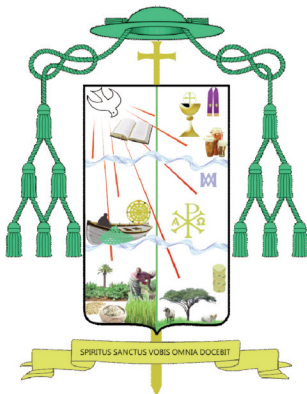


‘Christian joy is usually accompanied by a sense of humour’

Gaudete et Exsultate - ‘Rejoice and be glad’

Pope Francis’ new letter



The Diocese of Banjul **NEWSLETTER**

Incorporating The Catholic Newsletter



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By way of introduction

The Church is challenged...

we do well to recall the motto of Bishop Gabriel Mendy: *Spiritus Sanctus vobis omnia docebit* – ‘The Holy Spirit will teach you everything’. The great season of Easter Time has come to an end, but the Church is challenged, under the inspiration of the Holy Spirit, to present Christ to the world in word and deed.

The calendar for June includes a special Sunday and three solemnities – days of particular rejoicing.

The special Sunday is Corpus Christi, 3rd June. As we all should be able to testify, the Holy Mass and Holy Communion are for the Church and its communicant members the greatest source of joy, comfort and hope. Our dear Lord is never far from us, and in Holy Communion is especially present to all those who acknowledge him and accept his love.

To the communicant members of the Church will be added, on 3rd June, many young people who are to receive Jesus in Holy Communion for the first time. The rejoicing in what we may term ‘First Communion compounds’ has considerable value in reinforcing Catholic corporate identity. But much more important is that our young first communicants, Sunday by Sunday, encounter love and trust in the Lord.

It is the responsibility of parents, parishes and the Church as a whole to support and nourish the faith of our new communicants through prayer and setting a good example of Christian living and loving. Not easy, when the world around us is increasingly secular and materialistic.

On Friday 9th June comes a feast that celebrates a devotion precious to many Catholics: the Solemnity of the Most Sacred Heart of Jesus.

We are fortunate that the solemnity which follows on 24th June, falls this year on a Sunday. It’s the Nativity of St John the Baptist, as related in the first two chapters of St Luke’s

Gospel.

John hailed Jesus as the Lamb of God, and Jesus declared of John, ‘I tell you, among those born of women no one is greater than John.’ (Luke 7:28). Our religion is based on love and hope - but, as John pointed out - these are the fruits of repentance and upright, unselfish living, rather than worldly ambitions. We shan’t get far on our pilgrim path if our eyes are fixed on personal safety and ease, rather than on the Lamb of God.

Just five days after recalling the message and challenge posed by John the Baptist, we give thanks for St Peter and St Paul.

Peter and Paul were very different in background, personality, temperament and talents. But they gave themselves wholeheartedly to the infant Church, convinced that in the crucified and risen Christ lay the salvation of the whole world.

The apostolic faith bequeathed to us by Peter and Paul is the faith we dare to profess today. Let us ask for their prayers as we seek to live that faith in our homes and family life, in our work, in our parishes, and in our diocese.

Pope Francis, in his recent apostolic exhortation, *Gaudete et Exsultate* - ‘Rejoice and Be Glad’ - has stressed the necessity of holiness. Rather surprisingly, perhaps, he says, ‘Do not be afraid of holiness. It will take away none of your energy, vitality or joy.’

So let us not hesitate to live the Christian life in the service of our neighbour, in this Diocese of Banjul!



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Here & there

NEWS FROM AROUND THE DIOCESE

Gambians join pilgrims in Senegal

THOUSANDS of Senegalese Catholics and others, including a large contingent of Gambians, converged on Monday 21st May at the Shrine of our Lady at Popenguine, on Senegal's Petite Côte, for the the 130th anniversary of the foundation of the shrine on 22nd May 1888.

In 1887, Bishop Mathurin Picarda visited the Holy Ghost Fathers in Guéréo, Senegal, for the baptism of their first Catholic converts. The priests took a walk along the coast to the village of Popenguine. 'What a magnificent site for a sanctuary to the Virgin!' the bishop observed.

A native of Brittany, in France, Bishop Picarda decided to designate a famous Black Madonna in Normandy, Notre Dame de la Délivrande, as patron of the shrine he wanted to build. A Norman benefactor provided a replica statue, which was installed on 22nd May 1888, the Tuesday after Pentecost.

The shrine at Popenguine suffered many setbacks during the following century, including the collapse of a building, epidemics of yellow fever and sleeping sickness, the Great War, and a shipwreck that took the lives of the bishop and 18 missionaries. The area remained mainly Muslim, but the Catholic faith and devotion to Our Lady of Deliverance persisted. In 1998 a new church was dedicated to the Immaculate Conception of the Most Holy Virgin Mary. It was proclaimed a minor basilica in 1991 at the request of a native of Popenguine, Cardinal Hyacinthe Thiamdoug, Archbishop of Dakar.

On 20th February 1992 Pope St John Paul II visited the shrine and crowned the statue of Our Lady of Deliverance.

Tens of thousands of pilgrims, many of them organised groups of young people, go to Popenguine for an annual celebration on Pentecost Monday, the Black Madonna's feast day. They celebrate a Solemn Mass and then process from the basilica to the nearby shrine of Our Lady of Deliverance, which overlooks the sea. As at Kunkujang Mariama, many Muslim families join in the pilgrimage to Popenguine, side-by-side with their Catholic brothers and sisters.

New Spiritan headquarters in Bakau

The Spiritans are in the Gambia since 1848. The Gambia is a Spiritan group, and is part of the Union of Circumscriptions of Anglophone West Africa (UCAWA). Throughout all the years of their existence in the Gambia, the Spiritans have ever been out looking and have built almost all the missions in the Diocese. Under the leadership of their Regional Superior, Fr. Michael Gomez, a Spiritan House was opened and will serve as the official Spiritan Headquarters in the Gambia. The house was open by Most Bishop Gabriel Mendy CSSp on 20th May, 2018. It will accommodate Spiritans who usually visit from other parts of the world as well as those working in the diocese. The house project was launched last year on Pentecost Sunday and in less than a year it was completed, thanks to the support from the Spiritan Priests, their Associates and well-wishers.

Grade five bible quiz zonal competition

ON Friday 18th May 2018, the annual grade five bible quiz zonal competition took place in the Diocese of Banjul. Students were drawn from regions 1-3. There three zone that the competition was held were Kanifing, Brikama and Gunjur. The winning schools from these three zones will meet next month at the GPI for the finals. We want to express our sincerest and most heartfelt gratitude to the Knights of SS Peter and Paul for financially supporting this competition. It was a delight seeing our young Christian students answering very tough questions from the Bible.

Contributing to Peter's Pence

ON Sunday 28th July many parishes throughout the world will take part in the Pope's charity campaign - the Peter's Pence collection. Peter's Pence distributes aid to those most in need. Peter's Pence - in Latin, Denarii Sancti Petri - is thought to have been first mentioned in 1031 to refer to a contribution or tax sent to the Pope in Rome.

Since approval by Pope Pius IX in 1871, Peter's Pence refers to the special collection in Rome on the Sunday closest to 29th June, the Solemnity of St Peter and St Paul, the city's patrons. The proceeds are given to the Pope to use at his discretion for charities. The Peter's Pence collection receives contributions from institutes, societies and individuals.

As of 2012, the United States has donated the largest amounts, giving some 28% of the total, followed by Italy, Germany, Spain, France, Ireland, Brazil and South Korea. Peter's Pence helps regions affected by natural disasters and people afflicted by violence.

Peter's Pence supports development projects in sub-Saharan Africa through the John Paul II Foundation for the Sahel.

Koriteh: great Islamic celebration

ON or about Thursday 15th June, Muslims in The Gambia will join with over 1.9 billion Muslims throughout the world to celebrate *Eid el-Fitr*, known locally as *Koriteh*.

Koriteh marks the end of Ramadan, the most sacred month of the Islamic year. The word 'Ramadan' comes from an Arabic root which means scorching heat or dryness.

Ramadan is the ninth month of the Islamic calendar: a time for fasting, prayers, charity and reflection. During the month, Muslims fast between sunrise and sunset. There are exceptions for the sick, the elderly, children who have not reached puberty, some travellers, and pregnant or nursing women. Fasting is the fourth of the Five Pillars of Islam.

The last ten days are the most sacred period of Ramadan. On the 27th day most Sunni Muslims observe the 'Night of Power' - *Lailat al-Qadr* - commemorating the day when the Prophet Muhammad received the first verses of the Qur'an.

Eid al-Fitr marks the end of fasting. It opens *Shawwal*, the 10th month in the Islamic calendar.

In 2018, Ramadan is anticipated to end at sunset on 14th June. *Koriteh* will begin with the breaking of the fast the night before the celebration. The next morning Muslims will get up early, pray and eat a small meal to symbolise the end of Ramadan and the renewal of their spiritual self.

OBITUARY

'Maam Alice', devoted Catholic, passes away at 100

THE death occurred on 14th April of a devoted veteran member of the Church, Alice Constance Walcott-Landes.

Alice was born on 10th October 1917 at Buckle Street Banjul, the second child of Nathaniel and Maria Johnson. After attending St Joseph's Preparatory, she was one of the first pupils in the newly-established St Joseph's High School.



In the 1930s Alice worked as 'Lady-in-Waiting' at Government House, the residence of the Governor, Lt-Colonel Sir Andrew Barkworth Wright. She married Albert Walcott-Landes, and together they travelled widely as part of her functions at Government House. They had one son, the late Samuel Aki Joof, an outstanding scoutmaster.

Alice was among the first women in Banjul to ride a bicycle in the street. In daily life, her religion came first. It was not uncommon to find her at the Cathedral before the statue of St Anthony, her patron saint. She was greatly attached to the Latin Mass and Gregorian chant. When Holy Spirit Church was founded in the late 1960s, she joined her sister Matilda to become one of the mothers of the church. For many decades she never missed Sunday and daily Mass.

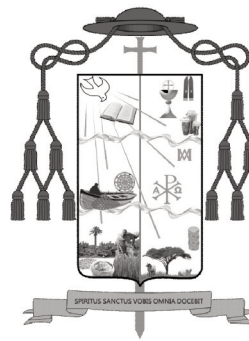
Grandma Alice was devoted to her grandchildren, taking them under her wing when they lost their parents.

Long-lived

Alice came from a long-lived family. Her sister Maltida Ann lived to 99, and her cousin, Aunty Tuti, lived to 105.

Grandma Alice - 'Maam Alice', as she was fondly called - lived to celebrate her hundredth birthday in good health. During Alice's lifetime the colonial era evolved into post-independence Gambia; the Church was ruled by nine Popes - from Benedict XV to Francis; there were four British monarchs - from George V to Elizabeth II; and the Church in The Gambia was led by two Superiors - Fr Meehan, Fr Farelly and Fr Moloney (who was Prefect Apostolic), and four Bishops of Banjul, from Bishop Michael Moloney to Bishop Gabriel Mendy.

Requiem Mass for Alice Constance Walcott-Landes was celebrated at Holy Spirit Banjul on Friday 20th April, prior to burial at Banjul Cemetery.



The Diocesan Prayer

GOD our Father, renew by the light of the Gospel the Church in the Diocese of Banjul.

Strengthen the bonds of unity between the faithful, the religious, the priests and the Bishop, so that together your chosen people may shine forth as a sign of unity and peace in a world torn by discord and strife.

Bless and sustain all our efforts to establish a dynamic, self-reliant church.

Open our eyes and our hearts to the needs of all, and especially of our own brothers and sisters in Christ who are less fortunate than others, so that in a spirit of solidarity and compassion we may faithfully proclaim the good news of salvation and advance together on the way to your Kingdom.

Grant this through Christ our Lord, who lives and reigns with you and the Holy Spirit, one God for ever and ever. *Amen*

Congratulations



During June and July, twelve priests celebrate the anniversary of their ordination.

| | |
|--------------------|------------------------------|
| 14th July | Fr Job Addai Akwasi 2007 |
| 21st June | Fr Cornelius Umeren MSP 2014 |
| Saturday 23rd June | Fr Gabriel Secka 2001 |
| Thursday 28th June | Fr Benedict Mba MSP 2003 |
| Thursday 5th July | Fr John Sharpe CSSp 1964 |
| Sunday 8th July | Fr Michael Gomez CSSp 2006 |
| | Fr Peter Jammeh CSSp 2006 |
| Tuesday 10th July | Fr Pius Kwasi Gidi CSSp 2004 |
| Sunday 15th July | Fr Peter S. Lopez 2000 |
| Sunday 15th July | Fr Tonny Lippo CSSp 2017 |
| 23rd July | Fr Frederick Ngame CSSp 2011 |
| | Fr Godwin Nnadozie MSP 1997 |

Among priests formerly serving in the diocese, Tuesday 12th June is the anniversary of the ordination of Fr Seán Devereux (1987); Tuesday 26th June, Fr Francis Eyo MSP (2003); Sunday 1st July, Fr Jean-Baptiste Ballaboore CSSp (1998); Tuesday 3rd July, Fr Michael Casey CSSp (1968) & Fr Jean-François Diagne CSSp (2004); Sunday 15th July, Fr Reginald Gillooly CSSp (1951)

We wish our Muslim Brothers and Sisters
a Most Happy and Rewarding celebration of Koriteh

CRS Gambia Peace Building Training of Trainers

Introduction: Catholic Relief Services (CRS) Gambia completed a week-long training on the themes of peacebuilding and social cohesion. The need for such a training has risen out of the fact that Gambia is at a political crossroads. Over the past 22 years, Gambia has been under an authoritarian government, and Gambian communities have grown apart politically, ethnically and religiously. During the former administration, the government silenced opposition



through abduction, unlawful imprisonment and murder. Certain ethnic groups received preferential treatment, while others were underrepresented in government and vulnerable to imprisonment and violence. Fear and lack of trust between and among ethnic groups resulted. The former president declared Gambia an Islamic state in 2015, disenfranchising the Christian community in Gambia. Peace building and social cohesion are foundational to the mission of CRS, and this training was designed to lay the ground work for future peace building efforts to be taken both by CRS and their partner organizations.

