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Lent and The Real Fast

Bishop's Lenten Message 2010



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Bishop of Roseau
and the Apostolic Administrator for
the Diocese of St. John's/Basseterre*

Dear sisters and brothers in Christ, once again we come to the holy season of Lent. In the minds of many it conjures up the negative thought of deprivation and pain with its invitation to a more somber existence, whether by limiting one's food intake or its demands to an intensification of prayer time or the relative silence of the airwaves from certain types of music.

However, when seen in its right perspective Lent provides a great help to Christians on the path to sanctity. Since much of the Christian life consists in the fight against our sinful inclinations and habits, Lent engenders the disposition and provides

some tools with which we can overcome the obstacles to our spiritual endeavours.

40 days of reflection and Renewal

Lent is the time set aside by the Church, in imitation of our Blessed Lord, to spend forty (40) days of reflection and renewal. The readings of the liturgy of Ash Wednesday (Joel 2:12-18 and Matthew 6:1-6, 16-18) speak of the need to fast. They call us to sacrifice something for the sake of a greater good. In fact, every physical activity on the Christian journey that is embraced in faith has a spiritual or supernatural end. The end of fasting or abstinence is ultimately freedom from sin and growth in Christ. This we seek through various practical avenues: food deprivation, almsgiving, acts of charity, generosity, and kindness, forgiveness, and reconciliation.

In our individual lives we have to overcome many obstacles. Lent provides an opportunity to reevaluate the resolutions we made, at New Year's, for instance, when we challenged ourselves to work at becoming a gentler, kinder and more human person, during this year. You and I know how difficult it is to achieve those qualities. These require discipline.

The Positive effect of discipline

Jesus remains true to his word in which he said, "I have come that you may have life and have it to the fullest" (Jn. 10:10). The path that leads to the "fullness of life" is discipline.

St. Kitts: Opening of the New School



There are four major aspects of the human person - the physical, emotional, intellectual and spiritual. When we eat well, exercise often, and sleep regularly, we feel more fully alive physically. When we love,

when we give priority to the significant relationship of our lives, when we give of ourselves to help others on their journey, we feel more fully alive emotionally. When we study

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EDITORIAL

Lent is upon us



Fr. George Williams, Editor

The season of Lent, is a time for personal and communal self-examination, We are challenged by direct questions found in the scripture readings for Lent to be more thoughtful in our everyday living, and even more so, to be action-oriented, in living the Gospel rather than just preaching it. It is the understanding of many that Lent is a time to better ourselves, through increased prayer and fasting. It is an opportunity for conversion. In more recent times the Church has come under fire for encouraging a way of life that suits different times in the year. So for instance, during Lent the faithful tend to not party as much, drink less alcohol and abstain from things they may consider harmful to their spiritual growth. However, once the season is over many persons tend to revert to those same spiritually harmful practices instead of turning away from them completely once and for all.

The question we should ask ourselves is what real and lasting benefits can we derive from the Lenten season? How can our abstinences, enhanced prayer life and other Lenten practices help to bring about real, sustained and meaningful change such that conversion really takes place? At the beginning of Lent we are told to turn away from sin. Is it a directive that is given to desist from sinful practices? Or is it an encouragement to Christians on a whole to continuously seek the good and turn away from the bad? The varying aspects of how one seeks conversion remain a much discussed topic, especially in the Diocese of St. John's Basseterre where the Catholic Church is attacked constantly by the other sects. Many of these other sects are of the view that repentance and conversion is a once and for all undertaking. Lack of a proper understanding of the human person may lead one to think

this way – that it is simply based on one's decision to follow Christ. But the truth is that the human person is far more complex than we can imagine. In the Confessions' of St. Augustine, it can be seen that conversion is not a "one-time" thing but rather an ongoing experience that brings about complete change in the individual. While conversion experiences may differ, St. Augustine's experience serves as a model for all. Hence the reason he will say,

"Late have I loved thee, late have I loved thee, O beauty, so ancient, yet ever new; late have I love Thee. For behold, you were within, and I without (i.e. outside), and I kept looking out there for thee."

A number of persons have left the Catholic faith to join other faiths and still have not attained the level of spirituality for which they yearn. The notion of "The cross before me, the world behind me, no turning back" has proven to be more challenging in action than the song suggests. These disillusioned Christians who were under the misguided notion of a one-time repentance leading to conversion. This should serve as a lesson to those who are equally misguided in thinking that their ability to be truly converted is dependent upon themselves. The Lenten season serves to remind us of our own vulnerabilities and constant need for repentance and God's mercy. Lent brings us back to what is ordinary - not elaborate, to what is enough - not excessive, to what is real - not superficial, and it is through the sacrifices of Lent, and the perseverance, that we come to experience and appreciate true conversion and are able to remain spiritually focused on our ongoing journey to the Father. The psychology of symbolism and the meaning of seasons are available to the human person so as to help sustain a reasonable and sound practice of the faith.

Let us be reminded that the Gospel is a challenge for us to aim higher each day, month, and year of our lives. This challenge, however, is not one directed at moral or spiritual geniuses, but at ordinary people, who try our best and would like sometimes to do a little bit more. The Lenten appeal, in true democratic fashion, is open to one and all. It is entirely our choice to make as God never imposes Himself on us. So what will it be?

SPECIAL

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hard and achieve success as a result, we feel more fully alive intellectually. When we come before God in prayer, openly and honestly, we experience life more fully alive spiritually. All of these life-giving endeavours require discipline.

If we ask ourselves, when are we most fully alive, we will discover that it is when we embrace a life of discipline. The human person thrives on

lectual, or spiritual, discipline evaluates them to their ultimate reality. Discipline heightens every human experience and increases every ability in us.

The life and teachings of Jesus Christ invite us to embrace this life-giving discipline. Today Jesus invites us on this Lenten journey to find the various ways we can crush the sins of hatred, envy, bitterness, immorality, indecency, greed, hardness of heart, and the like.



Give yourself and God a chance

discipline. That being so we may further ask ourselves whether this season of Lent finds us thriving or just surviving. Jesus calls us to no less than the fullness of life. We are not called merely to cope.

Discipline, therefore, awakens us from our philosophical state of unconsciousness and refines every aspect of the human person. Discipline doesn't enslave or stifle the human person, as we are tempted to think; rather, it sets us free to soar to unimagined heights. Discipline sharpens the human senses, allowing us to savor the subtler tastes of life's experiences. Whether those experiences are physical, emotional, intel-

I guarantee you, dear brothers and sisters, that if you set yourself to achieve the goal of overcoming some area of weakness in your life through the discipline that Lent affords, you will emerge at Easter a more joyful and fulfilled person. This, in essence, is the result of a real fast, that is, the conquest of sin and a renewed life in Christ. I therefore challenge you this year to give yourself and God a real chance, and you will have a taste of the abundant life that you seek.

A happy and holy Lent to all.

