



**ST. MARY'S CATHEDRAL PARISH**  
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18 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 M. & Sylvia M.

**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 Dreifaltingkeitssonntag:** Fr. Walter, OMI  
Lesung: Lothar Roerhkohl & Martina Lang  
Kommuniohefer: Christa Roth

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

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

**LAST SUNDAY'S COLLECTIONS: N\$ 4,685.30**

*Thank you very much for your generosity*

1. **Training:** The training for **Readers (Lectors)** will be on **25<sup>th</sup> June 2022**, at **Parish Hall**. The training will start at **08:00**. All those who registered for this Ministry and those interested to join take note.
2. As from **29<sup>th</sup> June to 2 July 2022**, the **Parish Administrator** will be attending **Winter School** for all the Priests at **Dobra**. He will not be in the office.
3. **Training:** On the **9<sup>th</sup> July 2022**, there will be a training of all the **Choirs and Representatives** from the various religious **Communities** at the **Kindergarten Classes**. Exact time will be communicated in due time.
4. **Adults who are interested in joining MAMI** contact **Mr. Shilongo @0812500155** or **Fr. Shalongo, OMI at 0814565598**
5. 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.
6. 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)**
7. **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 the Masses. The number per gathering is raised number **1,000 persons per gathering**.

**PLEASE, LET'S KEEP SAFE**

## SUNDAY MASS

### ENTRANCE ANTIPHON:

He fed them with the finest wheat, and satisfied them with honey from the rock.

**FIRST READING:** Genesis 14:18-20.

**RESPONSORIAL PSALM:** Psalm 110.

### RESPONSE:

You are a priest forever, in the line of Melchizedek.

1. The Lord's revelation to my lord:  
'Sit at my right hand,  
until I make your foes your footstool'.
2. The Lord will send from Zion  
your sceptre of power;  
rule in the midst of your foes.
3. With you is princely rule  
on the day of your power.  
In holy splendour, from the womb before the  
dawn,  
I have begotten you.
4. The Lord has sworn an oath he will not  
change:  
'You are a priest forever,  
in the line of Melchizedek'.

**SECOND READING:** 1 Corinthians 11:23-26.

### GOSPEL ACCLAMATION:

Alleluia, alleluia. I am the living bread which came down from heaven, says the Lord; if any one eats this bread he will live for ever. Alleluia.

**GOSPEL:** Luke 9:11-17.

### COMMUNION ANTIPHON:

Whoever eats my flesh and drinks my blood remains in me and I in him, says the Lord.

## THE WEEK AHEAD

# Live the Word

### Mon 20 Jun Liturgy of the Day

2 Kings 17:5-8, 13-15, 18; Psalm 60; Matthew 7:1-5

The times that we worry the most, when we panic and are afraid, are usually the times when we have failed to put our faith in God. No matter where we go or what we do, don't panic. Relax, God is always with us.

### Tue 21 Jun St Aloysius Gonzaga, R

2 Kings 19:9-11, 14-21, 31-36; Psalm 48; Matthew 7:6, 12-14

It is no secret that we are a generation obsessed with possessions. Have we allowed our possessions to consume us, or take up too much space in our homes and hearts? Travel light and make space for God.

### Wed 22 Jun (St Paulinus of Nola, B)

2 Kings 22:8-13; 23:1-3; Psalm 119; Matthew 7:15-20

The more dangerous false prophets are those who subtly try to convince us that we don't need God in our lives. But they can't do it without our consent. Hold fast to the Truth.

### Thu 23 Jun NATIVITY OF JOHN THE BAPTIST

Isaiah 49:1-6; Psalm 139; Luke 1:57-66, 80

Like John the Baptist, each of us in our mothers' womb was also known to God, called to a life of reflecting the goodness of God. Each of us, in our own way, is on a mission to be fulfilled.

### Fri 24 Jun SACRED HEART OF JESUS

Ezekiel 34:11-16; Psalm 123; Luke 15:3-7

The love of God is expansive and deep. Do we reflect that in our lives? Are we open to growth? Does the love that we offer include all, without bounds? If not, then we are piercing the body of Christ again.

### Sat 25 Jun Immaculate Heart of Mary

Lamentations 2:2, 10-14, 18-19; Psalm 74; Matthew 8:5-17

On the Solemnity of the Annunciation, Pope Francis dedicated Russia and Ukraine to Mary's Immaculate Heart. Continue to pray for peace in our world, our homes and our hearts.