Training Methodologies: The aim of the workshop was to create a network of skilled CRS staff and partners well-versed in CRS' 3B/4Ds social cohesion methodology to build and preserve peace in The Gambia. The 3Bs (binding, bonding and bridging) are designed to help participants formulate cohesive connections both within their own identity group and other identify groups in working towards common goals. The 4Ds (discover, dream, desire, deliver) is a method of appreciative inquire that is designed to help participants find the strength and resources within themselves and appreciate the strength and resources in others. The training focused



heavily on participatory activities, including a bonfire activity that provided a visual metaphor on the development and ignition of conflict, an egg dropping activity that required communication and team building skills, and a blind-walk activity that required participants to develop trust and communication skills. The training was concluded with a candle

lit walk from the training room to the chapel, to illustrate the need to always work together to keep our candle light safe from external factors.

Training Activities: The training focused heavily on participatory activities, including a bonfire activity that provided a visual metaphor on the development and ignition of conflict, an egg dropping activity that required communication and team building skills, and a blind-walk activity that required participants to develop trust and communication skills. The training was concluded with a candle lit walk from the training room to the chapel, to illustrate the need to always work together to keep our candle light safe from external factors. Over the course of the week, the participants were asked to make a journey 'from the head to the heart'; taking what they know or believe, and contextualizing it in a more empathetic light.

Training Results: The focal point of the training was for the groups to develop vision statements for a perfect Gambia. To develop vision statement, groups were lead through a visualization exercise, and then each participant was asked to pick one word to summarize their visualization. Those words were then used by each group to co-write group vision statements. Vision statements were first developed in groups,

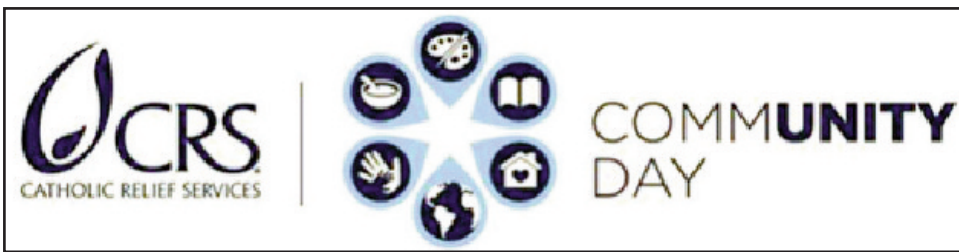
and then merged together making sure that all important points were reflected and respected in the final version of the vision statement. The training also



utilized a social barometer tool to gauge current levels of social cohesion in the Gambia. Participants took a survey on different sociocultural, economic and political aspects of the Gambia, and came to the conclusions that while Gambia still enjoys close social ties, the national economy is not at peak health due to minimal opportunities inequitable distribution of resources, resulting in many Gambians being unable to find ways to earn a living wage. Additionally, while there is excitement over the new political administration and Gambians feel politically engaged and that there is political opportunity, there is anxiety around the whether the current democracy is sustainable and concern that politics will risk backsliding into the pattern of corruption and unkept promises of the former administration.

Whole Group Vision Statement for Gambia

A peaceful and united Gambia, working in solidarity with all religions and ethnic groups in a developed, just and equitable society, embodying the values of accountability, transparency, nurtured by responsible leadership and citizenry.



CATHOLIC RELIEF SERVICES THE GAMBIA PROGRAM - COMMUNITY DAY, MAY 22, 2018

Catholic Relief Services (CRS) clocks 75 years of existence globally serving the poor and vulnerable in society

Catholic Relief Services is a global non-profit NGO, based in America and founded by the American Catholic Conference of Bishops. CRS was founded in 1943, and this year is celebrating 75 years of service. CRS works in countries around the world, conducting relief work projects that range from education, to food security, to emergency response, to health. All of CRS's projects are grounded in the belief in the sacredness of human life and the universality of human dignity.

CRS has been working in the Gambia since 1964. The CRS Gambia program has done extensive work in HIV and AIDS, malaria elimination with the distribution of bed nets and SMC medications. They have conducted several agricultural projects and are currently working on agricultural projects that feature SILC (Savings and Internal Lending Communities). CRS Gambia conducted an emergency response program last year after the rainy season, rehabilitating over 100 wells and latrines that had been damaged in the flooding. CRS Gambia is currently in the first phases of initiating programs that will address the issues of social cohesion in the Gambia, and support youth retuning from migration.

As part of celebrating CRS's 75 years of service, CRS worldwide including The Gambia Program has set aside May 22, 2018 as a day to commemorate this milestone with the community. Community Day is an opportunity for CRS staff to pause from the usual daily work, and reach out in service to the communities where CRS offices are located. It is a bonding activity to strength ties between CRS and the communities CRS serves. The Day emphasizes CRS's mission to support and empower vulnerable people within the community with the aim of maintaining human dignity and improving the quality of life for all those in need. CRS Gambia will be spending Community Day at the Foday Kemo Orphanage Center, in Jalangba, Brikama, on Tuesday 22nd May, 2018 as part of outreach services to the communities we serve while also consolidate our own community of partners in development.

Based on CRS' principles, the Foday Kemo Orphanage Center was selected to be our community partner after CRS Gambia staff were given the opportunity to submit suggestions for community day activities. Upon thorough review; CRS Gambia staff decided to reach out to this Orphanage center to help support them with the various needs and challenges they currently face. CRS's day at Foday Kemo Orphanage will include a presentation of gifts, a community meal, and fun activities for children and staff to participate in together.

JeunEspérance

TWENTY-SIX years ago, in February 1992, Pope St John Paul II visited Senegal and The Gambia. The founder of JeunEspérance, Emilie Faye, afterwards joined a Catholic charismatic renewal group.



On 12th February 1994 she held 'A small meal for Jesus', at which 100 young people met for a Bible quiz, praise and teaching, and to hear a call for conversion. They were reminded of the importance of confession, attendance at Sunday Mass (and weekday Mass, too), adoration of the Blessed Sacrament, and participation in Church programmes.

On 7th May 1994, during a night of prayer and meditation based on Isaiah 54:1-4, a commitment was made to evangelise young people through music, testimony and instruction. In 2001 the Archbishop of Dakar appointed a chaplain to JeunEspérance.

The leader of JeunEspérance is the legal entity responsible for representing the movement, keeping it faithful to its vision and missionary vocation. The core membership consists of 98 men and women between 17 and 75 years of age.

There are three apostolates: • FemmEspérance – working for the evangelisation of girls and women. • FamilliEspérance – working for the evangelisation of couples and their children. • 'Timothé' – working for the evangelisation of men.

Six commissions serve the apostolates in supplying music and song; intercession and the offering of Mass, the raising of financial and material resources; publicity; and practical organisation (transport, equipment, hospitality, etc.)

The just ended Jeunesperance, weekend de ferme from 27th to 29th April was the thirty-second edition of the women's weekend of prayer. It gathered more than three thousand people from The Gambia, Guinea Bissau and neighbouring Senegal at the Friendship hostel in Bakau.

Five day revival

The Pentecost Adoration Ministries (PAM) organized a five day revival at St. Theresa's Lower Basic School from 15th to 19th May 2018. It was organized in preparation for the feast of Pentecost when the Holy Spirit descended on the Apostles and enkindled in them the fire of God's love. There were four priests ministering to a huge crowd each day and offering free counseling. During the revival, lives were touched, the sick were healed, and those possessed were set free. There were lots of testimonies about the miracles God is doing in the lives of people and the power of prayers.



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|-----------------------------|---------|---------------------------------|---------|
| 1. Bakau New Town | 6868820 | 20. Kairaba Avenue | 6868801 |
| 2. Bakoteh | 6868816 | 21. Kaw Junction L/Kunda | 6868861 |
| 3. Barra, North Bank Region | 6868858 | 22. Kololi Highway | 6868832 |
| 4. Banjul Lemam Street | 6868806 | 23. Lamin Village Opp Galp | 6868815 |
| 5. Bansang | 6969915 | 24. Latrikunda Sabiji | 6868847 |
| 6. Basse Santa Su | 6868839 | 25. London Corner | 6868807 |
| 7. Basse Highway | 6969865 | 26. Old Jeshwang | 6868831 |
| 8. Brikama Nyambai | 6968874 | 27. Old Yundum Market | 6868843 |
| 9. Brikama Hawla Kunda | 6868810 | 28. Sanyang | 6868824 |
| 10. Brusubi Mini Market | 6868819 | 29. Sayer Jobe Avenue | 6868808 |
| 11. Brusubi Galp Station | 6969873 | 30. Serrekunda Bartess | 6868836 |
| 12. Bundung | 6868821 | 31. Serekunda Mosque Road | 6868814 |
| 13. Busumballa | 6868827 | 32. Soma | 6868837 |
| 14. Churchill's Town | 6868817 | 33. Sukuta | 6868856 |
| 15. Cooperative | 6868822 | 34. Tabokoto | 6868813 |
| 16. Dippakunda | 6868812 | 35. Tallinding | 6868809 |
| 17. Fajara | 6868825 | 36. Westfield Opp. World Mobile | 6868910 |
| 18. Farafenni | 6868838 | 37. Westfield Next to Church | 6868864 |
| 19. Kanifing Estate | 6868842 | | |





CHILDREN'S PAGE

A picture for you to colour



Jesus sat with his best friends to celebrate the Passover.

Jesus took bread and blessed it. Then he took the cup of wine and blessed it.

He asked his disciples to do the same thing, in memory of him.

This is why, at every Mass, the priest takes bread and wine and asks God to bless them.

We pray for all our friends who are soon to take Holy Communion for the first time.



Antibiotics: a warning!

ANTIBIOTICS are invaluable medicines, obtainable at pharmacies, and often bought without a doctor's prescription. But anyone using them should be aware that dangerous bacteria can find ways to survive the effects of an antibiotic.

If bacteria become 'antibiotic resistant', the antibiotic no longer works. The more you use an antibiotic, the more likely it is that bacteria will become resistant to it. Different antibiotics may be used, but they may not be as effective. And eventually the bacteria will become resistant to them, too.

Medical researchers cannot be sure that they will always be able to find new antibiotics to replace the old ones. In recent years fewer and fewer new antibiotics have been discovered.

How to avoid antibiotic resistance

We can avoid antibiotic resistance by using antibiotics only when prescribed, and thus slowing down the development of resistance. It's not possible to stop resistance completely. But slowing down stops resistance spreading and gains some time to develop new sorts of antibiotics.

In these circumstances, what is the appropriate advice?

- We should only use antibiotics when it is appropriate. So never use an antibiotic except on the instruction of a doctor, or the advice of a qualified and reliable pharmacist.
- When you are prescribed an antibiotic, take the entire course in order to get rid of the bacteria completely. If you don't complete the course, some bacteria may be left to develop resistance.

*We should take antibiotics when we need them (for instance, for a kidney infection or pneumonia).

Antibiotics may be life-saving for infections such as meningitis. But by not using them unnecessarily antibiotics are more likely to work when we do.



When antibiotics won't work

ANTIBIOTICS cannot work against infections which are caused by viruses. So don't use antibiotics to treat a 'fresh cold'.

Colds and most coughs and sore throats are not caused by bacteria. They're caused by viruses, and viral infections are much more common than bacterial infections.

It's common for children to get coughs and colds, especially when they mix with other children at school. Ask a qualified pharmacist for advice. If symptoms persist, see your doctor. But don't expect that he or she will prescribe antibiotics!

The blessed rain, again!

THOSE of us who live in the urban area may think of the rains as a nuisance: leaks in the roof, flooding in the streets, and more mosquitoes - meaning more malaria.

But rain at the right time and quantity is vital for farmers. And this time of year, the needs of the farmers are more important than ours!

Tips for 'townees'

Here, mainly for 'townees', are a few rainy-season tips.

* The cost of roofing materials rises considerably prior to and during the rains. And roof repairers raise their charges. So if your house needs roof repairs, you're already late!

* In the house, humidity will become increasingly high. If clothing and other items are subject to mould, it helps to leave the doors of cupboards ajar and drawers partly open.

Make sure you open your windows wide so as to maintain a good current of air in the rooms. (But don't forget to shut the windows when you're going out, and during downpours!)

* Flies and mosquitoes multiply rapidly during the rains. Keep your compound even cleaner than usual.

* Use impregnated mosquito nets and 'moon-tigers' and install or repair netting at doors and windows.

* Malaria is most prevalent during and after the rains. If you or any member of your household becomes feverish, get medical help without delay.

This is especially important when the sufferer is an infant or a young child.

* You may be bothered by prickly heat. This can be dealt with by using a fungicide cream, obtainable at pharmacies.

* If you buy an umbrella, don't buy the cheapest. It won't last long, especially when the wind is blowing!

* If leather shoes get wet or muddy, let them dry out gradually. Don't try to speed up the process by exposing them to heat, which could harm the leather.

* Be careful you don't slip in the mud!

* Over many generations, our country has lost much of its former beautiful and valuable 'tree-cover'. If you have the chance, do plant a tree or trees during the rainy season.

* If you have a garden, consider what shrubs and other plants would beautify it.

* Cut down grass in unwanted places, and eradicate weeds before they form seeds. In this way you will reduce the growth of grass and weeds next year.

* We have too many accidents on our roads the whole year round, and dangers multiply during the rains, when road surfaces are often slippery and visibility is reduced.

* Check your car's brakes, windscreen wipers and tyres. Drive with particular care: no speeding!

Don't drop litter!

Help keep your neighbourhood and the nation clean





Party time - and much more

ON Sunday 3rd June neighbours of Catholic families may be assailed by the sights and sounds of rejoicing for Corpus Christi, the day when many young children make their First Communion.

Yes, it's a great day. The children wear beautiful, specially-sewn white clothing, and there's festive food and drink - not to

mention lots of loud party music. The neighbours need to be impressed! It's what the French call a *rite de passage*, recorded on video and lots of photos.

No family needs advice on the party side of First Communion, any more than they do on the party side of Christmas. For practising Christians, Christmas means much more than good food, drink, gifts and music: it's the birthday of the Saviour of the world. Similarly, the heart of the celebration of First Communion is not a party, but the solemn and joyous moment when, for the first time, a young child receives Holy Communion.

First Communion is a great event for the family and for the larger family of the local Church

Candidates for First Communion must have reached the age of reason and understand the difference between ordinary bread and the Bread of the Eucharist – in other words, what 'transubstantiation' means – and the supreme role that Jesus Christ plays in the life of the Church and the individual.

Fortunate is the child whose family are regular Mass-goers who receive Holy Communion every Sunday with due devotion. But by no means all candidates for First Communion enjoy a family background of practising Christianity. Everyone who attends Mass can help our young people by making every Mass an occasion of reverence and joy. In this way, receiving Holy Communion is always a devout and happy experience: never casual, never taken for granted, but always felt as a great privilege and responsibility.

