



**ST. MARY'S CATHEDRAL PARISH**  
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19 June 2022 - 26 June 2022

**Saturday (18/06/2022) 18h00 Corpus Christi Sunday:** Fr. Shalongo, OMI  
Readers: Leander Ellitson & Wilson Shikoto  
Communion Assistant: Jacob Motalingoane

**Sunday (19/06/2022) 07h30 Corpus Christi Sunday:** Fr. Nambondi, OMI  
Readers: Theresia Nepolo & Josephine Nyamuphukundza  
Communion Assistants: Innocentia Mokomele & Sylvia

09h30 NO MASS

**10h00 Corpus Christi Sunday:** Fr. Shalongo, OMI  
Readers: Margareth Zuzi & Avelino Teca  
Communion Assistants: Brother Paul & Zacharies

**Saturday (25/06/2022) 18h00 13<sup>th</sup> Sunday of Ordinary Time:** CMI Priest  
Readers: Julia Amadhila & Mckya Mbala  
Communion Assistant: Benediktus Hummel

**Sunday (26/06/2022) 07h30 13<sup>th</sup> Sunday of Ordinary Time:** Fr. Shalongo, OMI  
Readers: Sr. Susanna Nangolo & Brother Paul  
Communion Assistants: Emmanuel Tom & Jacob M.

**09h30 Dreifaltigkeitssonntag:** Fr. Walter, OMI  
Lesung: Lothar Roerkohl & Martina Lang  
Kommunionhefer: Christa Roth

**10h40 13<sup>th</sup> Sunday of Ordinary Time:** Fr. Shalongo, OMI  
Readers: Chomore Jacques & Emily Mundukuta  
Communion Assistants: Charlotte Sitrler & Brother Paul

**PARISH OFFICE HOURS: TUESDAY TO FRIDAY**  
**08:30-12:30 & 14:30-16:30**

**LAST SUNDAY'S COLLECTIONS: N\$ 8.398.15**

*Thank you very much for your generosity*

1. Sunday, 19<sup>th</sup> June 2022, is the Solemnity of Corpus Christi. There will be only two masses: at 07h30 & at 10h00.
2. Parishioners are warmly invited to join the Charismatic Prayer Group on Saturdays from 15h00 at the Sr. Hildegard Kindergarten Classrooms.
3. All the youth interested in joining OMI youth Associate Group should register at the Parish office or with Mr. Jose Andrade or Ms. Gildas Theresa Bailou and adults who are interested in joining MAMI contact Mr. Shilongo @0812500155 or Fr. Shalongo, OMI, at 0814565598.
4. Marriage Bann: 3<sup>rd</sup> Banner: Paulo Joao and Victoria S. Calemba who intend to get married on 18<sup>th</sup> June 2022, at St. Mary's Cathedral Parish, Windhoek.
5. The Ambassadors of a Worldwide Brotherhood will sell CAKES and MUFFINS after the 07h30 & 10h40 Holy Masses on 12<sup>th</sup> June 2022, for fundraising. Your generous support will be highly appreciated.
6. The Classes for parents of infants that are to be baptized, which was scheduled to take place on 13<sup>th</sup>-15<sup>th</sup> June 2022, is postponed to 20<sup>th</sup>-23<sup>rd</sup> June 2022. However, the Baptism remains on the 26<sup>th</sup> of June 2022.
7. Parishioners who intend to get married are required to declare their intention at the Parish office at least 6 months prior to their proposed marriage date.
8. Please, Parishioners, be informed that St. Mary's Cathedral Website is up and running. Log-in and get updates on Parish events and activities.  
 Website address: [www.stmarysnam.com](http://www.stmarysnam.com)
9. Wearing of Masks is now mandatory at public gatherings. Parishioners are requested to observe applicable Covid-19 regulations, such as properly wearing of masks, hands sanitizing, and social distancing for all Masses. The maximum allowed number is 1,000 persons per gathering.