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LOCAL CHURCH

May Tomorrow Find Us Farther Than Today

Those of us who had the privilege of attending the St. Theresa's Convent School in St. Kitts will be familiar with the line in our School Song, which also serves as our School Motto – "May tomorrow find us farther than today". As students these words meant that in our ongoing quest for excellence, we should find ourselves in a progressively better place over time. The School is currently undergoing a complete physical transformation, which includes the construction of new classrooms, laboratories and a resource centre, compliments of the generosity of the Mezzalingua family of the United States of America. So, is our Alma mater living up to its motto?

Most people will agree that new, spacious, air-conditioned classrooms, laboratories and bathrooms with facilities for the handicapped, including elevators, constitute an impressive improvement over the old school. However, what will be the effect of the high maintenance costs associated with such modern-day conveniences on those families who are already finding it difficult to afford the present school fee and on the school itself which has been

struggling to meet its current monthly expenses? Might it have been wiser to construct more Caribbean-styled buildings that would be cheaper and easier to maintain?

The School was initially run by Religious sisters and priests who were very strict disciplinarians. Today, there is very little involvement by the Church or the Religious in terms of teaching and the day-to-day running of the School. Many older persons in the community say that in the past students of the Convent High School were generally much better behaved than they are today. As a matter of fact, it has been said that there is no longer any visible difference between the behaviour of the Convent High School students and that of students who attend public schools. This is not necessarily an indictment against the present leadership of the School, and is probably more attributable to the breakdown in the family unit in our society. Whatever the reason, the discipline of the students is far below what is expected for a Catholic school and measures would need to be implemented to counteract this if the school is to truly live up to its motto.

In the past, the curriculum of



the Convent High School was much more limited than that of the public school system. Subjects taught there included Mathematics, English Language, English Literature, French, History, Religion and Health Science. There was very little emphasis placed on the Sciences or vocational

subjects. This limitation has, over the years, led to an exodus of students, primarily at the high school level, into the public high school system. Today, having added more specialised science, vocational and social subjects, the Convent High School is more on par with its counterparts in the public school system. However, students continue to migrate to the public schools making it imperative and a matter of urgency to find a way to stop this exodus. Beyond that, it is also necessary to attract new students to our school, especially in light of the major construction and expansion that is being undertaken. The Convent High School, however, continues to excel in terms of passes for external examinations. Currently the student who holds the record in St. Kitts & Nevis for the most Ordinary Level subject passes at one sitting is a Convent High School graduate. This is evidence that the School is doing something right.

Along with a wider syllabus comes the need for more qualified teachers. Today, the Convent High School employs a number of univer-

sity qualified teachers, especially at the High School level - another progressive act. However, the fact that most of the teachers and students in the School are not Catholic, contributes, it is felt, to the erosion of the Catholicity of the School. Why aren't more of our Catholic parents sending their children there? Is it that they do not really see the value in so doing and/or they simply cannot afford it? Whatever the reason, some kind of balance needs to be struck between boosting the registration of students and maintaining the Catholicity of the school as much as possible.

All things considered, new and improved facilities, albeit potentially more costly to maintain, a wider and, therefore, more attractive and competitive curriculum, qualified teachers and a consistently high external examinations pass rate are indicators that great strides have been made by the School over the years. However, if the values associated with obtaining a Catholic education are completely eroded then can it truly be said that the School is living up to its motto?



LOCAL CHURCH

The Holy Family Cathedral Steel Orchestra

The Holy Family Cathedral Steel Orchestra is a vibrant group in the church community. Its focus is to serve the church through the Music Ministry. It started in 1995 with a small group of six (6) persons. The band then took a break and came back with a revitalized spirit in 1999. This was during the time when the HFC Youth Group was established under Fr. Arnold Francis as Parish Priest and the band was a subgroup of this Youth Ministry. At this point, it was a thirty (30) member group of young vibrant youths of the Holy Family Cathedral church. It was ably led by an executive headed by captain, Ms. Jamila Gregory.

Throughout the years, the band has undergone several changes and matured to the point where it has

produced with popular Christmas Carols done in varying genres of music. In addition, it has hosted a number of Easter Concerts at the church which have become a permanent event on the Church's calendar.

The band does not only focus on music but also focuses on the overall development of the members. Hence, there is a retreat every year where members are allowed to take a step back, reflect on experiences as a band whether negative or positive and look at ways to move forward. In addition, a number of spiritual talks are scheduled every year for the members to assist them in remaining on track and developing their spirituality. As well, the band as a part of its service does a number of outreach programmes annually.



introduced a beginners section where church and non-church members of any age group can learn the art of playing pan. This was done around 2002. The idea was to mould these persons with the intent of joining the senior players of the band. Hence, through this, they have been able to maintain a strong senior group. The beginners' group is still going very strong with approximately ten (10) members to date.

The band has also produced two (2) Albums; one entitled 'Give Thanks' with various Gospel songs produced in 2003 and the other entitled 'Christmas Melodies' recently pro-

duced with popular Christmas Carols done in varying genres of music. In addition, it has hosted a number of Easter Concerts at the church which have become a permanent event on the Church's calendar.

2009 was a busy year for the band.

1. In January, the band recorded its Christmas CD – Christmas Melodies and did its first outreach to Fiennes Institute. The elderly were treated to roving steel band music and choruses performed by the band.

2. In February, the band invited Fr. Robert (Bob) Johnson to deliver a

spiritual talk on Music and Spirituality. This was very inspirational and set the stage for the rest of the year.

3. In April, the band hosted an Easter Concert entitled 'The Rosary on Pan' – The Sorrowful & Glorious Mysteries. This featured the band as well as local orchestras – Panache and Cedar Hall Moravian Steel Orchestra. The following weekend, the band had a Retreat under the theme: "Sacrifice, Service, and Discipleship" at Mount Tabor Retreat Centre. The band was reenergized for the remaining months of the year.

4. In May and June, the band made its usual contributions as in previous months to the Masses. It also held a few socials and small fundraising ventures.

5. July and August were vacation months since most members travel for the summer vacation.

6. The band recommenced in September and elected a new executive whose tenure ends September 2010. Currently, the band under the leadership of

Ms. Vashti Ramsey-Captain, Ms. Ronel Anthony – Vice Captain, Mrs. Era Birk – Secretary/Treasurer, Mr. Stephen Ellidore – Public Relations Officer, Mr. Bernard Duplessis-Facilitator and Mr. Robin Margetson – Facilitator.

7. Another outreach to Sunshine Home for Girls was done in September where the band was able to socialize

with the young girls living there.

8. October and November saw the band playing for Masses including the Feast of Christ the King Youth Explosion on November 22nd and preparation for the Christmas season.

9. In December, the band played at various businesses ministering to the general public throughout the Christmas Season.

10. To end the year, on January 3rd, the band held its Christmas Social at a members house where members were able to unwind and do a bit of bonding.

2010 is here and the band will be taking another step. The band will be touring three (3) states – Iowa, Indianapolis and Chicago- in the

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LOCAL CHURCH

4th Antigua Cubs & Scouts.



Saturday 6th February started out on a new year adventure covering the first hike trail to discover or lets say view Antigua from another level.