Does your child need extra tuition?



DURING the long school holiday some parents send their children to a 'summer school'. Many summer schools do a good job. As well as taking children off their parents' hands, they provide lively classroom and outdoor activities which stimulate and inform the youngsters who are fortunate to attend them.

If you're thinking of sending your child to a summer school, do check whether the organisers have a good 'track record' in providing worthwhile facilities and good staff.

Will it be helpful, when the school year opens in September, to engage a private tutor for your child after school hours or at the weekend?

Consider this: Every school - government, Church or independent - undertakes to provide an adequate programme of instruction in every subject. If your child is receiving full-time instruction at school from Monday to Friday, and is given homework, this ought to be enough. Children need rest and play as well as school work.

But sometimes private tuition may be helpful. Your boy or girl may have missed school for an extended period and fallen behind. A child may need back-up tuition in a key subject such as English or maths or science. This is something which you should discuss with the head teacher at the school. You certainly should not engage private teachers without the knowledge and agreement of the school.

Don't take on a private teacher because it's the 'in' thing to do. 'Mummy, I want a private tutor!' is not, in itself, a reason for employing one.

Some tutors are well-experienced, and do achieve good results. Others are ill-equipped or overworked, or may not be conversant with the syllabus. They may even hold a child back by teaching the wrong material, or teach in a way that goes against what's being taught at school.

All parents hope for good exam results. The head teacher and his or her staff should be able to assess how your child is getting on. If - for well-considered reasons, and with the school's goodwill - you do decide to engage a tutor, seek someone with a proven record of good results.

Engage him or her on temporary basis, at first.

And don't engage a non-Gambian just because your child says that someone from another country will be better!

Work – the way to holiness

THE DAILY round in the office, in the factory, at home, can lead to holiness, because holiness consists in doing ordinary things extraordinarily well.

Whether I work at an office desk, in the home, on the land or in a factory, my work is an act of love. So, in daily life, we do not witness to Jesus only when we speak about him; but our work is itself a prayer. That is one reason why unemployment so grieves the Church and so invites its concern. Work is part of our humanity. Deprived of it, we feel ourselves threatened and devalued.

If we are seriously trying to live according to the mind of Christ, we will obviously want to throw ourselves wholeheartedly and with all our skills into our work. We will never be content merely to watch the clock and to regard employment simply as a means to pay the bills and have a good time. There will be legitimate pride in what we do. We will want to master our craft or profession so as to give greater glory to God.

Cardinal Basil Hume, Archbishop of Westminster 1976-99. 'To be a Pilgrim'.



Ego sum panis vitae
I am the bread of life John 6:48

Sunday Reflections

Reflections, readings and prayers for Mass on all the Sundays in June & July



Sunday 3rd June **The Most Holy Body** **and Blood of Christ**

(Corpus Christi)

The New Covenant

THE FIRST part of the Christian year has proclaimed our salvation through Jesus Christ.

We have celebrated Jesus' incarnation, his ministry of teaching and healing, his death, resurrection and ascension, and the coming of the Holy Spirit at Pentecost. Then, last Sunday, we gave thanks for this revelation of God's love in the Feast of the Most Holy Trinity.

Today we rejoice that Jesus in heaven lives within us through his Spirit, and comes especially to us in the Mass. The old Covenant of God with his people, proclaimed in the Old Testament, has become the New Covenant of the Body and Blood of Christ, our eternal High Priest.

The sacrament that Christ gave his disciples at the Last Supper he gives to the whole Church. It is our spiritual food. Let us never take the Mass and Holy Communion for granted. Rather, let us thank God that he provides for us a way of worship and spiritual growth that leads us to heaven.

Collect

O GOD, who in this most wonderful Sacrament have left us a memorial of your Passion, grant, we pray, so to revere the sacred mysteries of your Body and Blood that we may always experience within ourselves the fruits of your redemption...

Readings: Exodus 24:3-8. Psalm 115:12-13,15-18.
Response: The cup of salvation I will raise; I will call on the Lord's name. or Alleluia! Hebrews 9:11-15.

The sequence hymn Pange lingua may be sung or said.

Gospel acclamation: Alleluia...I am the living bread which has come down from heaven, says the Lord; Anyone who eats this bread will live for ever.

Gospel: Mark 14:12-16,22-26

Prayer over the Offerings

GRANT your Church, O Lord, we pray, the gifts of unity and peace, whose signs are to be seen in mystery in the offerings we here present...

Preface

... for he is the true and eternal Priest, who instituted the pattern of an everlasting sacrifice, and was the first to offer himself as the saving Victim, commanding us to make this offering as his memorial. As we eat his flesh that was sacrificed for us, we are made strong; and, as we drink his blood that was poured out for us, we are washed clean...

Alternative Preface: ...for at the Last Supper with his Apostles, establishing for ages to come the memorial of the Cross, he offered himself to you as the unblemished Lamb, the acceptable gift of perfect praise. Nourishing your faithful by this sacred mystery, you make them holy, so that the human race, bounded by one world, may be enlightened by one faith, and united by one bond of charity. And so, we approach the table of this wondrous Sacrament, so that, bathed in the sweetness of your grace, we may pass over to the heavenly realities here foreshadowed...

Prayer after Communion

GRANT O Lord, we pray, that we may delight for all eternity in that share in your divine life which is foreshadowed in the present age by our reception of your precious Body and Blood...

NB Friday 8th June is a major feast
The Solemnity of the Most Sacred Heart of Jesus
see page 26

10th June **10th Sunday** **in Ordinary Time**

Jesus our Brother

'ORDINARY time' doesn't mean that after the high seasons of Lent and Easter Time we members of the Church can settle down to a quiet, unadventurous life. 'Ordinary Time' is, in fact, the 'green season'. The colour at the altar is green - the colour of growth, the colour of development.

The year's Sunday Liturgy, so far, has proclaimed God's extraordinary love for us in the coming of our Lord Jesus Christ, in his ministry of teaching and healing, in his death and resurrection, in the outpouring of the Holy Spirit on the Church he founded to carry on his saving work. Now, in this 'green season', Jesus invites our response.

Almost everyone will agree that a man or woman's mother holds a special place in their heart. We can be sure that Jesus loved his mother - loves her still, in eternity. So why did Jesus, when told that his mother and brothers had come to see him, reply that his mother and his brothers were in fact those who obeyed the will of God?

Jesus said this because he wanted to shed light on his Kingdom and its essence: love of God and neighbour. Jesus is everyone's brother, because he is God's only Son. He shares our humanity, and returns love for love - love



without end. And Mary is the mother of everyone who acknowledges her Son.

No one, to Jesus, is an outsider. As Cardinal Basil Hume of Westminster said, 'God cannot count. Everyone to him is Number One.'

Collect

O GOD, from whom all good things come, grant that we, who call on you in our need, may at your prompting discern what is right, and by your guidance do it...

Readings: Genesis 3:9-15. Psalm 129. Response: With the Lord there is mercy, and fullness of redemption. 2 Corinthians 4:13 – 5:1

Gospel acclamation: Alleluia... If anyone loves me he will keep my word, and my Father will love him, and we shall come to him.

Gospel: Mark 3:20-35.

Prayer over the Offerings

LOOK kindly on our service, Lord, we pray, that what we offer may be an acceptable oblation to you and lead us to grow in charity....

Preface: *the priest may use any one of the eight Prefaces provided for use in Ordinary Time.*

Prayer after Communion

MAY your healing work, O Lord, free us, we pray, from doing evil, and lead us to what is right...

17th June 11th Sunday in Ordinary Time

Who IS this man?

JESUS often spoke of the Kingdom. In today's Gospel Reading he tells of the farmer who doesn't understand how the seeds develop - yet the resultant harvest is spectacular. Similarly, a tiny mustard seed grows into a great tree. So the Kingdom, however humble and obscure its origins, is capable of great, mysterious, even unexpected growth.

We are privileged to be citizens of God's Kingdom. Within the Kingdom, we have a part to play. Here and now, in The Gambia, we should not under-estimate what we - Bishop, priests and lay people - are capable of.

It's the green season - time for growth and expansion. With God's grace, which we must daily pray for, we can 'move mountains'.

The world needs God's peace and salvation. Let us be his joyful, active agents.

Collect

O GOD, strength of those who hope in you, graciously hear our pleas, and since without you mortal frailty can do nothing, grant always the help of your grace, that in following your commands, we may please you by our resolve and our deeds...

Readings: Ezekiel 17:22-24. Psalm 91:2-2,13-16. Response: It is good to give you thanks, O Lord. 2 Corinthians 5:6-10



Gospel acclamation: Alleluia... I call you friends, says the Lord, because I have made known to you everything I have learnt from the Father...

Gospel: Mark 4:26-34

Prayer over the Offerings

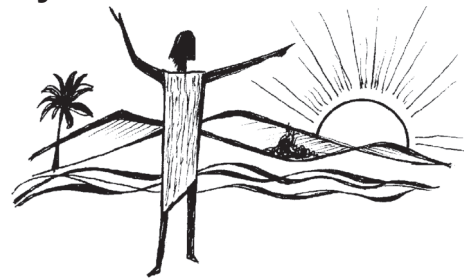
O GOD, who in the offering presented here provide for the twofold needs of human nature, nourishing us with food and renewing us with your Sacrament, grant, we pray, that the sustenance they provide may not fail us in body or in spirit...

Preface: *the priest may use any one of the eight Prefaces provided for use in Ordinary Time.*

Prayer after Communion

AS this reception of Holy Communion, O Lord, foreshadows the union of the faithful in you, so may it bring about unity in your Church...

Sunday 24th June Birthday of St John the Baptist



JOHN the Baptist, Jesus' cousin, was born before him, and the feast of John's birth is celebrated six months before Christmas.

Well might John recall Isaiah's words, 'He has sent me to bring good news.' Well might he identify himself with the voice in the wilderness, 'Make straight the way of the Lord!'

John was 'the new Elijah', the forerunner of Jesus. He was the last and greatest of the many prophets who had foretold the coming of Christ, because he was the only one to see and acknowledge the Saviour in the flesh.

John hailed Jesus as the Lamb of God. And Jesus said of John, 'No man born of woman is greater than John the Baptist'.

John proclaimed the imminence of God's kingdom, and urged repentance. He taught that repentance is like a tree known by its fruit; the penitent, forgiven by God, should be generous ('He who has two coats, let him share with him who has none.' Luke 3:11).

John's radical message was that the only way to enter the kingdom is the way of goodness. Nothing else counts, not even direct descent from Abraham, which the Pharisees made so much of.

People flocked to John - but by no means everyone. The Pharisees denounced him, as they were later to denounce Jesus.

We shouldn't forget John's message. Making straight the way of the Lord is in once sense simple: we don't need material possessions, just a clean heart and a love of others. But in another way it is dauntingly hard: we are to put Christ, his coming into the world and his presence in our hearts, at the centre of our lives.

Just as John the Baptist challenged the people of his own day, so he challenges us.

Saturday evening, 23rd June Vigil of St John the Baptist

Collect

GRANT, we pray, almighty God, that your family may walk in the way of salvation, and attentive to what St John the Precursor urged, may come safely to the One he foretold, our Lord Jesus Christ...

Readings: Jeremiah 1:4-10. Psalm 70:1-6,15,17. Response: From my mother's womb you have been my help. 1 Peter 1:8-12.

Gospel acclamation: Alleluia...He came as a witness, as a witness for the light, preparing for the Lord a people fit for him.

Gospel: Luke 1:5-17.

Prayer over the Offerings

LOOK with favour, O Lord, upon the offerings made by your people on the Solemnity of John the Baptist, and grant that what we celebrate in mystery we may follow with deeds of devoted service...

Preface: as in tomorrow's Mass, below.

Prayer after Communion

MAY the marvellous prayer of St John the Baptist accompany us who have eaten our fill at this sacrificial feast, O Lord, and since St John proclaimed your Son to be the Lamb who would take away our sins, may he implore now, for us, your favour...

Sunday 24th June Mass during the day

Collect

O GOD, who raised up St John the Baptist to make ready a nation fit for Christ the Lord, give your people, we pray, the grace of spiritual joys, and direct the hearts of all the faithful into the way of salvation and peace...

Readings: Isaiah 49:1-6. Psalm 138:1-3,13-15. Response: I thank you for the wonder of my being. Acts 13:22-26.

Gospel acclamation: Alleluia... As for you, little child, you shall be called a prophet of God, the Most High. You shall go ahead of the Lord to prepare his ways before him...

Gospel: Luke 1:37-66,80

Preface: In his Precursor, St John the Baptist, we praise your great glory, for you consecrated him for a singular honour among those born of women. His birth brought great rejoicing; even in the womb he leapt for joy at the coming of human salvation. He alone of all the prophets pointed out the Lamb of redemption. And to make holy the flowing waters, he baptised the very Author of Baptism, and was privileged to bear him supreme witness by the shedding of his blood...

Prayer after Communion

HAVING feasted at the banquet of the heavenly Lamb, we pray, O Lord, that finding joy in the nativity of St John the Baptist, your Church may know as the Author of her rebirth the Christ whose coming John foretold...

**NB Friday 29th June is a major feast:
The Solemnity of St Peter & St Paul**

see page 26

July 1st 13th Sunday in Ordinary Time

THE GOSPELS tell of countless people approaching Jesus and begging him for healing. Sometimes those who came to him were the sufferers themselves, sometimes it was members of their families. They'd all heard about Jesus, and had faith in him. The woman who'd had long suffered from bleeding believed that even if she couldn't speak to Jesus, simply touching his clothing would heal her. And this, indeed, was what happened. Jesus told her: 'Your faith has restored you.'



When the synagogue official who'd asked Jesus to save his daughter heard that she had died, Jesus said to him: 'Have faith.' What kind of faith was Jesus calling for, when the girl's father had just had such devastating news? But it's clear that the man did indeed have faith; and Jesus went on to raise his daughter from the dead.

There's a message for us all, here. It's that faith in Jesus brings new life. As the Book of Wisdom tells us, 'God takes no pleasure in the extinction of the living.'

We should pray for an increase in faith – faith that will spur us to be generous to others, as St Paul reminds us in today's Second Reading.

See back page.

Collect

O GOD, who through the grace of adoption chose us to be children of light, grant, we pray, that we may not be wrapped in the darkness of error, but always be seen to stand in the bright light of truth...