**PLEASE, LET'S KEEP SAFE**

## SUNDAY MASS

### ENTRANCE ANTHIMON:

Bless be God the Father, and the Only Begotten Son of God, and also the Holy Spirit, for he has shown us his merciful love.

FIRST READING: Proverbs 8:22-31.

RESPONSORIAL PSALM: Psalm 8.

### RESPONSE:

O Lord, our Lord, how majestic is your name throughout all the earth!

1. When I see the heavens, the work of your fingers, the moon and the stars which you arranged, what is man that you should keep him in mind, the son of man that you care for him?
2. Yet you have made him little lower than the angels; with glory and honour you crowned him, gave him power over the works of your hands.
3. You put all things under his feet, all of them, sheep and oxen, yes, even the cattle of the fields, birds of the air, and fish of the sea that make their way through the waters.

SECOND READING: Romans 5:1-5.

### GOSPEL ACCLAMATION:

Alleluia, alleluia. Glory to the Father, the Son, and the Holy Spirit; to God who is, who was, and who is to come. Alleluia.

GOSPEL: John 16:12-15.

### COMMUNION ANTHIMON:

Since you are children of God, God has sent into your hearts the Spirit of his Son, the Spirit who cries out: Abba, Father.

## THE WEEK AHEAD Live the Word

Mon 13 Jun St. Anthony of Padua, PrD

1 Kings 21:1-14; Psalm 5; Matthew 5:38-42

Jesus calls us to love and forgive of others – even those who do us harm. It is easier to forgive someone by focussing on their humanity – when you see them in the full context of their life with its struggles and its joys.

Tue 14 Jun Liturgy of the Day

1 Kings 21:17-29; Psalm 51; Matthew 5:43-48

Many families are torn apart, unable to find forgiveness because of grudges, old wounds and pride. If you give in to resentment, cynicism or anger you will find it very hard to find joy in your life.

Wed 15 Jun Liturgy of the Day

2 Kings 21:6-14; Psalm 31; Matthew 6:1-6, 16-18

To enjoy some recognition is human nature, but in today's gospel Jesus wants us to focus on our divine nature and not worry about what others think of us. Importantly, God knows who we are and what we are doing.

Thu 16 Jun CHRIST THE ETERNAL HIGH PRIEST

Isaiah 61-64; Psalm 23; John 17:1-2, 9, 14-26

Giving to people can be a joy, but God's grace will also remind us not to give something that would be enabling someone's irresponsible behaviour, or to commit ourselves to more than we can healthily take on.

Fri 17 Jun Liturgy of the Day

2 Kings 11:1-4, 9-18, 20; Psalm 132; Matthew 6:19-23

Forgiving those who hurt us must be one of the most difficult challenges we face as Christians. But Jesus knew that true forgiveness will heal and transform our relationships, our lives and our world.

Sat 18 Jun Liturgy of the Day

2 Chronicles 24:17-25; Psalm 89; Matthew 6:24-34

We cannot make ourselves invulnerable to suffering and death, but we can accept the love of God who tends and cares for us, and who alone is the antidote for anxiety. Trust God – it will change everything!

Sun 19 Jun CORPUS CHRISTI

Genesis 14:18-20; Psalm 110; Luke 9:11-17

When we leave the Eucharistic table and re-immers ourselves into life, we bear God within us – a God who lived, died and rose for us so that we might live the same mystery for and with each other.

(KEY: SOLEMNITY; FEAST; Memorial; (Optional Memorial) Pr=Priest; D=Deacon

# Catholic Link

## TRINITY SUNDAY

Trinity Sunday • Year C  
Divine Office: Week III • 12 June 2022

## ABWOON D'BASHMAYA

The Lord's Prayer is familiar to us. In it we address God as "Our Father". Yet how often do we stop to consider the Trinitarian dimensions of this prayer?

