that is changeless, that holds all together, that creates, dissolves and re-creates. That informing power or spirit is God. And since nothing else that I see merely through the senses can or will persist, God alone is.

And is this power benevolent or malevolent? I see it as purely benevolent. Good natured, gracious, bountiful... For I can see that in the midst of death life persists, in the midst of untruth, truth persists, in the midst of darkness, light persists. Hence I gather that God is Life, Truth, and Light. God is Love. God is the Supreme Good.

Considering Mahatma's words carefully we are made fully aware of the need for God's presence in our lives, in the lives of our families and that of the entire universe. Therefore, at all costs, we must cultivate an environment in which every family member can discover God's presence amid family life.

Family life is of major concern to everyone. We recognize family as the most basic communal structure of society. Whether one is part of a more traditional family unit as a married couple with children, or is a single parent, or even a single individual, we are all in some way or another part of a family. Just as Vatican II helped us renew the way we think of ourselves as Church, it also revived interest in and affirmed the value of the spirituality of family life.

The Council speaks of the family as the first community and the most basic way in which the Lord gathers us, forms us and acts in the world. It refers to the family as a community of love and as the domestic church, or the church of the home. This renewed importance of the family and spirituality, as a way of both drawing closer to God and witnessing divine reality to the world may be, for us as Church our greatest challenge and our greatest hope.

For Catholics, a healthy understanding of family spirituality begins first and foremost with an equally healthy understanding of the sacrament of marriage. The vocation of marriage entails at least two things: Firstly, as a couple you are called to help each other grow in maturity and faith, to be for each other a path to God. And secondly, we are called to help the world around us come to know and experience the reality of God's presence and love through the love they see in our marriage.

The domestic Church, a concept of Vatican II, must be

The Spirituality of Family Life

Continued from page 8

Families are the Holy Spirit's greenhouse for us and our children. Our life together prepares our children to fulfill their life purpose of loving and serving the Lord and His people. Within the family, children receive protection, nourishment for their bodies and souls, and instruction and practice in daily living. In our family relationships we start to acquire the fruits of the Holy Spirit, the behaviours that mark us as followers of Christ.

Therefore, our families are spiritual greenhouses that give our children a good start on the spiritual lives they must live in the world. They are also the place where parents continue their spiritual growth by developing the fruits of the Spirit to maturity. In our daily life together we learn love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. These are the qualities the Holy Spirit produces in us as we are transformed into Christ's image.

Have you noticed the Holy Spirit at work in your life? Here's a quick rundown of how the gifts of the Holy Spirit may be present in your life:

- Have you intuitively known how to handle a tough situ-

ation in your family? That's wisdom.

- Have you stopped yourself from getting angry at your child long enough to think what it feels like to be in his or her shoes? That's understanding.
- Have you clearly and firmly stated your beliefs about right and wrong to someone in your family? That's counsel.
- Have you hung in there when you wanted to throw in the towel? That's fortitude.
- Are you open-minded, letting go of superstitions, prejudices, and small mindedness? That's the gift of knowledge.
- Do you realize you need God's help and that all of life is a gift? That's piety.
- Have you felt awe, perhaps the day you first held your baby in your arms? That's fear of the Lord.

These are the gifts of the Holy Spirit, signs that God's love is flowing through your life. The gifts are yours—look for them.

To be the Christian family we want to be is, by far, our greatest challenge and our greatest hope. We must always keep in mind that we need to be effective models for religious faith and conviction. We need to share with each other and our children a sense of God's mercy and forgiveness. The one true test of our love as a Christian family is

not how few problems we have or how well we get along, but how we deal with each other in moments of conflict, how we reconcile and how we show forgiveness. When children see gentleness and compassion, they learn a way of behaving.

Most of all as parents, we want to communicate to our children how deeply and unconditionally God loves them. We want to encourage them in a life-long, life-giving relationship with God in faith and trust.

Pope John Paul II has stated often that the very core of the Church is linked to the health of the family. The individual's life in Christ is so often born and nourished within the family that the family unit can be called the seedbed of faith. Keeping that seedbed watered and free of weeds is the job of parents; making faith sprout is God's.

Our greatest challenge is simply to be the families we claim to be – to have a strong faith identity as Catholic Christians and to kindle this self-understanding in our children. If we are faithful to this challenge, we will begin to live as God's people, creating a just and loving world, one family at a time.

Parenting Today's Children ... for tomorrow's world

Do you often find yourself yelling, beating and repeating commands to your children? Would you like to communicate more effectively with your children? Would you like to learn how to discipline without physically punishing your children? Are you at your wits end with your children? Do you wish to raise well-behaved children? Do you believe that today's children are the leaders of tomorrow?

If you answered YES to any of these questions, Parenting Today's Children (PTC) is the programme for you. Join us and improve your parenting skills.