Readings: Wisdom 1:13-15; 2:23-24. Psalm 29:2,4-6,11-13. Response: I will praise you, Lord, you have rescued me. 2 Corinthians 8:7,9,13-15

Gospel acclamation: Alleluia... Your words are spirit, Lord, and they are life; you have the message of eternal life...

Gospel: Mark 5:21-43

Prayer over the Offerings

O GOD, who graciously accomplish the effects of your mysteries, grant, we pray, that the deeds by which we serve you may be worthy of these sacred gifts...

Preface: the priest may use any one of the eight Prefaces provided for use in Ordinary Time

Prayer after Communion

MAY this divine sacrifice we have offered and received fill us with life, O Lord, we pray, so that, bound to you in lasting charity, we may bear fruit that lasts for ever...

Lord, fortified by Holy Communion,
may we witness to your love
in our homes, in our work,
everywhere we go,
and with everyone we meet.

8th July
14th Sunday
in Ordinary Time

Authority unrecognised

DURING his short ministry Jesus attracted great crowds. But in his home town, despite his powerful teaching in the synagogue, people weren't all that impressed by him; they thought of him simply as 'the carpenter's son'.

Millions in today's world are ignorant of Jesus, or indifferent to him. Some members of the Church, even, take Jesus for granted; for them, the message of Jesus for the whole world doesn't have a daily, urgent relevance. Yet there's nothing commonplace about Jesus. He is the most authoritative of all prophets. More than that; he is God-with-us: the teacher for all ages and all peoples.

Collect

O GOD, who in the abasement of your Son have raised up a fallen world, fill your faithful with holy joy, for on those you have rescued from slavery to sin you bestow eternal gladness.

Readings: Ezekiel 2:2-5. Psalm 122. Response: Our eyes are on the Lord till he shows us his mercy. 2 Corinthians 12:7-10.

Gospel acclamation: Alleluia... The Word was made flesh and lived among us; to all who did accept him he gave power to become children of God...

Gospel: Mark 6:1-6

Prayer over the Offerings

MAY this offering dedicated to your name purify us, O Lord, and day by day bring our conduct closer to the life of heaven...

Preface: *the priest may use any one of the eight Prefaces provided for use in Ordinary Time*

Prayer after Communion

GRANT, we pray, O Lord, that, having been replenished by such great gifts, we may gain the prize of salvation and never cease to praise you...

15th July
15th Sunday
in Ordinary Time

Not everywhere is the message welcome

AMOS was a humble shepherd. During the prosperous reign of King Jeroboam II (786-746 BC), he courageously denounced injustice and immorality. But his message wasn't welcome, and he was ejected from the king's court.

Jesus' disciples were, like Amos, humble people. In today's Gospel Reading we learn how Jesus sent them out to preach, carrying almost nothing. He and they knew full well that they wouldn't be welcome everywhere, and that some people wouldn't listen to them. Yet in Jesus' name his



disciples, working in pairs, did perform some works of healing.

Now, in 2018, in our own humble Christian ministry, we must be prepared to be sometimes misunderstood, ignored or rejected – even laughed at. Rejection is often the fate of God's servants. But, as Paul told Timothy, we should preach Christ 'whether the time is right or not' (2 Timothy 4:2).

Collect

O GOD, who show the light of your truth to those who go astray, so that they may return to the right path, give all who for the faith they possess are accounted Christians the grace to reject whatever is contrary to the name of Christ and to strive after all that does it honour...

Readings: Amos 7:12-16. Psalm 84:9-14. Response: Let us see, O Lord, your mercy, and give us your saving help. Ephesians 1:3-14.

Gospel acclamation: Alleluia... Your words are spirit, Lord, and they are life: you have the message of eternal life...

Gospel: Mark 6:7-13

Prayer over the Offerings

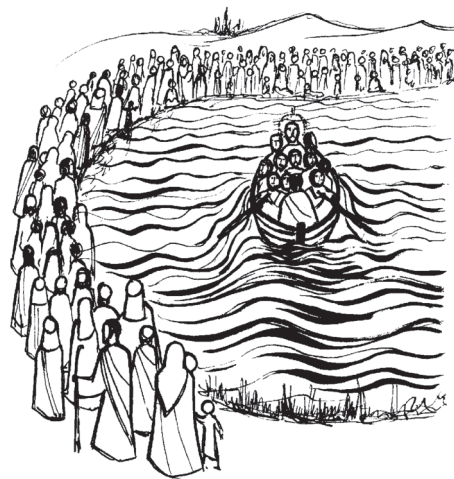
LOOK upon the offerings of the Church, O Lord, as she makes her prayer to you, and grant that, when consumed by those who believe, they may bring ever greater holiness...

Preface: *the priest may use any one of the eight Prefaces provided for use in Ordinary Time.*

Prayer after Communion

HAVING consumed these gifts, we pray, O Lord, that by our participation in this mystery, its saving effects upon us may grow...

22nd July
16th Sunday in Ordinary Time



Leading and feeding the flock

CHRIST brings people together: that is the message of Paul in today's Second Reading. In the Gospel reading we're told that, despite the need of Jesus and his disciples for rest, they were followed by an eager crowd; and Jesus began to teach them because they were 'like sheep without a shepherd'. Elsewhere, we remember, Jesus described himself as 'the Good Shepherd' (John 10:11-14).

The strongest Biblical metaphor for a leader is that of the shepherd. The shepherd leads and feeds his flock. He knows them as individuals. In Jewish history, many shepherds - the Jewish leaders - let their people down. They lacked vision.

They lacked a sense of direction. They lacked courage. They lacked staying-power. Some led their people astray.

These failings are referred to in today's First Reading. But our Lord Jesus Christ is pre-eminently the 'good' shepherd. Thinking of Jesus as a shepherd may not mean as much to us as it did for his Jewish hearers, who were more used to shepherds and their work than we are. But it still helps us understand and appreciate Jesus as our leader, our guide who knows each of us as an individual, and is ready to give his life for us.

Collect

SHOW favour, O Lord, to your servants and mercifully increase the gifts of your grace, that, made fervent in hope, faith and charity, they may be ever watchful in keeping your commandments...

Readings: Jeremiah 23:1-6. Psalm 22. Response: The Lord is my shepherd; there is nothing I shall want. Ephesians 2:13-18

Gospel acclamation: Alleluia... The sheep that belong to me listen to my voice, says the Lord: I know them and they follow me...

Gospel: Mark 6:30-34

Prayer over the Offerings

O GOD, who in the one perfect sacrifice brought to completion various offerings of the law, accept, we pray, this sacrifice from your faithful servants and make it holy as you blessed the gifts of Abel, so that what each has offered to the honour of your majesty may benefit the salvation of all...

Preface: the priest may use any one of the eight Prefaces provided for use in Ordinary Time

Prayer after Communion

GRACIOUSLY be present to your people, we pray, O Lord, and lead those you have imbued with heavenly mysteries to pass from former ways to newness of life....

29th July

17th Sunday in Ordinary Time

Compassion and generosity

ON Sundays throughout this liturgical year ('Year B') most of the Gospel readings outside Easter Time are from the Gospel of St Mark.

Mark's is the shortest of the four Gospels. This is one reason why, for the next four Sundays, our Gospel reading comes from the Gospel of St John. These readings relate to Christ as

the 'bread from heaven' who nourishes the life of each one of us and feeds the entire Church.

A most important lesson that the Church derives from Gospel accounts of Jesus' miraculous feeding of a vast crowd is that he is deeply compassionate and vastly generous to all who follow him - and that we his followers need him and are dependent upon him.

This common need should unite us all. As St Paul reminds us in the Second Reading, there is one Lord, one faith, and one Father of us all.



Collect

O GOD, protector of those who hope in you, without whom nothing has firm foundations, nothing is holy, bestow in abundance your mercy upon us, and grant that, with you as our ruler and guide, we may use the good things that pass in such a way as to hold fast even now to those that every endure...

Readings: 2 Kings 4:42-44. Psalm 144:10-11,15-18. Response: You open wide your hand, O Lord, and grant all our desires. Ephesians 4:1-6

Gospel acclamation: Alleluia...Your words are spirit, Lord, and they are life...

Gospel: John 6:1-15

Prayer over the Offerings

ACCEPT, O Lord, we pray, the offerings which we bring from the abundance of your gifts, that through the powerful working of your grace these most sacred mysteries may sanctify our present way of life and lead us to eternal gladness...

Preface: the priest may use any one of the eight Prefaces provided for use in Ordinary Time

Prayer after Communion

WE have consumed, O Lord, this divine Sacrament, the perpetual memorial of the Passion of your Son; grant, we pray, that this gift, which he himself gave us with love past all telling, may profit us with salvation...

Our Sunday Gospel Readings

IN Ordinary Time this year, the Gospel readings for most Sundays come from the Gospel according to St Mark.

St Mark's Gospel is the shortest of the four gospels, and probably the first to have been written. It is not written in classical Greek, but in the common Greek of ordinary people. It is a basic handbook of the Christian faith, to teach believers about the Lord. Mark's audience seems to have been Gentile, unfamiliar with Jewish customs.

Mark's opening verse about good news (Mark 1:1) serves as a title for the entire book. Other hands attached additional endings after Mark 16:8. The Gospel is anonymous, but has traditionally been assigned to John Mark, in whose mother's house at Jerusalem Christians assembled. Mark was a cousin of Barnabas. He accompanied Barnabas and Paul on a missionary journey, as described in Acts 15. He appears in Paul's letters (2 Timothy 4:11; Philippians 1:24) and with Peter (1 Peter 5:13).

Traditionally, the gospel is said to have been written shortly before AD70 in Rome, at a time of impending persecution, and when destruction loomed over Jerusalem.

THE MASS: PRACTICAL ADVICE BY POPE FRANCIS

Why we need silence in the Mass



THE SILENCE that precedes the opening prayer at Mass is an opportunity for Christians to commend to God the fate of the Church and the world, Pope Francis has said.

During a general audience, the Pope urged priests 'to observe this brief silence, and not hurry... Without this silence, we risk neglecting the reflection of the soul.'

Continuing his series of audience talks on the Mass, Pope Francis spoke about the *Gloria in Excelsis* and the opening prayer.

After the encounter between 'human misery and divine mercy' experienced in the penitential rite, the faithful are invited to sing the ancient hymn of praise sung by the angels after Christ's birth. 'The feelings of praise that run through the hymn,' the Pope said, 'are intertwined with the confident pleading of divine benevolence' that characterises the entire liturgy and 'establishes an opening of earth to heaven.'

After the *Gloria*, the priest invites the assembly to pray and observe a moment of silence so that the faithful may be conscious of the fact that they are in God's presence, the Pope explained.

This silence, he said, is not just an absence of words but a time to listen

'to other voices: that of our heart and, above all, the voice of the Holy Spirit'.... Perhaps we come from days of toil, of joy, of sorrow and we want to tell the Lord, to invoke his help, to ask that he be near us; we have family members and friends who are ill or who are going through difficult trials.'

The priest's posture - with hands outstretched in supplication - is also an important sign as it is an imitation of Christ with his arms open on the cross, the Pope said. 'In the crucifix, we recognise the priest who offers pleasing worship to God; that is, filial obedience.'

Pope Francis said that pondering the prayers and gestures, which are 'rich in meaning', Christians can make 'many beautiful meditations' that can benefit their spiritual lives.

'To go back and meditate on the texts, even outside of Mass, can help us to learn how to turn to God, what to ask, which words to use,' the Pope said. 'May the liturgy become for all of us a true school of prayer.'

'If you are in a state of mortal sin, you cannot receive Communion'

ANY Catholic who has committed a mortal sin cannot receive Holy Communion unless they have been to confession, the Pope has said.

Continuing a series of talks on the Mass during his General Audience in March, Pope Francis reminded Catholics of the need to obtain absolution for grave sins before receiving the Eucharist.

He said: 'Someone who has committed a serious sin must not approach Holy Communion without having obtained absolution in the sacrament of Reconciliation beforehand.'

Francis added that the words 'our daily bread' refer 'not only to food for our body but also Eucharistic bread - food for the soul'.

The prayer also opens a person's heart to forgiving others as God has forgiven him or her, the Pope said.

'Forgiving people who have offended us is not easy,' he added, so people must pray to the Lord 'to

teach me to forgive as you have forgiven me'. Human strength or will is not enough to be able to forgive, he said; it requires grace from the Holy Spirit.

Being reconciled in mutual, fraternal love is key before receiving the sacrament of Communion, the Pope said. 'Christ's peace cannot take root in a heart incapable of living in fraternity and of piecing it back together after it has been wounded.'

Pope Francis prayed that by celebrating the rites with greater understanding people would experience the Eucharist more fully as the sacrament of their communion with God and with their brothers and sisters.



Prayers for our Priests

O JESUS, our great High Priest, hear our humble prayers for the priests of this Diocese of Banjul and priests everywhere.

Give them a bright and firm faith, and a burning love which will ever increase in the course of their priestly life. In their loneliness, comfort them. In their sorrow, strengthen them. Show them that they are needed by the Church, they are needed by souls, they are needed for the work of redemption. *Amen.*

O LOVING Mary, mother of priests, take to your heart the sons who are so close to you because of their priestly vocation and because of the power they have received to carry on the work of Christ in a world which needs it so much.

Be their comfort, be their joy, be their strength, and help them to live and to defend the ideal of consecrated celibacy. *Amen.*

from beyond the diocese

Trappist martyrs to be beatified



THE ALGERIAN government has approved the holding of a beatification Mass in Oran for seven French Trappist monks martyred in 1996.

‘The beatification will take place in a few months, in the coming weeks,’ Algeria’s Foreign Minister, Abdelkader Messahel, told France 24 Television.

In January Pope Francis authorised the Congregation for the Causes of Saints to recognise the martyrdom of Bishop Pierre Claverie and his 18 companions, men and women religious, who were killed in hatred of the Christian faith in Algeria between 1994 and 1996.

Bishop Claverie was a French Algerian and Bishop of Oran from 1981 until his martyrdom on 1st August 1996, during the Algerian civil war.

Martyred Trappists

The best known of Claverie’s companions are the seven monks of Tibhirine (*pictured above*) who were kidnapped from their Trappist priory in March 1996. They were kept as a bargaining chip to procure the release of several imprisoned members of the Armed Islamic Group of Algeria, and were killed in May.

The Prior, Christian de Chergé, maintained peaceful relations with the Muslim population of the area, providing them with employment, medical attention and education.

