

PASTORAL CARE

Sacrament of Confession: Every Saturday from 6.00pm to 7.00pm

Sacrament of Baptism of Infants: First Saturday of every month. Please call at the Church's office for a baptismal form. Instructions: Thursday preceding the date for baptism @ 5pm

Visitation to the Sick and Aged: Thursdays at 7.00 am. Contact the office if you have a sick or aged Person(s) to be visited.

Sacrament of Marriage: Arrangements must be made at least six months to a year with the priests. The couple or one of them must be a registered member of the Church for at least 6 months.

Consultation of Priests: (STM) Monday, Tuesday and Fridays (In the Evenings) Time: 6.30 - 8.00 pm. (SJF) **Wednesdays at 5:00pm.** In case of any emergency call on the Priest.

Church office hours: STM - Mon. to Thur.: 8am -1pm & 2 pm - 4pm: Sat. 4 pm to 8pm: Sun: 9 am -1.30pm: SJF - Monday & Wednesday 10am - 6pm; Sat 4pm-6pm; Sunday 12pm-2pm

SUNDAY MASS: FIRST MASS - 7:00AM AT STM,
SECOND MASS - 9:30AM AT SJF

NEXT SUNDAY: FIFTH SUNDAY OF EASTER

Singing: First Mass: Chari SM

Second Mass: Main Choir

Offertory and Bidding Prayers:

First Mass: Ave Maria

Second Mass: Charismatic Renewal

WEEKDAY MASS

Tuesday 6:15am
Wednesday 6:15am (STM) & 7:00pm (SJF)
Thursday 6:15am

SLOGAN: Ss. Thomas More & John Fisher: Besohwɛ!

Ss. Thomas More & John Fisher.: Justice and Truth!!

Ss. Thomas More & John Fisher: Pray for us!

THANKS FOR WORSHIPPING WITH US.

HAVE A BLESSED WEEK.

ANNOUNCEMENTS

1. All those who were baptized from the 7th March, 2015 to 5th September, 2015 should kindly pick their cards from the church office.

2. The Harvest Committee reminds all parishioners who made pledges during the 2015 Harvest to kindly redeem them.

3. Bible's are available at the office for Ghc 26.

4. All those who were confirmed last year Nov 29th should see the secretary with an amount of Ghc 10 for stole fee and collect their baptismal cards.

5. New Achimota/Kopevi/Akweteman will meet after the second mass at SJF.

6. Marriage Banns: (2nd) John Ten Senyo and Hilda Yaa Oppongwaa.

ADVERT

L'Ange piano school

For tutorials on how to play the piano or how to read and interperat music, pick a form from any of the church offices at STM AND SJF. For enquiries call L'Ange music school on 0271555200 or 0555527927

A parishioner has a piece of land at Dawhenya for sale. Interested persons should contact the following numbers for details: 0244605874/0277122442.

QUIZ

Last Week: Where did the last supper take place?

Ans: In the Upper Room in Jerusalem

This Week: Where did Jesus spend the majority of his life on earth?

Quote

The ideal man bears the accidents of life with dignity and grace, making the best of circumstances

- Aristotle

ST. THOMAS MORE CATHOLIC CHURCH, ACHIMOTA & ST. JOHN FISHER CATHOLIC CHURCH, NEW ACHIMOTA

P.O. BOX AH 283, ACHIMOTA-ACCRA

Website: www.thomasmoreachimota.com E-mail: besohwe@yahoo.com Office Tel: 030-3931800 (STM)
Rev. Fr. George Obeng-Appah (Priest-in-charge) Tel: 020-8592020 **0303939862(SJF)**

WEEKLY NEWSLETTER



APRIL 17th 2016: **FOURTH SUNDAY OF EASTER**

THEME FOR THE WEEK: THE GOOD SHEPHERD



TODAY'S READINGS

1st Reading: Acts 13:14, 43-52. Paul and Barnabas run into opposition from the nonbelieving Jews, but the Gentiles respond to their word with delight



Responsorial Psalm: Ps 100:1-2,3,5

WE ARE HIS PEOPLE, THE SHEEP OF HIS FLOCK

2nd Reading: Rev. 7:9,14-17.

John sees a vision of heaven in which he beholds all those who have "washed their robes and made them white in the blood of the Lamb"

GOSPEL: Jn 10:27-30.

Christ is the true Shepherd, knowing us personally; and no one will snatch from his care the sheep that the Father has given him.

Reflection

Peter tells us that the Lord Jesus is the Good Shepherd and Guardian of our souls. He keeps a close and personal watch over every one of his sheep - his followers (disciples) who belong to him. He calls each of us personally by name to follow him. And he promises to be our guardian and protector from the snares of our enemy, Satan, the father of lies and a murderer from the beginning. The Lord leads us each day to good pastures - places where we can feed on his word and drink from the well-springs of living water which is his Holy Spirit. If we feed on his word and drink from the living water of the Holy Spirit, we will find the nourishment and strength we need to live each day for his glory and honor.