About the programme

The eight session video/discussion programme of PTC is both entertaining and effective and teaches communication skills that can be used throughout the life-cycle and, more importantly, teach your children.

- You'll discover how to eliminate power struggles and discipline skills that really work, "such as the method of choice" You'll also learn how to develop your children's pride and inner strength, teach them a true sense of responsibility, and other important skills.
- Each two hour session is filled with lively discussions, fascinating video segments and breakthrough techniques and skills. You'll even monitor your progress from the start with unique "Goal Cards" that list your most important goals.

**For more information please contact:
Office of Family Life
Phone: 1-242-322-8919/322-7711**



Goals of PTC

1. To promote and enhance self-awareness among participants
2. To encourage and promote a greater sense of discipline in participants
3. To promote and nurture a deeper understanding of and appreciation for good family life.
4. To promote a greater sense of self-esteem among participants.
5. To equip participants with skills to promote effective parenting and augment positive relationships.

News from around the **Caribbean**

Most Rev. Charles Dufour, DD,CD installed as 6th Archbishop of Kingston

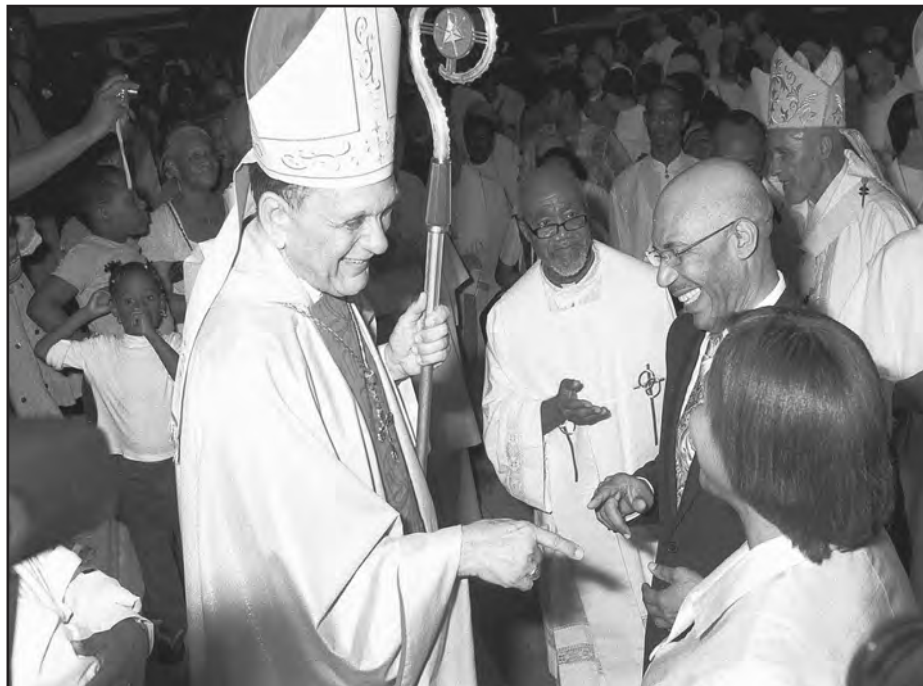
SUBMITTED BY MSGR. KENNETH RICHARDS

In an atmosphere that was charged with expectation as with electricity, the presence of the Holy Spirit was truly felt as approximately two thousand four hundred (2400) persons gathered at Holy Trinity Cathedral for the Installation Mass for the Sixth Metropolitan Archbishop of Kingston, Most Rev. Charles H. Dufour, DD, CD. The Most Rev. Thomas Gullickson, the Papal Delegate presided over the Rite of Installation, and he was assisted by Archbishop Emeritus Most Rev. Donald J. Reece, DD, GCM., in seating the new Archbishop in his Cathedra.

Dignitaries present for the occasion included His Excellency the Most Hon. Patrick Allen and Lady Allen; the President of the Antilles Episcopal Conference, Most Rev. Patrick Pinder, Metropolitan Archbishop of Nassau Bahamas; Most Rev. Neil Tiedeman, Bishop Mandeville; Most Rev. Robert Kurtz, DD., Bishop of Hamilton Bermuda; Archbishop Emeritus of Kingston, Most Rev. Edgerton R. Clarke, DD.; Hon. Dr. Horace Chang, MP (representing our Prime Minister, Hon. Bruce Golding); Hon. Dr. Peter Phillips, MP (representing Leader of the Opposition, Most Hon. Portia Simpson-Miller); President of the Senate, Hon. Oswald Harding; Rev. Gary Harriott, General Secretary of the Jamaica Council of Churches; Rt. Rev. Alfred Reid, Anglican Bishop of Jamaica and the Cayman Islands; Rt. Rev. Howard Gregory, Suffragan Bishop of Montego Bay; Rt. Rev. Robert Thompson, Suffragan Bishop of Kingston; Members of Parliament; Members of the Diplomatic Corps; other Dignitaries; over one hundred & fifty (150) local and visiting Priests and Deacons; Religious Sisters and Brothers; Archbishop Dufour's Family Members and overseas guests; the laity of the local church; well wisher; and members of the local media.