Dom Christian accepted that political tensions and violent militias were a threat to his life. He wrote a letter to his community and family, citing the peace he felt in giving his life to God. ‘If it should happen one day - and it could be today - that I become a victim of the terrorism which now seems ready to engulf all the foreigners living in Algeria, I would like my community, my Church and my family to remember that my life was given to God and to this country.’

There are nearly 170 Trappist monasteries and convents in the world, home to approximately 2,100 monks and 1,800 religious sisters. In Africa there are 22 Trappist monasteries. Trappists are guided by the 6th-century Rule of St Benedict. Each monastery is autonomous. ‘Strict Observance’ refers to the Trappists’ goal of following closely St Benedict’s Rule and

taking the three vows of stability, fidelity to monastic life, and obedience. Trappist monks generally speak only when necessary; idle talk is strongly discouraged. A Trappist sign language renders speaking unnecessary.

Trappists abstain from meat. They sometimes eat fish, but their diet mostly consists of vegetables. Meals are usually taken in silence while the monks listen to a reading.

Most Trappist monasteries produce goods to provide income for the monastery.

Cameroon bishops disturbed by violence in English-speaking regions

THE CATHOLIC bishops of Cameroon have launched an appeal for peace, security and an end to violence in the nation’s English-speaking regions.

Meeting on 8th-14th April, the National Episcopal Conference of Cameroon discussed the socio-political crisis that has wracked the English-speaking North-West and South-West regions since October 2016.

‘As we all know, a climate of violence reigns in this part of the country,’ said Auxiliary Bishop Miabesue Bibi of Bamenda, in the North-West Region of Cameroon.

‘Individuals are burning villages, destroying goods and killing citizens,’ he said. ‘As a result, people are fleeing from their villages. A good number have taken refuge in neighbouring Nigeria. Others have been helped by neighbours or families living in secure areas.’

The crisis began after English-speaking lawyers and teachers claimed they had been marginalised and dominated by the francophone legal and educational systems.

Their protests set off a series of strikes which degenerated into confrontations between security forces and activists promoting the secession of the English-speaking regions.

‘The bishops believe that violence is not the solution to deal with the crisis,’ Bishop Bibi said. ‘It is clear that when people start to resolve problems by violence, things will get bogged down. There needs to be peace in order for there to be justice and reconciliation. We need to continue live like a family in Cameroon.’

The Cameroon bishops called for dialogue and prayer, declaring, ‘Children need to go to school. If the situation remains as it is, it will be difficult for schools in the North-West and South-West to continue to operate.’

Since 2018 is an election year, and the bishops appealed to citizens to organise ‘to choose men and women capable of placing themselves at the service of the well-being of the whole people’.

There are about 3.25 million baptised Catholics in Cameroon - an estimated 26 per cent of the population. There are 1,350 priests serving in 24 dioceses, and 2,600 men and women in religious orders.

China bans on-line sale of Bibles

THE CHINESE government has banned the sale of Bibles on-line through distributors such as Amazon - the latest development in moves to restrict Christian influence in the country.

Bibles are only legally available at church bookstalls, not in bookshops, making Christianity the only major religion

whose holy book is not freely available. On-line retailers had effectively been a loop-hole, making it easier for people to buy Bibles.

Discussion of Christianity on social media is also being restricted. In contrast, traditional Chinese religions, including Buddhism and Taoism, are actively promoted.

The ban comes as the Holy See and Beijing try to resolve a long conflict over the appointment of bishops. Chinese Catholics are currently split between bishops appointed by the state but excommunicated by the Vatican, and bishops appointed by the Vatican who have no legal status and have to operate underground.

Hopes of finding a solution acceptable to both sides seem to have been dashed, with a statement from a senior government official that China will not allow any foreign influence in religious affairs in the country.

'I think there is no religion in human society that is above the state,' the official, Chen Zongrong, declared.

Mass to be celebrated in Swedish cathedral for first time in 500 years



THE CATHOLIC Mass is to be celebrated in the mediaeval cathedral in the southern Swedish city of Lund for the first time since the Reformation.

The Lutheran Church of Sweden has offered the cathedral as a temporary place of worship to the Catholic parish of St Thomas, whose church will be closed for renovation from this autumn until early next year. The first weekly Mass will be celebrated on 21st October.

Pope Francis visited Lund in October 2016 for a joint Catholic-Lutheran commemoration of the 500th anniversary of the Reformation.

The Pope and Lutheran leaders prayed together and pledged closer spiritual and practical co-operation in their 'common journey of reconciliation'. Since then, the two communities have held joint Vespers in each other's churches.

The Revd Lena Sjöstrand, chaplain of the cathedral, said that the papal visit to Lund and the nearby city of Malmö had 'touched so many people'.

The sharing of services reflects the spirit of the joint 2013 document 'From Conflict to Communion', which focused on the outcome of fifty years of dialogue since the Second Vatican Council.

Maronite patriarch lays foundation stone in Qatar

THE LEBANESE Maronite Patriarch, Becharia el-Rahi, has paid a pastoral visit to Doha, capital of Qatar, during which he laid the foundation stone for St Sharbel's Church.

The patriarch thanked Qatar for offering land for the church, adding that Qatar's co-operation 'strengthens ties between the two countries, and declaring, 'Saints have the ability to unite people.'

Expressing gratitude to the Emir of Qatar, Sheikh Tamim bin Hamad, Patriarch el-Rahi said: 'He knows that St Sharbel reinforces the great friendship between Qatar and Lebanon.'

There are 200,000 Catholics in Qatar, most of whom are expatriate workers from the Philippines, Lebanon, India, South America and the United Kingdom.

Our Lady of the Rosary, the first Catholic church in Qatar, and the first in an Arab Muslim emirate, was dedicated in Doha in March 2008. The church cost \$15 million to build, with contributions from Catholics throughout the Arabian Peninsula. Previously, Catholics and other Christians were limited to informal group meetings in homes.

See St Sharbel, page 27

Bavaria to display crosses in all government buildings

BAVARIA's regional government in Germany has ordered crosses to be placed at the entrance of all state administrative buildings. The state's conservative administration said that the crosses should reflect Bavaria's 'cultural identity and Christian-Western influence'. The decree does not apply to federal government buildings in Bavaria.

The predominantly Catholic state's schools and courtrooms are already obliged to display crosses at their entrances. Bavaria is governed by the Christian Social Union, the Bavarian partners of Chancellor Angela Merkel's Christian Democrats.

Pope names three laywomen to Congregation for the Doctrine of the Faith

POPE Francis has appointed three women as consultors to the Congregation for the Doctrine of the Faith - the first time women and laypersons have been named as active contributors - not support staff.

The Vatican newspaper *L'Osservatore Romano* called the decision to appoint the women 'historic'.

The new female consultors are

- Linda Ghisoni, Italian, born in 1965, one of two women Pope Francis made under-secretaries of the Dicastery for Laity, the Family and Life in 2017. She is a seasoned canon lawyer and jurist.

- Michelina Tenace, Italian, born in 1954, head of the department of fundamental theology at the Pontifical Gregorian University in Rome, an expert on Christianity in the Eastern Church.

- Lactitia Calmeyn, Belgian, born in 1975, a consecrated virgin who teaches theology at the Collège des Bernardins in Paris and a nurse specialising in palliative care.

Gambian Christian Anniversaries June & July

TEN YEARS AGO. At the invitation of Bishop Robert Ellison, the Cardinal Archbishop of Dakar, the Most Revd Théodore-Adrian Sarr, visited the Diocese of Banjul from Thursday 5th to Sunday 8th June 2008.

Great roadside crowds, Christian and Muslim, waved an enthusiastic welcome as the cardinal travelled in convoy with Bishop Ellison at his side from Banjul International Airport.

From Yundum, the cavalcade travelled by way of Lamin, Abuko, Fajikunda, Tallinding, Churchill's Town, Westfield and Kairaba Avenue to Shalom, the retreat house at Fajara. A common comment was that the cardinal's reception resembled that of a head of state.

Cardinal Sarr's programme included prayers at Banjul Catholic Cemetery and a visit to his family compound at Campama, Banjul. On Friday morning the cardinal was received by the Vice President at State House, and on Saturday he met Muslim elders at GPI and conducted confirmations at St Peter's, Lamin.

On Sunday Cardinal Sarr celebrated Mass at the Cathedral and had lunch at GPI with priests, sisters and seminarians.

** Cardinal Sarr was ordained in 1964. He became Bishop of Kaolack in 1974, and Archbishop of Dakar in 2000, in succession to Archbishop Hyacinthe Thiandoum. He was created cardinal by Pope Benedict XVI in November 2007.*

Due to age, Cardinal Sarr resigned as Archbishop of Dakar in December 2014.

21st June 1900: Death aged 44 of Fr Charles Amman, Superior of the Mission since 1889. In the Cathedral there is a plaque to his memory.

23rd July 1911: Death of Mortimer Vaughan, an Irish teacher who on his death-bed was professed a member of the Congregation of the Holy Spirit by the Superior of the Banjul Mission, Fr John Meehan.

22nd June 1924 (Corpus Christi): Ordination in Banjul of Fr Joseph Charles Mendy. There were now four priests serving in the Mission.

20th June 1930: Fr John Meehan was presented with the Mission's first motor car in celebration of his jubilee as a priest. Having arrived in The Gambia in 1905, Fr Meehan had been Superior since 1908.

20th June 1931: In Dublin, ordination to the priesthood of Fr Michael Moloney CSSp (later to become First Bishop of Banjul).

13th July 1932: Death in Banjul of Fr Joseph Charles Mendy, regarded by many Christians and Muslims as a saint.

9th June 1949: It was announced in The Gambia Gazette that Edward Lloyd-Evans had been awarded the MBE.

15th July 1951: Ordination in Dublin of Fr Reginald Gillooly CSSp. He arrived in The Gambia the following year. Since 2006 Fr Gillooly has been living in retirement in Dublin.

27th June 1952: Death of Mother James.

1st July 1956: Ordination in Dublin of the priest-scholar Fr Myles Fay CSSp, who subsequently served in Nigeria, Sierra Leone, Tanzania, the US, Rome and The Gambia. He died in Dublin on 2nd February 2006.



28th July 1958 (60 years ago): Work began on the building of the Cathedral tower (*left*).

3rd June 1965: Departure of Fr William Costelloe, who had first arrived in 1952.

27th July 1973: (35 years ago): Departure of Fr Seamus Fleming, who since his arrival in 1962 had principally worked around Basse and Bwiam. PIX

19th June 1977: Departure of Fr Thomas Tarmey, who had first arrived in 1959.



8th July 1977: It was announced that *Sang Marie*, 15th August, was to be re-instated as a public holiday, in place of Easter Monday.

15th July 1985: The St Vincent de Paul Society, founded in The Gambia in 1968, formed a national council.

21st May 1995: Opening of St Kizito's Church Bakoteh.

25th June 1995: Opening of St John the Baptist's Church Tenene.

8th June 1996: Death of Justice Solomon Njie.

21st June 1997: Opening of the new St John the Baptist Farafenni.

24th June 1997: Opening of Holy Trinity Kafuta.

21st June 1998 (20 years ago): Death of Fr Matthew Corrigan.

18th June 1999: Death in Guernsey, Channel Islands, of Eric Foss OBE, Principal of Gambia High School 1966-74.

8th July 2000: Death in Zimbabwe of the Rt Revd Roderick Norman Coote, who had served in the The Gambia from 1941-57 - from 1951 as Anglican Bishop of Gambia and the Rio Pongas.

25th July 2000: Death of Archbishop Johannes Dyba, first Papal Nuncio to The Gambia.

16th July 2001: Death in Banjul aged 90 of Sr Albert Byrne SJC (*right*), who had served in The Gambia almost continuously since 1935.

29th July 2003 (15 years ago): The Archbishop of Canterbury, the Most Revd Rowan Williams, began a visit to The Gambia.

2nd July 2006: Death aged 86 of Cecilia Cole, teacher, magistrate, Deputy Speaker of the National Assembly and staunch Methodist.

8th July 2006: Ordination at Kanifing by Bishop Robert Ellison of Fr Michael Gomez CSSp and Fr Peter Jammeh CSSp.

9th July 2006: Fr Joseph Boafo CSSp bade farewell to the people of Bakau Parish, where he had spent 10 years as Parish Priest.

28th June 2007: Bishop Robert Ellison appointed a nine-member Diocesan Finance Committee to serve for five years.

5th July 2007: Death of Edward Paul Mansal, who had retired in July the previous year as Principal of St Edward's Senior Secondary School.

13th May 2010: Bishop Tilewa Johnson led the celebration of the 75th anniversary of the Anglican Diocese of Gambia.



15th May 2010: At a fund-raising dinner, Bishop Ellison presented certificates to the Revd Norman Grigg, newly-designated Methodist Bishop, T.G.G. Senghore, Catholic layman, and Christine Faye, the bishop's housekeeper and the longest-serving employee of the diocese.

8th June 2010: Fr Matthias Murphy CSSp (right) announced at Holy Spirit Banjul that he was about to retire as Parish Priest.



13th June 2011: Professor William Peter Stephens was installed at Wesley Church Banjul as Bishop of the Methodist Mission in The Gambia, succeeding Bishop Norman Grigg.

During June 2011: Fr Seán Devereux of St Kizito's Bakoteh and Fr Jean-François Diagne (right) of Sacred Heart Bansang left the diocese, Fr Seán to Ireland and Fr Jean-François to Senegal. Fr Devereux was later to return, to serve at Bwiam.



21st-23rd June 2012: Senegalese and Gambian priests met at Kaolack to discuss co-operation between their various dioceses.

27th June 2014: Among speakers at a GPI event to mark the end of the pastoral year, T.G.G. Senghore spoke on the history of the Catholic Mission in The Gambia.

During June 2015: A group of priests, sisters and lay people from the Diocese of Kolda stayed at GPI to sample life in The Gambia, which some of them had never visited.

8th - 17th June 2015: Bishop John Kwofie CSSp, who as a young missionary priest served at Basse and Bansang from 1988 to 1991 and is now Bishop of Sekondi-Takoradi, Ghana, visited The Gambia.

9th June 2015: Fr Seán Devereux said goodbye to his parishioners at Bwiam prior to taking up a media post in his home Diocese of Ferns, in Ireland.

14th June 2015: Death of Alhassane Diarra, (right) former driver at GPI.



24th June 2017: A Mass of Thanksgiving was celebrated at the Cathedral to mark the 60th anniversary of the creation of the Diocese on Banjul by Pope Pius XII. The celebrant was Bishop Robert Ellison, and the preacher Fr David Jimoh Jarju.

