

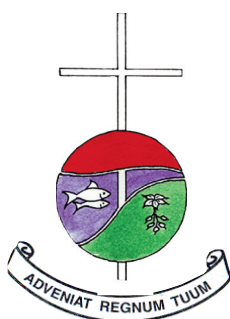
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JUNE / JULY 2017

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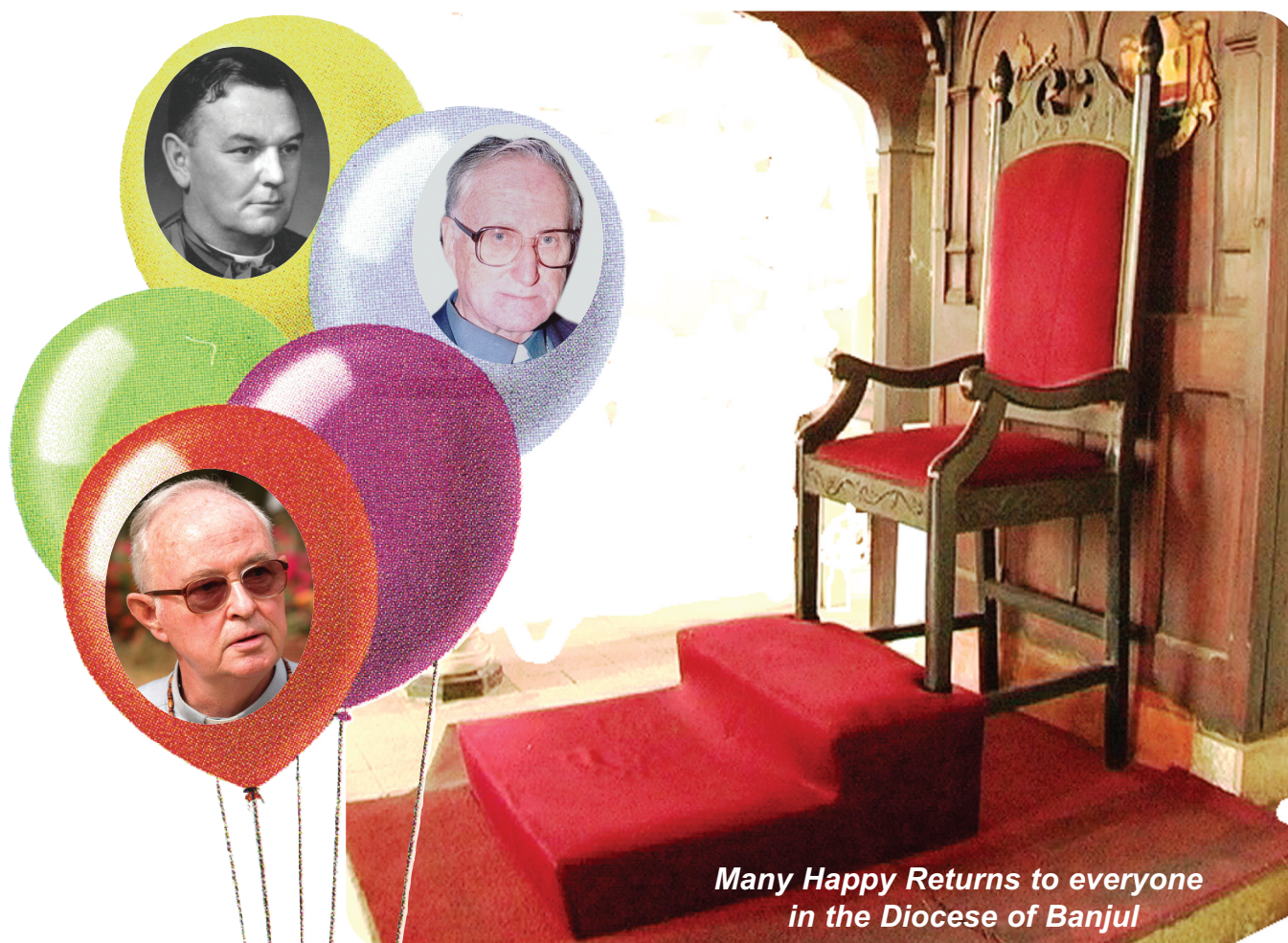


*In June 1957, Pope Pius XII
created our diocese*



The Diocese of Banjul NEWSLETTER

Incorporating The Catholic Newsletter



*Many Happy Returns to everyone
in the Diocese of Banjul*

**Thoughts, prayers and readings
for all the Sundays
in June and July**



embrace the digital
explosion with speed



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By way of introduction

The greatest of joys

THIS is the time of the year when most families and parishes are busy preparing their children to receive their First Communion. I believe that for a Parish Priest to hear the First Confession of children and then give them First Communion is the greatest of joys.

One thinks spontaneously that, since they are so young, the hearts of children will welcome Christ more worthily. There can be a real sense of excitement and joy to see the next generation of Catholics walk solemnly and slightly nervously into a packed church. One of the miracles of this day is that the children often bring with them relatives and family friends who are not regular churchgoers but who want to share in the celebration. I have had instances when Muslims attended the whole ceremony and expressed their joy after Mass. This is a great opportunity for the Parish Priest to share the lovely story of Christ giving us himself in the form of food: his own Body and Blood.

And then there are extra flowers, processions with candles, hymns and readings delivered by the youngsters themselves - and, of course, the dressing-up. A suit and tie or a long African gown for many young boys is something special. For the girls, a pretty white mini-wedding dress can be an absolute thrill. Unfortunately, the dressing-up has become controversial; parents sometimes try to outdo each other in how elaborate their child's outfit is, making those who can least afford such finery a little nervous. And often the dress for some of these innocent young girls is too short and revealing, and the upper parts of their bodies exposed.

Let us not forget that the Eucharist is the culmination of our prayer as Catholics - the constant and visible reminder of

Christ's continued presence among us - so it is not surprising that the day when someone can receive it for the first time is so significant. The focus here is Christ - not the best suit or dress.

Although it comes at the end of an intense year-long course, the day of First Communion should not be seen as a completion of a process, but rather a high-point of an ongoing journey. The Catechism taught us that a sacrament is the 'outward visible sign of an inward invisible grace'. Though the signs happen at a moment in time, we should not imagine that graces from God come just as specific instances. They can be ongoing and enveloping.

For the child and for the community, First Holy Communion Day is a visible moment to celebrate what has led to that point (the nurturing of the child in the life of the Church) and of what will proceed from that point (the renewed and more mature involvement of the child in the life of the Church). If these are missing, no amount of dressing-up can take their place. The child must be led to also understand that the Eucharist is about sharing time, resources and talent. The effect on me in receiving Communion should be to remind me that the graces that I have received are so great (and so undeserved) that I must now share them with those around me, especially those in need.

Remember that the name 'Mass' stresses the very last words of the liturgy. We receive Christ so that we can be 'sent out' to share Christ. As St Augustine put it succinctly: 'Receive what you are: the Body of Christ; become what you receive: the Body of Christ.'

Fr Peter S. Lopez



The world's biggest charity



End Piece, page 28



Water - essential for our survival

page 10



First published Palm Sunday 1976

THE DIOCESE OF BANJUL NEWSLETTER

Incorporating The Catholic Newsletter

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Great day for Jews and Christians

‘PENTECOST’ means ‘fiftieth day’. It refers to the fiftieth day after the great Jewish feast of the Passover – the feast of the redemption of the Jews from slavery in Egypt.

Passover for Christians is the great Paschal Feast when we celebrate the redemption of all mankind from the slavery of sin. At the Christian Passover - Easter, or *Pasch* - we celebrate the world’s liberation achieved through Christ’s death and resurrection.

Fifty days later...

The fiftieth day after Passover - Pentecost - was for the Jews the celebration of the grain harvest. It came also to be associated with the founding of the Jewish nation when the Lord God delivered the Ten Commandments to Moses.

For Christians too, Pentecost is a day which celebrates a foundation. At Pentecost, fifty days after Christ’s Resurrection and ten days after his Ascension, Jerusalem was crowded with people who’d come to keep the feast. The Holy Spirit descended on Peter and the other apostles. They were exhilarated. At once they went out to preach.

The Church was born!

Peter’s message

At Pentecost, in his first sermon, Peter put it thus:

‘This Jesus God raised up, and of that all of us are witnesses. Being therefore exalted at the right hand of God and having received from the Father the promise of the Holy Spirit, he has poured out this that you both see and hear.... Repent, all of you, and be baptised all of you in the name of Jesus Christ, so that your sins may be forgiven, and you will receive the gift of the Holy Spirit; for the promise is for you, for your children, and all who are far away, everyone whom the Lord our God calls to him.’ (Acts 2: 32-33, 38-39)

Pentecost is the climax and conclusion of the Paschal (Easter) Season.

One commentator has described Pentecost as one of the four most important events in human history. The first was creation. The second was the Incarnation of the Son of God in the womb of Mary. The third was the Resurrection, Jesus on the Cross having destroyed death and renewed life.

The fourth was the descent of the Holy Spirit at Pentecost.

Our Birthday!

EPIPHANY, Easter Sunday and Pentecost are the three most ancient great feasts of the Church.

Pentecost is often called ‘the birthday of the Church’, because at Pentecost the Holy Spirit empowered the apostles to preach the Gospel.

The apostles were ‘ordinary’ men - more ‘ordinary’ in many ways than many of us. But the Spirit transformed them. And in this apostolic tradition the message of the Church has been proclaimed everywhere, ever since. It’s a message for all mankind. The Holy Spirit animates the Church, and each one of us.

In the power of the Spirit, let us not hesitate to show everyone that the risen Christ is Lord, and that his Body the Church provides the way to life eternal that Christ has opened for us.

*COME, O Holy Spirit of God, and make within us your dwelling place and home.
May our darkness be dispelled by your light, and our troubles calmed by your peace.
May all evil be redeemed by your love, all pain transformed by the sufferings of Christ,
and all dying glorified in his risen life. Amen*



The Pope’s Prayer Intentions

June

That national leaders may firmly commit themselves to ending the arms trade, which victimises so many innocent people.

July

That our brothers and sisters who have strayed from the faith, through our prayer and witness to the Gospel, may rediscover the merciful closeness of the Lord and the beauty of the Christian life.

Here & there

NEWS FROM AROUND THE DIOCESE

Gambian Christians give thanks



'O GIVE thanks to the Lord, for he is good; for his loving kindness is everlasting.'

This verse from the First Book of Chronicles provided the theme for the National Day of Prayer and Thanksgiving at the Independence Stadium, Bakau, on Saturday 25th March. The memorable and colourful event, held between 4 and 7 pm, was attended by thousands of Christians of all denominations.

It followed two previous Christian gatherings at the stadium last year, when during a time of crisis prayers were offered for peace, justice and freedom in this country, with religious liberty for all. This third great Christian event in the stadium, by contrast, had a celebratory air - so much having been achieved since last year by the will of the Gambian people.

The inter-denominational character of the event was shown by the participation of the Chairman of the Gambian Christian Council, Bishop Robert Ellison, together with

Bishop James Odico and Canon Jacob Okiki Cole of the Anglican Mission, and Bishop Hannah Faal-Heim of the Methodist Mission.

Prayers were also led by Pastor Seal Sylvester Jammeh, Pastor Dominic Dacosta, Pastor Edward Jatta and Sister Begay Jabang.

The organisers were the Gambian Christian Council, with contributions from sister churches, including the Omega Church, the Redeemed Christian Church of God, Lighthouse Chapel International, Christian Mission Fellowship, and Youth for Christ.

The readings and singing reflected the wide spectrum of Christian worship in The Gambia in English, Wolof, Mandinka and Krio.

For Catholics and Anglicans, Saturday 25th March was the feast of the Annunciation, and the *Magnificat* was sung in Wolof. Solo songs were offered by Harry Nicol, Humis Sambou and Marie Bass Gomez.

President Adama Barrow was represented by the Minister of Fisheries and other ministers.

A vote of thanks by the General Secretary of the Gambian Christian Council, Julius T. Freeman, was followed by the blessing by heads of churches.

The Gambia Christian Council

MEMBERS of the Gambia Christian Council, established in 1966, are the Anglican, Catholic and Methodist churches. Affiliate members include the YMCA, YWCA, the Baptist Mission and over 50 evangelical churches.

The council is recognised by the Government, which charges it to register all Christian bodies in The Gambia.

The council's objectives are three-fold: *to provide for dialogue on faith and practice between the member churches; to provide a stimulus for creative thinking on such matters; and to initiate and implement development projects which can best be undertaken co-operatively.*

The council's present executive consists of Bishop Robert Ellison (Chairman); Bishop James A.Y. Odico; Bishop Hannah C. Faal-Heim; Julius T. Freeman (General Secretary); James W. Davies (Vice Chairman); and Arnold K. Janneh (Treasurer).



Finance Committee's first AGM

THE DIOCESAN Finance Committee's first Annual General Meeting was held at GPI from Thursday 17th to Saturday 29th April.

Various 'key stakeholders' took part in the AGM. They discussed their performance, and how the Bishop's Office could 'better partner' with them.