The boys were all excited as they set out. When it was time to go uphill many of them had a different thought. One boy said: "They brought us here to end our young life". Another stated "I dont want to die this way". There are wild animals here." and another " this is scary". But much to their surprise they reached the top of Fort Barrington located on the west-

ern part of the island. They had a breaktaking view.

A few parents came to enjoy the view and certainly the leaders were not going to let these boys see how unfit they were. They pushed themselves to the top but no further..."we'll just stay here while the discover the rest of this place". After that experience a few had a swim.

The boys had a good day and are looking forward to the next event.



Society of St. Vincent de Paul St. William's Conference

The St. William's Conference celebrates its first birthday in March at which time it will be commissioned.

There are 18 persons registered as members. Two are currently inactive and there are two associate members.

Although just getting on its feet, the Conference was able with the assistance of the wider Parish community, to donate 12 care baskets to needy families and elderly residents residing on Tortola during the Christmas season. Members of the Conference have also started visit-

ing house-bound parishioners as well as sick and elderly persons.

A thrift shop has also been started where clothes for children and a very limited number of items for adults, are being sold. It is the hope of the Conference that the thrift shop will expand to accommodate all ages and sizes.

Members of the Conference are currently fully engaged in planning a dinner which will be held on February 14. It is hoped that this will become an annual event and the major annual fund-raiser of the Conference.



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USA in August of 2010 ministering through music to young people in the area. It will be accompanied by a few members of the Youth Choir since it plans to conduct Masses at different parishes there. The band is looking forward to a fruitful year – a year of hard work and dedication.

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LOCAL CHURCH

Body of former President of Men's fellowship found in Haiti



Officials of the Civil Aviation Authority in Haiti believe they have discovered the bodies of Gregory McAlpin and Rosemond James, directors of the Eastern Caribbean Civil Aviation Authority, who went missing in Port-Au-Prince following the 12 Jan., earthquake.

But the ECCAA was quick to add that although the bodies were identified based on their jewellery and the men's driver's licences, secondary confirmation through a laboratory identification process will be conducted by the end of this week. Once that is done, then the repatriation process will take place, the statement said.

Rosemond James, who served as director of the OECS Civil Aviation Authority, and Gregory McAl-

pin director of flight safety, had moments before the quake struck checked into the Montana Hotel in Haiti, after arriving there for the annual meeting of the Caribbean Aviation Safety and Security Oversight System (CASSOS).

Hotel Montana crumbled, killing more than 200 of the 300 occupants according to reports. The ECCAA had dispatched a search team to look for the two men, but it was called off after their attempts at finding the men were unsuccessful.

Rosemond James was the President of the Men's Fellowship at the Holy Family Cathedral in Antigua. Fr. Williams, administrator of the Cathedral reacting to the news said, Rosemond will be greatly missed by the parish. He informed DNV

that prior to Rosemond's departure to Haiti, he had begun to work with Fr. Williams on a data resource collection in the parish. Fr. Williams continues "Rosemond was energized to see full participation of parishioners in the life of the parish. In getting to that stage we had to meet with a cross section of parish groups and to consult with them as to the future of the parish. This approach to pastoral ministry created much excitement in Rosemond. Fr. Williams concluded by saying that with our Catholic faith we now have to believe that under the circumstances, Rosemond is now better able to intercede on our behalf, and that he will guide the work he was so excited to return from Haiti to continue. Fr. Williams would like to express deeply condolences on behalf of the diocese and in particular the Cathedral parish to his lovely wife Davanta Roach James, three year old daughter Zoie, his colleagues at the OECS aviation unit in Antigua, and the rest of the family. The same sentiment goes out to the Family of Gregory McAlpin in Trinidad. Rosemond James was St. Lucian and Gregory McAlpin, Trinidadian



Ruins of Hotel Montana

St. Lucians in Antigua Celebrated 31 years of Independence



before the final blessings, encouraged the St. Lucians to hold on to the faith passed on to them from their forefathers. St. Lucia he said gave birth to that faith which at times they have taken for granted. In the afternoon the St. Lucians gathered at the



On Sunday 28th February 2010, Fr. George Williams organized the usual observance of St. Lucia's independence anniversary. Over sixty St. Lucians attended the 8:00 am Mass on February 28th at Holy Family Cathedral. The celebrant was Fr. Michel Francis who was assisted by the Cathedral's Administrator Fr. George A Williams, both from St. Lucia. Fr. Michel spoke about the many blessings St. Lucians have received from God and that it was proper that we return thanks and express gratitude to God. Fr. Williams,

home of Esther Brown a St. Lucian now married to an Antiguan. Among the St. Lucians gathered for the get-together were, Dr. Tamarara Remy, Mrs. Michel the wife of Judge Mario Michel (St. Lucian now presiding in Antigua), Dr. Gail Archibald on assignment with the Government of Antigua, and five St. Lucians, staff members at the OECS aviation unit in Antigua. A moment of silence was held in memory of Rosemond a St. Lucian and Greg, a Trinidadian former staff members whose bodies were found in the rubble in Haiti.



LOCAL CHURCH

**Mr. Lionel Barker
In Memoriam**

On 6 January, 2010 while across the islands we were celebrating the feast of Three Kings, we learnt sadly of the passing of our faithful elder parishioner, Mr. Lionel Barker. He will be remembered as a regular parishioner attending daily and Sunday Mass. Lionel was born in Basseterre, St Kitts. He was called to the Bar as a Barrister

of Lincoln's Inn, London in 1958. Upon his return to St Kitts he was appointed Registrar of the Supreme Court and additional magistrate. He went on to serve as Attorney General of St Kitts-Nevis- Anguilla and St Vincent and the Grenadines and had the distinction of serving as the first Attorney General of the British Virgin Islands.

Mr Barker was admitted as a Barrister in the Virgin Islands on 11 December, 1967 and has

been in private practice in the BVI since 1968. He was a founding member of the BVI Bar Association and a founding member and past President of Rotary Club of Tortola. He has served as a lay Minister at St Williams as Reader and Eucharistic Minister. Late last year he was instrumental in developing a men's group within the church. Mr Barker was knighted by John Paul 11 in 2004 as a knight of St Gregory. May he rest in peace.



**You are witnesses of
these things**

Luke 24. 48

Week of prayer
for Christian Unity 2010

You are witnesses of these things. This was the theme for the Week of prayer for Christian Unity 2010. The week of prayer was kicked off on 18th January at St Williams Catholic Church, in Road Town, Tortola.

Just one week following the disastrous earth quake which brought turmoil, destruction and so much sadness to our sister Island of Haiti. Our prayers went up for comfort and help to be poured on the survivors. The order of service began and ended on a high note of songs of praise and worship. Canon Julian Clarke of St Paul's Anglican church gave the homily and our own parish priest, Fr Walter Mendonca led the gathering with a rousing finale song "It is I, We, You and Christ who build community".



