



The Metropolitan Cathedral of Saint Mary of the Flight into Egypt

Corner of Hope & Roeland Street, Cape Town

Administrator: Fr Dominic Helmboldt

In residence: Fr Michael Clement SAC & Fr Christian Frantz

E-mail: cathedral@adct.org.za

Website: www.stmaryscathedral.org.za

Tel (office): 021 461 1167

Tel (presbytery): 021 462 2586

Office: 16 Bouquet Street, Cape Town 8000

Office Hours: Monday – Friday 09h30 – 14h00

Presbytery: Block E Larmenier Village, 1 Derry Street Vredehoek 8000

Post Box Address: PO Box 12665, Mill Street 8010

We are an active faith community working together to help people encounter God and grow in their relationship with Jesus. We believe that faith is a journey and no matter where you are on the journey, we welcome you.

MASS TIMES	CATHEDRAL	NAZARETH HOUSE	VILLA MARIA
Monday - Friday	13h10	07h00	07h00
Saturday	18h00	07h00	No Mass
Sunday	10h00 & 17h00	08h45	07h30
Public Holidays	No Mass	09h00	08h00

BOOKINGS FOR MASS

Please note that a pre-booking will be necessary for the 10h00 Sunday Mass at the Cathedral, this can be done online using the following link – <https://stmary039scathedral.setmore.com/mass> Registration for all other Masses at the Cathedral, Nazareth House and Villa Maria will be completed at the door, please arrive early for the screening process.

COMMUNION TO THE SICK

Is there someone in your family who is sick at home or in hospital, kindly contact any of the parish clergy will arrange for the Sacraments of the Anointing of the Sick and Holy Communion.

MASS INTENTIONS

To request a mass intention, please call or email the parish office.

THE SACRAMENT OF RECONCILIATION

Confessions will be available on request or an appointment may be made, contact any of the clergy directly or make contact with the office.

LIVE- STREAMING

Holy Mass will be live-streamed on our Youtube page each Sunday at 10h00.
<https://www.youtube.com/channel/UCYGKWjWu87wFMkRaL8eoQmw>

MAKE A DONATION

We are thankful to all those who contributed financially in the last year. Please prayerfully consider making a donation as it does benefit our parish in many important ways.

Banking details:

St Marys Cathedral/current Account
Branch code: 020 909
Account number: 071 564 780

UPCOMING CELEBRATIONS

Sunday 23rd January – Word of God Sunday
Sunday 6th February – Solemnity of Our Lady of the Flight into Egypt (patronal feast)

ON SALE

Liturgical Calendars for 2022 are on sale for R20, available at all church entrances.

ARCHDIOCESAN THEOLOGY COURSE

The Archdiocesan Theology course is a three year programme offering an exciting opportunity to explore the catholic faith. There are a wide range of lecturers who have agreed to present on the different topics and the course will be offered via Zoom again this year, with the possibility, depending on need, of also having students meet in person for the lectures, i.e., a hybrid of online and in person lectures. This course is aimed at those who are involved in parish ministry, particularly Catechism and RCIA teaching, but it is also suited for those involved in the different aspects of the Liturgy and those who assist in pastoral work. Please use the following link to register for the course: <https://forms.gle/Pn5dtuXgimVeSbBY9> The form contains all the registration information and details of subscription fees. Please direct any queries to adcttheology@gmail.com or 072 650 2119

CATECHISM 2022

All Catechism classes will resume on Sunday the 23rd January 2022 Please email Michelle Perry at michelleperryf@gmail.com for a registration and indemnity form if you would like to register your child for 2022. Please note that Confirmation is a 3 year programme, the child must be turning 16 in their third year (or older). Guaranteed acceptance from age 6 up, if younger they will need to be assessed first. We look forward to having your children back with us, as we try to inch our way forward in getting life back to normal.

THE PRAYER OF THE SYNOD: ADSUMUS SANCTE SPIRITUS

We stand before You, Holy Spirit,
as we gather together in Your name.

With You alone to guide us,
make Yourself at home in our hearts;

Teach us the way we must go
and how we are to pursue it.

We are weak and sinful;
do not let us promote disorder.

Do not let ignorance lead us down the wrong path
nor partiality influence our actions.

Let us find in You our unity
so that we may journey together to eternal life
and not stray from the way of truth
and what is right.

All this we ask of You,
who are at work in every place and time,
in the communion of the Father and the Son,
forever and ever. Amen.

WORLD YOUTH DAY – LISBON 2023

If you are interested in joining the world youth day in Lisbon from 1st – 6th August 2023. Contact the Youth Chaplaincy for more information at youthchaplaincy@gmail.com. You will then be added to the group and receive more information.

CENSUS FORM

We are still in the process of updating our parish register, please return your membership forms as soon as possible. You may submit it electronically or return it to the parish office. There are forms available at the entrances.

PRAYER INTENTIONS

We remember all the sick and housebound in our parish and all those celebrating birthdays and wedding anniversaries. May God abundantly bless each one of you and hold you in the palm of his hand.