In a stirring homily that elicited periodic applause from the congregation, Archbishop Dufour, pledged to build on the legacy of his predecessors. His charge to the Archdiocese included the call for a recommitment in the following areas: to safeguard the dignity and sanctity of life from conception to natural death; to build on the efforts of his predecessors to restore Catholic presence and values in our Catholic Schools; to renew the value of family life as central to societal transformation and advancement. Archbishop Dufour also highlighted the importance of wholesome family life in facilitating the mission of the Church in building the Kingdom.

May the clergy, religious, and laity of the Archdiocese of Kingston respond to the charge of our Archbishop in making his charge to the Archdiocese a reality! All for the Glory of God!



Archbishop Charles H. Dufour is greeted by Governor General, His Excellency Patrick Allen and Lady Allen.

With your gift to the

2011 CATHOLIC ARCHDIOCESAN ANNUAL APPEAL

WE HELP TO...

- *invest in the future of our schools
- * offer grocery and prescription medicine for the needy
- * educate our priest
- * evangelize and spread the Gospel through mass media
- * assist our Benedictine Sisters and brothers and sisters in our Family Island Parishes
- * assist with the funding of our Pastoral Programs

AND YOU BENEFIT DIRECTLY

when your gift helps your parish go over their goal.
Your donation not only helps others, and assists with our archdiocesan programs,
but it also helps you when our overa quality of life is retained.

**Make your contribution or complete your pledge,
and let us all be blessed by your blessing.**

Checks should be made payable to: "Catholic Archdiocesan Annual Appeal"
Gifts can be given to a parish CAAA Team member, your parish office, Pastor, or
Contact the archdiocesan Annual Appeal Office at the Chancery, West Street,
Attn: Ms. Michelle D.M. Mitchell at 322-7711
P.O. Box N-8187, Nassau, Bahamas * rcchancery@batelnet.bs

Appeal Ends – August 31st, 2011



St. Joseph's ADULT DAY CARE CENTRE

Day Care For The Elderly



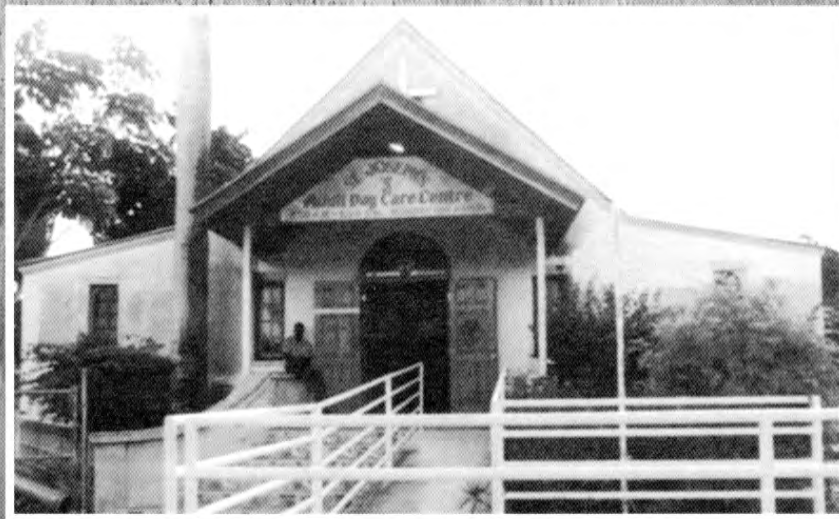
- Professional Service
- Healthy Therapeutic

Environment

- Group Activities
- Mental Stimulation

Activities

- Affordable
- Caring



Boyd Road,
Nassau, Bahamas

Tel: **325-2740**

Msgr Simeon Roberts of St. Cecilia's Catholic Church on a Marian Pilgrimage to..

Guadalupe & Mexico City

Guadalupe - Mexico City - Coyoacan - Tlaxcala - Ocotlan - Cholula - Puebla



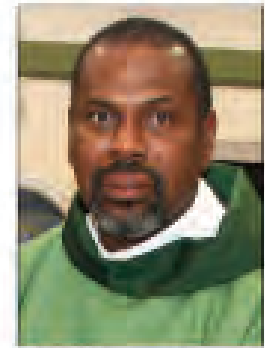
St. Cecilia's Catholic Church

Contact 322-5579 or 328-8745

July 28 - August 2, 2012

\$2,342 per person from Nassau, Bahamas

www.pilgrimages.com/msgroberts



Msgr Simeon Roberts