The finance committee has produced mechanisms to prepare accounts and the running of the diocese in a more professional manner, and in line with Canon Law.

Remembering Fr Joseph Gough

A REQUIEM for Fr Joseph Gough CSSp was held at St Therese's Kanifing on Monday 27th March.

Present were Bishop Robert Ellison, nineteen other clergy, and a large congregation. The principal celebrant was the District Superior of the Spiritans in The Gambia, Fr Michael Gomez CSSp.

Three of the clergy present at the Requiem - the Bishop, Fr John Sharpe and Fr Peter Suttle - are the last remaining of the Irish Spiritans who for over a century and a half provided missionary priests for The Gambia.

The homily was given by Fr Anthony Gabisi, who in 1981 was one of the first two Gambian priests to be ordained in modern times; the other being Fr Peter Gomez.

Fr Gabisi pointed out that a priest has to be all things to all men and women: to Catholics, whether practising or non-practising; to other Christians; and to those of other faiths. People would have many memories of Fr Gough as priest, teacher, principal, sportsman and coach.

Fr Gabisi quoted from St Paul's First Letter to the Thessalonians (4:15): 'We would not have you ignorant, brethren, as others who have no hope...' and pointed to resurrection of Jesus as offering eternal life to those who accept him as the Way, the Truth and the Life.

Service in The Gambia from 1972



Fr Joseph Anthony Gough was born in Kilkenny, Ireland, in 1944. He was ordained in 1971, and from 1972 served in The Gambia at the newly-opened Junior Seminary in Fajara. In September that year he joined the staff of St Augustine's High School, becoming Principal in 1978. During five years in his charge, St Augustine's achieved the country's best-ever 'O'-level results, and was outstanding in sport.

On his return to Ireland, Fr Gough taught at Blackrock College in Dublin, with working visits each summer to a parish in New York State. With The Gambia always in mind, he raised funds for sports, becoming a major benefactor, and often visited this country. His last such visit was three years ago.

Fr Gough's death in Dublin on 21st March followed a long and debilitating illness.

Since 1888: the pilgrimage to Popenguine



THOUSANDS of Senegalese Catholics and others, including a large contingent of Gambians, will converge on the Monday after Pentecost – Monday 5th June - at the Shrine of our Lady at Popenguine, on Senegal's Petite Côte, for the annual pilgrimage.

In 1887 - 120 years ago - Bishop Mathurin Picarda visited the Holy Ghost Fathers in Guéréo, Senegal, to baptise their first 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 North-West France, he decided to designate a famous Black Madonna from the neighbouring province of Normandy, *Notre Dame de la Délivrande*, as patron of the shrine he wanted to see built. A Norman benefactor provided a replica statue. It was installed on 22nd May 1888, the Tuesday after Pentecost, with a great procession.

During the following century the shrine at Popenguine suffered many closures and setbacks: a building collapse, 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 primarily Muslim, but the Catholic faith and devotion to Our Lady of Deliverance persisted.

A new church was built, dedicated in 1988 to the Immaculate Conception of the Most Holy Virgin Mary and proclaimed a minor basilica in 1991 at the request of Cardinal Hyacinthe Thiandoum, Archbishop of Dakar and a native of Popenguine.

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

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 cliff-side shrine of Our Lady of Deliverance, overlooking the sea.

Many Muslims join in pilgrimage to Popenguine side-by-side with their Catholic brothers and sisters.



Five-day revival meeting

'DRY bones shall rise again' was the theme of five evening revival meetings conducted at St Therese's Lower Basic School Kanifing by a team of priests of the Missionary Society of St Paul (MSP) from Monday 15th to Friday 18th May.

Fr Benedict Mba of Holy Spirit Banjul, Fr Godwin Nnadozie of St John the Baptist. Farfenni. were joined by visiting priests, Fr Cornelius Umoren and Fr Cyracus Ofor, under the banner 'Come and experience salvation, deliverance and breakthrough'.

The Missionary Society of St Paul was founded in Nigeria.

Prayer walk

A PRAYER walk was held from Koina to Banjul from Wednesday 17th to Saturday 20th May, praying for the salvation of souls across The Gambia.

Calendar from June 2017

Pentecost	Sunday 5th June
The Most Holy Trinity	Sunday 11th June
<i>Ordinary Time resumes</i>	<i>Monday 12th June</i>
Corpus Christi	Sunday 18th June
Sacred Heart	Friday 23rd June
Assumption - <i>Sang Marie</i>	Tuesday 15th August
All Saints	Wednesday 1st November
Christ the King	Sunday 26th November
Immaculate Conception	Thursday 8th December
Kunkujang Mariama Pilgrimage	Saturday 10th December

Islamic Calendar (approximate dates)

Ramadan	Saturday 27th May - Sunday 25th June
Eid-ul-Fitr (<i>Koriteh</i>)	Monday 26th June
Eid-ul-Adha (<i>Tobaski</i>)	Friday 1st September

Catholic Relief Services' generous gift



CATHOLIC Relief Services has given a much-needed printing machine to the Gambia Pastoral Institute. It will be used to print *The Diocese of Banjul Newsletter* and the many funeral and other programmes produced by GPI.

This generous assistance came only a few months after CRS had presented the Communications Department at GPI with two high-definition cameras.

Receiving the printer on Friday 12th May, Fr Peter Lopez, Director of GPI, assured CRS that it would enable the Printing Department to boost its output.

Joanna Mendy, representing CRS, pointed out that CRS seeks to help other parts of the Church, so that the Church may go forward. She expressed thanks to God, and thanked donors for supporting CRS.

Fr Emil Sambou, Vicar-General, thanked CRS on behalf of the diocese.

OBITUARY



Mrs Elizabeth Sylva Lopez: loving mother

Fr Peter Lopez writes:

Early on Easter Sunday morning April 16th, as I was celebrating Holy Mass, my Mum passed from this world to the next.

She had been a strong believer in the words of Jesus: 'Whoever lives and believes in

me will never die'.

She died on the Day of the Resurrection, rising to new life with Christ. Her life was enriched by her faith and complete dedication to the Church. She simply taught all her children to be close to Christ and to the church.

Mrs Elizabeth Sylva Lopez, fondly called *Ya Eli*, was born in Banjul on 28th May 1930 to Pierro Sylva and Harriet Sylva. She attended St Joseph's School, Banjul. She married the late Simon Alexander Lopez in 1962 at the Cathedral of Our Lady of the Assumption.

She was a trained nurse, and worked in the Royal Victoria Hospital, and Bansang and Farafenni hospitals. After her

retirement she continued to help in the delivery of babies in her neighbourhood - some of whom are now responsible citizens of this nation.

She was a 'people-person', and greatly cherished her relatives. Her loyalty to friends and family will always be remembered. She was a lovely woman who lived a simple life-style, full of humour.

Last year I asked Ya Eli, 'Can I get you a walking-stick?' She replied 'Wait till I am old.'

She was a devoted member of St Martha's Society, the Legion of Mary and the Catholic Women's Association at St Therese's Parish, Kanifing.

Our memories of her will always be engraved in our hearts. She was a loving and caring mother with great generosity and hospitality. Her appetite for life, mixed with her great love for her children, cannot be forgotten.

She is survived by her sisters and brother, children, nieces, nephews, grandchildren and great-grandchildren.

She will be fondly remembered by all who knew her.

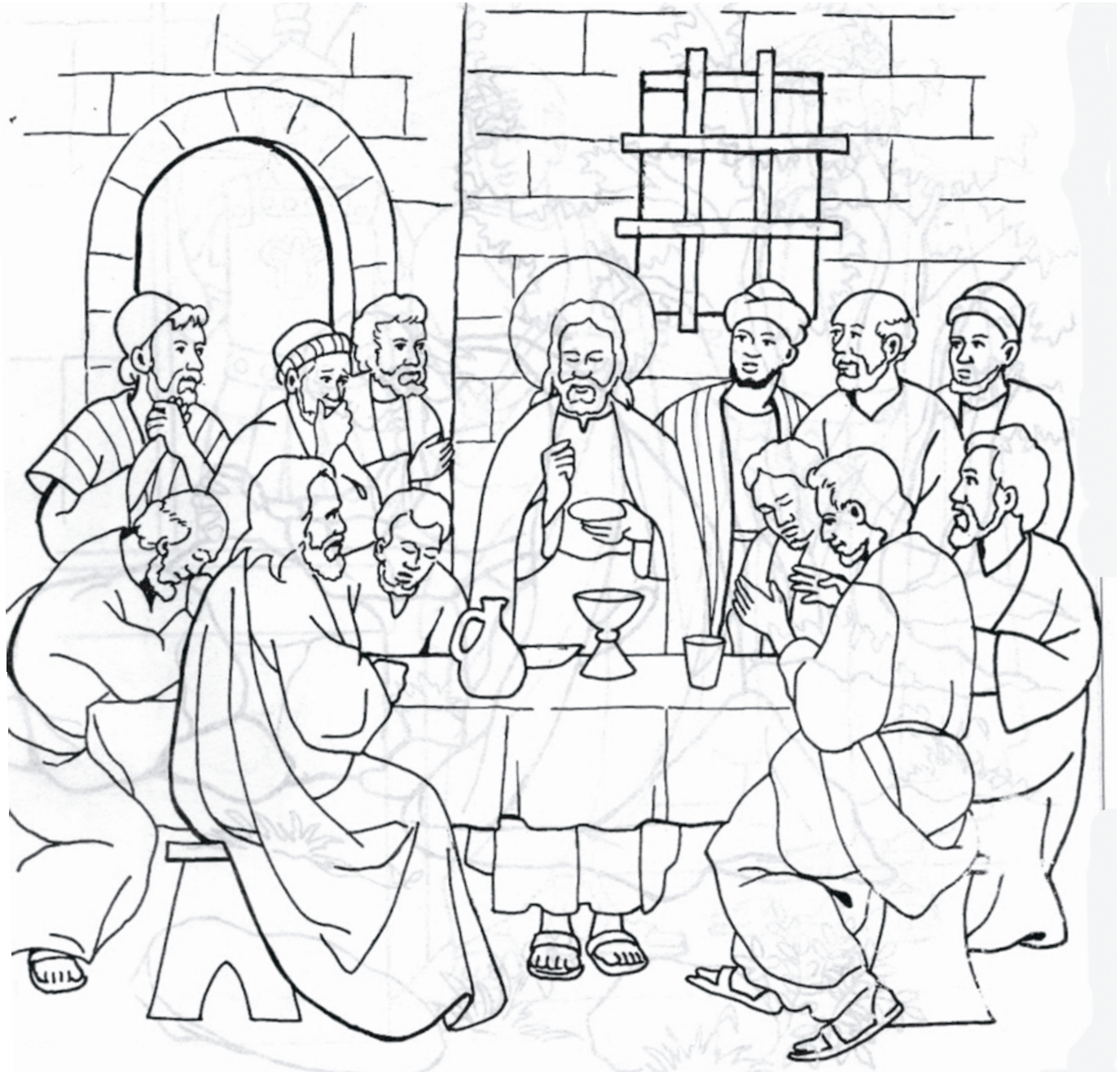
Ya Eli's Requiem Mass was celebrated at St Therese's Kanifing on Thursday 20th April, followed by interment at Old Jeshwang Cemetery.

May her soul rest eternally in peace, and may the angels welcome her to Paradise.



CHILDREN'S PAGE

Here is a
picture for you
to colour



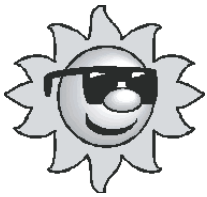
Jesus sat with his closest friends in an upper room to celebrate the Passover.

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 blesses them.

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



Fee moi Gambia

A matter for concern

ON all five continents, governments, pressure-groups and countless individuals are increasingly concerned about 'dirty air' – the emission of noxious fumes from vehicles, especially from diesel cars. There are urgent calls for such pollution to be cut down, even for the banning as soon as possible of diesel vehicles.

What of our own situation?

If you travel along a crowded highway - for instance, towards Lamin from Westfield - you will see as well as smell enormous quantities of foul emissions from exhaust pipes. This cannot be good for anyone's lungs. Drivers and cyclists who regularly use such roads are surely at risk of respiratory damage - not to mention our friends the police on traffic duty.

I hope the public and the authorities are concerned.

In the meantime, cyclists should consider the use of masks - which may look comic, but do trap some of the pollution.

As for youngsters practising long-distance running along our most polluted roads - don't they know they'd be much better off on the beach or on quiet side roads?

Open to all

I'VE been shown an Anglican parish magazine from a remote rural area. Few organisations in Britain like to thought of as exclusive, and the Rector (parish priest) in his opening article, states:

'We extend a special welcome to those who are single, married, divorced, widowed, straight, gay, confused, well-heeled or down-at-heel. We especially welcome wailing babies and excited toddlers.

'We welcome you whether you sing like Pavarotti [a celebrated opera singer] or just growl quietly to yourself. We don't care if you're more Christian than the Archbishop of Canterbury, or haven't been to church since Christmas ten years ago.

'We extend a special welcome to those who are over 60 but not grown up yet, and teenagers who are growing up too fast.

'We welcome keep-fit mums, football dads, starving artists, tree huggers, latte [coffee] sippers, vegetarians, junk food eaters.

