

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 OF LENT

Singing Schedule:

First Mass: Ave Maria
Second Mass: Chari SM
Third Mass: Main Choir

Offertory and Bidding Prayers:

First Mass: Ushers
Second Mass: Achimota E/W Abofu
Third Mass: Achimota Town

WEEKDAY MASS

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

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

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. "THE WORD IN SEASON AND OUT OF SEASON" a book written by Rev. Fr. John Kobina Louis is on sale, a copy goes for Ghc20.00

4. Marriage Banns: (3) Raymond Uche Ajah and Cordelia C. Nnebedum.

5. The Lenten Pilgrimage 2019 comes off on 30th March at Archbishop Andoh Catechetical and Retreat Centre, Kordiabe. Rate: ₦15.00 and departure time is 7am at STM.

6. Our Priests will not be in the office in the evening this week due to the ongoing Deanery Lenten Confessions.

QUIZ

Last week: Which days are excluded from the Lenten count of days?

Ans: Sundays (The day of the Lord)

This Week: Who were the two people with Jesus at his transfiguration?

QUOTE

We are made wise not by the recollection of our past, but by the responsibility for our future

- **George Bernard Shaw**

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

WEEKLY NEWSLETTER

24TH MARCH, 2019: THIRD SUNDAY OF LENT

THEME FOR THE WEEK: FRUITS OF REPENTANCE

TODAY'S READINGS

1st Reading: Exodus 3:1-8; 13-15

God calls Moses to secure the release of His people, revealing His name to Moses.

Responsorial Psalm: 103:1-2,3-4,6-7,8,11

THE LORD IS COMPASSIONATE AND GRACIOUS.

2nd Reading: 1Corinthians 10:1-6; 10-12

Paul reminds the Corinthians that they must learn from the sad experience of the Israelites who were punished for their sins by a merciful but just God.

Gospel: Gospel: Luke 13:1-9

Jesus reminds us that unless we repent and bear fruit, we will work in vain and like the fig tree will be cut off.

Reflection

All three of today's readings speak of God's mercy and compassion in disciplining His children by occasional punishment while giving them another chance despite their repeated sins. Although God's love for us is constant and consistent, He will not save us without our co-operation. He called Moses out of the burning bush and he had to respond to God's call and mission to his people the Israelites. In the same way he called his listeners to respond positively to His gifts and graces freely bestowed by bearing fruits. That is why He invites us during Lent to repent of our sins and to renew our lives by producing fruits of love, compassion, forgiveness, and faithful service. God is ready to save and we must be ready to respond to him by bearing the fruits of repentance.

READINGS FOR THE WEEK

❖ **Mon 25TH MARCH, 2019**
(Annunciation of the Lord)
Is 7:10-14;8:10
Ps 40:7-12
Lk 1:26-38

❖ **Tues 26TH MARCH, 2019**
Dan 3:25,34-43
Ps 25:4-9
Mt 18:21-35

❖ **Wed 27TH MARCH, 2019**
Deut 4:1,5-9
Ps 148:13-14,16-17,20-21
Mt 5:17-19

❖ **Thu 28TH MARCH, 2019**
Jer 7:23-28
Ps 95:1-2,6-9
Lk 11:14-23

❖ **Fri 29TH MARCH, 2019**
Hos 14:2-10
Ps 81:6,8-12,15,18
Mk 12:28-34

❖ **Sat 30TH MARCH, 2019**
Hos 6:1-6
Ps 51:3-4,19-22
Lk 18:9-14

31ST MARCH, 2019 FOURTH SUNDAY OF LENT

1st Reading: Josh 5:9,10-12
Resp. Ps: Ps 34:2-7
2nd Reading: 2Cor 5:17-21
Gospel: Lk 15:1-3,11-32

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TEACHING OF THE CHURCH ON PENANCE

Exercise of the power

The granting by Christ of the power to forgive sins is the first essential of the Sacrament of Penance; in the actual exercise of this power are included the other essentials.

