



# Holy Trinity Newsletter

16th Sunday in Ordinary Time

Year C

Sunday 20th July, 2025



**KNOW YOUR  
FAITH**



**We Must  
Take Care of  
Our Interior  
Home First**



## Recharge Your Spiritual Battery

Courtesy: Fr. Tony's Homilies

The central themes of today's readings are the importance of hospitality in Christian life and the necessity of listening to God before acting. The key to the Christian life is setting priorities: Jesus Christ first, then everything else. The only way really to learn that lesson is to spend some time every day, "sitting at the feet of Jesus."

Today's first reading describes how Abraham and Sarah's hospitality to angels in the guise of strangers was rewarded by God, who blessed them with a son in their old age. The refrain for today's Responsorial Psalm (Ps 15) "He who does justice will live in the presence of the Lord," reminds us of our intended final destination.

In the second reading, Paul declares that he has been commissioned by God to minister to the Church as the revealer of the mystery of salvation and the preacher of the word in its fullness (v. 25). He invites believers to open their hearts and minds and to show their hospitality to the mystery of Christ, which he preaches. Paul also challenges us to cultivate that quality of hospitality which welcomes all others in Christ.

Today's Gospel passage describes how Martha, a genuine child of Abraham, wanted to extend the traditional generous hospitality of her people to Jesus, the true Messiah, by preparing an elaborate meal for him (while her sister Mary spent her time talking to Jesus and listening to him). This story invites us to serve others with Martha's diligence after recharging our spiritual batteries every day by prayer, listening to God, and

talking to God, as Mary did. We can minister truly to the needs of others only after welcoming God's Word into our hearts and minds.

### Life Messages

- 1) We need to recharge our spiritual batteries: We should put aside the work we do for the Lord in serving others and just spend some time being with Him, talking to Him, and listening to Him, fully aware of His holy presence in our souls. We may also recharge our spiritual energy by means of our personal and family prayers, our meditative reading of the Bible, and our participation in the celebration of the Holy Mass.
- 2) We need listening Marthas and serving Marys: Martha has become a symbol of action-oriented, responsible people who get the job done. Our world and our parish churches need such dynamic and generous men, women, boys, and girls. We need them to sing in the choir, to help in the Church, to teach in the Sunday school, to visit the sick and the shut-ins, and to serve in all other ministries of the parish community.
- 3) We need to be good listeners, like Mary, at home and in the workplace. Active and busy as we are, we must find time every day to listen to God, to our spouse, kids, and neighbors. Listening and quiet caring are essential for the success of married life, of family life, and of the rearing of children with love, affection, and a gentle, firm discipline. Human love begins at home, and it begins with listening.

*Celebrating the Centenary of the Canticle of the Creatures leads us to a radical change in our relationship with creation. We shift from possessing creation to caring for our common home.*

In fact, each one of us must respond sincerely to these questions: How do I want to live out my relationship with other creatures? As a ruler who claims the right to do what he wants with them? As a consumer who sees them as opportunities? Or as a brother who pauses before creation, who admires their beauty and safeguards their existence?

We are faced with an anthropological and ecological challenge that will determine our future, because it is linked to the future of our Mother and Sister Earth. We are called to face contemporary society and reintroduce "the language of fraternity and beauty in our relationship with the world" (Laudato si' 11).

The current ecological crisis shows us that "the human environment and the natural environment deteriorate together" (Laudato si'48). This realisation also allows us to understand that the human environment and the natural environment can, in the same way, protect and enhance each other. However, taking care of our common home without taking care of our interior home - our heart - will not work. We need conversion that is both ecological and integral at the same time, because "the ecological crisis is also a summons to profound interior conversion" (Laudato si' 217).

In fact, the last verse of the Canticle reminds us that only those with open hearts, capable of disarming the mindset of hatred and revenge through forgiveness, can become instruments of reconciliation and harmony and offer a prophetic vision of fraternity, like Francis himself, who lived "in simplicity and in wonderful harmony with God, with others, with nature and with himself" (Laudato si' 10).





# A Day of Fellowship and Sharing

## Feast Day of Saint Veronica

By Sylvia Salina

What a wonderful day it was as we celebrated the Feast of Saint Veronica at our church!

We began with a solemn procession through the Lopinot settlement, carrying the statue of Saint Veronica while reverently reciting the Holy Rosary. It was a moving sight, our community walking together in faith and unity.