'We welcome those who are in recovery or still addicted. We welcome you if you're having problems, are down in the dumps or don't like organised religion. We're not that keen on it, either. We welcome those who think that the Earth is flat, work too hard, don't work, can't spell, or because Granny is visiting and wanted to come to church.

'We welcome those who are inked [tattooed], pierced, both or neither. We offer a special welcome to those who could use a prayer right now, had religion thrust down their throats as kids, or got lost on the Ring Road and wound up here by mistake.

'We welcome pilgrims, tourists, seekers, doubters - and you.'

If the Rector's long list were even longer, I suppose it could cover every saint and every sinner on the planet.

Our own clergy in The Gambia would no doubt agree that the Church should welcome everybody in the name of Jesus, because Jesus welcomes everybody.

But wanting to grow closer to Jesus would surely mean that some of those listed by the well-intentioned Rector would need to change their ways. (Just as we all do!)

Promoted!

THE LATE Reg Pye would, I hope, be amused to hear that, according to an announcement in a newspaper, the street in Banjul named after him is 'Reverend Pye Lane'.

Mr Pye spent many years in this country, beginning as a Methodist missionary, though he wasn't an ordained minister. He became head of the Methodist Boys' High School, then Vice Principal of Gambia High School.

In later years he worked in the book room at Muslim High School.

Limited damage

TWO policemen were called to an accident. When they arrived on the scene they found that the hit-and-run victim had suffered a broken leg.

'He'll be all right,' said one officer to the other. 'I'll wait here for the ambulance, and you go and break the news to his wife. But try not to alarm her. Tell her gently.'

Off went the second officer. He arrived at the victim's house, where the door was opened by his wife.

'I'm sorry to tell you, Madam,' said the officer gently, 'but part of your husband has been run over.'

Opinions galore

I TAKE it that though the main function of newspapers is to provide news, they also perform a valuable service in airing writers' and readers' views on current events.

But the 'opinion' side of things can be overdone. I have before me a 16-page newspaper. The front page is divided between advertisements and huge headlines. The headlines relate to just one page of news. The rest of the paper is given over to five pages of advertisements, one page of sport and another of 'entertainment' – and no fewer than *seven* pages of opinion.

As for news, our papers have always been thin on reporting. It's easier to fill a paper with comments than to employ well-trained and reasonably well-paid reporters.

Newspaper editors are no doubt relishing their new freedom of speech. If pages of opinions, rather than actual news, are what most or many readers want, well done.

But I rather doubt it.

'Not a hospital case'

I've a friend who's concerned about a small shop-keeper who for some weeks has been troubled with a swollen foot.

Instead of seeing a doctor, or at least a pharmacist, the sufferer says, 'This is not a hospital case,' and is about to take himself off to a traditional healer.

It's evident that many people have more trust in traditional healers than in modern medicine.

I hope that one way or another, the man gets better.



family circle

Water - essential for our survival

YOU may have given up alcohol last Lent, but you certainly didn't give up water - otherwise you wouldn't be reading this article!

Water makes up 50-70 per cent of an adult's total body weight. So without regular top-ups, our body's survival is limited to a matter of days.

Water is essential for the body's growth and maintenance. For example, it helps get rid of waste, regulates temperature, and provides a medium for biological reactions in the body.

Water is lost from the body through urine and sweat, and must be replaced through the diet. If you don't consume enough water, you can become dehydrated, causing headaches, tiredness and loss of concentration.

Chronic dehydration can contribute to a number of health problems, such as constipation and kidney stones.

How much water do we need?

The body gets water from three sources:

- Drinks: either plain water, or as part of other beverages, including tea, coffee and soft drinks.
- Solid foods, especially fruit and vegetables. Even foods such as bread provide small amounts of fluid.
- Chemical reactions within the body,

Most healthy adults need between one-and-a-half to three litres of water every day. Aim to drink six to eight medium glasses of fluid daily.

Drinks such as tea, coffee and fruit juices also increase fluid intake, and may supply other nutrients or benefits.

You need more fluid during hot weather and if you're physically active.

You can see whether you're drinking enough by the colour of your urine. If it's a pale straw colour, your intake is probably fine. If your urine is dark yellow, you need to drink more.

How to maintain fluid levels



- Start as you mean to go on, with a glass of water when you wake.
- Find time to make yourself regular drinks during the day. Don't forget that tea, coffee and fruit juices can count. But watch out for the unhealthy amount of sugar in some soft drinks.
- A convenient way of providing fluid when you're on the move or exercising is to keep a bottle of water with you.
- Get into the habit of having a glass of water with every meal.
- The sensation of thirst is not triggered until you're already dehydrated, so it's important to drink before you get thirsty.

- Increase your intake of fresh fruit and vegetables: they have a high water content.

Water as Christian symbolism

Water is essential for almost all plant and animal life on earth. In many religions and cultures it has great symbolic significance, recalling the creation itself. In the very first verses of Genesis, for instance, we are told that, before the earth was formed, 'the Spirit of God moved over the face of the waters'.



Water symbolises purification and refreshment. Jesus called himself 'living water' (John 7:7-14).

Holy water is water that has been blessed by a priest. In some places it is customary to mix salt with the water.

In the Church, water is used for baptism. Holy water is used also at funerals, when the coffin is sprinkled and incensed. Some people like to use holy water at home.

Holy water is kept near the church door in a fixed receptacle known as a stoup. When we enter church we dip our right hand in the stoup and make the sign of the Cross to remind ourselves of our baptism and our life-long commitment to Christ and to his Church. Many worshippers also use holy water in this way when leaving the church.

At the beginning of Sunday Mass, instead of the penitential rite, the priest may sprinkle the people with holy water in preparation for the Eucharist. This rite is known as the *Asperges*, the opening word of Psalm 50.

The use of holy water is what the Church calls a 'sacramental': a use which is like a sacrament, but not counted among the seven great sacraments of the Church.

Some facts about water



- Water comprises nearly 70 per cent of the Earth's surface.
- Water is the only substance on Earth that is naturally found in all its states: solid (ice), liquid (water) and gas (steam or vapour). Ice floats on liquid water because it is about 9 per cent lighter.
- 75 per cent of your brain and 25 per cent of your bones are made up of water.
- A human being can go without food for a month, but can go without water for only one week.
- A normal human being should drink one-and-a-half to three litres of water each day. But millions of people on the planet do not have access to safe drinking water.
- Once you drink water, it leaves your stomach in about five minutes.

NB!!

*Before handling food, and after using the toilet - always **WASH** your **HANDS***



Beautiful and bountiful

SINCE time immemorial, trees have been the most prominent living feature of any natural setting apart from the polar regions.

Trees are the backbone of life as we know it. They conserve water. They control pollution. They protect the very earth itself. They are nature's oxygen banks, air cleaners, rain-bringers and erosion-preventers. And they are beautiful.

Trees bring us shade, shelter and privacy. Their wood builds houses, bridges and boats. Their fruits help feed, furnish and comfort us. Their dead tissue has been transformed over the ages into the fossil fuels of coal, gas and oil that provide energy for industry and make it possible for us to travel by land, sea and air.

Apathy and ignorance

Trees supply us indirectly with so much that sustains human life; yet for generations we have cut them down without replacement, without a thought for the future.

Already, entire regions have been denuded of their natural forests. The resultant atmospheric pollution of carbon dioxide (which trees would have converted into life-giving oxygen) is causing scientists, planners and politicians great concern.

The Church is also increasingly concerned, for she regards mankind as stewards of God's creation. By continuing to despoil the natural environment, we are causing changes to the world climate which could ultimately lead to the end of the habitat on which human life depends.

This rainy season, plant at least one tree!

'Don't do that!'

MANY parents often shout at their children.

And many children can tell you that they're shouted at several times a day - sometimes at school, sometimes at home.

There are times when we do need to shout at our children: if they're in imminent danger, for example.

But at other times it's much better to explain to children why we want them to do this or that, or to stop doing this or that.

Shouting should be rare, because it shows impatience or loss of temper. Much better is quiet explanation and reason. The ideal mother, father and children trust each other.

A parent's good manners, warmth and kindness show children the best way - the Christian way - of family life.

And don't forget family prayers. 'The family that prays together, stays together.'



A red-letter day in every respect?

SUNDAY 18th June - Corpus Christi - will be a red-letter day for many Catholic families as their children receive First Communion.

The boy or girl who is to receive Communion for the first time has been carefully prepared by the Church. But for some families the great day is not so much about the Church as about the home - the food and drink, the happy guests, the music and dancing.

It involves a lot of planning and expenditure. No family wants a First Communion party that's inferior to that of the neighbours.

But the party is soon over. Life returns to normal, and 'normal' in some families does not extend to attending Mass every Sunday.

Happy and fortunate, the new communicants who come from families who observe the Catholic faith with regularity and joy.

But some new communicants receive little encouragement in the family to partake of Communion each Sunday. So their spiritual life languishes. They are baptised children of God, entitled to receive Christ in Holy Communion, but not yet truly close to him.

The best way for adults to encourage faith and good practice in their children is to live the Catholic faith day by day in the home: daily prayers, co-operation and respect, regular participation in Sunday Mass.

For those children who do not receive such encouragement in their family, it is important that they feel truly welcome and at home in church, and see that adult worshippers are devout and happy; that the Mass is the summit of their Christian identity and faith.

Loving Lord Jesus, grant that our young people receiving Holy Communion for the first time may find in you their greatest Friend and Saviour.

May they be faithful to you and your Church Sunday by Sunday, and reverently receive you in Holy Communion with growing thankfulness and joy.

We pray also for their families and friends, that they may find in your Church strength, comfort and companionship, and seek to serve you and their neighbour in the name of Christ the Lord. Amen



Don't drop litter!
Help keep your
neighbourhood
and the nation clean



Gambian Christian Anniversaries

June and July

EIGHTY-FIVE years ago, on 13th July 1932, Fr Joseph Charles Mendy, regarded by many Christians and Muslims as a saint, died in Banjul.

Twelve years before, in June 1924, Fr Mendy had been ordained by Bishop Le Hunsec of Dakar. It was the Banjul's first ordination; moreover, that of a native of the city.

Fr Mendy was a man of intense interior life. Accounts of his holiness and charity are numerous. He never turned the needy away. Sometimes, even when his own needs were not sufficient, he would give mission property to the poor. He was described as a living example of obedience to Christ's injunction: 'Go, sell all that you have, give it to the poor, then come, follow me.' (Mark 10:21)

From the start of 1932 Fr Mendy was unwell, but did not speak of it to anyone. By 12th July his pain was intense. A doctor was sent for. He diagnosed a blockage of the intestine, and insisted on an immediate operation. Fr Mendy reluctantly consented. The operation was performed, but the illness was too far advanced. Twelve hours later, at 2 am on 13th July, Fr Mendy died in great pain, having received the last rites 'with wonderful devotion'.

Many Catholics, Protestants and Muslims attended Fr Mendy's funeral. The Mission journal recorded: 'The Mission has lost in Fr Mendy a hard worker and a good missionary.'

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 deathbed 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 (see above). 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 silver jubilee as a priest. Fr Meehan had arrived in The Gambia in 1905, and been Superior since 1908.

20th June 1937 (80 years ago): In Dublin, ordination to the priesthood of Fr Michael Moloney CSSp (later, First Bishop of Banjul).

9th June 1949: Edward Lloyd-Evans was 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.

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: Work began on building the Cathedral tower.

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

27th July 1973: Departure of Fr Seamus Fleming, who since his arrival in 1962 had mainly worked around Basse and Bwiam.

19th June 1977 (40 years ago): Departure of Fr Thomas Tarmey, who had first arrived in 1959.

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 (20 years ago): Opening of the new St John the Baptist Church Farafenni.

24th June 1997 (20 years ago): Opening of Holy Trinity Kafuta.

21st June 1998: 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 to 57. From 1951 he was Anglican Bishop of Gambia and the Rio Pongas.

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

29th July 2003: 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 Boafu CSSp bade farewell to the people of Bakau, where he had spent 10 years as Parish Priest.

28th June 2007 (10 years ago): Bishop Robert Ellison appointed a Diocesan Finance Committee to serve for five years.

5th July 2007 (10 years ago): Death of Edward Paul Mansal, who had retired in July the previous year as Principal of St Edward's Senior Secondary School.

5th-8th June 2008: Visit to The Gambia of Cardinal Théodore-Adrien Sarr, Archbishop of Dakar.

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

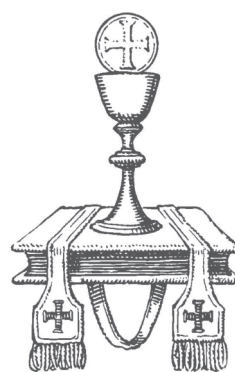
15th May 2010: Bishop Ellison presented certificates to the Revd Norman Grigg, newly-designated Methodist Bishop, T.G.G. Senghore, Catholic layman, and Christine Faye, the bishop's housekeeper and the longest-serving employee of the diocese.

8th June 2010: Fr Matthias Murphy CSSp 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 Church in The Gambia, succeeding Bishop Norman Grigg.