26th June 2016: Fr Peter Lopez, former Parish Priest at Blessed Sacrament Kanifing, blessed four new bells, which were unveiled on 3rd July by Bishop Robert Ellison.

During June 2017: Four Salesian missionary priests from Benin, Cote d'Ivoire, India and Poland paid a follow-up visit to The Gambia, exploring the possibility of establishing service in the diocese.

7th July 2017: Philip Saine launched his book, 'The Challenges of Gambian Churches during Yahya Jammeh's Era'.

16th-17th July 2017: Matthew Lozano, of the US-based 'Unbound Deliverance Ministry' conducted a workshop, described as 'simple, undramatic, yet very powerful'.



Do you know?

- 1 Who, in the Old Testament, wore 'a coat of many colours'?
- 2 Which diocese lies immediately south of the Diocese of Banjul?
- 3 Who, in the New Testament, wrote, 'The love of money is the root of all evils'?
- 4 When, in this diocese, is the next Holyday of Obligation?
- 5 What is the church item shown on the right?



Answers on page 25



?

Question Box

Can you tell me something about Jehovah's Witnesses?

JEHOVAH'S Witnesses are members of a religious movement founded by Charles T. Russell in Pittsburgh, Pennsylvania, USA, in 1872. The movement was originally known as the International Bible Students' Association, but its name was changed by Russell's successor, Joseph Franklin Rutherford (1869-1942). The Witnesses' beliefs are based primarily on the apocalyptic sections of the Bible, notably Daniel and the Book of Revelation. They refuse to perform military service or salute the flag, actions which have brought them into conflict with governments around the world. They are well-known for door-to-door evangelising and for refusing blood transfusions. Jehovah's Witnesses believe there is scriptural justification for all their actions and beliefs. Their goal is the establishment of God's kingdom on earth, and they hold that Jesus - who they believe is God's first creation rather than the Second Person of the Trinity - is God's agent in this plan.

The Witnesses' US headquarters is in Brooklyn, New York. Their major publications - *The Watchtower* and *Awake!* - are published in about 80 languages.

* *The name Jehovah, or Yahweh, is a rendering of YHWH - the name God revealed to Moses. The Second Commandment says, 'You shall not take the name of the Lord in vain', and so Jews do not pronounce God's name. To avoid the use of 'Jehovah', many translations of the Bible render the divine name as 'the Lord'. In 2014 the use of the word 'Jehovah' and its variations was forbidden in Catholic worship.*

Pope Francis offers practical steps to holiness



POPE Francis has published a new apostolic exhortation, *Gaudete et Exsultate* ('Rejoice and be glad'). It's about achieving holiness in today's world.

The Pope says the document is 'not meant to be a treatise on holiness' but 'to re-propose the call to holiness in a practical way for our own time, with all its risks, challenges and opportunities'.

Holiness, he says, is not based on prayer alone, but also on serving those in need, and in self-control.

He gives an example: 'A woman goes shopping. She meets a neighbour and they begin to speak, and the gossip starts. But she says in her heart: "No, I will not speak badly of anyone." This is a step forward in holiness.'

He continues: 'Later, at home, one of her children wants to talk to her about his hopes and dreams, and even though she is tired, she sits down and listens with patience and love. That is another sacrifice that brings holiness.'

'Later she experiences some anxiety, but recalling the love of the Virgin Mary, she takes her rosary and prays with faith. Yet another path of holiness. Later still, she goes out onto the street, encounters a poor person and stops to say a kind word to him. One more step.'

Expanding on the situation of meeting a homeless person on a cold night, the Pope says: 'I can view him or her as an annoyance... or I can respond with faith and charity, and see in this person a human being with a dignity identical to my own. 'That is what it is to be a Christian!'

Living up to the Beatitudes

In the third chapter, Pope Francis focuses on each of the beatitudes and how Christians can live up to them, and then in chapter four looks at the signs of holiness in today's world,

including patience, meekness and joy.

The Pope criticises Christians who focus on only one particular issue, such as abortion, to the detriment of others.

Although opposition to abortion 'needs to be clear, firm and passionate, for at stake is the dignity of a human life, which is always sacred.' Pope Francis adds: 'Equally sacred, however, are the lives of the poor, those already born, the destitute, the abandoned and the underprivileged.'

The Pope criticises 'new pelagians', saying they are marked by 'an obsession with the law, an absorption with social and political advantages, a punctilious concern for the Church's liturgy, doctrine and prestige, a vanity about the ability to manage practical matters, and an excessive concern with programmes of self-help and personal fulfilment....

The devil: 'more than a myth'

In his final chapter, the Pope repeatedly mentions the devil, and against whom Christians need to wage constant spiritual warfare.

'[We] should not think of the devil as a myth, a representation, a symbol, a figure of speech or an idea,' he says. 'This mistake would lead us to let down our guard, to grow careless and end up more vulnerable. The devil does not need to possess us. He poisons us with the venom of hatred, desolation, envy and vice. When we let down our guard, he takes advantage of it to destroy our lives, our families and our communities.'

* *Gaudete et exultate* is Pope Francis's fifth major document, after *Lumen Fidei*, *Laudato Si'*, *Evangelii Gaudium* and *Amoris Laetitia*.

What is 'Pelagianism'?

BORN in Britain around 355, Pelagius became a monk, moved to Rome, gained a reputation for austerity, and wrote theological works. After the sacking of Rome in 410, Pelagius set sail for northern Africa, landing near Hippo, where St Augustine was Bishop.

Pelagius believed that 'man could, by the natural power of free will and without the necessary help of God's grace, lead a morally good life. He held that Adam's sin altered only his own relationship with God, and that there is no original sin from which Adam's descendants need to be redeemed.'

Pelagius did believe that God wished to make it easier for human beings to lead sinless lives, and so God instructed people through the Law of Moses and by Christ's teaching and example. But he held, however, that human beings do not need God's grace to avoid sin and lead holy lives, but that holiness is attained through one's unaided free will.

Such views troubled many bishops, including St Augustine, who upheld the reality of original sin and the need for grace,

Pelagius died around 425, but his opinions lived on. In 431, the Council of Ephesus condemned Pelagianism.

Since his election, Pope Francis has spoken about pelagianism several times. At a Chrism Mass, he told priests: 'It is not in soul-searching or constant introspection that we encounter the Lord... To live our priestly life going from one course to another, from one method to another, leads us to become Pelagians and to minimise the power of grace, which comes alive and flourishes to the extent that we, in faith, go out and give ourselves and the Gospel to others.'

A commentator states:

In speaking about Pelagianism, Pope Francis is asking us, Have we become absorbed in ourselves, rather than turning to the Lord and loving others? Have we adopted a 'my way' mentality in matters of changeable Church discipline, believing that our preferences, rather than God's grace, will solve the Church's problems? Do we trust in ourselves to lead morally upright lives?

- Or do we, like St Augustine, recall that without Christ we can do nothing, and seek his grace every day?

Gaudete et Exsultate: key quotes



Here is a selection of quotations from Gaudete et Exsultate ('Rejoice and Be Glad'), Pope Francis' apostolic exhortation on holiness:

— I LIKE to contemplate the holiness present in the patience of God's people: in those parents who raise their children with immense love, in those men and women who work hard to support their families, in the sick, in elderly religious who never lose their smile.

— *HOLINESS is the most attractive face of the Church.*

— THE IMPORTANT thing is that each believer discern his or her own path, that they bring out the very best of themselves, the most personal gifts that God has placed in their hearts, rather than hopelessly trying to imitate something not meant for them.

— *IN times when women tended to be most ignored or overlooked, the Holy Spirit raised up saints whose attractiveness produced new spiritual vigour and important reforms in the Church.*

— WE are frequently tempted to think that holiness is only for those who can withdraw from ordinary affairs to spend much time in prayer. That is not the case.

— *WE are all called to be holy by living our lives with love and by bearing witness in everything we do, wherever we find ourselves.*

— THIS holiness to which the Lord calls you will grow through small gestures.

— *DO not be afraid of holiness. It will take away none of your energy, vitality or joy.*

— THANKS be to God, throughout the history of the Church it has always been clear that a person's perfection is measured not by the information or knowledge they possess, but by the depth of their charity.

— *JESUS explained with great simplicity what it means to be holy when he gave us the Beatitudes (Matthew 5:3-12; Luke 6:20-23)*

— GIVING and forgiving means reproducing in our lives some small measure of God's perfection, which gives and forgives superabundantly.

— *WE need to think of ourselves as an army of the forgiven. All of us have been looked upon with divine compassion.*

— THE SAINTS are not odd and aloof, unbearable because of their vanity, negativity and bitterness. The Apostles of Christ were not like that.

— *IN this call to recognise him in the poor and the suffering, we see revealed the very heart of Christ, his deepest feelings and choices, which every saint seeks to imitate.*

— IT is true that the primacy belongs to our relationship with God, but we cannot forget that the ultimate criterion on which our lives will be judged is what we have done for others.

— *THE SAINTS do not waste energy complaining about the failings of others; they can hold their tongue before the faults of their brothers and sisters and avoid the verbal violence that demeans and mistreats others.*

— CHRISTIAN joy is usually accompanied by a sense of humour.

— *THE SAINTS surprise us, they confound us, because by their lives they urge us to abandon a dull and dreary mediocrity.*

— A COMMUNITY that cherishes the little details of love, whose members care for one another and create an open and evangelising environment, is a place where the risen Lord is present, sanctifying it in accordance with the Father's plan.

— *I DO not believe in holiness without prayer, even though that prayer need not be lengthy or involve intense emotions.*

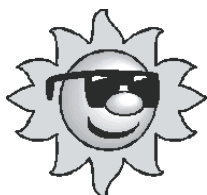
— WE should not think of the devil as a myth, a representation, a symbol, a figure of speech or an idea. This mistake would lead us to let down our guard, to grow careless and end up more vulnerable.

— *THE DEVIL does not need to possess us. He poisons us with the venom of hatred, desolation, envy and vice. When we let down our guard, he takes advantage of it to destroy our lives, our families and our communities.*

— DISCERNMENT is not about discovering what more we can get out of this life, but about recognising how we can better accomplish the mission entrusted to us at our baptism.

— *LET us ask the Holy Spirit to pour out upon us a fervent longing to be saints for God's greater glory, and let us encourage one another in this effort.*





Fee moi Gambia

Disappointing

IT'S disappointing that the turn-out at recent local elections was rather low. Development in our local area should interest all of us, and the least we can do is to help choose men and women whom we consider will best serve our local interests.

For the past 60 years, Gambians have cast their votes by dropping a glass marble into a barrel painted in party colours. It was claimed that the system worked well, discouraged fraud, and allowed illiterate voters to participate. But we'll now be switching to paper ballots, like everywhere else. Shall we miss the marbles?

I'd like to see our new councillors, once they've assumed office, spearhead efforts to clean the environment by organising and taking part in street-cleaning exercises - and encouraging young people, in particular, to join them. In other words: 'se-settal', which can be fun and serious at the same time.

Bourgainvillea time

You may not be a farmer, but why not a planter? During the rainy season you should seek an opportunity to plant a tree, in your compound, or perhaps a decorative shrub.

Among shrubs, consider bougainvillea. This colourful climber needs to be established by regular watering at first, so that it grows upwards over walls and fences with vigour, producing bright bracts. But once established, bougainvillea needs little attention.

The common purple bougainvillea is the most vigorous. Beware: if you buy bougainvillea cuttings at the roadside they may be almost rootless: You may eventually get a great display from such cuttings, but only after much time and patience. Look instead for well-rooted plants.

On the move, all round

THERE'S near-constant congestion and chaos the whole length of the highway between Westfield and Tabacotu, even well after dark.

Pedestrians scurry for their lives between lorries, taxis, every other sort of vehicle: motorbikes, bicycles, donkey-carts. And piled up on both sides of the road every sort of second-hand thing for sale you can think of: cars, motor-bikes, scooters, bicycles, tyres and spare parts, plumber's goods, furniture for every room in the house, refrigerators, cookers, micro-waves, electric irons, clothing, footwear, mattresses.... The list is endless. And every month there's more and more.

One reason for road congestion on such roads (congestion which saps everyone's patience) is that there seem to be no restrictions on unloading, so that clumsily-parked lorries block the progress of all other traffic.

At times, cyclists - and even pedestrians - move more quickly than motor vehicles. Tempers often flare; but actually, it's remarkable how friendly and cheerful most people are, most of the time.

Being no businessman or sociologist, I can't work out what

social and economic factors have led to today's mushrooming sales of imported second-hand goods - mostly coming in, I suppose, by container. Contact and co-operation between overseas suppliers and local merchants must be pretty efficient. Anyway, most people might consider that it's to the general benefit...

More than just lamp-holders

Lamp-posts have one function: to hold the lamps that light our roads by night. But another use has been found: the display of adverts - mostly for mobile service providers. I don't suppose that motorists and pedestrians take notice of these ads, let alone decide to change from one provider to another because of publicity on lampposts. But such is the rivalry between providers that they daren't opt out of fixing ads along the street. The benefit, I suppose, to most of us is that the ads raise revenue for the authorities.

Lampposts are also used to display party-political flags and small publicity posters for election candidates. Alas, long after the elections are over, the tattered remains of these posters will still be there, disfiguring our public highways.

With a song in his heart

I don't think this *Newsletter* mentioned the recent tenth anniversary of the death of the much-loved Bishop Pierre Sagna, who after many years service as Bishop of St Louis du Sénégal opted to spend his retirement in our diocese, at Brusibi.

Many years before, as young Fr Pierre Sagna, he had been the first Rector of the junior seminary opened by Bishop Moloney at Fajara. Among the twelve students there were Fr Peter Gomez and Fr Anthony Gabasi. Fr Gabasi remembers that lessons with Fr Sagna were often fun, and that everyone could go home with their worries.

Bishop Sagna's responsibilities in the vast diocese of St Louis, where Catholics are a tiny minority, must have demanded much travelling to remote places, much patience, and a deep but outgoing faith.

I only met Bishop Sagna occasionally, and by chance, but his warmth, humour and kindness were immediately apparent. And everyone knew him as a man of song.

The programme for Bishop Sagna's funeral called him *Toton Pierre, pasteur plein de joie* - 'Uncle Pierre, pastor full of joy'.

Good manners all round

LOTS of young people seem to have no manners. They're gauche and awkward.

Don't always blame them. Their parents may be out of touch. Their school may have taught them little about self-confidence and self-presentation.