Following the procession, we gathered for Holy Mass, celebrated by our parish priest, Fr. Gregory Mc Lawrence. Our choir filled the church with beautiful hymns sung in both Spanish and English, lifting our hearts in praise.

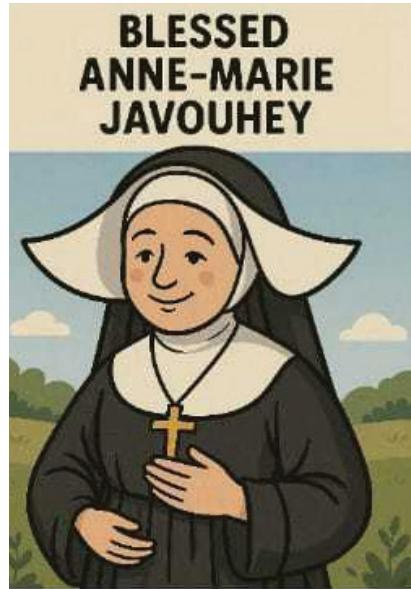
During his homily, Father reflected on the Gospel of the Good Samaritan a powerful message about selfless love and compassion for strangers. He posed a challenging question: How many of us would truly go the extra mile for a stranger, even spending our own money to care for them and returning to check on their wellbeing?

This message resonated deeply with me, especially as someone from the village of Lopinot. We have long been known for our warmth and hospitality. I won't attempt to name individuals, not only because there are so many, but also because I wouldn't want to forget anyone. As a community, we open our doors and our hearts to all. We look out for one another.

However, in recent times, we've seen some of our youth lose their way, turning to drugs and alcohol. Our own Bianca Hamel-Smith made a heartfelt plea during the day's events, asking us to unite and share our talents to help guide and uplift our young people. My family and I are committed to joining Bianca and her family in this noble venture. Together, we can help our youth discover purpose and a better path.

At the conclusion of Mass gifts were presented to Father in honour of the anniversary of his Priestley ordination.

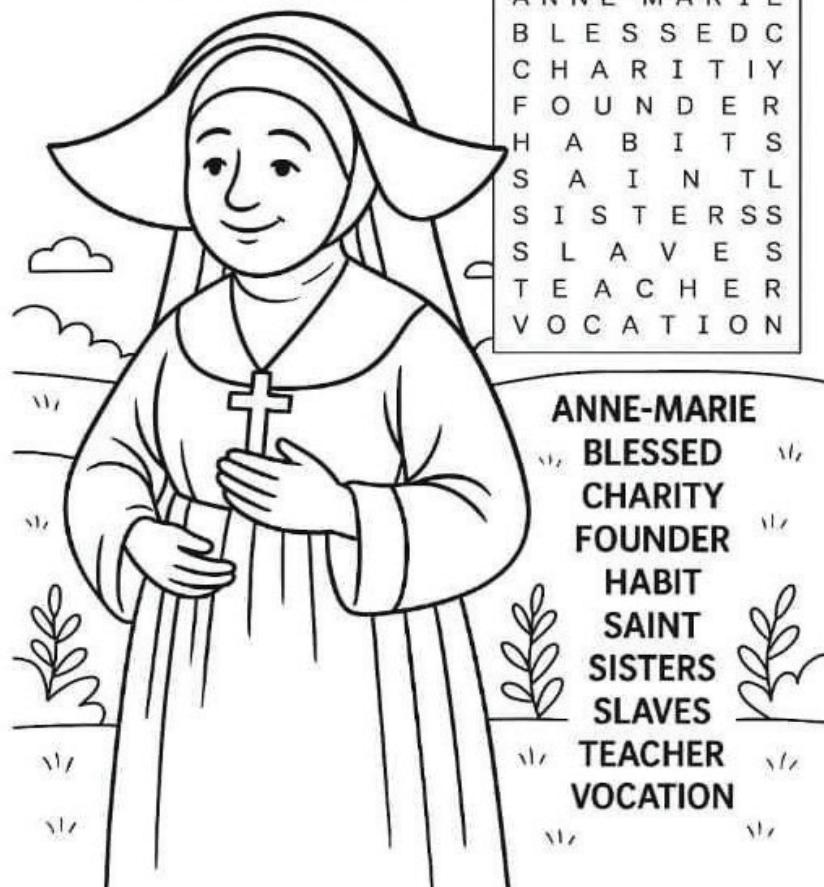
The day ended in true Lopinot fashion with fellowship and a small sharing of food and joy among friends and our fellow parishioners. A beautiful reminder of who we are and the work we are called to continue.



