



ST. PATRICK'S ROMAN CATHEDRAL JEMMOTTS LANE, ST. MICHAEL, BARBADOS

28TH SUNDAY IN ORDINARY TIME YEAR A
eBULLETIN OCTOBER 11, 2026

Our mission: To know, love, and serve God and each other

CATHEDRAL OFFICE HOURS

Monday & Wednesday - Closed
Tuesday & Thursday
9:00 am - 4:00 pm
Friday - 12:00 noon to 4:00 pm

VISITING HOURS

Tuesday to Saturday
9:00 a.m. to 11:30 a.m.

CONFESSIONS BY APPOINTMENT

MASS TIMES

WEEKDAYS

Monday to Friday - 12 noon
Tuesday & Thursday - 6:30 am

WEEKENDS

Saturday - 5:00 pm
Sunday - 7:00 am, 10:00 a.m.
& 6:00 p.m.

WEEKDAY BANK HOLIDAYS

7:00 am

CONTACT THE CATHEDRAL

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Email: rccathedral@hotmail.com
Website: stpatricksrcbarbados.org

CONTACT THE DIOCESAN OFFICE

BISHOP NEIL SCANTLEBURY
(246) 426-3510

Facebook: catholicbb
YouTube: RC Catholicbb

October 10, 2026 – World Mental Health Day The importance of good mental health

Mental health is an essential component of overall wellness; the body-mind connection is a two-way relationship. Our attitudes, thoughts, and feelings can influence our physical well-being, and vice versa. Mental illnesses such as depression can increase the risk for physical health problems such as diabetes and heart disease (NAMI). People who live with chronic physical health problems are at a higher risk for mental illness, according to the Centres for Disease Control and Prevention.

Our mental well-being is fluid: it can change for the better or worse, depending on circumstances. So, committing to healthful practices and getting treatment when needed can improve mental health. However, when demands on an individual exceed their coping capacity, their mental health can deteriorate.

As Christians, we know that overall, spirituality can promote healthier lifestyles and positive psychological states, offering a sense of belonging and purpose that may contribute to mental well-being. However, we must be mindful of the conflict between our religious beliefs and societal expectations, sometimes resulting in guilt and shame.

Here are some helpful tips to improve your well-being:

- Take relaxation breaks. Pay attention as you take slow, deep breaths to soothe the body.
- Walk, stretch, move. Exercise releases endorphins and boosts mood.
- Establish good sleep habits. Have a set time to go to sleep and to wake up.
- Nourish your body. Choose healthy meals and snacks. Drink plenty of water.
- Set manageable goals. Set priorities. Break larger tasks into smaller, achievable goals.
- Reframe negative thoughts. Focusing on constructive thoughts cultivates a positive mindset.
- Connect with others. Call a friend or family member. Volunteer or join a community group.
- Practice gratitude. Keep a gratitude journal about the things you are thankful for.
- Spend time in nature. Being outdoors and taking in the sights, sounds, and smells is relaxing.
- Limit screen time. Less time on electronic devices and social media can improve your focus.
- Meditation and yoga are excellent for relaxation but require practice.

Adopting behaviours like these into your routine can go a long way to improving your mental health and well-being.

– Dr. Deanne Ford

FINANCE CORNER

Please make a donation to support St. Patrick's R.C. Cathedral.

Online donations can be made to:

CIBC Caribbean

Bank transit no: 09606

Bank account no: 68801614

Account name: St. Patrick's Cathedral

READINGS AT MASS

28th Sunday in Ordinary Time – Year A

First Reading

Isaiah 25:6-10

The Lord will prepare a banquet for every nation

Responsorial Psalm

Psalm 22(23)

In the Lord's own house shall I dwell for ever and ever.

