

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

## NEXT SUNDAY: THIRD SUNDAY OF EASTER

### **Singing Schedule:**

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

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

First Mass: May Borns  
Second Mass: May Borns  
Third Mass: May Borns

## 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. Marriage Banns (3<sup>rd</sup> Time): Jonathan Addah and Veronica Ajago
4. Marriage Banns (3<sup>rd</sup> Time): Jonas Kofi Kpodo and Linda Aku Desouza

## QUIZ

**Last week:** What is the octave of Easter?

**Ans:** Eight days of celebrating Easter Sunday

**This Week:** What is celebrated a week after Easter Sunday?

## QUOTE

*It is at Easter that Jesus is most human, and like all humans.*  
- *Michael Lewing*

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

## WEEKLY NEWSLETTER

**28TH APRIL, 2019: SECOND SUNDAY OF EASTER**

## THEME FOR THE WEEK: HIS MERCY ENDURES FOREVER

## TODAY'S READINGS

### 1st Reading: Acts 5:12-16

The disciples testify to Jesus' resurrection and power by healing many.

### Responsorial Psalm: 118:2-4, 20-24,25-27

**GIVE PRAISE TO THE LORD, FOR HE IS GOOD; HIS MERCY ENDURES FOREVER**

### 2nd Reading: Revelation 1:9-13

John testifies of the revelation of Jesus, in the form of the glorious Son of Man.

### Gospel: Gospel: John 20:19-31

Jesus appears to his disciples on the evening of his resurrection and helps those in doubt to believe.

## Reflection

Today we celebrate the feast of Divine Mercy. We remember that God's love is strong enough to conquer the greatest of all human fears: death itself. This confidence leads us to a renewed joy. Pope Francis notes: "Mercy is the force that reawakens us to new life and instills in us the courage to look to the future with hope." Once we are firmly established in this hope, we are called to be witnesses of mercy to others. Often than not, we fall into fear and think that mercy implies weakness or that our sins are too big and many and cannot be forgiven, hence, seek to preserve our lives and egos. But when we come to really accept who Jesus is, there is no need for a life of slavery to fear. We would come to understand that His very name signifies mercy and inspires hope against all hope.

## READINGS FOR THE WEEK

### ❖ Mon 29<sup>TH</sup> APRIL, 2019

Acts 4:23-31

Ps 2:1-9

Jn 3:1-8

### ❖ Tues 30<sup>TH</sup> APRIL, 2019

Acts 4:32-37

Ps 93:1-2,5

Jn 3:7-15

### ❖ Wed 1<sup>ST</sup> MAY, 2019

Gen 1:26-2:3

Ps 90:2-4,13-15,17

Mt 13:54-58

### ❖ Thu 2<sup>ND</sup> MAY, 2019

Acts 5:27-33

Ps 34:2,9,18-21

Jn 3:31-36

### ❖ Fri 3<sup>RD</sup> MAY, 2019

1Cor 15:1-8

Ps 19:2-5

Jn 14:6-14

### ❖ Sat 4<sup>TH</sup> MAY, 2019

Acts 6:1-7

Ps 33:1-2,4-5,19-20

Jn 6:16-21

5<sup>TH</sup> MAY, 2019

**THIRD SUNDAY OF EASTER**

1<sup>st</sup> Reading: Acts 5:27-32,40-41

Resp. Ps: Ps 30:2,4-6,12-14

2<sup>nd</sup> Reading: Rev 5:12-15

Gospel: Jn 21:1-19

## KNOW MORE ABOUT YOUR FAITH

### PECULIAR CUSTOMS OF EASTER TIME

#### Risus Paschalis

This strange custom originated in Bavaria in the fifteenth century. The priest inserted in his sermon funny stories which would cause his hearers to laugh (Ostermärlein), e.g. a description of how the devil tries to keep the doors of hell locked against the descending Christ.

Then the speaker would draw the moral from the story. This Easter laughter, giving rise to grave abuses of the word of God, was prohibited by Clement X (1670-1676) and in the eighteenth century by Maximilian III and the bishops of Bavaria.

#### Easter eggs

Because the use of eggs was forbidden during Lent, they were brought to the table on Easter Day, coloured red to symbolize the Easter joy. This custom is found not only in the Latin but also in the Oriental Churches. The symbolic meaning of a new creation of mankind by Jesus risen from the dead was probably an invention of later times. The custom may have its origin in paganism, for a great many pagan customs, celebrating the return of spring, gravitated to Easter.

The egg is the emblem of the germinating life of early spring. Easter eggs, the children are told, come from Rome with the bells which on Thursday go to Rome and return Saturday morning. The sponsors in some countries give Easter eggs to their god-children. Coloured eggs are used by children at Easter in a sort of game which consists in testing the strength of the shells.

Both coloured and uncoloured eggs are used in some parts of the United States for this game, known as "egg-picking". Another practice is the "egg-rolling" by children on Easter Monday on the lawn of the White House in Washington.

