

## 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: PASSION SUNDAY

### **Singing Schedule:**

First Mass: Akan Kuo  
Second Mass: Ave Maria  
Third Mass: Youth Choir

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

First Mass: St. Theresa of the Child Jesus  
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!**  
**Ss. Thomas More & John Fisher.: Justice**

## 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. There will be ROAD TO THE CROSS on Friday 12<sup>th</sup> April 2019 at 7pm at STM. In view of this, there will be no Stations of the Cross at SJF.

3. 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.

4. "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

5. Society of St. Vincent de Paul is reminding Holy Family Akan Kuo of their visitation to the sick and aged in the month of April at GIMPA, Sober and Westland.

## QUIZ

**Last week:** Which sacrament is best indicative of the season of Lent?

**Ans:** Sacrament of Penance/Reconciliation

**This Week:** What celebration begins the Holy week?

## ADVERT

8 bed room uncompleted story building with garage for sale at Kasoa at an affordable price, interested persons should contact 0245020012.

## QUOTE

The first recipe for happiness is to avoid too lengthy meditation on the past.

**Andre Maurois**

## 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

7TH APRIL, 2019: FIFTH SUNDAY OF LENT

**THEME FOR THE WEEK: COUNT NOT THE PAST, LOOK AHEAD FOR**

## TODAY'S READINGS

**1st Reading: Isaiah 43:16-21; 36**

The prophet tells of the beginning of new things wrought by God for the people of Israel.

**Responsorial Psalm: 126:1-2,2-3,4-5,6**

**WHAT GREAT DEEDS THE LORD WORKED FOR US! INDEED, WE WERE GLAD.**

**2nd Reading: Philippians 3:8-14**

Paul tells of his journey to maturity in the Lord; forgetting what lies behind he presses on for what lies ahead.

**Gospel: Gospel: John 8:1-11**

Jesus saves the woman caught in adultery from the hands of the Law.

## Reflection

The readings of today have the central theme of looking ahead to what lies ahead and the newness of recreation that is brought by the hands of God for his people. In the first reading, God asks the people of Israel to put away the past, and lie in wait for the new things he brings. The past here represents not only their sins, but also the deeds that made them marvel at the works of God. St. Paul gives example of looking forward to what lies ahead, and Jesus exemplifies this newness by saving the woman from the hands of the law. The law that does not forgive, the law that condemns is what Jesus today pays no attention to. He brings to us a new law, a law that loves, a law that does not condemn, yet justifies those who seek it. Remember, those who see your past may bring you up for condemnation, but trusting in the law of love you will be justified.

## READINGS FOR THE WEEK

- ❖ **Mon 8<sup>TH</sup> APRIL, 2019**  
Dan 13:1-9,15-17,19-30,33-62  
Ps 23:1-6  
Jn 8:12-20
  - ❖ **Tues 9<sup>TH</sup> APRIL, 2019**  
Num 21:4-9  
Ps 102:2-3,17-22  
Jn 8:21-30
  - ❖ **Wed 10<sup>TH</sup> APRIL, 2019**  
Dan 3:14-20,91-92,95  
Ps 3:52-56  
Jn 8:31-42
  - ❖ **Thu 11<sup>TH</sup> APRIL, 2019**  
Gen 17:3-9  
Ps 105:4-9  
Jn 8:51-59
  - ❖ **Fri 12<sup>TH</sup> APRIL, 2019**  
Jer 20:10-13  
Ps 18:2-7  
Jn 10:31-42
  - ❖ **Sat 13<sup>TH</sup> APRIL, 2019**  
Ez 37:21-28  
Ps 32:11-14  
Jn 11:45-56
- 14<sup>TH</sup> APRIL, 2019**  
**PASSION SUNDAY**

**1<sup>st</sup> Reading:** Is 50:4-7  
**Resp. Ps: Ps 21:8-9,18-21,24-25**  
**2<sup>nd</sup> Reading:** Phil 2:6-11  
**Gospel:** Lk 22:14-23:56

## KNOW MORE ABOUT YOUR FAITH

### TEACHING OF THE CHURCH ON PENANCE

#### What sins are to be confessed?

Among the propositions condemned by the Council of Trent is the following: "That to obtain forgiveness of sins in the Sacrament of Penance, it is not necessary by Divine law to confess each and every mortal sin which is called to mind by due and careful examination, to confess even hidden sins and those that are against the last two precepts of the Decalogue, together with the circumstances that change the specific nature of the sin; such confession is only useful for the instruction and consolation of the penitent, and of old was practised merely in order to impose canonical satisfaction".