Second Reading

Philippians 4:12-14,19-20

If With the help of the One who gives me strength, there is nothing I cannot master

Gospel

Matthew 22:1-14

Invite everyone you can to the wedding

PARISH/DIOCESAN NOTICES

- A reminder to pray the rosary daily for peace during this month of October.
- Health checks will be conducted on Sunday October 18 after the 7 a.m. Mass.
- The St Vincent de Paul Society is seeking new members. See the flyer on the notice board for further details or contact any member of the society for additional information.
- The St. Patrick's Roman Catholic Old Scholars Association is holding its annual music concert on Sunday October 11 at the Cathedral at 5 p.m. It features the Barbados Police Service Band, St. Patrick's Augmented Choir and other artistes. Tickets are \$35 for adults and \$20 for children 12 years and under. Proceeds are to assist with the upkeep of the school. Tickets can be purchased from Michael Hunte or any member of the choir. There will be no 6 p.m. Mass on that evening.
- The Diocese will be staging *Magnificat* under the theme *My Soul Proclaims the Greatness of the Lord* on Friday October 9 and Saturday October 10 at Our Lady Queen of the Universe Cultural Centre, Black Rock, St Michael at 7:30 p.m. on both days. Tickets are \$50 and are available at the Bishop's Office on Ladymeade Gardens and all parishes.
- Collections for last weekend's Masses (October 3 and 4) amounted to \$2 216.65. Your generosity is very much appreciated.
- The Catholic Prayer Movement's Tuesday online meetings will continue on October 13 at 5:30 p.m. The topic is *Strengthening love and unity in the church* and the presenter is Paulette Cheltenham.
- The Wednesday morning Healing and Deliverance services at St. Patrick's Cathedral will continue on October 14 at 9:30 a.m. The topic will be *Old Testament Testimonies*.

Letter from the Bishop



THE ROMAN CATHOLIC DIOCESE OF BRIDGETOWN

7 October 2026

Mission Sunday Collection

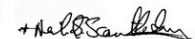
Dear Brothers and Sisters

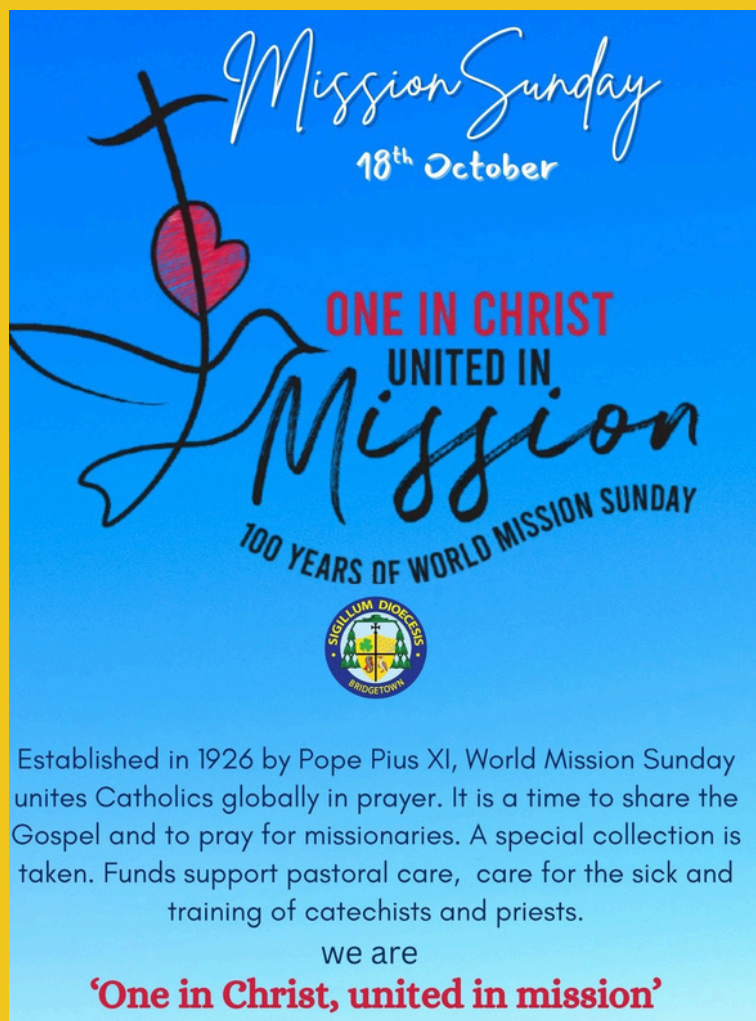
As a missionary priest and later a bishop in Peru, The Most Rev. Robert Prevost witnessed how the generosity shown on World Mission Sunday could transform entire communities. On that day, a Collection is taken up in the entire Catholic Church to support missionary life and work across the world.