During June 2011: Fr Seán Devereux of St Kizito's Bakoteh and Fr Jean-François Diagne 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: At GPI, T.G.G. Senghore spoke on the history of the Catholic Mission in The Gambia.

14th June 2015: Death in Mali of Alhassane Diarra, former driver at GPI.

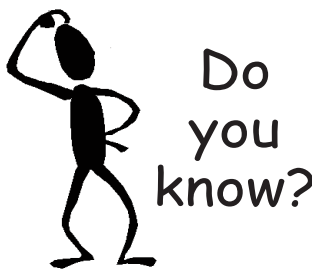
8th-17th June 2015: Visit of a former priest at Basse and Bansang in the late 1980s and early 90s, the Rt Revd John Kwofie

CSSp, now Bishop of Sekondi-Takoradi, Ghana.

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

26th June 2016: Fr Peter Lopez, formerly Parish Priest of Blessed Sacrament Kanifing Estate, blessed four bells erected at the church.

All 20 questions in our expanded 'Do you know?' quiz in this issue relate to the Diocese of Banjul, now celebrating its 60th Anniversary



- 1 Where are the boundaries of the Diocese of Banjul?
- 2 Name the Pope who created the diocese in 1957.
- 3 What is the meaning of Bishop Cleary's motto, *In te confido*?
- 4 In which year was the December pilgrimage to Kunkujang Mariama inaugurated?
- 5 Where was the first Bishop of Banjul episcopally ordained?
- 6 How many Popes have ruled the Church since the creation of the Diocese of Banjul?
- 7 When and where were Fr Anthony Gabisi and Fr Peter Gomez ordained?
- 8 Which parish is the largest in the diocese?
- 9 Which diocese is the southern neighbour of the Diocese of Banjul?
- 10 Name the patron saint of the Diocese of Banjul.
- 11 What is the motto of Bishop Robert Ellison?
- 12 Who was the first Director of the original Junior Seminary in Fajara?
- 13 How many Gambian priests are currently serving in the diocese?
- 14 Which is the oldest parish in the diocese?
- 15 When did the Diocesan Assembly take place?
- 16 How many orders of religious sisters are serving in the diocese?
- 17 Which is the youngest parish in the diocese?
- 18 Which Bishop of Banjul formerly worked for many years in Fulabantang?
- 19 Which two priests were the first to be ordained by Bishop Robert Ellison (in 2006) ?
- 20 Which two parishes are named in honour of Ugandan saints?

Answers on page 29

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***Ecce ego vobiscum sum omnibus diebus,
usque ad consummationem sæculi, dicit Dominus***

Behold, I am with you always, even to the end of the age, says the Lord

Sunday Reflections

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



Pentecost

The 'power from on high' that gave birth to the Church

JERUSALEM is one of the world's oldest settlements, dating back to the 4th millennium BC, long before the arrival of the Jews.

'Jerusalem' means 'abode of peace'. But the city has been twice destroyed, 23 times besieged, 52 times attacked, and 44 times captured or recaptured.

Jerusalem became the 'City of David' about 1,000 BC, when King David conquered its inhabitants and made it the capital of his twin kingdom of Judah and Israel.

At the time of Jesus, Jerusalem was much smaller than it is today - smaller than today's Banjul, with about 25,000 inhabitants (as opposed to 740,000 in Jerusalem today).

At the Jewish festivals of Passover, Pentecost and Sukkoth the population of Jerusalem was swollen by up to 500,000 pilgrims from all over Palestine and beyond.

It was at Passover that Jesus was arrested and crucified. Soon afterwards a story began to circulate that he had risen from the dead and had appeared to the inner circle of his disciples.

Forty days later, Jesus took his disciples to a hill outside Jerusalem and told them to preach the 'good news' to the whole world. Then he vanished from their sight.

The disciples returned to Jerusalem. They had experienced the joy and excitement of their Master's resurrection, but were wary of proclaiming it in public, fearing persecution.

Then came Pentecost, the great Jewish festival celebrated fifty days after Passover.

As at Passover, the city was vastly over-crowded. The small, hitherto fearful group of Jesus' closest followers went out into the teeming streets and squares and, led by Peter, began to proclaim that Jesus of Nazareth was the Son of God, risen from the dead.

The apostles told how they had experienced 'power from on high' when the Holy Spirit had descended upon them, banishing their fears and filling them with zeal to preach the Gospel. Many who heard this exhilarating message were converted.

Thus the Church – our Church – was born, and under the continued guidance of the Holy Spirit endeavours to preach Christ crucified and risen as the Saviour of all the world.

See page 4 and illustration and Gospel extract, back page.



Evening of Saturday 3rd June

Mass of the Vigil of Pentecost

Collect

ALMIGHTY, ever-living God, who willed the Paschal Mystery to be encompassed as a sign in fifty days, grant that from out of the scattered nations the confusion of many tongues may be gathered by heavenly grace into one great confession of your name...

Readings: Genesis 11:1-9 or Exodus 19:3-8,16-20 or Ezekiel 37:1-14 or Joel 3:1-5. Psalm 103:1-2,24,27-30,35. Response: Send forth your spirit, O Lord, and renew the face of the earth or Alleluia. Romans 8:22-27

Gospel acclamation: Alleluia... Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.

Gospel: John 7:37-39.

Prayer over the Offerings

POUR out upon these gifts the blessing of your Spirit, we pray, O Lord, that through them your Church may be imbued with such love that the truth of your saving mystery may shine forth for the whole world...

Preface as on Pentecost Sunday - opposite page

Prayer after Communion

MAY these gifts we have consumed benefit us, O Lord, that we may always be aflame with the same Spirit whom you wondrously poured out on your Apostles...

4th June

Pentecost Sunday

Collect

O GOD, who by the mystery of this great feast sanctify the whole Church in every people and nation, pour out, we pray, the gifts of the Holy Spirit across the face of the earth, and with the divine grace that was at work when the Gospel was first proclaimed, fill now once more the hearts of believers...

Readings: Acts 2:1-11. Psalm 103:1,24,29-31. Response: Send forth your spirit, O Lord, and renew the face of the earth or Alleluia. 1 Corinthians 12:3-7,12-13

Sequence

HOLY Spirit, Lord of life, from the clear celestial height, thy pure beaming radiance give.

Come, thou Father of the poor, come with treasures which endure, come, thou light of all that live!



Thou, of all consolers best, thou, the soul's delightful guest,
didst refreshing peace bestow.

Thou in toil art comfort sweet, pleasant coolness in the heat,
solace in the midst of woe.

Light immortal, light divine, visit thou these hearts of thine,
and our inmost being fill.

If thou take thy grace away, nothing pure in man will stay,
all his good is turned to ill.

Heal our wounds, our strength renew, on our dryness pour
thy dew, wash the stains of guilt away.

Bend the stubborn heart and will, melt the frozen, warm
the chill, guide the steps that go astray.

Thou, on us who evermore thee confess and thee adore,
thy seven-fold gifts descend.

Give us comfort when we die, give us life with thee on high,
give us joys that never end.

Latin original

Veni, Sancte Spiritus, et emitte cœlitus, lucis tuæ radium.

*Veni, pater pauperum, veni, dator munerum, veni, lumen
cordium.*

Consolator optime, dulcis hospes animæ, dulce refrigerium.

In labore requies, in æstu temporis, in fletu solacium.

O lux beatissima, reple cordis intima, tuorum fidelium.

*Lava quod est sordidum, riga quod est aridum, sana quod est
saucium.*

*Flecte quod est rigidum, fove quod est frigidum, rege quod is
devium.*

Da tuis fidelibus, in te confidentibus, sacrum septenarium.

Da virtutis meritum, da salutis exitum, da perenne gaudium.

Gospel acclamation: Alleluia... Come, Holy Spirit, fill the
hearts of your faithful and kindle in them the fire of your love.

Gospel: John 20:19-23

Prayer over the Gifts

GRANT, we pray, O Lord, that as promised by your Son,
the Holy Spirit may reveal to us more abundantly the hidden
mystery of this sacrifice, and graciously lead us into all
truth...

Preface

...for, bringing your Paschal Mystery to completion,
you bestowed your Holy Spirit today on those you made your
adopted children by uniting them to your Only-Begotten Son.
This same Spirit, as the Church came to birth, opened to all
people the knowledge of God and brought together the many
languages of the earth by the profession of the one faith.
Therefore, overcome with paschal joy, every land, every
people, exults in your praise...

Prayer after Communion

O GOD, who bestow heavenly gifts upon your Church,
safeguard, we pray, the grace you have given, that the gift of
the Holy Spirit poured out upon her may retain all its force, and
that this spiritual food may gain her abundance of eternal
redemption...

- Easter Time ends -

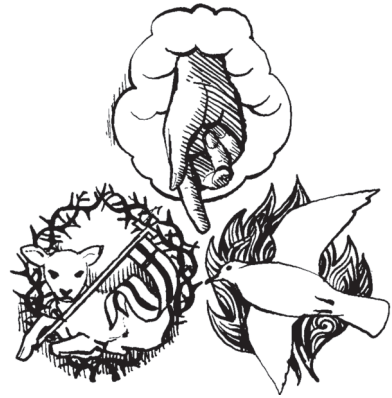
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Sunday 11th June The Most Holy Trinity

The mystery at the heart of our faith

HOW would you
explain to a Muslim
friend - or to someone
merely on the fringes of
Christian belief and
practice - why the
Church in proclaims that
God is Three, and God is
One?



The doctrine of the
Trinity is distinctive and
indispensable to the Christian faith. From the earliest times
the public prayer of the Church has addressed God as Father,
Son and Holy Spirit. In the Church, God has always been
experienced in this way. This lived experience helped the
early Church to understand its faith even before that faith was
expressed in the form of doctrine. (The Church's
understanding of the Trinity was not explicitly formulated
until the Council of Nicæa in the year 325.)

When we begin our prayers, public or private, with
the formula, 'In the name of the Father, and of the Son, and of
the Holy Spirit' we confess the faith of the Church. To live the
Trinitarian faith is to love and trust the Father, the Creator;
the Son, Jesus Christ; and the Holy Spirit, Lord and Giver
of Life. *Glory to the One in Three!*

Collect

GOD our Father, who by sending into the world the Word
of truth and the Spirit of sanctification made known to the
human race your wondrous mystery, grant us, we pray, that in
confessing the true faith we may acknowledge the Trinity of
eternal glory and adore your Unity, powerful in majesty...

Readings: Exodus 34:4-6,8-9. Daniel 3:52-56. Response:
To you glory and praise for evermore. 2 Corinthians 13:
11-13.

Gospel acclamation: Alleluia... Glory be the Father, and
to the Son, and to the Holy Spirit, the God who was, who is,
and who is to come.

Gospel: John 3:16-18

Prayer over the Offerings

SANCTIFY by the invocation of your name, we pray,
O Lord our God, the oblation of our service, and by it make
us an eternal offering to you...

Preface

...for with your Only Begotten Son and the Holy Spirit you
are one God, one Lord, not in the unity of a single Person, but
in a Trinity of one substance. For what you have revealed to
us of your glory we believe equally of your Son and of the
Holy Spirit, in that, in the confessing of the true and eternal
Godhead you might be adored in what is proper to each
Person, their unity in substance, and their equality in
majesty...

Prayer after Communion

MAY receiving this Sacrament, O Lord our God, bring us
health of body and soul, as we confess your holy Trinity
and undivided Unity...

Sunday 18th June Corpus Christi

Our foretaste of heaven

THE MASS, for which we give especial thanks today, is the Church's supreme act of worship. It was given to the Church by Christ himself at the Last Supper: 'Do this in memory of me'. As long as the world endures and the Church endures, the Eucharist will always be offered in praise and thanks so that we may receive Christ in Holy Communion.

The Eucharist is foreshadowed in today's First Reading, from Deuteronomy. The Israelites, on their slow and difficult journey to the Promised Land, were fed by manna - 'bread from heaven'. They often forgot God. They didn't deserve his love and forgiveness. But he was generous in his love, all the same.

The same situation is ours. We too often forget God. We, too, don't deserve his forgiveness. But God is loving and generous. He has given us the light of Christ himself to guide us on life's journey. And we have Holy Communion as our spiritual food.

In this country we are free to practise our faith, and the Church makes the Mass widely available. So we may take the Mass for granted. We may even take Communion casually, without the faith and purity of intention that so holy an act should always entail.

St Paul, in today's Second Reading, reminds us that the Bread and the Cup that we share are a pledge of our unity. In offering the Mass and receiving Communion we are expressing our unity with each other, with our Bishop, with the Pope, with fellow-believers throughout the world and throughout the ages - and with Christ himself. How can we be casual about so great a gift, when Christ tells us (in today's Gospel), 'Anyone who eats this bread will live for ever...'

The Mass is our foretaste of heaven. Let us offer it in thankfulness, faith and reverence. Then let us practise our faith in our everyday lives in the service of Christ and of our neighbour.