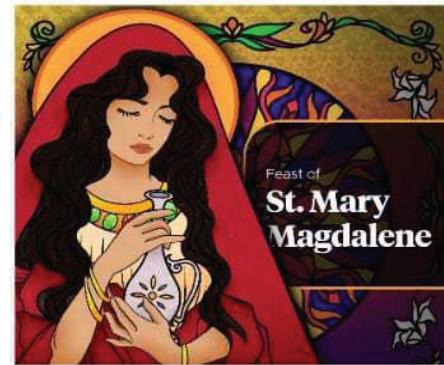
Blessed Anne-Marie Javouhey was a French nun who founded the Sisters of Saint Joseph of Cluny. She is known for her missionary work, particularly in Africa and South America, and for her efforts in establishing a colony for freed slaves in French Guiana. Her feast day is celebrated on July 15th.



## BLESSED WORD ANNE-MARIE SEARCH JAVOUHEY



The Feast of Saint Mary Magdalene is celebrated annually on July 22nd. This day commemorates Mary Magdalene, a prominent disciple of Jesus, and her significance in the Christian faith. In recent years, the Catholic Church has emphasized her role as a key witness to Jesus's ministry, crucifixion, and resurrection, and has elevated her feast day to the rank of a **Feast**, rather than just a **Memorial**.



# True Joyful Service

God teaches us through Scripture about the virtue of hospitality, and that it can come in various forms.

In the Book of Genesis (18:1-10), we see how Abraham and Sarah provided shelter, food and water to the strangers they saw standing under the hot sun. In turn, their hospitality was received with good wishes and the blessing of a child for Sarah who had given up hope of conceiving. This is a reminder that the blessings that we share bring about blessings for each of us as well.

True service is always joyful. It may be challenging, but the fruit of serving joyfully is peace and a closer union with God. That is true service, and in our service we are responsible for living out the virtues of hospitality. Mother Teresa said, "What you can do, I cannot do, and what I can do, you cannot do. But together, we can do something beautiful for God."



She also said, "Let no one ever come to you, without coming away better or happier." This is the test of true service. When people are seeking your help, do they go away happier or feeling encouraged? Let us pray to give our best to God when we serve and love one another.

<https://www.catholicfoundation.sg>



## There is Need of Only One Thing



What is that one thing? It is to put Jesus first in our lives and above all other things; to "sit at his feet" and listen as Mary did, giving Him the priority of our time no matter how busy we think we are. When we truly commit to putting Christ first in our daily lives through a regular time of prayer and frequent participation in the sacraments, we will find that all our other concerns become less pressing, less overwhelming.

Why is this so? Because the time we invest in our relationship with God saturates all aspects of our lives with His grace. And because God cannot be outdone in generosity. He will abundantly reward any sacrifice we make to spend time with Him.

**Adapted by M. Samad from  
Stewardship Reflections by  
Catholic Stewardship Consultants Is  
Stewardship important to you?**

*It is to our Parish, and we are looking for men and women seeking to become Stewards. If you are interested, please Contact Maria 315 4695 / Carol Ann 681-4878 / Beverly 680-7382 Or email-stewardshiparouca@gmail.com. For details on Electronic payment, which is an easy method from the comfort of your home, please contact the Parish Office, Carol Ann, Maria or Beverly or check SALLTO for details.*



## What is Meditation?

Meditation is a prayerful reflection that begins above all in the Word of God in the Bible. Meditation engages thought, imagination, emotion and desire in order to deepen our faith, convert our heart and fortify our will to follow Christ.

It is a first step towards the union of love with our Lord.

DID YOU KNOW?



## God Alone is Important



The vocational life of the Church is many-sided and there are as many paths as there are people. The one Body of Christ is made of many parts, of multiple limbs, and our vocation is part of that Body.

In terms of religious life alone, there are many ways of serving God. Whether we work in parishes or schools or missions, monks and nuns tend in their own chosen way within the rich garden of God's love.

Whatever our chosen vocation, it is this encounter with God that is at the heart of our existence. The contemplative life is a crucial part of the Church. And, as important as it is to teach children and to go into communities to preach the Word of God, so it is important to keep the lungs of the Church fresh with the clean air of contemplative witness.

Jesus said that only one thing is important. God alone. Let us find space in our busy lives to listen to the Word of God, to place ourselves into His presence, and to not get sidetracked by the many things that we think are more important than this.

