

## 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 an emergency, call on the Priest.

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

### SUNDAY MASS

FIRST MASS - 6:30AM AT SJF  
SECOND MASS: 7:00 AM- STM  
THIRD MASS: 9:30AM AT SJF

### NEXT SUNDAY: FOURTH SUNDAY IN ORDINARY TIME

#### **Singing Schedule:**

First Mass: Main Choir  
Second Mass: Ave Maria  
Third Mass: Youth Choir

#### **Offertory and Bidding Prayers:**

First Mass: Achimota/Kopevi/Akweteman  
Second Mass: Ave Maria  
Third Mass: Ushers

### WEEKDAY MASS

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

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

## ANNOUNCEMENTS

1. There is Bible sharing within mass this and every Wednesday evening at SJF at 7.00pm. Come and deepen your knowledge in the Holy Scriptures.

2. Parishioners who made pledges during 2018 Harvest are kindly reminded to redeem them. Pledges can be redeemed through Mobile Money Number 0558362191 with the name St. Thomas More. Receipts for such payments will be issued later for collection.

3. Are you celebrating an anniversary or birthday and wants to make a donation to your church? Make a donation towards the rectory project. All cheques should be written in the name of St. Thomas More Catholic Church.

4. Accra West Grand Knights of St. John International and Ladies Auxiliary is organizing a pilgrimage to Israel, Portugal, France and Italy. Date: 5<sup>th</sup> May to 24<sup>th</sup> May 2019. All interested persons should contact the following numbers for further details 0202967181/0244275558 it is open to all parishioners and registration ends on 11<sup>th</sup> February 2019.

5. The youth council presents "LOVE BREWES IN AN AFRICAN POT" a Valentine's Day programme which comes off on 15<sup>th</sup> February at SJF gardens at 7pm.

### QUIZ

**Last week:** In which country was the Wedding feast Jesus attended?

**Ans:** Galilee

**This Week:** From what passage of Scripture did Jesus read in the Synagogue?

### QUOTE

To love another person is to see the face of God  
- Victor Hugo

## SS. THOMAS MORE & JOHN FISHER CATHOLIC CHURCH, ACHIMOTA

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Rev. Fr. George Obeng - Appah (Priest-in-charge) Tel: 020-8592020

Rev. Fr. Bright Elorm Fumey (Assistant Priest) Tel: 0245904620

### WEEKLY NEWSLETTER

3RD FEBRUARY, 2019: FOURTH SUNDAY IN ORDINARY TIME

## THEME FOR THE WEEK: A PROPHET WITHOUT HONOUR

### TODAY'S READINGS

#### 1st Reading: Jeremiah 1:4-5; 17-19

Jeremiah is commissioned by God as a prophet. Aware of the difficulties, God promises his presence and deliverance.

#### Responsorial Psalm: Psalm 71:1-6; 15; 17 MY MOUTH WILL TELL OF YOUR SALVATION, LORD

#### 2nd Reading: 1 Corinthians 12:31-13:13

Paul writes to the Corinthians a hymn of love, as the greatest and abiding gift.

#### Gospel: Luke 4:21-30

Jesus shares the fate of prophets as he is rejected by his own people.

### Reflection

*What is your reaction to those who carry God's message? We may not be as hostile as the people mentioned in Jeremiah's commissioning, nor the people almost throwing the most valuable person they might have ever met over a cliff, but your attitude towards the reception of the Word of God shows your acceptance of the messenger or otherwise. Are you in anyway dishonored for the sake of the gospel? God has simple words for you. 'I am with you and I will deliver you', do not be dismayed. Like the Psalmist, be a mouthpiece of the salvation of God. The most difficult rejection comes from your own people as Jesus experienced, but with the presence of God you will walk through their midst unharmed. Your prophesying will pass away like Paul tells the Corinthians, but the love with which you proclaim God's message will remain, for that is the greatest of gifts bestowed.*

### READINGS FOR THE WEEK

❖ Mon 4<sup>TH</sup> FEBRUARY, 2019  
Heb 11:32-40  
Ps 31:21-25  
Mk 5:1-20

❖ Tues 5<sup>TH</sup> FEBRUARY, 2019  
Heb 12:1-4  
Ps 22:27-29,31-33  
Mk 5:21-43

❖ Wed 6<sup>TH</sup> FEBRUARY, 2019  
Heb 12:4-7,11-15  
Ps 103:1-2,14-15,18-19  
Mk 6:1-6

❖ Thu 7<sup>TH</sup> FEBRUARY, 2019  
Heb 12:18—19,21-24  
Ps 48:2-4,9-12  
Mk 6:7-13

❖ Fri 8<sup>TH</sup> FEBRUARY, 2019  
Heb 13:1-8  
Ps 27:1,3,5,8-9  
Mk 6:14-29

❖ Sat 9<sup>TH</sup> FEBRUARY, 2019  
Heb 13:15-17,20-21  
Ps 23:1-6  
Mk 6:30-34