Collect

O GOD, who in this wonderful Sacrament have left us a memorial of your Passion, grant us, 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: Deuteronomy 8:2-3,14-16. Psalm 147:12-15, 19-20. Response: O praise the Lord, Jerusalem! 1 Corinthians 10:16-17

The Sequence

Lauda Zion may be said or sung. The short version is given below:

Behold the bread of angels, sent
For pilgrims in their banishment,
The bread for God's true children meant,
That may not unto dogs be given.
Oft in the olden times foreshadowed;
In Isaac on the altar bowed,
And in the ancient paschal food,
And in the manna sent from heaven.



Come then, good shepherd, bread divine,
Still show to us thy mercy-sign,
O feed us still, still keep us thine;
So may we see thy glories shine,
In fields of immortality.

O thou, the wisest, mightiest, best
Our present food, our future rest,
Come, make us each thy chosen guest,
Coheirs of thine, and comrades blest
With saints whose dwelling is with thee.
Amen. Alleluia.

Latin original:

*Ecce panis Angelorum,
Factum cibus viatorum,
Vere panis filiorum,
Non mittendus canibus.
In figuris præsignatur,
Cum Isaac immolator,
Agnus paschæ deputatur,
Datur manna patribus.*

*Bonus pastor, panis vere,
Iesu, nostri miserere:
Tu nos pasce, nos tuere,
Tu nos bona fac videre
In terra viventium.*

*Tu, qui cuncta scis et vales,
Qui nos pascis hic mortales,
Tuos tibi commensales,
Cohæredes et sodales,
Fac sanctorum civium.
Amen. Alleluia,*

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: John 6:51-58.

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...

Prayer after Communion

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

Kaadu Dunda Gi

The Living Word

GRTS every Sunday at 1pm

25th June 12th Sunday of Ordinary Time

'Do not be afraid'

WE may at times feel threatened by life – by people or events, or by our seeming inability to cope. The remedy is faith in the steadfast love of God. Thus, the prophet Jeremiah gave thanks for the deliverance granted by God.

Jesus told his apostles, 'Do not be afraid.'

God knows us through and through: and with Jesus' assurance that we are in God's hands, we need feel no anxiety. Our manner of life should proclaim faith and trust in God and his Son. To deny God's loving care is to be unworthy of the faith.

So let us not be afraid! In today's second reading, an extract from Romans, St Paul assures us, that divine grace, coming through Christ, is an abundant free gift.

Collect

GRANT, O Lord, that we may always revere and love your holy name, for you never deprive of your guidance those you set firm on the foundation of your love...

Readings: Jeremiah 20:10-13. Psalm 68:8-10,14,17,33-35. Response: In your great love, answer me, O God. Romans 5:12-15.

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: Matthew 10:26-33.

Prayer over the Offerings

RECEIVE, O Lord, the sacrifice of conciliation and praise, and grant that, cleansed by its action, we may make offering of a heart pleasing to you...

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

Prayer after Communion

RENEWED and nourished by the Sacred Body and Precious Blood of your Son, we ask of your mercy, O Lord, that what we celebrate with constant devotion may be our sure pledge of redemption...

2nd July 13th Sunday of Ordinary Time

Serving others as Christ served us

AS always, there's much to think about and to learn in today's readings. God is love, and shows us this in his Son, who shared our human condition so that we might come to share his life with the Father.

It should not surprise us that Jesus invites us to take part in



his ministry. If we put him first, even before family, we will always seek, like him, to serve others. This service in Jesus' name may involve the sort of generosity (as related in today's first reading) that the woman of Shunem offered to the prophet Elisha. Or (as Jesus told the apostles) just offering a cup of water. In daily matters, large or small, let us heed St Paul's advice: let us be 'alive for God in Christ Jesus'.

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: 2 Kings 4:8-11,14-16. Psalm 86:2-3,16-19. Response: I will sing for ever of your love, O Lord. Romans 6:3-4,8-11.

Gospel acclamation: Alleluia... Open our heart, O Lord, to accept the words of your Son...

Gospel: Matthew 10:37-42

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 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...

9th July 14th Sunday of Ordinary Time

'I will give you rest'

TODAY'S Gospel begins with Christ praising God the Father for his 'gracious will' in revealing himself to mankind. We might expect God to reveal himself above all to the wise and learned. But Jesus taught his followers that God shows himself to the humble and sincere - 'mere children'.

Jesus embodied a uniquely intimate relationship with the Father. 'No one knows the Son except the Father, and no one knows the Father except the Son, and anyone to whom the Father reveals him.'

How can we reconcile this heart-warming message with Jesus' warning to his disciples (Matthew 24:9), 'They will deliver you up to tribulation and put you to death'?

From Jesus' time to our own, many Christians have been persecuted for their faith (think of today's Middle East, for example). And of course, even in peaceful lands like our own, where we practise our faith without hindrance, Christians are not immune from personal uncertainties, pain and grief. Indeed, Christ's saints are not those whose lives lack suffering. They are those who, whatever their situation, place their trust in him, and have experienced the inner comfort, joy and peace of knowing that, come what may, Jesus will lead them to fulfilment.



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: Zechariah 9:9-10. Psalm 144:1-2, 8-11,13-14. Response: I will bless your name for ever, O God my King. Romans 8:9,11-13.

Gospel acclamation: Alleluia...Blessed are you, Father, Lord of heaven and earth, for revealing the mysteries of your kingdom to mere children.

Gospel: Matthew 11:25-30

Prayer over the Offerings

MAY this oblation 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 for Sundays 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...

16th July 15th Sunday of Ordinary Time

The Sower and the Seed

FOR the next three Sundays, Jesus speaks in the Gospel about the Kingdom of God, using images drawn from the work of the farmer.

Gambian farmers are now well into the annual cycle of preparing the soil, sowing the seed, tending the growing crops and praying for a good harvest. So today's First Reading and Gospel should strike a chord in this country, where we still greatly depend on agriculture.

Isaiah points out that just as rain waters the earth, making it fertile, so God's word, planted in men's hearts, will bear fruit. And the Gospel is the well-known parable of the sower.

Jesus points out that God's word may be impeded by our misunderstanding, shallowness and materialism. So, we may ask, is the word of God fruitful in us, today's Christians? Or do we - despite our prayers and Sunday Mass - allow 'worldly anxiety and the lure of riches' to stultify it? Are we 'good soil' in which the word of God is taking root, so that we will, in God's time, reap a good harvest?

Let us, like St Paul (in today's Second Reading) fix our eyes on 'the glory to be revealed to us'.

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 profess are accounted Christians the grace to reject whatever is contrary to the name of Christ and to strive for whatever does it honour...

Readings: Isaiah 55:10-11. Psalm 64:10-14. Response: Some seed fell into rich soil and produced its crop. Romans 8:18-23



Gospel acclamation: Alleluia...Speak, Lord, your servant is listening; you have the message of eternal life.

Gospel: Matthew 13:1-23

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 for Sundays in Ordinary Time.*

Prayer after Communion

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

23rd July 16th Sunday of Ordinary Time

Getting rid of the weeds

OUR First Reading today points out that God is a God of justice and mercy, and that we obtain his forgiveness by the way we treat others.

Jesus, in the Gospel, continues to teach in farming terms. Those who till the soil know that if they want a good crop they must eradicate weeds. And we all know that a good deal of what we work and hope for is choked by weeds: our own sins and the bad deeds of others.

But God is a God of justice. In his good time - the time of harvest - he will eradicate and burn the weeds. We should work, then, in hope of a good harvest. There are no limits to what God's Kingdom can achieve. From the smallest of seeds can grow a mighty tree.

**Collect**

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

Readings: Wisdom 12:13,16-19. Psalm 85:5-6,9-10,15-16. Response; O Lord, you are good and forgiving. Romans 8:26-27.

Gospel acclamation: Alleluia... May the Father of our Lord Jesus Christ enlighten the eyes of our mind, so that we can see what hope his call holds for us.

Gospel: Matthew 13:24-33

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 for Sundays 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...

30th July 17th Sunday of Ordinary Time

The time of harvest

THE FIRST reading today concerns a dream of King Solomon.

God asked Solomon what gift he would like. He pleased the Lord by not asking for long life and riches, but for the wisdom to discern good from evil, so that he could govern his people justly.

In the Gospel reading, we hear Jesus speaking again of fields and the harvest, and of the harvest of the sea.

The harvest can be mixed; just as the fisherman finds all kinds of fish in his net and throws out what's not of value, so God's angels will identify the good from the bad.

Jesus advised the Jews of his time that they should accept his teaching - the new covenant between God and man - just as they had accepted the teachings of Moses and the prophets: the old covenant.

The Kingdom of God is so precious that we should seek it above everything else.



Collect

O GOD, protector of those who hope in you, without whom nothing has firm foundation, 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 ever endure...

Readings: 1 Kings 3: 5,7-12. Psalm 118:57,72,76-77,127-130.. Response: Lord, how I love your law! Romans 8:28-30

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

Gospel: Matthew 13:44-52

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 for Sundays 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 beyond all telling, may profit us for salvation...



? Question Box

Is it true that cleanliness is next to godliness?

'CLEANLINESS is next to godliness.' Untidy children are often told this by their parents and teachers. It sounds like a very old saying, perhaps from the Bible. Yet it's been traced back only as far as a sermon by John Wesley, published in 1788.

Wesley was an English clergyman whose evangelistic fervour led him to break from the Church of England and establish the Methodist Church. He travelled widely, preaching in the open-air. Most of his hearers were poor people, all-too-accustomed to dirt and grime in their houses, workplaces and the streets. Wesley wanted to encourage them to be clean and neat when they came together to worship the Lord.

The tradition is preserved, some might say, among today's Methodists, known for their tidy and conventional dress when they attend church.

Dress in Catholic churches is more varied - from the formal to the casual. But, as some parish priests and parish councils have pointed out, those who attend Mass should be neatly-dressed. (Some would add that dressing extravagantly, as though church-going were a fashion-parade, is as inappropriate as dressing carelessly or too informally.)

Can we apply Wesley's dictum more widely? If we seek to grow closer to the Lord, should we take care that our environment, as well as our person, is as clean and tidy as we can make it?

Consider the account of creation in Genesis: 'God saw everything that he had made, and indeed it was very good' (Genesis 1:31). We are stewards of God's creation on Earth, and should surely thank him by taking care of the beauty and bounty of the world about us.

Politicians, administrators and scientists - and nowadays, the Church - increasingly draw our attention to 'green issues': the importance of respecting and preserving the natural world around us, and averting global warming. Christians pray that mankind may respect God's world, while seeking in our own lives and surroundings to be 'clean and decent'.

Even more important than outward cleanliness, we should be clean within. Our Lord said, 'Out of the heart come evil intentions... These are what defile a man; but to eat with unwashed hands does not defile' (Matthew 15:19-20).

- 'Let it be observed that slovenliness is no part of religion; that neither this, nor any text of Scripture, condemns neatness of apparel. Certainly, this is a duty, not a sin. Cleanliness is, indeed, next to godliness.' John Wesley, 'Sermons on Several Occasions' (1788) Sermon 88.

- Catechism of the Catholic Church 2415: 'The seventh commandment enjoins respect for the integrity of the environment... Use of the mineral, vegetable and animal resources of the universe cannot be divorced from respect for moral imperatives. Man's dominion over inanimate and other living beings is not absolute; it is limited by concern for the quality of life for his neighbour, including generations to come; it requires a religious respect for the integrity of creation...'



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MEMORIES OF 60 YEARS

MANY long-time Gambian Catholics have vivid memories of their local church – the Diocese of Banjul - now celebrating its 60th anniversary. Here are a few items recalling happy days for our bishops, clergy and faithful.

‘The laity *are* the Church’

**Bishop MICHAEL CLEARY on the vital role of the laity
His statement at the Synod on Africa, Rome 2005**

THE MOST important teaching of Vatican II was the vision of Church as community. It is this vision that should determine our pastoral priorities. The place and role of the laity is paramount: they are the Church, and their mission is the mission of the Church itself.

Through Christian initiation a person becomes Church and is challenged to live out the implications of baptismal responsibility. But the laity have been denied their baptismal dignity by a poor theology of baptism and ministry. And it is because the latter is still heavily clericalised that the Synod should examine more closely the whole area of shared ministry. Vatican II ecclesiology has emphasised service to and involvement in the world. The community called ‘Church’ lives in the world in order to serve, to minister. And this whole area of ministry is first and foremost the fulfilment of baptismal responsibilities.

This demands lay participation in all areas of Church life, and calls for collaboration in ministry. Therefore I call upon this Synod, firstly, to recognise that collaborative ministry is an imperative, not an option, and secondly, to allow churches to shape ministries adapted to their particular pastoral priorities.

Regarding pastoral needs, I request the Synod to seek ways to bridge the gap and produce effective dialogue between the Church's law on marriage and socio-cultural realities of African customary marriage. Until such dialogue is effective, large numbers of people will be deprived of Communion.

Also, could not Baptism and the traditional ceremony of ‘naming’ be fused into one rite?



**At the helm of GPI today:
Fr Peter Lopez**

GPI and the *Newsletter*

ON 21st January the Gambia Pastoral Institute (GPI) celebrated its fortieth anniversary – having been set up on 21st January 1977 by its first Director, Fr Edward Grimes CSSp.

Fr Grimes has told how, the year before, Bishop Michael Moloney invited him to his house, showed him a letter with a Vatican postmark, and declared: ‘I want you to start a pastoral institute.’