The Catholic teaching consequently is: that all mortal sins must be confessed of which the penitent is conscious, for these are so related that no one of them can be remitted until all are remitted. *Remission* means that the soul is restored to the friendship of God; and this is obviously impossible if there remain unforgiven even a single mortal sin.

Hence, the penitent, who in confession willfully conceals a mortal sin, derives no benefit whatever; on the contrary, he makes void the sacrament and thereby incurs the guilt of sacrilege.

If, however, the sin be omitted, not through any fault of the penitent, but through forgetfulness, it is forgiven indirectly; but it must be declared at the next confession and thus submitted to the power of the keys.

While mortal sin is the necessary matter of confession, venial sin is sufficient matter, as are also the mortal sins already forgiven in previous confessions.

This is the common teaching of theologians, in accord with the condemnation pronounced by Leo X on Luther's assertion,

## KNOW MORE ABOUT YOUR FAITH

'By no means presume to confess venial sins . . . in the primitive Church only manifest mortal sins were confessed". In the constitution "Inter cunctas" (17 Feb., 1304), Benedict XI, after stating that penitents who had confessed to a priest belonging to a religious order are not obliged to reiterate the confession to their own priest, adds

"Though it is not necessary to confess the same sins over again, nevertheless we regard it as salutary to repeat the confession, because of the shame it involves, which is a great part of penance; hence we strictly enjoin the Brothers (Dominicans and Franciscans] to admonish their penitents and in sermons 'exhort them that they confess to their own priests at least once a year, assuring them that this will undoubtedly conduce to their spiritual welfare".

St. Thomas gives the same reason for this practice: the oftener one confesses the more is the (temporal) penalty reduced; hence one might confess over and over again until the whole penalty is cancelled, nor would he thereby offer any injury to the sacrament".

#### Seal of Confession

Regarding the sins revealed to him in sacramental confession, the priest is bound to inviolable secrecy. From this obligation he cannot be excused either to save his own life or good name, to save the life of another, to further the ends of human justice, or to avert any public calamity. No law can compel him to divulge the sins confessed to him, or any oath which he takes — e.g., as a witness in court.

He cannot reveal them either directly — i.e., by repeating them in so many words — or indirectly — i.e., by any sign or action, or by giving information based on what he knows through confession.

To be continued.....

## MOTIVATION

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

#### 8. What would the consequences be if I don't achieve my goal?

Think about what would happen if you *didn't* achieve your goal. A good rule of thumb is to only focus on goals with large consequences if you don't finish them.

#### 9. What would be the best thing that could happen if I achieved my goal?

Visualizing all of the wonderful things that could happen for you if you achieved your goal is a great way to stay motivated.

#### 10. Who can support me?

Having a strong support network can help you overcome your fears and obstacles that may be holding you back.

#### 11. What stops me from being motivated and how can I overcome these obstacles?

You know yourself better than anyone else. This is what is truly holding you back. List your biggest fear, and immediately confront it. Fear paralyzes us with indecision and can make it nearly impossible to take action. Visualize yourself as unafraid and confront your fear.

#### 12. What do I like about myself?

It's important that even when times are tough, you remain positive about yourself. One of the most powerful things you can do is repeat positive affirmations to yourself out loud. Write down what you like about yourself, and repeat it often.

#### 13. What habits do I want to change?

It's harder to break bad habits than to create new positive ones. But slowly you can start to focus on forming new habits and slowly break old ones. If you have habits that you think are holding you back, slowly start doing the opposite.

#### 14. Where do I want to be 5 years from now?

Having long term goals that are a little more difficult to achieve are important to keep you motivated. Think about where you want to be in 5 years, and remember that nothing is impossible

#### 15. How committed am I to the promises I made myself?

In order to achieve the goals that you set for yourself, you must make a strong, unwavering commitment to them. Make a commitment to yourself today.

## FINANCE CORNER

Thank You All for Your Generosity. May God Bless You