## KNOW MORE ABOUT YOUR FAITH

### The Easter fire

The Easter Fire is lit on the top of mountains (Easter mountain, Osterberg) and must be kindled from new fire, drawn from wood by friction; this is a custom of pagan origin in vogue all over Europe, signifying the victory of spring over winter. The bishops issued severe edicts against the sacrilegious Easter fires, but did not succeed in abolishing them everywhere.

The Church adopted the observance into the Easter ceremonies, referring it to the fiery column in the desert and to the Resurrection of Christ; the new fire on Holy Saturday is drawn from flint, symbolizing the Resurrection of the Light of the World from the tomb closed by a stone. In some places a figure was thrown into the Easter fire, symbolizing winter, but to the Christians on the Rhine, in Tyrol and Bohemia, Judas the traitor.

### Processions and awakenings

At Puy in France, from time immemorial to the tenth century, it was customary, when at the first psalm of Matins a canon was absent from the choir, for some of the canons and vicars, taking with them the processional cross and the holy water, to go to the house of the absentee, sing the "Haec Dies", sprinkle him with water, if he was still in bed, and lead him to the church. In punishment he had to give a breakfast to his conductors. A similar custom is found in the fifteenth century at Nantes and Angers, where it was prohibited by the diocesan synods in 1431 and 1448. In some parts of Germany parents and children try to surprise each other in bed on Easter morning to apply the health-giving switches.

### House blessings

On the eve of Easter, the homes are blessed in memory of the passing of the angel in Egypt and the signing of the door-posts with the blood of the paschal lamb. The parish priest visits the houses of his parish; the papal apartments are also blessed on this day. The room, however, in which the pope is found by the visiting cardinal is blessed by the pontiff himself.

*To be continued.....*

## MOTIVATION

### HOW TO STAY FOCUSED THROUGHOUT THE DAY BY ANDREW ROACH Why Do We Get Distracted?

Before we dive into the list of top tips for staying focused during the workday, it's important that we understand why we get distracted in the first place.

Whenever your phone vibrates in your pocket, or you hear that "ka-ching" alert after you've received an order from your Shopify store, your brain recognizes that alert as something which has changed.

Our brains have defense mechanisms hardwired into them which compel us to check something which is different, just in case it's a danger to us. And that's exactly why you feel that burning urge to drop everything that you're doing and check what the sound or vibration was.

So, there's nothing wrong with getting distracted – it's totally normal. But unfortunately, we only have a finite amount of time every day to achieve our goals, and we need to stay focused to achieve them. Now, we can't avoid some distractions, like a colleague coming to your desk and asking for help, or a delivery worker arriving at the door with a parcel, but there's a lot that we can do to ensure that we stay focused throughout the day.

Interested how? Then let's get started with our top tips for staying focused.

Tips on How to Stay Focused:

#### Do Your Difficult Tasks First

If you start your day with a list of tasks that you need to complete before the day is over, you might opt to start with the easiest tasks first. To many, this mentality makes a lot of sense – you probably want to ease yourself into the difficult work with something a little lighter. But, this isn't necessarily the best way to approach your day.

Bear in mind that most people find that they're more productive about an hour after they've started working. So, if you decide to tackle some of your easier tasks at the beginning of the day, you'll be wasting your most productive time of the day.

That's why we recommend tackling your toughest tasks first when you're trying to stay focused throughout the day. It might seem daunting at first, but when you've got the toughest tasks out the way early on you'll be spurred on to concentrate on your easier tasks at the end of the day.

*To be continued.....*

## FINANCE CORNER

### Thank You All for Your Generosity. May God Bless You

WEEK DAY	1 <sup>ST</sup> WK	2 <sup>ND</sup> WK	3 <sup>RD</sup> WK
SUNDAY	1,605.50	325.00	3,170.00
MONDAY	4,764.10	1,100.00	503.00
TUESDAY	1,707.90	506.00	1,245.00
WEDNESDAY	3,041.50	30.00	42.00
THURSDAY	2,254.00	20.00	160.00
FRIDAY	2,339.00	2,050.00	70.00
SATURDAY	2,459.50	190.00	796.00
APRIL BORN	493.00	.....	.....
<b>TOTAL</b>	<b>1 8,664.50</b>	<b>4,221.00</b>	<b>5,986.00</b>

DETAILS OF LAST SUNDAY'S COLLECTION:

WEEK 3	FIRST MASS (SJF)	SECOND MASS (STM)	THIRD MASS (SJF)
MAIN COLLECTION	939.00+CFA 1000	2,177.70	1,944.65+CFA500
SECOND COLLECTION	477.85	1,048.10	1,768.05
TITHE	.....	470.00	.....
<b>TOTAL</b>	<b>1,416.85+CFA1000</b>	<b>3,695.80</b>	<b>3,712.70+CFA500</b>