St. Williams's Church - Tortola

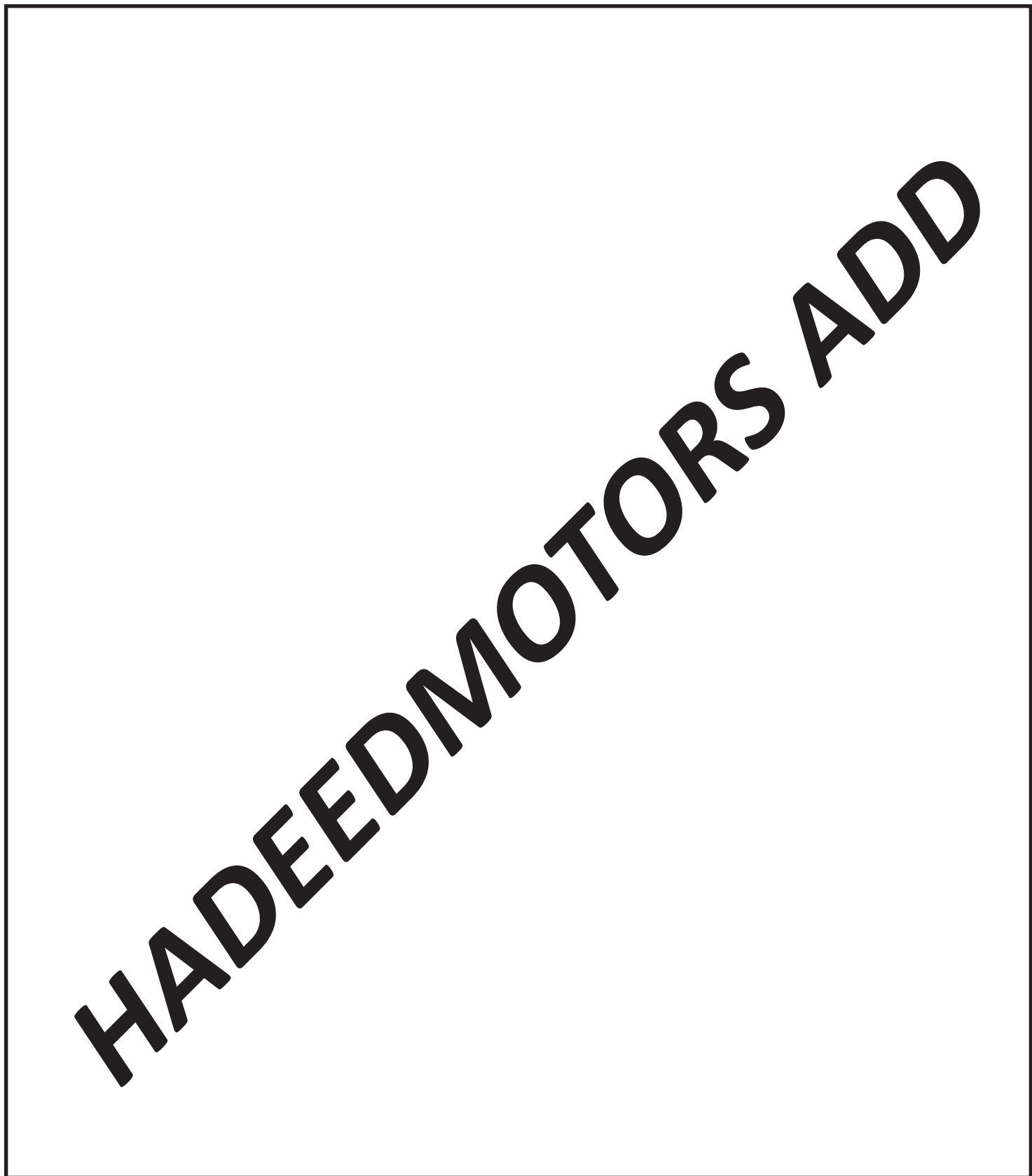


PHOTO HIGHLIGHTS

Pre Valentine Dinner & Dance Enchanted Evening



In Antigua, Fr. Michel Francis conducted a two day workshop in preparation for the changes in the liturgy



Divine Word Missionaries (SVD) Met in St. Lucia January 11th -15th 2010

The Twenty members of the Caribbean district of the Divine Word Missionaries (SVD) gathered in St. Lucia for their annual get together. They were joined at the Benedictine Mount of Prayer at Coubrail by their Provincial Superior from Chicago, USA, Fr. Mark Weber.

The eighteen priests' one brother and one seminarian hail from different countries and ministering in three dioceses

in the Caribbean – The Archdiocese of Kingston Jamaica, Diocese of Willemstad, and Diocese of St. John's Basseterre. In the diocese of St. John's – Basseterre, the priests are involved in the radio , Spanish ministries; more recently Fr. Bob Johnson was music director and chaplain at the Christ the King High school in St. John's Antigua. He is now parish priest in St. Maarten.

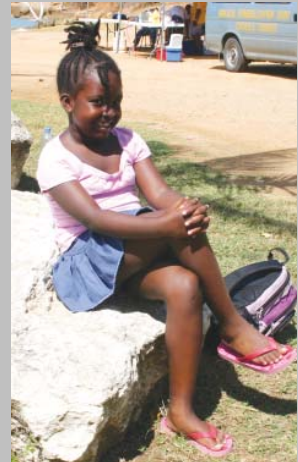


PHOTO HIGHLIGHTS

Thirty young people from Holy Family Cathedral received the Sacrament of Confirmation on February, 14th 2010



4th Antigua Cubs & Scouts Group



Fun Walk to Hawksbill Beach



St. John's Catholic Pre-school celebrated their 5th Anniversary

LOCAL CHURCH

Youth in Action



by Tessa Marius
Holy Family Cathedral Youth Council
President

The Holy Family Cathedral Youth Council has engaged the young people of the parish in a number of activities for the past several months. Some of the young people from our Lady of Perpetual Help Parish especially those who attended the Youth Jamboree have also become involved in these activities.

Some of the activities for the year so far include Youth Social Nights (born out of the past jamboree participants meeting together every last Friday of the month) At these social nights the young people watch a movie, play games, have discussions and enjoy the company of each other in the friendly environment of the pastoral centre.

On Friday, February 12th the Youth Council hosted a Pre-Valentine Dinner and Dance dubbed "An Enchanted Evening". For a first time event, it can be considered a success. The Pastoral Centre was transformed to reflect the theme of Valentine by Mrs. Edith Bailey, her sister, Ms. Jones and members of the Council. The young people and the adults who attended were indeed enchanted. Chef Bernard, our past

Jamboree chef, could not be outdone with the lovely meal prepared. The dinner time music was in keeping with the theme and after dinner the dance floor was alive with the rhythmic tunes where the adults and young people enjoyed themselves tremendously. It was an enjoyable evening well-spent and the Council hopes to make it an annual event.