There is the key role of Jesus, of course, since he taught the prayer in response to a request by his disciples. What's special about this is the 'inside track' it gives us into the mystery of God. Having emptied himself to become human (Philippians 2:7), Jesus draws us, his fellow human beings, into his intimate relationship with God by allowing us too, to address his Father as "Our Father". St Paul picks this up in his Letter to the Galatians (4:7) where he writes:

The proof that you are his children is that God has sent the Spirit of his Son into our hearts: the Spirit that cries 'Abba, Father', and it is this that makes you God's child.

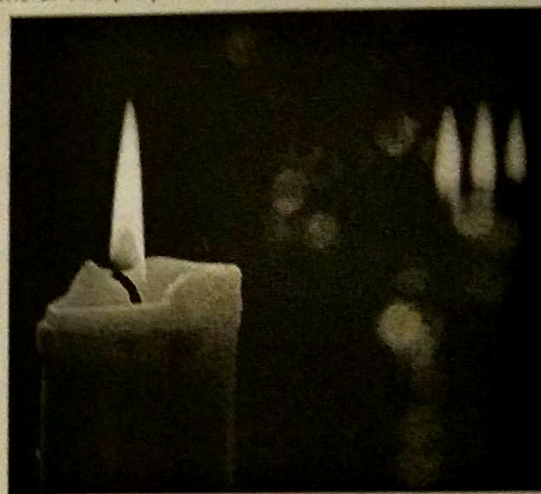
Voilà! Enter the Holy Spirit into the Trinitarian dynamic of the Our Father. To pray the Our Father in faith and total sincerity is a grace and a prompting of the Holy Spirit. We pray to the Father inspired by the Holy Spirit and taught by Jesus. Some find the introductory words of the new translation of the Mass a bit harsh: "At the Saviour's command and formed by divine teaching, we dare to say." Yes, Jesus did say, "When you pray, say this." But he certainly did not mean it to be interpreted as a rigid command; rather, an open invitation. Then too, no one would have dared call God a loving "father" until Jesus showed us the way to do so. Furthermore, we are formed by divine teaching in this – the role of the Holy Spirit. "The Spirit will lead

you to the complete truth, ... will teach you everything and remind you of all that I told you", says Jesus.

The Lord's prayer as we know it in English today has become rather set in concrete since the St James translation of the Bible 500 years ago. Fair enough, the version is familiar, ecumenical, and universally known – and there's good in that. The downside is that we lose something of the intimacy of the original language, Aramaic, in which Jesus prayed it; his mother tongue.

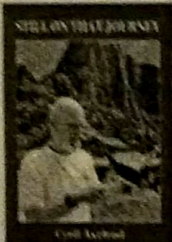
Jesus would have begun by addressing God: "Abwoon d'bashmaya." Abba in Hebrew is Father, but the Aramaic dialect adds "woon" – an allusion to a mother's womb. For the people of that culture, creation is inconceivable without both feminine and masculine principles. Abwoon cannot really be translated into English. It requires a faith-sense of the Creator God as a "birthing parent". Aramaic scholars point out that the word Abwoon, so all-embracing with layers of meaning, can possibly be translated as "Oneness-Creative-Parenting-Flowing-Lifegiving."

The ideas expressed today in *Catholic Link* may be new to some, even confusing. But before the mystery of God, we must humbly accept that human words are limited, that we are in the presence of an incomprehensible mystery, and that all we need for a Trinitarian faith is to copy Jesus, "the image of the unseen God" (Colossians 1:15) who, in the unifying love of the Holy Spirit, called God "Abwoon".



Books from *Reverend Fr. Patrick Campbell's Pastoral Publications*

As you read this book, you will find yourself walking alongside Cyril on his journey, laughing with him, crying with him, asking him questions, or just listening to him. You will trip up in disbelief as you read about his achievement of climbing Machu Picchu in Peru. You will stumble at some of the challenges he has had to face, or skip with delight at his humorous descriptions of certain events experienced as a Deafblind person – Larry Kaufman CSEL.



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