10<sup>TH</sup>, 2019  
FIFTH SUNDAY IN ORDINARY TIME

1<sup>st</sup> Reading: Is 6:1-2,3-8  
Resp. Ps: Ps 138:1-5,7-8  
2<sup>nd</sup> Reading: 1Cor 15:1-11  
Gospel: Lk 5:1-11

## KNOW MORE ABOUT YOUR FAITH

### THE BLESSED EUCHARIST AS A SACRAMENT

#### The effects of the holy Eucharist

The doctrine of the Church regarding the effects or the fruits of Holy Communion centres around two ideas: (a) the union with Christ by love and (b) the spiritual repast of the soul. Both ideas are often verified in one and same effect of Holy Communion.

#### The spiritual repast of the soul

A second fruit of this union with Christ by love is an increase of sanctifying grace in the soul of the worthy communicant. Here let it be remarked at the outset, that the Holy Eucharist does not per se constitute a person in the state of grace as do the sacraments of the dead (baptism and penance), but presupposes such a state.

It is, therefore, one of the sacraments of the living. It is as impossible for the soul in the state of mortal sin to receive this Heavenly Bread with profit, as it is for a corpse to assimilate food and drink.

Hence the Council of Trent, in opposition to Luther and Calvin, purposely defined, that the "chief fruit of the Eucharist does not consist in the forgiveness of sins". For though Christ said of the Chalice:

"This is my blood of the new testament, which shall be shed for many unto remission of sins" (Matthew 26:28), He had in view an effect of the sacrifice, not of the sacrament; for He did not say that His Blood would be drunk unto remission of sins, but shed for that purpose. It is for this very reason that St. Paul (1 Corinthians 11:28) demands that rigorous "self-examination", in order to avoid the heinous offense of being guilty of the Body and the Blood of the Lord by "eating and drinking unworthily", and that the Fathers insist upon nothing so energetically as upon a pure and innocent conscience.

## KNOW MORE ABOUT YOUR FAITH

In spite of the principles just laid down, the question might be asked, if the Blessed Sacrament could not at times per accident free the communicant from mortal sin, if he approached the Table of the Lord unconscious of the

sinful state of his soul. Presupposing what is self-evident, that there is question neither of a conscious sacrilegious Communion nor a lack of imperfect contrition (attritio), which would altogether hinder the justifying effect of the sacrament, theologians incline to the opinion, that in such exceptional cases the Eucharist can restore the soul to the state of grace, but all without exception deny the possibility of the reviviscence of a sacrilegious or unfruitful Communion after the restoration of the soul's proper moral condition has been effected, the Eucharist being different in this respect from the sacraments which imprint a character upon the soul (baptism, confirmation, and Holy orders).

Together with the increase of sanctifying grace there is associated another effect, namely, a certain spiritual relish or delight of soul (delectatio spiritualis). Just as food and drink delight and refresh the heart of man, so does this "Heavenly Bread containing within itself all sweetness" produce in the soul of the devout communicant ineffable bliss, which, however, is not to be confounded with an emotional joy of the soul or with sensible sweetness?

Although both may occur as the result of a special grace, its true nature is manifested in a certain cheerful and willing fervor in all that regards Christ and His Church, and in the conscious fulfillment of the duties of one's state of life, a disposition of soul which is perfectly compatible with interior desolation and spiritual dryness. A good Communion is recognized less in the transitory sweetness of the emotions than in its lasting practical effects on the conduct of our daily lives.

To be continued.....

## MOTIVATION

### 1. We are all in the gutter, but some of us are looking at the stars. – Oscar Wilde

Everyone has problems to deal with, but the people who are mesmerized by the beauty of their dreams are the ones who actually live life to the fullest.

### 2. Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind. – Dr. Seuss

Don't become someone else to impress others. Be yourself, because you are golden as you are. Do your own thing and the right people will come by.

### 3. Accept no one's definition of your life; define yourself. – Harvey Fierstein

No matter what others opinions of you, your destiny will always be in your hands. You decide what you are capable of, no-one else. There are no limitations except those you create in your own mind.

## ADVERT

1. " Is your child having difficulty in science. Do you want him/her to be a science terror? Integrated Science/Elective Chemistry. Let's talk at your convenience. 0209024393.
2. Fully equipped hospital/Clinic for lease or rental to medical officer. 8 Bedded inpatient and outpatient facilities. For viewing only call 0302916442/0236313067. Ward assistants needed for immediate employment. Interested persons should contact the above numbers.
3. Rare opportunity to acquire a well maintained two storey office building in north Ridge. Property is situated on land extending to 0.41acre. Government of Ghana leasehold title with over 40years unexpired call 0209973060/0501695488 for further information.

## FINANCE CORNER

Thank You All for Your Generosity. May God Bless You