On Saturday 6th March, the young people joined the Holy Family Steel Orchestra Fun Walk to Hawksbill Beach at 5:00 a.m. The morning started with warm-up exercises. At the beach the Steel Orchestra had breakfast on sale and the Youth Council fried chicken wings and bakes, hot dogs and hamburgers. This event was well attended. The Confirmation classes from both parishes were suspended so that the candidates could be involved. So the young people and some adults from Our Lady of Perpetual Help Parish also participated.

There are several activities planned for the future but the next one in April will be a Youth Summit on the weekend of April 16. This will deal with areas of Youth Leadership and Public Speaking to name a few. Young people from all the parishes in the Diocese are invited to attend. Check your parish youth leaders and coordinators for more information.

The Holy Family Cathedral Youth Council continues to see a bright and successful future for our youth and young adults and will continue to work tirelessly in the achievement of this goal.

Note: The composition of the Youth Council includes representatives from all the youth groups in the Church, invited young people not attached to any particular group, the catechetical coordinator and few adult support moderators.



Fun Walk Part Deux

by Ronel Anthony

It was Saturday 6th March, when another event was scheduled for the HFC Steel Orchestra. However, on this occasion it was a combined effort with the HFC Youth Council and very early in the morning everyone gathered at the HFC Grounds for fun walk Part Deux.

The tweenies, adolescents, middle aged and the young at heart started with a 5:00 a.m. warm up exercise led by Stephen Elwin. After the walkers left the area at about 5:30 a.m. some set off as if it was the race of the century. Proceeding down hill was a knock off, as they turned left on Vivian Richards Street straight into Perry Bay known to most locals as "the road in the sea". The pace suddenly started to trickle down into a turtle walk but nonetheless most of the adults, that's the young at heart group, led the way.

Being the photographer of the day I thought it was my duty to catch the first person to arrive at the destination. So I left my group and picked up the pace to find the leaders of the walk. Some even turned the event into a marathon; calling it training for an upcoming triathlon. As they came to the curve which is a slight incline to head unto Union Road I heard the cries in the back "this hill is killing me" "wonder who chose this route". I just smiled.

When I got to the last stretch of the walk heading uphill to Hawksbill's entrance I knew I was out of shape



but I got there second with Mr. Lawrence. Group Team Anjo never gave up their pace and their mission was accomplished.

On the beach breakfast was served at a fee, of course, since it was a fundraising effort. The youth council team also had their servings of hot dogs, burgers, chicken etc for a small cost. We tried to get the young people more involved, but only a few were willing. There were the all girls' race, the boys' race, and the over 40 race which bought a little amusement to the onlookers. Some of the boys even had a long jump competition going on.

The day was enjoyed especially by the nature lovers, and was deemed successful.



CARIBBEAN CHURCH

Comunicue: Decision of the Antilles Episcopal Conference

After continued prayerful reflection and discussion on the challenges facing our Regional Seminary over a number of years, the Antilles Episcopal Conference (AEC) passed the following resolutions by a unanimous vote:

1) The Regional Seminary Board (RSB) will suspend training at the Regional Seminary of St. John Vianney and the Uganda Martyrs, for a period of 3 years from 30 June, 2010, for the purposes of improving the facilities and enrolment, increasing resident faculty and developing the financial base for the Regional Seminary

2) The RSB will make arrangements to move present and new Seminarians to Santo Tomas de Aquino Seminary in Santo Domingo, Dominican Republic, for the beginning

of the academic year 2010-2011.

3) The RSB will make special provisions for current students nearing completion of their academic programmes – seminarians, both Diocesan and Religious, and lay students.

The Bishops want to emphasize that this is only a suspension of seminary formation at the Regional Seminary. Many challenges will have to be faced in this period of transition. At the same time, however, there is hope and a renewed desire to work for a better future in which the Bishops will be able to provide the best possible seminary formation for the candidates that God calls to priestly life and ministry in the local Churches of the Antilles Episcopal Conference.

St. John Vianney and the Uganda Martyrs, Pray for us.

Archbishop Burke Died



Former president of the Antilles Episcopal Conference, Archbishop Emeritus Lawrence A. Burke of Kingston, Jamaica, died peacefully on Sunday at 7.15 p.m., surrounded by his sisters, after a lengthy battle with cancer.

Lawrence Burke was born in Kingston on October 27, 1932.

According to the curriculum vitae

issued by the AEC Secretariat, he was a graduate of St. George's College, Kingston and entered the Society of Jesus (Jesuits) on August 14, 1951 at Lenox, Massachusetts.

He was ordained a priest on June 16, 1964.

He was appointed bishop of Nassau, Bahamas by Pope John Paul II, on July 17, 1981, and was ordained second bishop of that diocese on October 11, 1981. On June 22, 1999, Pope John Paul II named Archbishop Burke the first Archbishop of the newly erected Archdiocese of Nassau, Bahamas.

Archbishop Burke was appointed the fourth archbishop of Kingston, Jamaica, on February 9, 2004, and was installed on May 2, 2004, at the Holy Trinity Cathedral in Kingston. He retired as Archbishop of Kingston on April 12, 2008.

Archbishop Burke's funeral Mass, followed by burial, was held Thursday February 4, at Holy Trinity Cathedral, Kingston.

Message of the AEC to the Church and People of Haiti



Port-au-Prince RC cathedral in ruins after Haiti earthquake

The Antilles Episcopal Conference at the meeting of its Permanent Board in Port of Spain Trinidad on Thursday 21 January 2010 expressed its deep concern for the suffering of the people of Haiti in January's devastating earthquake and fully endorsed and made its own the following message of solidarity issued by the Bishops of the territories of Martinique, Guadeloupe and Cayenne who form part of the AEC.

The message is as follows:

"If one part is hurt, all the parts share its pain. And if one part is honoured, all the parts share its joy.

Now Christ's body is yourselves, each of you with a part to play in the whole. (1 Cor. 12, 26)

Gathered in Fort-de-France for their Annual Meeting on 19 January 2010, the Bishops of the French Speaking ecclesiastical province Antilles-French Guiana, in close communion with the Antilles Episcopal Conference (AEC) of which they are members, send this message to Bishop Kebreau, President of the Haiti Bishops' Conference, and through him to the Church in Haiti.

It is with deep sadness that we have learnt about the devastating earthquake which destroyed Port-au-Prince and its surroundings.

We wish to assure you that our dioceses share in the pain and suffering of mourning families. In our prayers we present to our Heavenly Father our brother in the Episcopacy Archbishop Joseph-Serge

Miot, the priests, religious sisters and brothers, seminarians and all the other victims of this terrible earthquake. We are committed in full solidarity with you in whatever support you consider appropriate and particularly through Caritas, the Churches Humanitarian Agency.

The Church community in Haiti is especially close to ours in that we benefit from the pastoral ministry of many Haitian priests, together with sisters and many faithful who live among us. Their faith is an example for us and their suffering is our suffering.

It is to the Risen Lord, source of all Hope, that with you we present our most fervent prayers and we assure you of our deepest affection in Him



Among the dead in the quake was Archbishop Joseph Serge Miot, who was found lifeless under the rubble of the archbishop's residence.