The sacrament as such and on its own account has a matter and a form and it produces certain effects; the power of the keys is exercised by a minister (confessor) who must possess the proper qualifications, and the effects are wrought in the soul of the recipient, i.e., the penitent who with the necessary dispositions must perform certain actions (confession, satisfaction).

Matter and form

According to St. Thomas "the acts of the penitent are the proximate matter of this sacrament". The Thomists in general and other eminent theologians, hold the same opinion. According to Scotus "the Sacrament of Penance is the absolution imparted with certain words" while the acts of the penitent are required for the worthy reception of the sacrament. The absolution as an external ceremony is the matter, and, as possessing significant force, the form. The Council of Trent declares: "the acts of the penitent, namely contrition, confession, and satisfaction, are the *quasi materia* of this sacrament".

The Roman Catechism used in 1913 (II, v, 13) says: "These actions are called by the Council *quasi materia* not because they have not the nature of true matter, but because they are not the sort of matter which is employed externally as water in baptism and chrism in confirmation". Regarding the form of the sacrament, both the Council of Florence and the Council of Trent teach that it consists in the words of absolution. "The form of the Sacrament of penance, wherein its force principally consists, is placed in those words of the minister:

KNOW MORE ABOUT YOUR FAITH

"I absolve thee, etc."; to these words indeed, in accordance with the usage of Holy Church, certain prayers are laudably added, but they do not pertain to the essence of the form nor are they necessary for the administration of the sacrament."

Effect

"The effect of this sacrament is deliverance from sin" (Council of Florence). The same definition in somewhat different terms is given by the Council of Trent: "So far as pertains to its force and efficacy, the effect (*res et effectus*) of this sacrament is reconciliation with God, upon which there sometimes follows, in pious and devout recipients, peace and calm of conscience with intense consolation of spirit". This reconciliation implies first of all that the guilt of sin is remitted, and consequently also the eternal punishment due to mortal sin.

As the Council of Trent declares, penance requires the performance of satisfaction "not indeed for the eternal penalty which is remitted together with the guilt either by the sacrament or by the desire of receiving the sacrament, but for the temporal penalty which, as the Scriptures teach, is not always forgiven entirely as it is in baptism." In other words baptism frees the soul not only from all sin but also from all indebtedness to Divine justice, whereas after the reception of absolution in penance, there may and usually does remain some temporal debt to be discharged by works of satisfaction.

"Venial sins by which we are not deprived of the grace of God and into which we very frequently fall are rightly and usefully declared in confession; but mention of them may, without any fault, be omitted and they can be expiated by many other remedies." Thus, an act of contrition suffices to obtain forgiveness of venial sin, and the same effect is produced by the worthy reception of sacraments other than penance, e.g., by Holy Communion.

To be continued.....

MOTIVATION

15 QUESTIONS TO ASK YOURSELF TO STAY MOTIVATED DURING TOUGH TIMES BY BRIAN TRACY

1. Who do I want to be?
Is where you are in life right now exactly where you want to be? Ask yourself who you want to be and take time to think about how you can get there.
 2. What would it take for me to be perfectly happy?
If you're not happy with who you are or what you're doing, what would it take to make you happy? Sometimes the answer is something small and sometimes it is much larger.
 3. How do I define success?
In your mind, what is it that would make you successful? There are many different definitions of success, but what matters most to you?
 4. What do I want most in life?
If you could wave a magic wand and have whatever it is that you want in life, what would it be? When you realize and write down what you want most, your brain will start thinking of ways to get you there.
- To be continued...**

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DEANERY CONFESSIONS

Date	Parish	Time
20/03	St. Dominic, Taifa	7.00pm
21/03	St. Joseph, Medie	7.00pm
26/03	St. Kizito, Nima	6.30pm
27/03	St. Sylvanus, Pokuase	6.30pm
28/03	St. Francis Xavier, Kotobabi	6.30pm
02/04	St. Thomas Aquinas, Legon	6.30pm
03/04	St. Paul, Kpehe	6.30pm
04/04	Thomas More & John Fisher, Achimota	6.30pm

FINANCE CORNER

Thank You All for Your Generosity. May God Bless You