READINGS FOR THE WEEK

❖ **Mon 18TH APRIL, 2016**

Acts:11:1-18/ Ps 42:2-3,43:3-4/
Jn 10:1-10

❖ **Tues 19TH APRIL, 2016**

Acts 11:19-26/Ps 87:1-7/
Jn 10:22-30

❖ **Wed 20TH APRIL, 2016**

Acts 12:24-13:5/ Ps 67:2-3,5-6,8/
Jn 12:44-50

❖ **Thu 21ST APRIL, 2016**

Acts 13:13-25/ Ps 89:2-3,22-23,26,28/
Jn 13:16-20

❖ **Fri 22ND APRIL, 2016**

Acts 13:26-33/ Ps 2:6-12/
Jn 14:1-6

❖ **Sat 23RD APRIL, 2016**

Acts 13:44-52/Ps 98:1-4/
Jn 14:7-14

24TH APRIL, 2016
FIFTH SUNDAY OF EASTER

1stReading: Acts 14:21-27

Resp. Ps : Ps 145:8-14

2nd Reading: Rev 21:1-5

Gospel : Jn 13:31-33,34-35

KNOW MORE ABOUT YOUR FAITH

Summary of the post-Synodal apostolic exhortation *Amoris Laetitia* (The Joy of Love) on love in the family

Vatican City, 8 April 2016 – The following is a summary of the post-Synodal apostolic exhortation *Amoris Laetitia* (The Joy of Love), on love in the family, signed on 19 March, the Solemnity of St. Joseph, which brings together the results of the two Synods on the family convoked by Pope Francis in 2014 and 2015. It frequently cites their final Reports, documents and teachings of his predecessors, and his own numerous catecheses on the family. In addition, as in previous magisterial documents, the Pope also makes use of the contributions of various Episcopal Conferences around the world (Kenya, Australia, Argentina...) and cites significant figures such as Martin Luther King and Erich Fromm. The Pope even quotes the film *Babette's Feast* to illustrate the concept of gratuity.

Introduction (1-7)

The Apostolic Exhortation is striking for its breadth and detail. Its 325 paragraphs are distributed over nine chapters. The seven introductory paragraphs plainly set out the complexity of a topic in urgent need of thorough study. The interventions of the Synod Fathers make up [form] a “multifaceted gem” a precious polyhedron, whose value must be preserved. But the Pope cautions that “not all discussions of doctrinal, moral or pastoral issues need to be settled by interventions of the magisterium”. Indeed, for some questions, “each country or region ... can seek solutions better suited to its culture and sensitive to its traditions and local needs. For ‘cultures are in fact quite diverse and every general principle ... needs to be inculcated, if it is to be respected and applied”.

This principle of inculcation applies to how problems are formulated and addressed and, apart from the dogmatic issues that have been well defined by the Church's magisterium, none of this approach can be “globalised”.

KNOW MORE ABOUT YOUR FAITH

In his address at the end of the 2015 Synod, the Pope said very clearly: “What seems normal for a bishop on one continent, is considered strange and almost scandalous – almost! – for a bishop from another; what is considered a violation of a right in one society is an evident and inviolable rule in another; what for some is freedom of conscience is for others simply confusion”.

The Pope clearly states that we need above all to avoid a sterile juxtaposition of demands for change and the general application of abstract norms. He writes: “The debates carried on in the media, in certain publications and even among the Church's ministers, range from an immoderate desire for total change without sufficient reflection or grounding, to an attitude that would solve everything by applying general rules or deriving undue conclusions from particular theological considerations”.

Chapter One: “In the light of the Word” (8-30)
Following this introduction, the Pope begins his reflections with the Holy Scriptures in the first chapter, which unfolds as a meditation on Psalm 128 (which appears in the Jewish wedding liturgy as well as that of Christian marriages). The Bible “is full of families, births, love stories and family crises”. This impels us to meditate on how the family is not an abstract ideal but rather like a practical “trade”, which is carried out with tenderness, but which has also been confronted with sin from the beginning, when the relationship of love turned into domination. Hence, the Word of God “is not a series of abstract ideas but rather a source of comfort and companionship for every family that experiences difficulties or suffering. For it shows them the goal of their journey...”

Chapter two: “The experiences and challenges of families” (31-57)
Building on the biblical base, in the second chapter the Pope considers the current situation of families. While keeping “firmly grounded in [the] reality” of family experiences, he also draws heavily on the final Reports of the two Synods.
To be continued.....

MOTIVATION

THE WEIGHT OF THE GLASS

Once upon a time a psychology professor walked around on a stage while teaching stress management principles to an auditorium filled with students. As she raised a glass of water, everyone expected they'd be asked the typical “glass half empty or glass half full” question.

Instead, with a smile on her face, the professor asked, “How heavy is this glass of water I'm holding?”

Students shouted out answers ranging from eight ounces to a couple pounds.

She replied, “From my perspective, the absolute weight of this glass doesn't matter. It all depends on how long I hold it. If I hold it for a minute or two, it's fairly light. If I hold it for an hour straight, its weight might make my arm ache a little. If I hold it for a day straight, my arm will likely cramp up and feel completely numb and paralyzed, forcing me to drop the glass to the floor. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it feels to me.”

MOTIVATION

As the class shook their heads in agreement, she continued, “Your stresses and worries in life are very much like this glass of water.

Think about them for a while and nothing happens. Think about them a bit longer and you begin to ache a little. Think about them all day long, and you will feel completely numb and paralyzed – incapable of doing anything else until you drop them.”

The moral: It's important to remember to let go of your stresses and worries. No matter what happens during the day, as early in the evening as you can, put all your burdens down.

Don't carry them through the night and into the next day with you. If you still feel the weight of yesterday's stress, it's a strong sign that it's time to put the glass down.