‘I asked the Bishop for guidelines, to which he replied: “Read the letter, and get going!”’

‘When I asked about finance, the Bishop replied: “There is no money in this poor diocese. Obtaining financial support is part of your task - so get going!”’

GPI's first home was in the Fathers' quarters at St Augustine's High School. It was subsequently housed elsewhere before moving in 1990 to its present premises at 33 Kairaba Avenue.

Since it was established, GPI has had eight directors: Fr Edward Grimes, Fr Peter Conaty, Fr Donal Murray, Fr Robert Ellison (now Bishop Ellison), Sr Sarian Gomez, Sr Philomena Barry, Fr Joseph Karbo and Fr Peter Lopez.

Over past 40 years GPI, faithful to its original vision and purposes, has developed and expanded. The present Director, Fr Peter S. Lopez, and his staff are dedicated to the service of the Diocese of Banjul in the human, pastoral and spiritual growth of the Catholic Church in The Gambia, reaching out also to inter-religious dialogue.

The Diocese of Banjul Newsletter was originally published, in cyclostyled A4 format, on 14th April 1977.

From 1980, Fr Grimes was the editor. The *Newsletter* was originally published ten times a year, and cost 50 bututs. It had a circulation of around 600.

In 2005 the *Newsletter* was re-launched in its present format as a magazine published every two months.

'Beacon of hope'

It is 25 years since the visit of Pope St John Paul II to The Gambia in February 1992.

**In October 2003, when John Paul had been Pope for 25 years,
Gambian Catholics sent the Holy Father a congratulatory address.**



*AN ADDRESS presented to the Holy Father, Pope John Paul II, Supreme Pontiff and Universal Pastor,
on the occasion of the Silver Jubilee of his election to the Papacy*

WE the undersigned, acting in the name of the entire Catholic Community of The Gambia, would like to avail ourselves of the auspicious occasion of the Silver Jubilee of your election to the Papacy to express our sincere thanks and appreciation for the great and dedicated service you have unstintingly rendered to the Catholic world in particular and to Christianity in general.

As Vicar of Christ and Pastor of the Flock, you have consistently provided encouragement, support and guidance to both religious and laity.

We say thank you for being a beacon of hope not only for Catholics but for the world. In particular, we thank you for restoring priestly dignity and extending an olive branch to dissidents; for dealing with challenges posed by the two ideological extremes of radical Liberation Theology and unbridled capitalism; for issuing major encyclicals to complete the work of the Second Vatican Council; and for addressing the contemporary problems of the Church and the world, particularly your visit to The Gambia on 22nd-23rd February 1992, which is still fresh in our minds; for the release of 'The Catechism of the Catholic Church', the modern compendium of the teachings of the Church; for the introduction of the Luminous Mysteries of the Rosary, confirming your special love for the Mother of God and our Mother, too.

We assure you of our loyalty and unceasing prayers for your personal well-being, for the propagation of the faith, and for continual enlightenment by the Holy Spirit.

Ad multos annos.

*(Signed) Dr P.J.Ndow; T.G.G. Senghore; Augustus Prom; Joseph P. Jallow; Anthony G. Carvallo; Bernard Mendy;
Fr Peter Gomez; Fr Anthony G. Gabisi; Sr Jeanne Therese Ndey SJC; Sr Sarian Gomez PM; Harriet Ndow;
Therese Elhaj Abraham; Sarah Goddard-Joof; John Sylva.*

16th October 2003, Banjul, The Gambia

Cardinals, archbishops and bishops galore at 2009 conference

THE 12th and final Plenary Assembly of AECAWA (Association of Episcopal Conferences of Anglophone West Africa), was widely described as a great success. The assembly was held at the Kairaba Beach Hotel from Tuesday 4th to Friday 7th August 2009.

Three cardinals, around 12 archbishops, many bishops, representatives of bishops, religious sisters and lay people took part in the assembly.

About 26 bishops came from Nigeria, 17 from Ghana, three from Liberia and two from Sierra Leone.

The President of the Assembly was Peter Cardinal Turkson.

An address at the opening ceremony was delivered by the Vice President, Isatou Njie-Saidy.

Bishop Robert Ellison, as host bishop, welcomed participants. Addresses were given by the Papal Nuncio, Archbishop George Antonysami, and the Very Revd Novatus Rugambwa, representing the Pontifical Council for the Pastoral Care of Migrants and Itinerant People.

A workshop ensued on the theme of youth and migration in West Africa – a topic of immediate urgency until this day.

On Wednesday evening a Mass was celebrated at the Independence Stadium, Bakau. Heavy rainfall towards the end of the Mass failed to dampen the spirits of the many participants.



A short history of our Diocese

AFTER 109 years of Catholic missionary activity in The Gambia, beginning in 1848, the Diocese of Banjul was created by Pope Pius XII on 24th June 1957 – the Solemnity of the Birth of John the Baptist.

For many years the mission was served largely by Holy Ghost Fathers from France, supervised from Dakar. In 1905 Fr John Meehan, a Holy Ghost missionary from Ireland, became Superior, a post he held until 1948.

In 1931 the mission was declared *sui juris* - self-governing. The final stage towards diocesan status was achieved on 15th April 1951, when the mission was upgraded to a Prefecture Apostolic.

The first Prefect Apostolic was Monsignor Michael Moloney CSSp, who had served in The Gambia, largely up-river, since 1938. It was not until 4th May 1958, eleven months after the creation of the diocese, that Mgr Moloney was episcopally ordained in Dublin as Bishop of Banjul. He was Bishop for almost 22 years, until 4th April 1980. He represented the diocese at the Second Vatican Council in Rome (1962-65).

Bishop Moloney was succeeded by the Rt Revd Michael Cleary CSSp - who, having been episcopally ordained in Banjul - was Bishop from 25th March 1981 until 25th February 2006. Pope John Paul II visited The Gambia on 23rd February 1992.

Monsignor Robert Patrick Ellison CSSp was episcopally ordained as Third Bishop of Banjul at Bakau Stadium on 14th May 2006. From 4th to 8th August 2009 the bishop hosted the final meeting of the Association of Episcopal Conferences of Anglophone West Africa, attended by about 120 West African English-speaking cardinals, archbishops, bishops, priests, religious and lay people.

Bishop Ellison convened a Diocesan Assembly, held from 30th March to 4th April 2008. Its theme was the creation of a 'dynamic, self-sustaining local church'.

At present 30 priests are serving in the Diocese. Catechists are serving throughout the diocese. There are 17 parishes, many with several small out-station churches. Bishop Ellison's Vicar-General is Fr Emile Sambou.

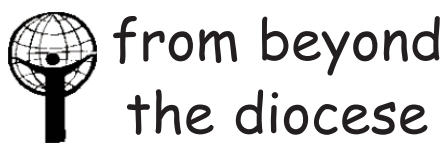
Among diocesan bodies are the Education Secretariat, GPI (Gambia Pastoral Institute) and CaDO (Catholic Development Office).

The Catholic Education Secretariat is responsible for five senior secondary schools and many primary (lower and upper basic) schools, with a total enrolment of about 25,000 pupils, almost 80 per cent of whom are Muslim.

Prominent Catholic associations include the Legion of Mary, the Catholic Women's Network, Charismatic Renewal, the Lectors' Association, the Ushers' Group and the Knights of St Peter & St Paul.

The boundaries of the Diocese of Banjul are those of the Republic of The Gambia.





Francis at Fatima centenary

ON 12th and 13th May, Pope Francis took part in celebrations to mark the 100th anniversary of the visions of the Blessed Virgin Mary at Fatima. He led the evening recitation of the rosary and celebrated Mass at the Shrine of Our Lady of Fatima, followed by lunch with Portugal's bishops. Earlier he met the Portuguese President.



Six visions

In the year 1917, in a mountainous region in central Portugal, the Virgin Mary appeared six times to three young children.

Lucia Santos, Francisco Marto and Jacinta Marto were born in the village of Aljustrel. Lucia was a child with a magnetic personality to whom other children looked with confident affection. Lucia learnt her catechism and made her confession and First Communion when she was six, and became a catechist at the age of nine.

Lucia was the guide to her first cousins, Francisco and Jacinta Marto. From May to October 1917 the three children reported a vision of a woman who identified herself as the Lady of the Rosary. On 13th October a crowd of about 70,000 witnessed a solar phenomenon, just after the children had seen their vision.

The first national pilgrimage to the site was held in 1927. The construction of a basilica began in 1928. It is now flanked by retreat houses and hospitals, facing a square where many miraculous cures have been reported.



Several pilgrimages to Fatima have been made by groups of Gambians

Pope names Malian as cardinal

POPE Francis has named five new cardinals, including an archbishop from Mali.

The new cardinals are Archbishop Jean Zerbo, aged 73, of Bamako, Mali; Archbishop José Omella, 71, of Barcelona, Spain; Bishop Anders Arborelius, 67, of Stockholm, Sweden; Bishop Louis-Marie Mangkhanehoum, 73, of Pakse, Laos; and Bishop Gregorio Rosa Chávez, 74, of San Salvador.

South-West England is 'mission territory', says bishop

THE BISHOP of Plymouth in South-West England has called on every Catholic in his diocese to be a 'disciple-making disciple.'

In a pastoral letter, Bishop Mark O'Toole notes that less than one per cent in the region are church-going Catholics, 'something akin to the percentages in countries like Pakistan and Myanmar [Burma]. So we are very much in mission territory.'

South-West England has the lowest proportion of Catholics in England and Wales. The bishop pointed out that the number of Mass-goers in the counties of Cornwall, Devon and Dorset has nearly halved over the last 30 years, from 27,000 to 14,000. 'While people speak of a shortage of priests, there is a shortage of disciples'.

Bishop O'Toole continued: 'Pope Francis speaks of being "missionary disciples", each of us staying close to Jesus...and at the same time going out to others, that they may follow him, too.'

The bishop continued, 'A local church which is not making disciples is failing in a fundamental aspect of its life... Our motivation is that we love Jesus, and we want others to know the beauty of his friendship and love.'

Bishop O'Toole listed eight traits of an 'evangelising parish': prayer, vision, an evangelising team, the Eucharist, loving service, rigorous adult formation, small groups, and missionary zeal.

'I come back again and again to what Pope Francis says in *Evangelii Gaudium*: "The first proclamation must ring out over and over: 'Jesus Christ loves you; he gave his life to save you; and now he is living at your side every day to enlighten, strengthen and free you.'"

The Eucharist, Bishop O'Toole declared, is 'a vital path for making disciples... It is in itself evangelising. It is there that we breathe the fresh air of the divine presence and are healed of our wounds.' He urged Catholics to be self-critical of what it is like to come to their church. 'What is our liturgy, the celebration of Mass, like?'

Catholic institute to leave Britain after 'mental torture' over visa applications

A CATHOLIC institute training priests and nuns is to leave Britain following a dispute over visa applications for foreign students.

The Institute of St Anselm was founded in 1984 to train formators. The institute in Margate, Kent, south-east England, is relocating to Rome after the withdrawal by the Home Office of its licence for visas.

The institute's founder, Fr Len Kofler, said that dealing with the Home Office over the years had been like 'mental torture'.

He said that a Catholic priest was recently refused a visa to study at the institute because he wasn't married. A nun was also denied entry to the UK because she as a member of a religious order, she did not have a personal bank account.

Fr Kofler said: 'All our priests and religious are sent to train and go back to their own countries after their studies. I think it's a total misunderstanding and religious illiteracy from the Home Office.'

‘At the age of 82, I am no longer able to work in a situation where my hands are bound due to the Home Office’s inability to function. To work in that mess is not my desire any longer.’

A spokeswoman for the institute added: ‘There is clearly a non-understanding in the Home Office of Catholic and religious priestly life, or it is not taken in to consideration.’

‘All our inspections have been highly positive - some directly by Home Office personnel. It seems they do not even read what is sent. There is no one to explain or negotiate the situation, just letters of supreme authority.’

‘Because of our closure up to 10 local people will be made redundant and half a million pounds that goes to the local economy - not to mention what the students put into it through their travel and purchases - is lost to the local economy.’

Home Office ignorance

A former British Minister for Prisons, Ann Widdecombe, accused the Home Office of failing to understand basic facts about religious life. ‘Officials seem unable to comprehend that, for example, African nuns do not have bank accounts and Catholic priests cannot adduce wives and families as evidence of an incentive to return home after their studies.’

‘One would think the Home Office would want to hold up St Anselm’s as a shining example of probity, because 100 per cent of its students do complete their courses and return home.’

‘The reason given is that revocation is automatic following the refusal of more than 10 per cent of visa applications. Yet the applications have been refused on spurious grounds.’

She continued: ‘Expecting nuns and priests to satisfy financial thresholds designed for people who are self-sufficient is of a quite different order of ignorance, and is inexcusable. St Anselm’s itself undertook responsibility for them so it is that institution’s record which should have been the salient factor.’

‘Some fairly significant people are writing to [the Home Secretary] Amber Rudd, but if the letters are opened by people in her department who think Christmas is about Santa Claus and Easter about chocolate eggs then it is unlikely she will see them before St Anselm’s has gone to live in a better-informed state.’