We older people who think we know better than the young should guide them gently. Shouting or snarling at what we think of as bad manners won't help them, or us. In our busy, noisy and anonymous urban environment we should show patience and regard to everyone, including bumptious and inconsiderate young people. How will they learn to respect others unless we set the example?

A smile can soften a comment or rebuke. A kindness may work marvels. If you want to give advice, don't hector. Don't talk down. Don't 'go on'.

Bad manners are contagious. And so are good manners!



Giving Hope to a World in Need

**The Gambia Programme
Health, Nutrition, Agro-enterprise, Food Security
40 Atlantic Road, Fajara. Telephone 4498000**

Seasonal Malaria Chemoprevention (SMC) Campaign in CRR & URR in 2017

CRS, in partnership with the National Malaria Control Programme (NMCP) of the Ministry of Health, have been implementing SMC strategy targeting children (3 to 59 months) in Upper and Central River regions from 2014 to 2016, supported by UNITAID ACCESS-SMC project. In 2017, with the support of the Global Fund, this high-impact



intervention is being implemented again in the two regions to prevent children from getting malaria. The two regions have been identified due to their relatively high malaria transmission.

SMC is achieved by administering anti-malarial medicines (*sulfadoxine-pyrimethamine* (SP) and *amodiaquine* (AQ)) up to four monthly doses to children. It is administered during the peak of the rainy season (August – December) when the incidence of malaria is high. In total, an estimated 90,925 children are targeted through door-to-door strategy to administer the antimalarial medicine.

Information Communication for Development (ICT4D) uses android devices to enhance data collection, management and rapid analysis for effective decision-making. Despite challenging conditions in accessing communities during the rains, The Gambia is consistently able to reach over 80 per cent of the children targeted since the inception of the project. This is largely due to the commitment, perseverance and hard work of the health staff and volunteers and strong collaboration between the NMCP with CRS.

Answers to 'Do you know?' page 21

1. Joseph (Genesis 37:3 & 23). 'Coat of many colours' is how Joseph's garment, given by his father Jacob, is traditionally described in English translations. But the meaning of the original Hebrew is unclear. An alternative modern rendition is 'long robe with sleeves'.
2. The Diocese of Ziguinchor
3. St Paul, in 1 Timothy 6:10
4. The Assumption of the Blessed Virgin Mary (*Sang Marie*), Wednesday 15th August: a public holiday in The Gambia.
5. A monstrance, used to display the Blessed Sacrament at Benediction and for Adoration

Some weekday celebrations

Monday 4th June: St Charles Lwanga and his companions *martyrs*

CHARLES LWANGA (born 1865) worked at the court of King Mwanga II of Buganda, in southern Uganda. The king forced himself immorally on the boys and young men who served him. In 1886 he insisted that Catholics and other Christians should abandon their faith. They refused and were martyred. Among the victims was St Kizito, patron of the church at Bakoteh. *We pray today for the priest and people of St Charles Lwanga Parish, Fajikunda, and the priest and people of St Kizito's, Bakoteh.*

Friday 8th June: The Sacred Heart of Jesus

THE SACRED Heart is a Catholic devotion to the heart of Jesus as representing his love for all humanity. The devotion derives from a 17th-century French sister, Marguerite Marie Alacoque, who learnt the devotion in visions. The Sacred Heart has been a solemnity (major feast) since 1856. It is celebrated 19 days after Pentecost, and falls always on a Friday.

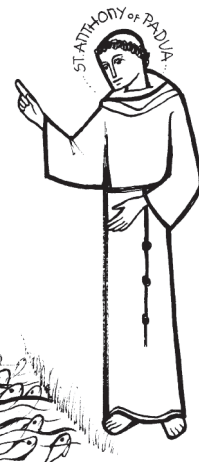
In his 1928 encyclical *Miserentissimus Redemptor*, Pope Pius XI affirmed that Jesus had manifested himself to St Marguerite Marie and 'promised her that all those who rendered this honour to his heart would be endowed with an abundance of heavenly graces'. 'Sacred Heart' is widely used as a name for Catholic churches, schools, hospitals and religious orders. Congregations and states have been consecrated to the Sacred Heart since the middle of the 19th century. Pictures and statues of the Sacred Heart are common in Catholic households.

Monday 11th June: St Barnabas *apostle*

BARNABAS was not one of Christ's original twelve apostles. He was given the title 'apostle' because of his association with St Paul, having introduced Paul to the early Christian community. Barnabas was a Jew from the Mediterranean island of Cyprus, said to be a cousin of St Mark, one of the Gospel writers. He had been known as Joseph, but on his conversion soon after Pentecost he was given a new name: 'Barnabas' means 'son of consolation'. Barnabas travelled with Paul to Antioch, but later quarrelled with him there, and afterwards accompanied Mark to Cyprus.

Wednesday 13th June: St Anthony of Padua *doctor of the Church*

ANTHONY was born in Lisbon, Portugal, in 1195. He wanted to work in North Africa, but was obliged for health reasons to work instead in Italy, where he gained renown as a preacher. Many traditions relate to miracles performed by St Anthony. He is widely invoked for the restoration of lost property. He died in 1231, and his relics are preserved at Padua. *We pray today for the priests and people at the churches of St Anthony at Kololi and Kuntaur, and at the Cathedral of St Antoine de Padu , Ziguinchor.*



Friday 22nd June: St John Fisher & St Thomas More *martyrs*

JOHN Fisher was a Catholic bishop who at the Reformation in England refused to take the oath of allegiance to King Henry VIII as head of the Church of England. Thomas More, a learned and devout man who as Chancellor of England had been very close to the king, also refused. Both men were beheaded in 1535.

Friday 29th June: St Peter & St Paul *apostles*

PETER played the leading part in the ministry of Jesus and in the life of the first Christian communities in Jerusalem and Rome. He and his brother Andrew were summoned by Jesus to be 'fishers of men'. Peter was a married man, and took his wife with him on his missionary journeys (1 Corinthians 9:5).

His name at first was Simon. But when he recognised his Master as Christ, Jesus renamed him 'Peter', saying, 'You are Peter (Greek, *Petros*), and upon this rock (*petra*) I will build my church.' (Matthew 16:18).

The Church teaches that 'You are Peter' authenticates the office of the Pope, as St Peter's successor, to be the earthly father of all Christians, reinforced by the granting to Peter of the keys of the kingdom of heaven (Matthew 16:19), and the commission given to Peter by Jesus: 'Feed my sheep' (John 21:17).

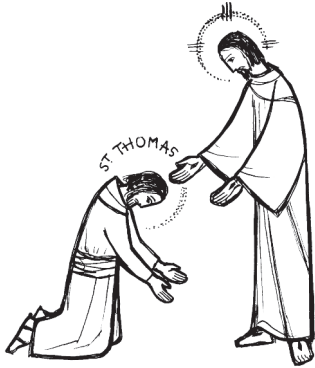
PAUL's original name was Saul. He was born at Tarsus in Cilicia, and was thus 'a citizen of no mean city' (Acts 21:39). His Jewish parents were Roman citizens - which later gave Paul the right to be sent to Rome for trial.

Saul was brought up a strict Pharisee, and studied at Jerusalem. His hatred of the new Christian sect, and took part in the stoning of the deacon, St Stephen, the first martyr (Acts 8:1-3). Saul heard Stephen pray for his executioners, and this led to the great event in his life, his conversion, which took place when he was on the road to Damascus, 'breathing out threatening and slaughter against the disciples of the Lord'. Saul was baptised, took the name of Paul, and retired to the desert to meditate. He returned to Damascus to preach the Gospel.



It was agreed that Paul's field of activity should be among the gentiles. The vivid account of Paul's missionary journeys in the Acts of the Apostles ends with his preaching the Gospel in Rome for two whole years while awaiting trial. In the New Testament, Paul's thirteen letters to Christian communities (written before the Gospels) burn with conviction and fervour.

Tradition says that Peter and Paul were both martyred in Rome, Peter by crucifixion, Paul by the sword.



Tuesday 3rd July: St Thomas apostle

THOMAS was one of the twelve apostles. His name comes from the Arabic for 'twin' (in Greek, *Didymus*). Although frightened, Thomas went with Jesus to Bethany when the news came that Jesus' friend Lazarus was sick (John 11:16). At the Last Supper, when Jesus told the apostles that he was going from them to prepare a place for them, Thomas said 'Lord, we do not know where you are going; and how can we know the way?' Jesus' reply was, 'I am the way, the truth and the life' (John 14:2-6). Thomas earned the nickname 'Doubting Thomas' because he found it hard to believe that the other apostles had seen the risen Jesus. But when Jesus appeared and showed Thomas his wounds, Thomas exclaimed, 'My Lord and my God!' (John 20:26-29). Tradition says that Thomas established Christian communities in India.

Monday 9th July: St Augustine Zhao Rong and the martyrs of China

AUGUSTINE Zhao Rong was a Chinese diocesan priest who was martyred in 1815. One of his companions, 18-year-old Chi Zhuzi, who'd had his arm cut off and was about to be flayed, cried, 'Every piece of my flesh, every drop of my blood, will tell you that I am a Christian.' Today the Church honours 119 saints martyred in China between the mid-17th century and 1930.

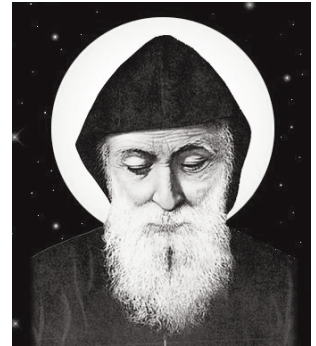
Wednesday 11th July: St Benedict abbot

BENEDICT - the 'Father of Western Monasticism' - was born into a noble family around 480. While studying in Rome, he was much influenced by the teachings of St Jerome and St Augustine. He retired to live a hermit's life, and his sanctity attracted other solitaries. Benedict eventually established 12 monastic communities. At Mount Cassino, where he became Abbot, he established a wise and humane Rule based on vows of poverty, chastity and obedience.

Tuesday 24th July: St Sharbel Makhlef priest

JOSEPH Zaroun Makhlef was born in 1828 in the Lebanese village of Beka-Kafra. His father, a mule driver, died when he was only three, and he was brought up by an uncle. At 23, Joseph joined the Monastery of St Maron at Annaya, taking the name 'Sharbel' in honour of a 2nd-century martyr. He was ordained in 1859. From 1875, like the 5th-century St Maron, he lived as a hermit, following a strict fast. He was devoted to the Blessed Sacrament. He died on Christmas Eve 1898. Christians and non-Christians soon made Sharbel's tomb a place of pilgrimage and cures. In 1965 Pope Paul VI beatified him, and canonised him twelve years later.

New Church of St Sharbel in Doha: see page 19.



Wednesday 25th July: St James apostle

JAMES and his brother John were sons of Zebedee, a Galilean fisherman. They were among the first to be called by Jesus. Together with Peter they witnessed the raising of Jairus' daughter. They saw Christ transfigured and his agony in Gethsemane. James and John were rebuked by Jesus when they asked to sit by his throne when he came into his kingdom (Mark 10:39). James was beheaded on the order of Herod Agrippa (Acts 12:1-3). He is called 'the Great' to distinguish him from another apostle, James 'the Less', who became bishop in Jerusalem. We pray today for the congregations at St James, *We pray today for the congregations at St James's Church Kandunkou, Bwiam parish, and St James's Sumakunda, Brikama parish; and for the staff and pupils at St James's Catholic school, Kity 2.*

Tuesday 31st July: St Ignatius Loyola priest

BORN into the Spanish nobility in 1491, Ignatius became a soldier. He was converted whilst recovering from wounds. After a pilgrimage to Jerusalem he studied in Spain and France. In 1537 he was ordained, and with Frances Xavier and others he established the Jesuit Order. Two years later the Pope approved the Order, and Ignatius was Jesuit General until his death in Rome in 1556, when the Jesuits had established branches in Italy, Spain, India and Brazil. The Jesuits were the most important force in the Catholic Counter-Reformation, and a bulwark of the papacy. Ignatius laid the foundations of Jesuit schools, and his 'Spiritual Exercises' are still widely read and valued. Jesuit logo