Now, no longer known as Robert Prevost but instead as Pope Leo XIV, he is appealing for continued generous support of the Mission Sunday Collection on the weekend of 17–18 October 2026. This year marks 100 years of the Collection and the anniversary theme is "One in Christ, United in Mission".

Brothers and Sisters in Christ, I encourage you to give generously to sustain our collective mission to make disciples of all nations.

Sincerely Yours in Christ


The Most Rev. Neil Scantlebury
Bishop of Bridgetown



Mission Sunday
18th October

**ONE IN CHRIST
UNITED IN
Mission**

100 YEARS OF WORLD MISSION SUNDAY



Established in 1926 by Pope Pius XI, World Mission Sunday unites Catholics globally in prayer. It is a time to share the Gospel and to pray for missionaries. A special collection is taken. Funds support pastoral care, care for the sick and training of catechists and priests.

we are
'One in Christ, united in mission'



ST. PATRICK'S ROMAN CATHOLIC CATHEDRAL
JEMMOTT'S LANE, ST. MICHAEL, BARBADOS

We're ONLINE!

Visit our NEW website and stay connected with your Cathedral.

stpatricksrcbarbados.org

DISCOVER. CONNECT.GROW, ALL IN ONE PLACE.

Scan the QR code For direct access!

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CALL US (246) 426-2335
EMAIL US rccathedral@hotmail.com
COMMUNICATIONS COMMITTEE stpatcoms@gmail.com

The St. Patrick's R.C. Old Scholar's Association

Annual MUSIC CONCERT

FEATURING

THE BARBADOS POLICE SERVICE BAND

DAVID BRIGGS

GLENWORTH JOSEPH

AND THE ST. PATRICK'S AUGMENTED CHOIR

SUNDAY, OCTOBER 11TH, 2026

5:00 P.M.

At St. Patrick's Roman Catholic Cathedral, Jemmott's Lane, St. Michael

ADMISSION:

ADULTS \$35.00
CHILDREN 12 YRS AND UNDER \$20.00

Greetings to you!
COMING SOON!

Our Beautiful Annual Diocesan Catholic Calendar 2027 - "I have overcome the world" - the Ad Limina Visit - will be available soon.

These beautiful full-length Calendars with all your Liturgical seasons, Feast days, Saints, Daily Scripture readings, Holidays, Pictures of various parish events and more are truly valuable gifts for you, your family, friends and shut-ins in Barbados and overseas.

Your donation for this Wonderful and Meaningful gift is still \$20.!

Please place your order now to ensure you receive your precious Calendar 2027.

Tel:- Diocese office 426-3510

SIGILLUM DIOECESIS BRIDGETOWN

"Take Courage! I Have Overcome The World!"
John 16:33
Roman Catholic Diocese Of Bridgetown
Calendar 2027

Our Most Reverend Neil Scantlebury, Bishop of Bridgetown
AD LIMINA VISIT - ROME, ITALY

ST. PATRICK'S R.C. PRIMARY SCHOOL

Christmas IN NOVEMBER Car Boot Sale!

SATURDAY 28TH NOVEMBER, 2026

CHRISTMAS GIFTS
FRAGRANCES & PERFUMES
CHRISTMAS CARDS
FABRICS
CLOTHES
& MUCH MORE!

TOMBOLA - FANTASTIC PRIZES TO BE WON!

FOOD & DRINKS AVAILABLE!

Come Shop, ENJOY & GET Christmas READY!