CARIBBEAN CHURCH

Two new priests in Dominica

The Catholic Church in Dominica has two new priests: Frs Conan Shillingford and Peter Wamutitu. Bishop Gabriel Malzaire presided at the February 2 priestly ordinations at the Cathedral of Our Lady of Fair Haven, Roseau. In his homily, he urged the new priests to be men of prayer. Fr Wamutitu is presently ministering in the parish of St Patrick, Grand Bay along with parish priest Archbishop Emeritus Kelvin Felix; Fr Shillingford is now assistant at St Andrew's parish in Veille Case with newly appointed parish priest Fr Godfrey Tarimo.



20 Permanent Deacons for the Archdiocese Port of Spain

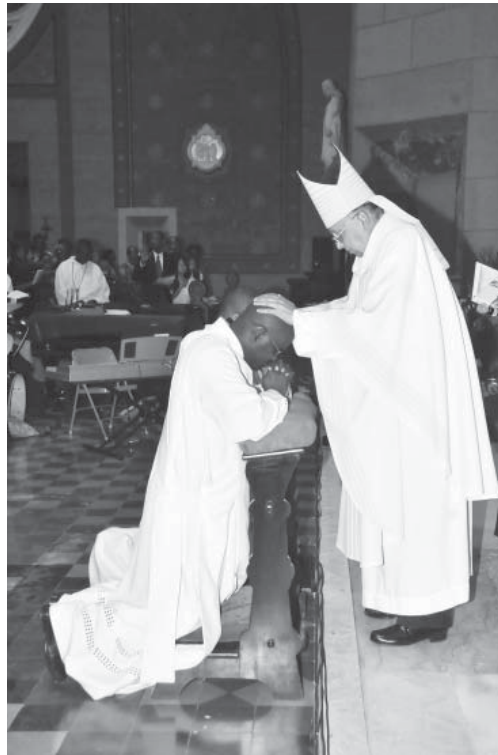
On Saturday 06 February 2010, in the archdiocese of Port-of-Spain, history was created when 20 men were ordained as permanent deacons. It is the first time in the history of the archdiocese, that so many men have entered the diaconate program and have been ordained as permanent deacons.

The journey for these men began three years ago. During this time, the men studied the Bible, did Psychology, Christology, Liturgy, Moral Theology, Church History, Canon Law and Social Justice as well as others. Classes were held every second and forth Saturdays of each month for the entire day. The journey was a very intense one and required a great deal of commitment from all of these men, all of whom are married with the exception of one. It also required

a great deal of support from their wives and children as they went along their journey. Even though classes were twice per month, they were given a lot of written exercises and research on various topics to do.

Apart from being married, these men are also employed, some in executive positions in organizations. They range from teachers, to principals, to engineers, to CEOs of companies. It took a tremendous amount of commitment and hard work on their part to complete this program. It is really very heartwarming to know that, men of the varying ages and backgrounds – twenty of them - who are already committed to their families and their jobs, further committed themselves to the call of Jesus to come and follow me.

A Celebration of Hope



On December 30th, 2009, in the newly renovated Holy Trinity Cathedral, hundreds of the faithful of the Archdiocese of Kingston gathered to celebrate the ordination of two Jesuits, Michael Fernando Davidson and Rohan Gerald Tulloch by ordaining prelate, Archbishop Emeritus Lawrence A. Burke, SJ.

With scores of priests, deacons and religious from Jamaica and from across the world present, the two newly ordained young men were presented with great joy and deep consolation to the Church of Jamaica by Archbishop Donald Reece to thunderous applause. All present were deeply moved by the solemn but glorious gift of two sons of Jamaica to the mission of the Universal Church, and the service of our own Jamaican Church.

For the Society of Jesus in Jamaica (the "Jesuits"), too, the two ordinations were a milestone in the history of the Jesuits in the English-speaking Caribbean – a history that has spanned over one hundred and sixty years. It was a profound moment of hope that the particular charism of the Society of Jesus – involving special ministries in education, spirituality, and the social apostolate – might further become expressed in the life and faith of Jamaicans, recreating the Jesuits according to the manner and culture of Jamaica and the wider Caribbean. Mindful of the great tradition of excellence of the Jesuit flagship schools St. George's College and Campion College, Archbishop Burke exhorted the two newly ordained to lives of service in the Jamaican Church, with particular attention to the work and ministry of education.

Frs. Davidson and Tulloch follow in the footsteps of the many great Jamaican Jesuits such as Archbishop Samuel Carter, Frs. Alwyn Harry, Roy Campbell, John Alexander, Charles and Sydney Judah, Maurice Feres, and of course, Archbishop Burke himself. By the grace of God, these newly ordained young Jesuits inspire the Church with hope.



Archbishop Gilbert with the newly ordained Deacons

WORLD CHURCH

Doctor Says Many are Healed in Lourdes

LOURDES, France (Zenit.org) - The former head of the Lourdes Medical Bureau is affirming that all people can receive a cure at Our Lady's shrine if they pray and hope for it with perseverance.

Doctor Patrick Theillier, who retired from leadership of the bureau last year, stated this in an interview with France Catholique.

The cure, he explained, "might not be as spectacular as to be considered a miracle."

However, the physician added, it can affect "in a profound and lasting way the person who experiences it, in all his being, body, soul and spirit."

Doctor Theillier affirmed that "these cures are truly innumerable."

The bureau is a medical organization run by doctors that operates within the Sanctuary of Our Lady of Lourdes, which, among other things, is responsible for the medical investigation of cures associated with the shrine.

The doctor noted that there are, of

course, miraculous cures as well in Lourdes, and 67 have been officially recognized as such.

He affirmed that these miracles are sometimes "necessary," such as at the beginning of the Church. "For faith to increase, it must be supported by miracles," Doctor Theillier said.



Chicago Archdiocese begins sainthood process for first black US priest

CHICAGO (CNS) -- Father Augustine Tolton was the first U.S. priest of African descent and may one day be a saint from the Archdiocese of Chicago.

The archdiocese is introducing the priest's cause for canonization, according to an announcement by Chicago Cardinal Francis E. George. "It is appropriate that, during this Year for Priests, we recall our forebears who were holy men in the presbyterate" of the archdiocese, the cardinal told the Catholic New World, Chicago archdiocesan newspaper.

Having Father Tolton as a saint would be a blessing for the whole Catholic Church but, in particular, for Catholics in Chicago, he said.

"First of all, saints intercede," he said. "We need his prayers and his help, especially to become a more united church. Secondly, his example of priestly dedication, his learning and preaching, are great examples for our seminarians and priests and should inspire the laity."

Father Tolton was born into slavery in Brush Creek, Mo., according to "From Slave to Priest," a biography of Father Tolton by Sister Caroline Hemesath, a member of the Congregation of the



Sisters of the Holy Family. His parents, Peter and Martha Tolton, were married in a Catholic ceremony. The couple had two sons and a daughter.

New missal not here yet, but Catholics urged to start talking about it

WASHINGTON (CNS) -- The new English translation of the Roman Missal might not be in U.S. parishes for as long as two years, but Father Rick Hilgartner hopes Catholics are talking about it now.