A Home Office spokesman commented: ‘Educational institutions that benefit from the immigration system must ensure they have robust compliance systems in place or risk losing their privilege to sponsor students.’

Among former students at St Anselm’s are Bishop Robert Ellison and Fr Joseph Kabo.

Historic visit to largest Arab nation

ON 28th and 29th April Pope Francis made history by visiting Egypt - only the second Pope to travel to the world’s largest Arab nation, with the largest Christian minority.

The Pope took part in a conference at Al-Azhar University, regarded as Sunni Islam’s highest institution of learning.

His host, Sheikh Ahmed el-Tayeb, Grand Imam of the university, asked for a minute’s silence to commemorate victims of terrorism in Egypt and throughout the world. He emphasised that only false notions of religion lead to violence.

Pope Francis praised Egypt’s ‘glorious history’ as a land of civilisation, wisdom and faith in God. He said that religious leaders should have the courage to recognise that those who

belong to a different culture or religion ‘should not be seen or treated as enemies, but rather welcomed as fellow-travellers.... We are not meant to spend all of our energies on the uncertain and shifting affairs of this world, but to journey towards the Absolute.’

The Pope pointed out that Egypt is the land where God gave Moses the Ten Commandments, which include ‘Thou shalt not kill.’

He declared, ‘Violence is the negation of every authentic religious expression... We have an obligation to denounce violations of human dignity and human rights, to expose attempts to justify every form of hatred in the name of religion and condemn these attempts as an idolatrous caricature of God.’

The Pope asked everyone at the gathering to say ‘once more, a firm and clear “No!” to every form of violence, vengeance and hatred carried out in the name of religion or in the name of God.’

Taking part in the conference was the Ecumenical Patriarch of Constantinople, Bartholomew I, who was also visiting Egypt. He is considered ‘first among equals’ among the Eastern Orthodox churches.

Remembering recent martyrs

On his first evening in Cairo, Frances prayed with the Coptic Orthodox Pope Tawadros II at St Peter and St Paul’s Church in Cairo, where dozens of Copts were murdered last December.

Earlier, Tawadros and Francis had signed an agreement on baptism, thus ending the non-recognition of Catholic baptism by the Coptic Church.

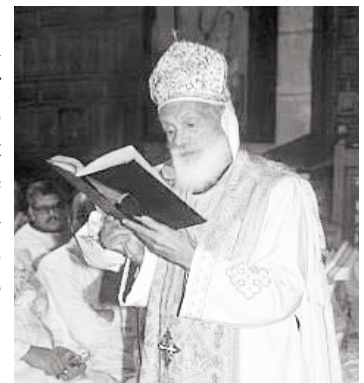
The population of Egypt is over seventy million, of whom it is variously reckoned that from eight to 16 per cent are members of the Coptic Orthodox Church.

The Coptic Orthodox Church of is one of six Oriental Orthodox churches that trace their roots to apostolic times, but distanced themselves from the Eastern and Western Church after the Council of Chalcedon in 451. They are in communion with one another, but not with the Catholic Church, nor the Eastern Orthodox churches that split with Rome in the 11th century.

Coptic Orthodox tradition holds that around the year AD 42 St Mark arrived to evangelise the Egyptian port city of Alexandria, before being martyred. By the third century, and until the arrival of Islam, Christianity was Egypt’s dominant religion.

The Egyptian President, Abdel Fattah el-Sisi, has sought to protect Copts by attending the Coptic liturgy, appointing Copts to some senior positions, and proceeding with reform of the education syllabus to give greater recognition to the role of Copts in Egyptian history.

In contrast to the Copts, the Catholic population is small - about 200,000. Egyptian Catholics have their own distinctive rites, but accept the authority of Rome.



A Coptic bishop

Some weekday celebrations: June & July

Saturday 3rd June: St Charles Lwanga & his companions *martyrs*

IN the Diocese of Banjul we have a particular regard for Charles Lwanga. He is the patron of one of our most lively parishes. Charles was born in 1865, and became a page at the court of King Mwanga II of Buganda, in what is now southern Uganda. The king forced himself immorally on the young men who served him. In 1886 he insisted that Catholics and other Christians at his court should abandon their faith. They refused, and were cruelly put to death. Among the king's victims were St Charles Lwanga and St Kizito. *We pray especially today for the priests and people of St Charles Lwanga Fajikunda and of St Kizito Bakoteh.*



Tuesday 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. Churches at Kololi and Kuntaur are dedicated to St Anthony, as is the Cathedral in our neighbouring Diocese of Ziguinchor.



Thursday 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 man who as Chancellor of England had been very close to the king, also refused. Both men were beheaded in 1535. While in prison, Bishop Fisher was created a cardinal by Pope Paul III.

Friday 23rd June: The Most Sacred Heart of Jesus

THIS SOLEMNITY celebrates a Catholic devotion to the heart of Jesus as representing his love for all humanity. We ask pardon for all the sins - our own and others - which continue to wound the heart of Jesus.

Saturday 24th June: The Nativity of St John the Baptist

IN earlier times, the Birthday of John the Baptist was a major mid-summer holiday throughout Europe, and in today's Church it is honoured as a Solemnity - an especially holy day. John was the last of the Old Testament prophets, and the forerunner of Christ. John's importance is underlined in all four Gospels, but only St Luke tells of his birth (Luke, chapters 1 & 2). Jesus said of John, 'I tell you, among those born of women none is greater than John.' (Luke 7:28)

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

TODAY we thank God for Peter and Paul, who, in obedience to Christ, were pioneers of the infant Church.

Peter and his brother Andrew were the sons of Jonah, a fisherman. Jesus called them to be 'fishers of men', and Peter played a leading part in Jesus' earthly ministry and afterwards in the infant Christian communities at Jerusalem and Rome. Peter was known as Simon, but when he recognised Jesus as Christ ('the anointed one') Jesus declared, 'You are Peter [Greek, *petros*], and upon this rock [Greek, *petra*] I will build my Church.' (Matthew 16:18).

Paul's original name was Saul, son of Jewish parents who were Roman citizens. He was brought up a strict Pharisee, and detested Christians. But while 'breathing out threats and slaughter' against Christians on his way to Damascus he was struck blind, and underwent conversion. Paul thereafter devoted all his energies to preaching the crucified and risen Christ as the Saviour of all mankind. He became the 'apostle to the Gentiles', and undertook many hazardous missionary journeys (related in the Acts of the Apostles).

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



Monday 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.

Omnes Sancti et Sanctae Dei, intercedete pro nobis

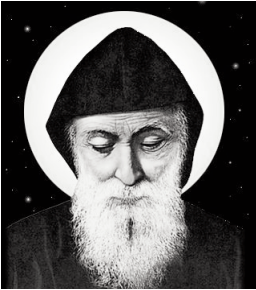
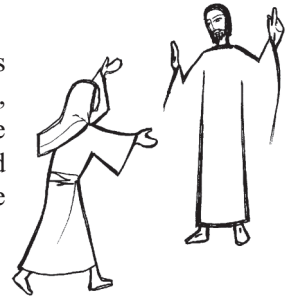
All holy men and women of God, intercede for us

Tuesday 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.

Saturday 22nd July: St Mary Magdalene

MARY came from Magdala, a village in Galilee. Jesus rescued her from possession by devils (Luke 8:2). Mary watched from afar when Jesus was crucified (Mark 15:10). Weeping at his tomb, she asked the risen Christ, whom she took to be the gardener, what had happened to Jesus' body. He simply replied, 'Mary,' and she at once recognised him (John 20:11-18). Mary is sometimes identified as the sister of Lazarus and as the sinner who anointed Jesus' feet. But this is not stated in the Gospels.



Monday 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 12 years later.

Tuesday 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. The Catholic school at Kity 2 is named in honour of St James.

Saturday 29th July: St Martha

MARTHA lived in Bethany with her sister Mary and her brother Lazarus. When Jesus visited their house, Martha provided for his needs. At her request, Jesus raised Lazarus from the dead. *We pray today for members past and present of St Martha's Society in The Gambia.*



Monday 31st July: St Ignatius of 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 established the Jesuit Order. Two years later the Pope approved the Order, and Ignatius was Jesuit General until his death in Rome in 1556, by which time the Jesuits had 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.

Peter's Pence: the Pope's annual charity campaign

ON the Sunday nearest to 29th June parishes throughout the world take part in the Pope's charity campaign: Peter's Pence. Peter's Pence - in Latin, *Denarii Sancti Petri* - is thought to have been first mentioned in 1031 to refer to a 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 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.

The United States contributes the largest percentage of the campaign's funds (28 per cent), followed by Italy (13 per cent) and Germany (6 per cent).

Peter's Pence helps regions affected by natural disasters and people afflicted by violence. Funds are allocated to farmers and indigenous peoples in Latin America through the *Populorum Progressio* Foundation.

Peter's Pence also supports development projects in sub-Saharan Africa through the John Paul II Foundation for the Sahel, and the Nazareth Boys' Town in Mbare, Rwanda, to name just two.

This year's Peter's Pence collection will be held on Sunday 28th May.



The world's biggest charity

No one helps the poor more than the Catholic Church, says DAVID PATON

JOSEF Stalin, the Soviet dictator, once said of the Catholic Church: 'The Pope! How many divisions does he have?'

Less well-known is Winston Churchill's response that Stalin 'might have mentioned a number of legions not always visible on parade'. Indeed, the reach and influence of the Church are not easily described by statistics alone, yet the raw statistics are staggering enough.

The Catholic Church operates more than 140,000 schools, 10,000 orphanages, 5,000 hospitals and some 16,000 other health clinics. Caritas, the umbrella organisation for Catholic aid agencies, estimates that spending by its affiliates totals between £2 and £4 billion, (between about D116 and D232 billion) making it one of the biggest aid agencies in the world.

Even these numbers only tell half the tale.

Caritas does not include development spending by a host of religious orders and other Catholic charities, while most of the 200,000 Catholic parishes around the world operate their own small-scale charitable projects which are never picked up in official figures.



Every field of social action

Establishing comparisons is hard, but there can be little doubt that in pretty much every field of social action, from education to health to social care, the Church is the largest and most significant non-state organisation in the world.

A sceptic might point out that that influence can be both positive and negative. So, for example, it might be queried whether the Church's work in education or health would be more effective if control was switched to the state. In some ways, this is the wrong question; in much of the developing world, if the Church was not involved, the services would not be provided at all.

But there is a good deal of research which has attempted to compare the performance of Catholic provision of education or health with that of other providers and, in general, Catholic institutions come out rather well.

A health analyst, Kenneth White of Virginia University, found Catholic hospitals in the US to be on average more efficient than equivalent secular hospitals. He also discovered that Catholic hospitals, reflecting their mission to reach out to disadvantaged communities, were providing more compassionate care and stigmatised services (to groups that often face discrimination) than other providers.

In Africa, a recent research review found not only that maternal care at Church-run mission hospitals was of the same or better quality than at public facilities, but that Church hospitals were more likely to offer services accessible to the poor.

Catholic education

It is well-established that Catholic schools perform well on standard academic criteria.

Do Catholic schools do better because they are Catholic or because they admit more children who are motivated to do well anyway?

Research from Australia suggests that attendance at Catholic schools raised the probability of both completing higher education and doing well in the job market. Andrew Morris of Liverpool Hope University similarly finds that English schools perform relatively well, even when taking account pupils' social background. The University of Chicago

Law Review recently concluded that the closure of Catholic schools in poorer areas of Chicago led to a significant increase in urban social disorder and crime.

'Put Christ front and centre'

We should expect Catholic social action to go beyond standard measures of performance.

Pope Francis has urged Catholic institutions always to put Christ front and centre, arguing that otherwise 'we would end up as just a compassionate NGO'. Put another way, Catholic ethos and identity is crucial to the survival of Catholic social action.

Measuring the quality of the Catholic ethos of schools, hospitals and development work is difficult.

Detractors can point to the disastrous rates of pupils attending Catholic schools lapsing from the faith, but it is unfair to pin the blame entirely on the schools, many of which do an outstanding job of trying to pass on the faith in the face of a culture which, in the West, is increasingly secular.

The former US President Barack Obama withdrew funds from Catholic projects to help victims of human trafficking because they would not commit themselves to providing abortions. The quality of the care being given to vulnerable women by the Church was not in dispute. It was seen as more important to ensure that all participating organisations were willing to agree to the extreme pro-abortion position.

Following the advice of Francis and Benedict

How the Church responds to these challenges is going to be critical to the future of Catholic social care.

It can be tempting to conform to secular expectations for the sake of a quiet life and so as not to put valuable services at risk. But when Catholic institutions become entangled with activities inconsistent with Church teaching, the fall-out is rarely pretty - witness the scandals that engulfed Development and Peace in Canada, after it was found to be listing pro-abortion groups as official partners.

**The Catholic ethos has at its heart
the dignity of every human life
from conception to natural death**



**Cardinal
Dieudonné
Nzapalainga
of the Central
African Republic
distributing bread
to Muslim
refugees**

A strategy more likely to yield long-term success for Catholic agencies is to follow the advice of Pope Francis and Benedict XVI before him: to uphold our Catholic identity and ethos ever more boldly and to put into action the positive message of Church teaching on sexuality, life issues and the unique dignity and worth of all human beings.