RCIA GROUP

Are you interested in becoming a full member of the Catholic Church? This group will meet every Sunday at 09h00 in the Parish Hall. Please contact Ronald Mubaiwa for more information - ronald.mubaiwa@gmail.com

SCREENS AT MASS

We are in need of more persons to assist with the handling of the computer and screens at the 10h00 Sunday Mass, this includes the running of the PowerPoint slides for Mass. If you are interested please make contact with Denzil Duse after the Mass or email him – denzilduse@gmail.com

ACT OF SPIRITUAL COMMUNION

My Jesus, I believe that You are present in the Most Blessed Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. I embrace You as if you were already there, and I unite myself wholly to You. Never permit me to be separated from You.
(Saint Alphonsus Liguori)

2ND SUNDAY IN ORDINARY TIME – C



This Sunday we begin the liturgical season of Ordinary Time. For many Sundays in this lectionary cycle (Cycle C), our readings will be taken from the Gospel of Luke. Occasionally, however, we will read from John's Gospel. This is true of today's Gospel reading, which describes the beginning of Jesus' ministry and his first miracle. Weddings are wonderful family celebrations. We go out of our way to make the occasion festive and extraordinary. People work hard to please one another. What better image of the Kingdom of God! Not every day is a wedding celebration, but we can anticipate the Kingdom of God each day in our attentiveness to one another's needs.

First Reading:

Isaiah 62:1-5 God delights in Israel and will rejoice as a bridegroom rejoices over his bride

Responsorial Psalm:

Psalm 96:1-2,2-3,7-8,9-10

A song in praise of God's marvellous deeds

R/Tell among all the peoples the wonders of the Lord

O sing a new song to the LORD;
sing to the LORD, all the earth.
O sing to the LORD; bless his name. **R/**

Give the LORD, you families of peoples,
give the LORD glory and power;
give the LORD the glory of his name. **R/**

Proclaim his salvation day by day.
Tell among the nations his glory,
and his wonders among all the peoples. **R/**

Worship the LORD in holy splendour.
O tremble before him, all the earth.
Say to the nations, "The LORD is king."
The world he made firm in its place;
he will judge the peoples in fairness. **R/**

Second Reading:

1 Corinthians 12:4-11

All spiritual gifts originate from the same Spirit.

Gospel Reading:

John 2:1-11

Jesus performs his first sign at a wedding feast in Cana.

Almighty God, whose unfailing providence rules all things both in heaven and on earth, listen to the cry of your people and guide in your peace the course of our days. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever.



DAILY READINGS FOR THE COMING WEEK

Monday 17th January

Anthony, Abbot Memorial

First Reading: Samuel 15: 16-23

Psalm: 50: 8-9, 16bc-17, 21 and 23

Gospel: Mark 2: 18-22

Tuesday 18th January

Ordinary Weekday

First Reading: 16: 1-13

Psalm: 89: 20, 21-22, 27-28

Gospel: Mark 2: 23-28

Wednesday 19th January

Ordinary Weekday

First Reading: Samuel 17: 32-33, 37, 40-51

Psalm: 144: 1b, 2, 9-10

Gospel: Mark 3: 1-6

Thursday 20th January

Ordinary Weekday

First Reading: Samuel 18: 6-9; 19: 1-7

Psalm: 56: 2-3, 9-10a, 10b-12, 13-14

Gospel: Mark 3: 7-12

Friday 21st January

Agnes, Virgin, Martyr Memorial

First Reading: Samuel 24: 3-21

Psalm: 57: 2, 3-4, 6

Gospel: Mark 3: 13-19

Saturday 22nd January

Ordinary Weekday

First Reading: Second Samuel 1: 1-4, 11-12, 19, 23-27

Psalm: 80: 2-3, 5-7

Gospel: Mark 3: 20-21

Sunday 23rd January

THIRD SUNDAY IN ORDINARY TIME

First Reading: Nehemiah 8: 2-4a, 5-6, 8-10

Psalm: 19: 8, 9, 10, 15

Second Reading: First Corinthians 12: 12-30

Gospel: Luke 1: 1-4; 4: 14-21



CALLING ALL PARISHES TO BE
REPRESENTED AT OUR

MINISTRIES MORNING OF FORMATION AND REFLECTION

Ministry for a Synodal church

**Saturday, the 29th January 2022
09:00- 12:00 / Lansdowne Parish Hall, OLHC**

EACH PARISH TO SELECT AND SEND THREE
REPRESENTATIVES INVOLVED IN MINISTRY, TO ATTEND IN
PERSON

ALL OTHERS ARE WELCOME TO JOIN US LIVE VIA ZOOM
(DETAILS WILL BE SENT IN RESPONSE TO THE RSVP)
SPACE IS LIMITED

RSVP VIA THE LINK
BY 20 JANUARY



Contact cpdcapetown@gmail.com
for any queries