Mention of the upcoming changes in the prayers at Mass might come in the occasional bulletin insert, in adult religious education classes or Bible study groups or in a homily at Mass, said the associate director of the U.S. bishops' Secretariat of Divine Worship in Washington.

"Anything to heighten people's awareness," Father Hilgartner added in a Feb. 2 interview with Catholic News Service.

Along with such organizations as the Federation of Diocesan Liturgical Commissions and the National Association of Pastoral Musicians, the divine worship secretariat is gearing up to help educate the nation's 68 million Catholics on changes to the language of the Mass that were initiated in 2002 when Pope John Paul II issued a new edition of the Roman Missal in Latin.

The last time a new edition of the missal was implemented was in 1975.

For nearly a decade, representatives of bishops' conferences in 11 English-speaking countries, including the U.S., have been working on the English translation of the 2002 missal, which each conference has approved in sections over the years. A news release issued at the Vatican in

late January said the Congregation for Divine Worship and the Sacraments is in the final stages of reviewing the last sections of the translation before issuing its "recognitio," or approval.

Once the Vatican approval is received, the president of each bishops' conference will decide when the new missal will start being used in each country. But before that can happen, priests and people must be involved in a "two-tiered catechetical process" that starts with "general and broad" discussions of such issues as the "nature of the Mass, how it builds up the church and how we encounter Christ," Father Hilgartner said.

"Some people want to jump right to conversations about the texts" themselves, without the proper context and background, he added.

But some of the liturgical texts that have been translated date to the fourth century and "were not crafted in the 21st-century American soundbite culture" that communicates in "short, simple statements," Father Hilgartner said.

He said those who have criticized the new liturgical language as out of touch with today's Catholics are not taking the context into proper account.

"The way I might send a text message to a friend is not the way I'd speak in a job interview," Father Hilgartner said. "And the way we speak in prayer ought to communicate a sense of reverence."

During the Civil War, Peter Tolton escaped to St. Louis to serve in the Union Army. Shortly afterward, when Augustine was 9, Martha Tolton bundled up her three children and escaped across the Mississippi River and hiked to Quincy, Ill., a sanctuary for runaway slaves. After the war ended, Martha Tolton learned her husband had died soon after his arrival in St. Louis.

In Quincy, Martha Tolton and her sons began working in a cigar factory. They attended Mass at St. Boniface Church with other black Catholics. Augustine attended St. Boniface School for a brief time, then went to public school. Later he went to school at St. Peter's Parish, where he became an altar server and began to feel he had a

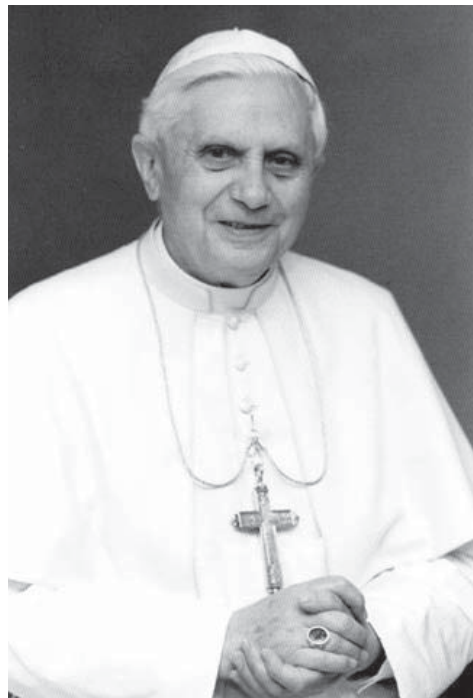
vocation to the priesthood. Franciscan Father Peter McGirr, St. Peter's pastor, encouraged his vocation, though there would be many roadblocks to ordination.

According to "From Slave to Priest," no U.S. seminary would accept him. Neither would the Franciscans or the Josephites. Meanwhile, several local priests educated Augustine for the seminary.

Years later he was accepted to the Pontifical College of the Propagation of the Faith in Rome, which trained seminarians for ordination and missionary work around the world. After six years of study there, Augustine was ordained on April 24, 1886, at St. John Lateran Basilica in Rome.

WORLD CHURCH

Priests are not social workers, Pope says



Congregation for Clergy, the Holy Father said that clerics must not "surrender to the temptation of reducing [the priesthood] to predominant cultural models." In today's world, "widespread secularization" has cut into appreciation for the priest in his pastoral and ministerial role, and accentuated his public activities, he said.

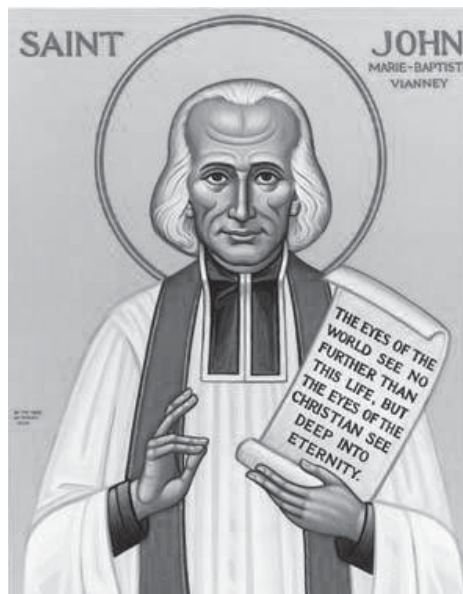
Today, the Pope said, "There is great need for priests who speak of God to the world and who present the world to God; men not subject to ephemeral cultural fashions, but capable of authentically living the freedom that only the certainty of belonging to God can give." He stressed the importance of imitating Christ's priesthood and speaking in a prophetic voice. "And the prophecy most necessary today is that of faithfulness," the Pope said.

A Catholic priest cannot be reduced to a "social worker," Pope Benedict XVI told a group of priests in Rome on March 12. Adopting that model of priestly ministry, he said, runs "the risk of betraying the very priesthood of Christ."

Speaking to participants in a theological conference organized by the

"The vocation of priests is an exalted one, and remains a great mystery," the Pontiff continued. "The lay faithful will be able to meet their human needs in many other people, but only in the priest will they find that Word of God which must always be on his lips, the Mercy of the Father abundantly and gratuitously distributed."

Faithfulness of Christ, Faithfulness of Priests



Pope Benedict XVI has declared a "Year for Priests" beginning with the Solemnity of the Sacred Heart of Jesus on June 19, 2009. The year will conclude in Rome with an international gathering of priests with the Holy Father from June 9-11, 2010. With the announcement of this Year for Priests, the Pope has declared St. John Vianney the Universal Patron of Priests on the occasion of the 150th anniversary of the death of the Curé d'Ars.

Please pray for our priests that they might always be faithful to their sacred calling.

Prayer for Priests

O Jesus, our great High Priest,
Hear my humble prayers on behalf of your priest, Father [N].
Give him a deep faith
a bright and firm hope
and a burning love
which will ever increase
in the course of his priestly life.
In his loneliness, comfort him
In his sorrows, strengthen him
In his frustrations, point out to him
that it is through suffering that the soul is purified,
and show him that he is needed by the Church,
he is needed by souls,
he is needed for the work of redemption.