It is not our job to go looking for a fight when none is necessary. At the same time, Church organisations should never sell people short by underestimating the way in which proclaiming the truth and sticking to a bold Catholic identity can, through the power of grace, transform lives in the most unexpected ways.

Life will not always be comfortable. But secular opponents also have come to terms with the fact that if they insist on doing battle with the biggest charity in the world, they are putting at risk the well-being of millions of vulnerable and marginalised people.

If Catholic institutions are able to carry on delivering their services in the context of an ethos that has at its heart the dignity of every human life from conception until natural death, the Church can continue to be the greatest force for good in the world today.

Taken from The Catholic Herald, London.

Professor David Paton holds a chair in industrial economics at Nottingham University Business School in England.



Congratulations

Wednesday 5th July is the 53rd anniversary of the ordination of Fr John Sharpe CSSp

Monday 10th July is the 13th anniversary of the ordination of Fr Pius Kwasi Gidi CSSp

During June and July, nine other priests in the diocese celebrate the anniversary of their ordination

Friday 23rd June	Fr Gabriel Secka 2001
Wednesday 21st June	Fr Cornelius Umoreh 2014
Wednesday 28th June	Fr Benedict Mba MSP 2003
	Fr Godwin Nnadozie MSP
Sunday 2nd July	Fr Peter Suttle CSSp 1966
Saturday 8th July	Fr Michael Gomez CSSp 2005
	Fr Peter Jammeh CSSp 2005
Friday 14th July	Fr Job Addai Akwesi CSSp 2007
Saturday 15th July	Fr Peter S. Lopez 2000
Sunday 23rd July	Fr Frederick Agame CSSp 2011

Anniversaries of two priests, retired in Ireland

Monday 3rd July	Fr Michael Casey CSSp 1968
Saturday 15th July	Fr Reginald Gillooly CSSp 1951



Best wishes

to our Muslim
Brothers & Sisters
for a blessed
Ramadan
and Koriteh

Answers to 'Do you know?' page 13

- 1 The same boundaries as those of the Republic of The Gambia.
- 2 Pope Pius XII
- 3 'In you I trust'
- 4 1987
- 5 The Chapel of the Holy Ghost Fathers (Spiritans) at Kimmage, Dublin (Bishop Michael Moloney)
- 6 Seven: Pius XII (1939-1958); John XXIII (1958-1963); Paul VI (1963-1978); John Paul I (1978); St John Paul II (1978-2005); Benedict XVI (2005-2013); Frances (from 2013).
- 7 13th April 1985 at the Independence Stadium, Bakau
- 8 St Therese, Kanifing (founded in 1948)
- 9 The Diocese of Ziguinchor, in Casamance
- 10 Our Lady of the Assumption
- 11 *Adveniat regnum tuum* (Thy kingdom come; *NaSa Ngur Dika*)
- 12 Fr Edward Grimes CSSp (January 1977)
- 13 31
- 14 Cathedral Parish (Our Lady of the Assumption - before 1957 simply known as the Parish Church of Banjul)
- 15 March - April 2008
- 16 Seven: St Joseph of Annecy, St Joseph of Cluny, the Presentation of Mary, the Marists, the School Sisters of Notre Dame, the Sisters of Charity and the Daughters of Mary.
- 17 St Anthony, Kololi
- 18 Bishop Michael Moloney, who worked in the Provinces from 1934.
- 19 Fr Michael Gomez CSSp and Fr Peter Jammeh CSSp - ordained 8th July 2006
- 20 St Charles Llwanga, Fajikunda and St Kizito, Bakoteh

Daily Mass Readings



Sunday readings Year A Weekday readings Year 1

Thu 1st June Acts 22:30;23:6-11. Psalm 15:1-2,5,7-11. John 17:19-26
 Fri 2nd Acts 25:13-21. Psalm 102:1-2,11-12,19-20. John 21:15-19
 Sat 3rd Acts 28:16-20,30-31, Psalm 10:4-5,7. John 21:20-25

June & July

Celebrations in brackets () are optional

St Justin
 St Marcellinus & St Peter *abstinence*
 St Charles Llwanga

Saturday evening, 3rd June & Sunday 4th June: PENTECOST: details on page...

Ordinary Time resumes

Mon 5th Tobias 1:3;2:1-8. Psalm 111:1-6. Mark 12:1-12
 Tue 6th Tobias 2:9-14. Psalm 111:1-6,7-9. Mark 12:13-17
 Wed 7th Tobias 3:1-11,16-17. Psalm 24:2-9. Mark 12:18-27
 Thu 8th Tobias 6:10-11;7:1,9-17;8:4-9. Psalm 127:1-5. Mark 12:28-34
 Fri 9th Tobias 11:5-17. Psalm 145:1-2,6-10. Mark 12:35-37
 Sat 10th Tobias 12:1,5-15,20. Psalm Tobias 13:2,6-7. Mark 12:38-44

St Boniface
 (St Norbert)

(St Ephrem) *abstinence*
 (of the BVM)

Sun 11th Exodus 34:4-6,8-9. Psalm Daniel 3:52-56. 2 Corinthians 13:11-13. John 3:16-18 **The MOST HOLY TRINITY**
 Mon 12th 2 Corinthians 1:1-7. Psalm 33:2-9. Matthew 5:1-12
 Tue 13th 2 Corinthians 1:18-22. Psalm 118:129-133,135. Matthew 5:13-16
 Wed 14th 2 Corinthians 3:4-11. Psalm 98:5-9. Matthew 5:17-19
 Thu 15th 2 Corinthians 3:15 – 4:1,3-6. Psalm 84:9-14. Matthew 5:20-26
 Fri 16th 2 Corinthians 4:7-15. Psalm 115:10-11,15-18. Matthew 5:27-32
 Sat 17th 2 Corinthians 5:14-21. Psalm 102:1-4,8-9,11-12. Matthew 9:36-10:8

St Anthony of Padua

abstinence
 (of the BVM)

Sun 18th 1 Deuteronomy 8:2-3,14-16. Psalm 147:12-15,19-20. 1 Corinthians 10:16-17. John 6:51-58 **CORPUS CHRISTI**
 Mon 19th 2 Corinthians 6: 1-10. Psalm 97:1-4. Matthew 5:38-42
 Tue 20th 2 Corinthians 8:1-9. Psalm 145:1-2,5-9. Matthew 5:43-48
 Wed 21st 2 Corinthians 9:6-11. Psalm 111:1-4,9. Matthew 6:1-6,16-18
 Thu 22nd 2 Corinthians 11:1-11. Psalm 110:1-4,7-8. Matthew 6:7-15 (St Paulinus of Nola or St John Fisher & St Thomas More)
Fri 23rd Deuteronomy 7:6-11. Psalm 102:1-4,6-8,10. 1 John 4:7-16. Matthew 11:25-30 **SACRED HEART**
Sat 24th Isaiah 49:1-6. Psalm 138:1-3,13-15. Acts 13:22-26. Luke 1:57-66,80 **NATIVITY of JOHN the BAPTIST**

Sun 25th Jeremiah 20:10-13. Psalm 68:8-10,14,17,33-35. Romans 5: 12-16. Matthew 10:26-33 **12th SUNDAY of YEAR**
 Mon 26th Genesis 12:1-9. Psalm 32:12-13,18-20,22. Matthew 7:1-5
 Tue 27th Genesis 13:2,5-18. Psalm 14:2-5. Matthew 7:6,12-14
 Wed 28th Genesis 15:1-12,17-18. Psalm 104:1-4,6-9. Matthew 7:15-20

(St Cyril of Alexandria)
 St Irenæus

Thu 29th *Evening Mass of Sts Peter & Paul:* Acts 3:1-10. Psalm 18:2-5. Galatians 1:11-20. John 21:15-19
 Acts 12:1-11. Psalm 33:2-9. 2 Timothy 4:6-8,17-18. Matthew 16:13-19
 Fri 30th Genesis 17:1,9-10,15-22. Psalm 127:1-5. Matthew 8:1-4
 Sat 1st July Genesis 18:1-15. Psalm Luke 1:46-50,53-55. Matthew 8:5-17
St PETER & St PAUL
 (First Martyrs of the Roman Church)
 (of the BVM)

Sun 2nd 2 Kings 4:8-11,14-16. Psalm 88:2-3,16-19. Romans 6:3-4,8-11. Matthew 10:37-42 **13th SUNDAY of YEAR**
 Mon 3rd Ephesians 2:19-22 Psalm 116:1-2. John 20:24-29
 Tue 4th Genesis 19:15-29. Psalm 25:1-2,3,9-12. Matthew 8:22-27
 Wed 5th Genesis 21:5,8-20. Psalm 33:7-8,10-13. Matthew 9:1-8
 Thu 6th Genesis 22:1-19. Psalm 114:1-6,8-9. Matthew 9:1-8
 Fri 7th Genesis 23:1-4,19; 24:1-8,62-67. Psalm 105:1-5. Matthew 9:9-13
 Sat 8th Genesis 27:1-5,15-29. Psalm 134: 1-6. Matthew 9:14-17.
 (St Elizabeth of Portugal)
 (St Anthony Zaccaria)
 (St Maria Goretti)
abstinence
 (Of the BVM)

Sun 9th Zechariah 9:9-10. Psalm 144:1-2,8-11,13-14. Romans 8:9,11-13. Matthew 11:25-30 **14th SUNDAY of YEAR**
 Mon 10th Genesis 28:10-22. Psalm 90: 1-4,14-15. Matthew 9:18-26
 Tue 11th Genesis 32:23-33. Psalm 16:1-3,6-8,15. Matthew 9:32-38
 Wed 12th Genesis 41:55-57;42:5-7,17-24. Psalm 32:2-3,10-11,18-19. Matthew 10:1-7
 Thu 13th Genesis 44:18-21. Psalm 104:16-21. Matthew 10:7-15
 Fri 14th Genesis 46:1-7,28-30. Psalm 36:3-4,18-19,27-28,39-40. Matthew 10:16-23
 Sat 15th Genesis 49:29-32; 50:15-26. Psalm 104:1-4,6-7. Matthew 10:24-33
 (St Benedict)
 (St Camillus de Lellis) *abstinence*
 St Bonaventure

Sun 16th Isaiah 55:10-11. Psalm 64:10-14. Romans 8:18-23. Matthew 13:1-23 **15th SUNDAY of YEAR**
 Mon 17th Exodus 1:8-14,22. Psalm 122:1-8. Matthew 10:14 – 11:1
 Tue 18th Exodus 2:1-15. Psalm 68:3,14,30-31,33-34. Matthew 11:20-24
 Wed 19th Exodus 3:1-6,9-12. Psalm 102:1-4,6-7. Matthew 11:25-27
 Thu 20th Exodus 3:13-20. Psalm 104:1,5,8-9,24-27. Matthew 11:28-30
 Fri 21st Exodus 11:10 – 12:14. Psalm 113:12-13,15-18. Matthew 12:1-8
 Sat 22nd Song of Songs 2:1-4 or 2 Corinthians 5:14-17. Psalm 62:2-6,8-9. John 21:1-2,11-18
 (St Apollinaris)
 (St Lawrence of Brindisi) *abstinence*
 St MARY MAGDALENE

Sun 23rd Wisdom 12:13,16-19. Psalm 85:3-6,9-10,15-16. Romans 8:26-27. Matthew 13:24-43 **16th SUNDAY of YEAR**
 Mon 24th Exodus 14:5-18. Psalm Exodus 15:1-6. Matthew 20:20-28
 Tue 25th 2 Corinthians 4:7-15. Psalm 125:1-6. Matthew 20:20-28
 Wed 26th Exodus 16:1-5,9-15. Psalm 77:18-19,23-28. Matthew 13:1-9
 Thu 27th Exodus 19:1-2,9-11,16-20. Psalm Daniel 3:52-56. Matthew 13:10-17
 Fri 28th Exodus 20:1-17. Psalm 18:8-11. Matthew 13:18-33
 Sat 29th 1 John 4:7-16. Psalm 33:2-11. John 11:19-27 or Luke 10:38-42
 (St Sharbel Makhlūf)
 St JAMES the GREAT
 St Joachim & St Anne
abstinence
 St Martha

Sun 30th 1 Kings 3:5,7-12. Psalm 118:57,72,76-77,127-130. Romans 8:28-30. Matthew 13:44-52 **17th SUNDAY of YEAR**
 Mon 31st Exodus 32:15-24,30-34. Psalm 105:19-23. Matthew 13:31-35
 St Ignatius of Loyola



ALL BRANCHES OPEN TO THE PUBLIC NOW

OPEN FROM MONDAYS TO SATURDAYS: 8:30am to 8:00pm

50 KAIRABA AVENUE - Telephone: 4399144, 4378489

LIST OF BRANCHES & IMPLANTS

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 Leman 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		





The descent of the Holy Spirit

When the day of Pentecost had come, the apostles were all together in one place. And suddenly there came from heaven a sound like the rush of violent wind, and it filled the entire house where they were sitting.

Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages as the Spirit gave them ability....

Acts 2:1-4

From the First Reading for Pentecost Sunday, 4th June