LOCATION: ST. PATRICK'S R.C. Cathedral Car Park

A Space is \$50

Book your space today!

CONTACT NUMBER: 233-4257

Support our school, Support our community!

★ Let's come together for a joyful, festive day! ★

The Sacred Heart of Jesus Roman Catholic Church

Karaoke & BBQ Night

Saturday
October 24th, 2026
6:00PM - 9:00PM

Chicken
Fish

TICKETS \$50

Contact Angie 263-3219 & Sade 836-6060

UNDER THE PATRONAGE OF THE MOST REVEREND NEIL SCANTLEBURY, BISHOP OF BRIDGETOWN

The Roman Catholic Diocese of Bridgetown invites you to

SING PSALMS to the LORD

MAGNIFICAT

"My Soul Proclaims the Greatness of the Lord"

An evening of Scripture · Psalms · Sacred Music · Visual Contemplation · Reflection

Friday **October 9, 2026, 7:30 pm**
Saturday **October 10, 2026, 7:30 pm**
Our Lady Queen of the Universe Cultural Center
Black Rock, Saint Michael

Tickets \$50
(Available in ALL PARISHES and the Bishop's Office, 426-3510)
LIGHT REFRESHMENTS WILL BE ON SALE

Catholic Prayer Movement

JOIN OUR TUESDAY PRAYER MEETING

ALL ARE INVITED TO JOIN US ONLINE | TUESDAY 13TH OCTOBER, 2026 AT 5:30 P.M.

TOPIC
STRENGTHENING LOVE AND UNITY IN THE CHURCH

PRESENTER
PAULETTE CHELTENHAM

Meeting ID: 870 9398 4291
Passcode: 073345

Join Zoom: <https://us02web.zoom.us/j/87093984291?pwd=SFNENlQ0Y9dS9Wb3kzPjBIL25Vb0R9.1>

Come, let us pray together.

Healing & Deliverance

Our Theme for October

Sharing Testimonies

Join us on Wednesday 14th October, 2026

Wednesday's Topic
Old Testament Testimonies

At St. Patrick's R.C. Cathedral
9:30 A.M. to 11:15 A.M.,
14th October, 2026

Come and join us for a morning of prayer, praise and worship.

With Fr. Vibert Stephens & Brother Rommel Lawrence

Two groups worship at St. Patrick's Cathedral

Parishioners of St Patrick's Cathedral were joined by two special groups during the 10 a.m. Mass on Sunday, October 4, as members of the Queen's College Association (QCA) and pilgrims from Trinidad and Tobago gathered for worship.

The QCA attended the Mass to mark the start of a week of activities, while the visiting pilgrims represented several Catholic parishes in northwest Trinidad.

The occasion also provided an opportunity for the QCA to honour the life and legacy of Father Leonard Alfonso, a former teacher at Queen's College who died recently. A minute's silence was observed in his memory.

QCA president Erica Hinkson said the association, which represents alumni and past and present members of staff, remained committed to service and upholding the values instilled at the school.

"We exist therefore not merely for networking, but for service, living out the values instilled in us during our time at our alma mater," she said.

Hinkson also recalled the school's motto, *Fiat Lux*, meaning "Let there be light", and the association's motto, *Fertilux*, meaning "The light is being carried".

The QCA also presented a gift to the Cathedral as part of the occasion and members sang the school song towards the end of the Mass.

Meanwhile, Trinidadian pilgrim Anouska Allen said the group's journey to Barbados had been made possible through faith despite several challenges.

"We are here literally because of one word, and that word is yes," she said.

Drawing on Fr. Charles' homily, Allen reminded worshippers that everyone was a work in progress and encouraged them to say yes to God and the Blessed Virgin Mary as they continued their own journeys through life.



CLASSIFIEDS

Do you have a business, an item for sale or an upcoming event that you would like to advertise here?

For more information, please contact:

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Leona Emtage - (246) 255-1770

or email: stpatcomms@gmail.com

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KINDLY SEND ALL RESPONSES OR INFORMATION TO:
stpatcomms@gmail.com