Omnes Sancti et Sanctae Dei, intercedite pro nobis

All holy men and women of God, intercede for us

Daily Mass Readings



June & July

Sunday readings Year B Weekday readings Year 2

Celebrations in brackets () are optional

| | | |
|---------------------|---|--|
| Mon 1st June | 1 Peter 4:7-14. Psalm 95:10-13. Mark 11:11-26. | St Justin |
| Tue 2nd | Jude 1,17-25. Psalm 62:2-6. Mark 11:27-33. | (St Marcellinus & St Peter) |
| Sun 3rd | Hebrews 9:11-15. Psalm 115:12-13,15-18. Hebrews 9:11-15. Mark 14:12-16,22-26 | CORPUS CHRISTI |
| Mon 4th | 2 Peter 1:2-7. Psalm 90:14-16. Mark 12:13-16 | |
| Tue 5th | 2 Peter 3:11-15,17-18. Psalm 89:2-4,10,14,16. Mark 12:13-17 | St Boniface |
| Wed 6th | 2 Timothy 1:1-3,6-12. Psalm 122:1-2. Mark 12:18-27 | (St Norbert) |
| Thu 7th | 2 Timothy 2:8-15. Psalm 24:4-5,8-10,14. Mark 12:28-34 | |
| Fri 8th | Hosea 11:3-4,8-9. Psalm 12:2-6. Ephesians 3:8-12,14-19. John 19:31-37 | SACRED HEART |
| Sat 9th | 2 Timothy 4:1-8. Psalm 70:8-9,14-17,22. Mark 12:38-44. <i>or, for Mary:</i> Isaiah 61:9-11. Psalm 1 Samuel 2:1,4-7. Luke 2:41-51 (Immaculate Heart of Mary <i>or</i> St Ephraem) | |
| Sun 10th | Genesis 3:9-15. Psalm 129. 2 Corinthians 4:13 -5:1. Mark 3:20-35 | 10th SUNDAY of YEAR |
| Mon 11th | Acts 11:21-26 & 13:1-3. Psalm 98. Matthew 10:7-13. | St Barnabas |
| Tue 12th | 1 Kings 17:7-16. Psalm 4:2-5,7-8. Matthew 5:1-12 | |
| Wed 13th | 1 Kings 18:20-39. Psalm 15:1-2,4-5,8,11. Matthew 5:17-19 | St Anthony of Padua |
| Thu 14th | 1 Kings 18:41-46. Psalm 64:10-13. Matthew 5:20-26 | |
| Fri 15th | 1 Kings 19:9,1-16. Psalm 26:7-9,13-14. Matthew 5:27-32 | <i>abstinence</i> |
| Sat 16th | 1 Kings 19:19-21. Psalm 15:1-2,5,7-10. Matthew 5:33-37 | (of the BVM) |
| Sun 17th | Ezekiel 17:22-24. Psalm 91:2-3,13-16. 2 Corinthians 5:6-10. Mark 4:26-34 | 11th SUNDAY of YEAR |
| Mon 18th | 1 Kings 21:1-16. Psalm 5:2-3,5-7. Matthew 5:38-42 | |
| Tue 19th | 1 Kings 17-29. Psalm 50:3-6,11,16. Matthew 5:43-48 | (St Romuald) |
| Wed 29th | 2 Kings 2:1,6-14. Psalm 30:20-21,24. Matthew 6:1-6,16-18 | |
| Thu 21st | Ecclesiasticus 48:1-14. Psalm 48:1-14. Matthew 6:7-15 | St Aloysius Gonzala |
| Fri 22nd | 2 Kings 11:1-4,9-18,20. Psalm 131:11-14,17-18. Matthew 6:9-23 (St Paulinus <i>or</i> St John Fisher & St Thomas More) <i>abstinence</i> | (of the BVM) |
| Sat 23rd | 2 Chronicles 24:17-25. Psalm 88:4-5,29-34, Matthew 6:24-34 Evening Mass (John Baptist): Jeremiah 1:4-10. Psalm 70:1-6,15,17. 1 Peter 1:8-12. Luke 1:5-17. | |
| Sun 24th | Isaiah 49:1-6. Psalm 138:1-3,13-15. Acts 13:22-26. Luke 1:57-66,80. | NATIVITY of St JOHN the BAPTIST |
| Mon 25th | 2 Kings 17:5-8,13-15,18. Psalm 59:3-5,12-13. Matthew 7:1-5 | |
| Tue 26th | 2 Kings 19:9-11,14-21,31-36. Psalm 47:2-4,10-11. Matthew 7:6,12-14 | |
| Wed 27th | 2 Kings 22:8-13 & 23:1-3. Psalm 118:33-37,40. Matthew 7:15-20 | (St Cyril of Alexandria) |
| Thu 28th | 2 Kings 24:8-17. Psalm 78:1-5,8-9. Matthew 7:21-29 Evening Mass (Peter & Paul): Acts 3:7-10. Psalm 18:2-5. Galatians 1:11-20. John 21:15-19 | St Irenaeus |
| Fri 29th | Acts 12:1-11. Psalm 34:2-9. 2 Timothy 4:6-8,17-18. Matthew 16:13-19. | St PETER & St PAUL |
| Sat 30th | Lamentations 2:2,10-14,18-19. Psalm 73:1-7,20-21. Matthew 85-17 (First Martyrs of Rome <i>or</i> of the BVM) | |
| Sun 1st July | Wisdom 1:13-15 & 2:23-24. Psalm 29:2,4-6,11-13. 2 Corinthians 8:7,9,13-15. Mark 5:21-43. | 13th SUNDAY of YEAR |
| Mon 2nd | Amos 2:6-10,13-16. Psalm 49:16-23. Matthew 8:18-22. | |
| Tue 3rd | Ephesians 2:19-22. Psalm 116:1-2. John 20:24-29 | St THOMAS |
| Wed 4th | Amos 5:14-15,21-24. Psalm 49:7-13,16-17. Matthew 8:28-34 | (St Elizabeth of Portugal) |
| Thu 5th | Amos 7:10-17. Psalm 18:8-11. Matthew 9:1-8 | (St Anthony Zaccaria) |
| Fri 6th | Amos 8:4-6,9-12. Psalm 118:2,10,20,30,40. Matthew 9:9-13. | (St Maria Goretti) <i>abstinence</i> |
| Sat 7th | Amos 9:11-15. Psalm 84:9,11-14. Matthew 9:14-17 | (of the BVM) |
| Sun 8th | Ezekiel 2:2-5. Psalm 122: 2 Corinthians 12:7-10. Mark 6:1-6. | 14th SUNDAY of YEAR |
| Mon 9th | Hosea 2:16-18,31-22. Psalm 144:2-9. Matthew 9:18-26 | St Augustine Zhao Rong |
| Tue 10th | Hosea 8:4-7,11-13. Psalm 133:3-10. Matthew 9:32-38. | |
| Wed 11th | Hosea 10:1-3,7-8,12. Psalm 104:2-7. Matthew 10:1-7 | St Benedict |
| Thu 12th | Hosea 11:1-4,8-9. Psalm 79:2-3,15-16. Matthew 10:7-15 | |
| Fri 13th | Hosea 14:2-10. Psalm 50:3-4,8-9,12-14,17. Matthew 10:16-23 | (St Henry) <i>abstinence</i> |
| Sat 14th | Isaiah 6:1-8. Psalm 92:1-2,5. Matthew 10:24-33 | (St Camillus de Lellis <i>or</i> of the BVM) |
| Sun 15th | Amos 7:12-15. Psalm 84:9-14. Ephesians 1:3-14. Mark 6:7-13. | 15th SUNDAY of YEAR |
| Mon 16th | Isaiah 1:10-17. Psalm 49:8-9,16-17,21,23. Matthew 10:34 – 11:1 | (Our Lady of Mount Carmel) |
| Tue 17th | Isaiah 7:1-9. Psalm 47:2-8. Matthew 11:20-24 | |
| Wed 18th | Isaiah 10:5-7,13-16. Psalm 93:5-10,14-15. Matthew 11:25-27 | |
| Thu 19th | Isaiah 26:7-9,12,16-19. Psalm 101:13-21. Matthew 11:28-30 | |
| Fri 20th | Isaiah 38: 1-6,21-22. Psalm Isaiah 38:10-12,16. Matthew 12:1-8. | (St Apollinaris) <i>abstinence</i> |
| Sat 21st | Isaiah Micah 2:1-5. Psalm 9:1-4,7-8,14. Matthew 12:14-21 | (St Lawrence of Brindisi <i>or</i> of the BVM) |

Sun 22nd Jeremiah 23:1-6. Psalm 22. Ephesians 2:13-18. Mark 6:30-34
 Mon 23rd Micah 6:1-4,6-8. Psalm 49:5-6,8-9,16-17,21,23. Matthew 12:38-42
 Tue 24th Micah 7:14-15,18-20. Psalm 84:2-8. Matthew 12:46-50
 Wed 25th 2 Corinthians 4:7-15. Psalm 125:1-6. Matthew 20:20-28
 Thu 26th Jeremiah 2:1-3,7-8,12-13. Psalm 35:6-11. Matthew 13:10-17
 Fri 27th Jeremiah 3:14-17. Psalm Jeremiah 31:10-13. Matthew 13:18-23
 Sat 28th Jeremiah 7:1-11. Psalm 83:3-6,8-11. Matthew 13:24-30

16th SUNDAY of YEAR
 (St Bridget of Sweden)
 (St Sharbel MakhluF)
 St JAMES
 St Joachim & St Anne
abstinence
 (of the BVM)

Sun 29th 2 Kings 4:42-44. Psalm 134:10-11,15-18. Ephesians 4:1-6. John 6:1-15.
 Mon 30th Jeremiah 13:1-11. Psalm Deuteronomy 32:18-21. Matthew 13:31-35.
 Tue 31st Jeremiah 14:17-22. Psalm 78:8-9,11,13. Matthew 13:36-43

17th SUNDAY of YEAR
 (St Peter Chrysologus)
 St Ignatius Loyola

The Pope's Prayer Intentions



June

That social networks may work towards that inclusiveness which respects others for their differences.

July

That priests who experience fatigue and loneliness in their pastoral work may find help and comfort in their intimacy with the Lord and in their friendship with their brother priests.



Pious practices

MANY devotional practices in the Church are so habitual that we don't think about them. But whenever we make the sign of the Cross, for instance, or dip our fingers into holy water, we should do so in awareness of what the action means. We shouldn't perform such actions to impress others or to tell ourselves how holy and good we are. We perform them to honour God and our membership of his Church.

The sign of the Cross, and genuflexion

THE SIGN of the Cross is made with the right hand from the forehead to the chest, and from the left shoulder across to the right.

We were signed with Christ's Cross at our baptism as a visible reminder to everyone that we belong to Christ and not to ourselves. We make the sign of the Cross also because, in St Paul's words, we are 'not ashamed to confess the faith of Christ crucified'.

From the earliest days of the Church, Christians have made the sign of the Cross as an outward and visible sign of inward and spiritual belief. We 'cross ourselves' at the beginning and end of prayer; when receiving forgiveness or a blessing; on entering and leaving Church, using holy water; and at times of crisis or danger.

At Mass, when the priest has announced the Gospel, we make the sign of the cross with the right thumb on the forehead, the lips, and over the heart. This signifies our prayer that the words of the Gospel will prevail in our mind, on our lips, and in our heart.

Genuflexion

WE genuflect when we lower our body briefly by bending the right knee in worship. We genuflect when we enter church because Christ himself is sacramentally present in the tabernacle.

The celebrant at Mass genuflects before the Body and Blood of Christ during the Eucharistic Prayer.

Genuflexion is also prescribed at certain moments in the liturgy: for instance, at the Easter Vigil, when the priest raises the Paschal Candle and sings, 'The Light of Christ!' (*Lumen Christi*).

In some West African cultures genuflexion is not restricted to worship; it is a sign of respect towards senior people.



Kaadu Dunda Gi - the Living Word

Every Sunday at 1pm, GRTS

Keep up-to-date with your Diocese!

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End-piece

'I am the good shepherd'

AT Christmas we think of the shepherds who heard the message of the angel about Christ's birth and went to worship at the manger. But many of us have never met a shepherd, and maybe never will. It's a pity, because shepherds are mentioned so often in the Bible that we ought to know something about them.

Jesus himself knew a good deal about the work of a shepherd. He must have seen them often on the hills above his childhood home at Nazareth.

You may think it strange that Jesus said such things about the shepherd as 'he goes before them, and the sheep follow him'. In most places the shepherd drives his flock from the rear. But in Palestine, even today, the shepherd goes ahead of his flock. Sometimes he calls each by its own name, and the sheep follow. At other times the shepherd plays a wooden pipe, and they follow the music.

Strong and courageous

At the time of Jesus a really good shepherd had to be strong and courageous. There were many dangers from which the sheep needed protection. They included sheep stealers, who would stop at nothing to make a capture; and there were wolves and even bears which sometimes attacked the flock.

At night the sheep were penned securely in an enclosure of stones or thorn hedges. The shepherd himself would lie across the entrance to the fold to prevent them from escaping and intruders from entering. This is what Jesus was thinking of when he said, 'I am the door.'

Even with such care as this, a sheep might occasionally stray, especially if the flock were a large one. Many centuries before Jesus, the prophet Isaiah had compared the people who turned away from God to sheep who left the flock. 'All we like sheep have gone astray; we have turned everyone to his own way.'

Jesus himself used the same picture when he wanted to show how much God cares for people like ourselves. Perhaps he had actually gone out with the shepherds of Nazareth to



search for sheep that were lost. He certainly knew what they did when this happened.

Searching for the lost sheep

Having made sure that the rest of the flock were safely penned in, the really good shepherd would take a stout club, a crook and a lamp and set out in search of the sheep that was lost.

He would be more anxious about that one than about all the rest, and if necessary he would spend the night as well as the day looking for it. He did not give up until it was found, perhaps on a dangerous ledge to which it had jumped in search of grass and from which it couldn't get back.

With his long crook the shepherd would grasp the animal and lift it to safety. Perhaps Jesus had seen this actually happen, and knew how glad the shepherd was when the lost sheep was rescued. That is why he looked round at the people who needed his help, and told them, 'I am the good shepherd.'

THE LORD is my shepherd. *Psalm 22*

GIVE ear, O shepherd of Israel *Psalm 79*

THUS says the Lord God: 'I myself will search for my sheep, and will seek them out... I myself will be the shepherd of my sheep... I will seek the lost, and I will bring back the strayed and I will bind up the injured and I will strengthen the weak...I will set over [my people] one shepherd, my servant David, and he shall feed them. He shall feed them, and be their shepherd. And I, the Lord, will be their God, and my servant David shall be prince among them. *Extracts from Ezekiel 34:1-24*

IN that region there were shepherds living in the fields, keeping watch over their flock by night. Then the angel of the Lord stood before them, and the glory of the Lord shone around them... The angel said to them, 'Do not be afraid, for I am bringing you good news of great joy... And suddenly there was with the angel a multitude of the heavenly host, praising God and saying, 'Glory to God in

the highest'... The shepherds said to one another, 'Let us go now to Bethlehem...' They went with haste and found Mary and Joseph and the child... The shepherds returned, glorifying and praising God for all they had heard and seen... *Extracts from Luke 2:8-20.*

DO not be afraid, little flock... *Luke 12:32*

...WHEN [Jesus] saw the great crowds he had compassion on them, because they were harassed and helpless, like sheep without a shepherd. *Matthew 9:36*

'I WAS sent only to the lost sheep of the house of Israel' *Matthew 15:24*

GOD our Father, our shepherd and guide, look with love on your servants Frances our Pope and Gabriel our Bishop. May their word and example inspire and guide the Church, and may all those in their care come to the joy of everlasting life: through Jesus Christ your Son, our Lord. Amen

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‘Your faith has made you well’

Now there was a woman who had been suffering from hæmorrhages for twelve years. She had endured much under many physicians, and had spent all she had; and she was no better; but rather grew worse. She had heard about Jesus and came up behind him in the crowd and touched his cloak, for she said, ‘If I but touch his clothes, I shall be made well.’ Immediately her hæmorrhage stopped; and she felt in her body that she was healed of her disease.

Immediately aware that power had gone forth from him, Jesus turned about in the crowd and said, ‘Who touched my clothes?’ And his disciples said to him, ‘You see the crowd pressing in on you: how can you say, “Who touched me?”’

He looked all around to see who had done it. But the woman, knowing what had happened to her, came in fear and trembling, fell down before him, and told him the whole truth.

He said to her, ‘Daughter, your faith has made you well; go in peace, and be healed of your disease.’

Mark 5:25-34. From the Gospel reading for 1st July, 13th Sunday in Ordinary Time

Our illustration is from ‘The Canaanite Woman at Jesus’ Feet’ by the French painter Jean Germain Drouais (1633-1638) displayed in the Louvre, Paris.