Source: Mount St. Joseph Abbey, Roscrea, co

**STEWARDSHIP**  
**Together We Can!**

Is Stewardship important to you? It is to our Parish, and we are looking for men and women seeking to become Stewards.

Maria \*315 4695\* Beverly \* 680-7382 \*  
Carol Ann \*681-4878\*  
Or email- stewardshiparouca@gmail.com

For details on Electronic payment, which is an easy method from the comfort of your home, please contact the Parish Office, Carol Ann, Maria or Beverly or check SALLTO for details.

# ADVERTISE YOUR BUSINESS IN THE NEWSLETTER

Holy Trinity Parish Arouca: Salto

arouca@catholicctt.org

@holytrinity.salto

CLICK HERE

## Revival of Eucharistic Adoration

We encourage everyone to spend time with the Blessed Sacrament in the Chapels at Arouca and Tacarigua.

**AROUCA**  
Tuesday to Friday  
9 am - 1pm .

Tues, Thurs and Fri 4pm- 5:30pm

**TACARIGUA**  
Monday to Friday  
9 am to 12noon



### Prayer for Evangelization in a Parish

We pray for ourselves and for the people of our parish that all will be set ablaze with a desire to live our faith fully and share it freely with others. May our eagerness to share the faith bring a transformation to our whole parish. We ask God to open the heart of every Catholic, to see the need for the Gospel in each like and in every aspect of life.

We pray to Mary, the one through whom Jesus entered our world, to guide us in presenting Jesus to those whose live in the geographical boundaries of our parish. May her prayers help us to share in her courage and faithfulness. May they lead us to imitate her discipleship, her turning to Jesus, her love for God and for all people. May the compassion that Mary always reflected be present in our hearts.

Also, pray that, like the disciples walking that Easter morning to Emmaus, all Catholics may feel their hearts burning through the presence of Jesus. As those two disciples felt the presence of Jesus in their journey, we ask that the ministry of evangelizing help believers feel anew the presence of Jesus and help others discover his gracious presence.

We pray that the fire of Jesus enkindles in us by God's Spirit may lead more and more people in our parish, in every parish and dioceses of our nation to become disciples, formed in the image of Christ our Saviour.

We ask this through Christ, our Lord, Amen.  
- Adapted from Go and Make Disciples

## SICK VISITATION

DATE/ TIME:  
TUESDAYS AND THURSDAYS  
10:30 A.M. - NOON



NOTE: If you know of any parishioners who are unable to attend Mass due to illness, please notify the Parish Office.

AROUCA:

Holy Trinity

**DAY** **TIME**

WEEKDAY: Tuesdays, Thursdays and Fridays.....6:00 p.m.

Saturdays.....7:00 p.m.

Sundays.....8:00 am & 6:00 p.m.

No Mass/Service on the Third Thursday

Oropune: Third Thursdays at 6:00pm

**TIME**

6:00 p.m.

7:00 p.m.

8:00 am & 6:00 p.m.

No Mass/Service on the Third Thursday

9:00 a.m.

5:30 p.m.

6:30 a.m.

**LOPINOT: La Veronica**

**DAY** **TIME**

Sundays.....9:30 a.m.

No Mass/Service on First Sundays

**SURREY: Our Lady Queen of Peace**

**DAY** **TIME**

Sundays.....9:30 a.m.

**TACARIGUA: Our Lady of Lourdes**

**DAY** **TIME**

Wednesdays.....6:00 p.m.

Saturdays.....5:30 p.m.

Sundays.....6:30 a.m.

**La Pastora**

**DAY** **TIME**

First Sundays Only .....9:30 a.m.



Holy Trinity R.C Parish  
**Legal Clinic**

## Children's Liturgy

ALL CHILDREN ARE INVITED TO JOIN OUR CHILDREN'S LITURGY ON SUNDAYS AT 8AM MASS. IN THE COMFORT OF OUR PASTORAL CENTRE CHILDREN LISTEN TO AND DISCUSS AN AGE-APPROPRIATE VERSION OF THE WEEKEND'S GOSPEL. FUN ACTIVITIES INCLUDE VIDEOS, SONGS, WORKSHEETS AND CREATIVE CRAFTS. BRING YOUR LITTLE ONES OUT TO EXPERIENCE GOD'S WORD IN A CHILD-FRIENDLY ENVIRONMENT.



### STEWARDSHIP OPTIONAL ELECTRONIC PAYMENTS

Stewards, please note your pledged contributions can be made online for your convenience.