O loving Mother Mary, Mother of Priests,
take to your heart your son who is close to you
because of his priestly ordination,
and because of the power which he has received
to carry on the work of Christ
in a world which needs him so much.
Be his comfort, be his joy, be his strength,
and especially help him
to live and to defend the ideals of consecrated celibacy. Amen.

John Joseph, Cardinal Carberry (+1998)
Archbishop of St. Louis 1968-1979

Bishop Bowers turns 100



We salute Bishop Joseph Oliver BOWERS, SVD as he turns 100 on March 28, 2010. He is the third oldest Catholic bishop in the world.

Bishop Bowers was ordained a priest in 1939 and appointed auxiliary bishop of Accra, Ghana in 1952. A year later he was named the bishop of Accra and remained there until 1971 when he was named bishop of our Diocese.

He retired in 1981 and returned to Ghana.

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YOUTH & CATECHETICS

Catechist Training Institute Planning Meeting

The Directresses and Coordinators of the Province of Castries under the CTI leadership of Sr. Paula Andrew SJC, met for the annual Catechist Training Institute (CTI) PLANNING MEETING which took place at the HOLY REDEEMER RETREAT HOUSE, EGGLESTON, COMMONWEALTH OF DOMINICA from Monday 1st – Friday 5th March, 2010. The purpose of this meeting was to plan for the second year of this three year cycle, report on Catechetics in the respective Dioceses, report on the Institute in 2009, plan for the upcoming CTI and look at plans to celebrate the 21st Anniversary of the Institute in 2011. Of course, the financial aspect of maintenance for this Institute was discussed at great length. This year's Catechist Training Institute will be held at the Holy Redeemer Retreat House from August 3rd to 14th.

These programmes are used in many of the parishes in our Diocese and in some parishes in the Province of Castries. We all will remember Sister for her warmth, experience and great sense of humour. We wish her all the best and God's blessings!

During the meeting we welcomed Noeliva Leblanc who is now the Directress of Catechetics in Dominica. We also took time to visit CTI founder, Archbishop Emeritus Kelvin Felix, at his parish in Grand Bay.

WORTHY OF NOTE: The 21st Anniversary of the Catechist Training Institute (CTI) is a yearlong celebration from August 2010 to July 2011 with various activities throughout the year. All who attended CTI from its inception in 1990 are invited to get



Sr. Paula presents gift to Sr. Josee

Diocesan Youth Jamboree

The Diocesan Youth Jamboree, Tuesday 20th July to Monday 26th July 2010, will be held this year in Tortola at St. Georges Secondary School, Palestina Estate approximately two miles from Roadtown. There will be a day visit to beautiful Virgin Gorda on Saturday 24th July.

The Theme is "ROOTED AND BUILT UP IN CHRIST – FIRM IN THE FAITH" (which is the theme for World Youth Day in Madrid, Spain in 2011). The competition is now open for a logo and song

based on the theme. The deadline is April 30th. Please forward this information to the parish coordinator. Registration forms and other information will be available from the respective youth and catechetical leaders in the various parishes in our Diocese. It is hoped that parishes are already engaged in fundraising activities and the young people are registering their names so that all the parishes will be represented at this year's jamboree. Please book flights to arrive in Beef Island by noontime on July 20th.



Catechetical Coordinators of the Province of Castries with Bishop Malzaire

During the week, we bid farewell to Sr. Josee Ostee in a specially prepared Prayer Services of the Shell. Sister Josee is an ICM Sister from Belgium who worked in the Caribbean for over 46 years. We recall her years in Antigua at Christ the King High School and her many years in Dominica from where she is retiring. Sr. Josee and Sr. Mariette worked at the Catechetical Office in Dominica where they developed the catechetical and sacramental programmes and training sessions for catechists.

involved. For further information please call the Catechetical Office at 268-461-7208 or email catecheticalshfc@gmail.com

Remember the CTI Motto: Go Teach (Matt. 28:19-20) "What I learned without self-interest I pass on without reserve; I do not intend to hide wisdom's riches. For she is an inexhaustible to men, and those who acquire it win God's friendship, commended as they are to him by the benefits of her teaching" (Wis. 7:13-14)



SPECIAL

August 15 - 31 2010

Come walk with us in the footsteps of Jesus

Sun 15 Aug

Lv. Dominica for San Juan

Lv. San Juan at 1:23pm

Mon 16 Aug

Arr in Cairo, meet tour guide and transfer to hotel in time for evening prayers & dinner.

Tue 17 Aug

Tour the pyramids and museums of ancient Egypt.

Wed 18 Aug

Early departure to Alexandria for visit to Catacombs, Citadel & new library

Thu 19 Aug

Full day visit to Cairo old city, shop at the Bazaars

Fri 20 Aug

Climb Mt Sinai where Moses beheld the Burning Bush; visit the monasteries then the site of sea parting of the Israelites.. Coach transfer to Jerusalem

Sat 21 Aug

Visit Mt of Olives, pray Palm Sunday route, meditate in the Garden of Gethsemane, view the Upper Room, location of the Last Supper

Sun 22 Aug

After Mass, day of prayer and rest in Jerusalem or explore the local Bazaar and old city area.

Mon 23 Aug

AM - Visit the Wailing Wall & Parliament Building.

PM - Enter the old city of Jerusalem thru St Stephen's gate, visit the pool of Bethesda, then pray the Stations of the Cross thru Via Dolorosa. Evening – transfer to Bethlehem.

Tue 24 Aug

Lv Jerusalem for swim in the Dead Sea, and the site where Scrolls were found. Lunch in Jericho, Optional camel ride.

Wed 25 Aug



Pilgrimage To Egypt and the Holy Land



Visit birthplace of Jesus, tour the town of Bethlehem & take the opportunity to shop for

Thu 26, Aug

Visit site of the sermon on the Mt then the site of the multiplication of loaves & fish then to where Jesus gave Peter the keys. Enjoy a boat journey on the Sea of Galilee and wade in the River Jordan baptismal site.

Fri 27 Aug

Visit the church of the Annunciation where Angel Gabriel announced to Mary. Visit Joseph's workshop and Mary's well. Free afternoon.

Sat 28 Aug

Proceed to Mt Tabor the site of the Transfiguration. Visit Cana, the site of Jesus' 1st miracle. (renewal of marriage vows and blessing of families)

Sun 29 Aug

Free day, shop and prepare for departure.

Mon 30 Aug

Lv Tel Aviv Airport that night for San Juan via Atlanta, Georgia
Arr. home on last flight

Your trip includes:

Roundtrip airfare

A/C coach transfers

4 nights in Cairo

3 nights in Jerusalem

3 nights Bethlehem

3 nights Nazareth

Daily Mass w/His Lordship

Tour guides & entrance fees

Morning & evening prayers

Breakfast & dinner

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Visas

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