### Sun 26 Jun 13TH SUNDAY IN ORDINARY TIME

1 Kings 19:16, 19-21; Psalm 16; Luke 9:51-62

Prayer defines the Christian life. It requires that we stand in God's presence with open hands, naked and vulnerable, proclaiming that without God we can do nothing.

(KEY: **SOLENNIT** /; **FEAST**; **Memorial**; (Optional Memorial) **R**=Religious; **B**=Bishop

Catholic Link

## CORPUS CHRISTI

Corpus Christi • Year C  
Divine Office: Week IV • 19 June 2022

# Not a Reward for the Good

Every feast of Corpus Christi in Rome sees the pope in procession with the Blessed Sacrament between the basilicas of St Mary Major and St John Lateran. The procession passes our Redemptorist general house of Sant' Alfonso on Via Merulana.

Saint Alphonsus had a deep devotion to Jesus in the Eucharist. His "Visits to the Blessed Sacrament" continue to be published in multiple languages. Why did he write it? He wrote it in response to the Jansenist heresy and culture of the time that discouraged people from receiving Communion on the grounds that they were sinful and depraved. When Alphonsus appeared on the scene (1696 - 1787), people maybe went to Communion once a year, and only after going to Confession.

Motivated by his motto, "With the Lord is Mercy and Plentiful Redemption", Alphonsus broke through the logjam and encouraged frequent Communion. He drew on the image of Jesus "eating with tax collectors and sinners"; Jesus who stated that "it is not the healthy who need a doctor but the sick". Alphonsus insisted that his brother Redemptorists welcome penitents to Confession with compassion and kindness, more like a parent than a judge.

In many ways this has been the message of Pope Francis from the day he was elected Pope. He has often been called the "pope of mercy" (no other Pope has decreed a jubilee "Year of Mercy"). Who knows, perhaps as he processed with the Blessed Sacrament past Sant' Alfonso he felt a moment of inspiration by this "saint of mercy" because in his homily Pope Francis,

speaking of people being cut off from the Eucharist, had this to say [Catholic Link quotes it in full because of its importance]:

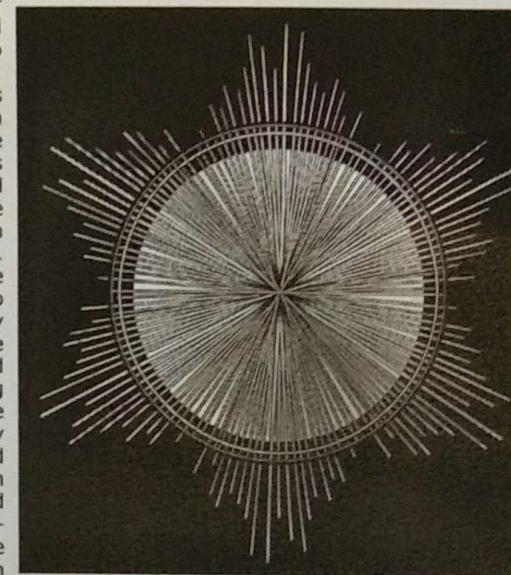
"We are torn from Him when we are not obedient to the Word of the Lord, when we do not live Christian charity between us, when we race to occupy the first places. The Eucharist allows us not to be torn from Him, for it is the bond of communion, of unity. Christ present in our midst, in the signs of bread and wine, requires that the power of love exceed every separation, and at the same time that it become communion with the poor and the weak."

"Jesus shed his blood that we might be purified of all sins, that we might be in communion with him,

that we might be his eyes that go in search of a Zacchaeus or a Mary Magdalene, that we will be His hand who helps the sick in body and spirit, and be his heart that loves those in need of reconciliation and understanding."

At this point, Pope Francis added words that have reverberated around the world: "In this way we understand that the Eucharist is not a reward for the good, but rather medicine for the weak, for sinners. It is forgiveness. It is the 'viaticum' [transl. 'food for the journey'] that helps us on our way".

Pope Francis concluded his reflection on the Eucharist by drawing attention to the need for global communion. To be in communion with Christ is to be in communion with the fullness of his mystical body, not least where it is suffering most - especially where Christians are shedding their own blood for the faith.



Fr Larry Kaufmann, has adapted the ever-popular **Visits to the Blessed Sacrament** by St Alphonsus Liguori. Every age needs a translation of this ever-popular and spiritually enriching devotion. With a brief but beautiful visit for each day of the month this book will guide you in your journey to the Blessed Sacrament and enrich your relationship through this ancient practice. Deepen your relationship with God through renewing your love of the Blessed Sacrament.

**R50**  
plus delivery



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