Payments can be made as follows:  
**PAYEE:** Roman Catholic Archbishop of POS, Arouca Parish

**PAYEE BANK ACCOUNT:** Republic Bank Limited, Trinicity

**Chequing Acc. #870 801 341 701**

**Confirmation must be submitted via any of the following options:**

1. Email the cyber receipt to stewardshiparouca@gmail.com, OR
2. Print the cyber receipt and place it in a Stewardship envelope and drop the envelope in the collection basket at Mass, OR
3. Print the cyber receipt and place it in a Stewardship envelope and drop the envelope off at the Parish Office.

**IMPORTANT NOTE:** The cyber receipt is required to confirm i) The name of the Steward; ii) The month of payment; iii) The amount submitted.

For any clarity or concerns, please email stewardshiparouca@gmail.com  
Thanks for your stewardship of treasure.  
Stewardship Committee.

**PARISH OFFICE HOURS**  
DAYS: Tuesdays - Fridays  
TIME: 9 a.m. - 12 noon & 3 p.m. - 5 p.m.

**PARISH PRIEST | By Appointment**  
DAYS: Tuesdays, Thursdays, Fridays  
TIME: 10 a.m. - 12 noon

**TELEPHONE:** 642.4314 | 240.0596  
Address: Eastern Main Road, Arouca

**HOLY TRINITY PARISH**

## July is Jubilee Family Month

**AFLC's Ministry to the Widowed**  
Topic: Grieving the Loss of Your Spouse

"He heals the broken hearted and binds up their wounds." Ps 147:3

Saturday 26 July  
St Charles RC Parish Hall,  
Tunapuna  
8:30am - 1pm

Register by July 19th  
✉ familylife@catholicctt.org  
✉ afrcr.org  
✉ @familylifecommission  
✉ 372 0478/ 299 1047



## Jubilee Prayer — Pilgrims of Hope —

Father in heaven,  
may the faith you have given us  
in your son, Jesus Christ, our brother,  
and the flame of charity enkindled  
in our hearts by the Holy Spirit,  
reawaken in us the blessed hope  
for the coming of your Kingdom.

May your grace transform us  
into tireless cultivators  
of the seeds of the Gospel.  
May those seeds transform from within  
both humanity and the whole cosmos  
in the sure expectation  
of a new heaven and a new earth,  
when, with the powers of Evil vanquished,  
your glory will shine eternally.

May the grace of the Jubilee  
reawaken in us, Pilgrims of Hope,  
a yearning for the treasures of heaven.  
May that grace spread  
the joy and peace of our Redeemer  
throughout the earth.  
To you our God, eternally blessed,  
be glory and praise for ever.  
Amen.



**EVANGELIZATION OUTREACH**  
MARK 4:30-32 THE MUSTARD SEED

Evangelization is everyone's business.  
Our Parish's goal is to bring  
someone to Church and to Christ.

—

**JUBILEE ACTIVITIES**  
HOLY TRINITY PARISH 2025

**11 AUGUST**  
**JUBILEE THEMED CAMPS**  
Music camp for all ages at Arouca. participants learn to play various musical instruments. Camp for youth from Oropune community hosted by Sr. Annette of Lourdes House (art, craft, etc.)

**07 NOVEMBER**  
**MASS FOR THE DECEASED**

**HOLY TRINITY**  
6:00 p.m.

**More Info**  
Holy Trinity Parish Office | 868-642-4314  
arouca@catholicctt.org

**Lost & Found**

HOLY TRINITY AROUCA.  
PLEASE CONTACT THE PARISH OFFICE.



## MASS/SERVICE SCHEDULE





THE ARCHDIOCESE YOUTH PILGRIMAGE

## JUBILEE EXPERIENCE



THE JOURNEY STARTS HERE:

Called by Christ

- 1 Tim 4:12

Moved by Hope

**VICARIATE ASSEMBLY**

Parishes gather to begin the journey

7:30 - 8AM

**SACRED SITE**

Each Vicariate will visit one sacred site

9:15 - 12:30PM

**JUBILEE HUB**St.Phillip & St.James R.C.Church  
Chaguana

2:30 - 5:30PM

- PRAISE & WORSHIP
- YOUTH TESTIMONIES
- PRAYER & HEALING
- THE JOURNEY TALKS
- HOLY MASS @4PM



Ages: 11-35

**SATURDAY 9<sup>TH</sup> AUGUST, 2025**