

## 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: FOURTH SUNDAY OF EASTER

#### **Singing Schedule:**

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

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

First Mass: New Achimota Community  
Second Mass: Christian Village Community  
Third Mass: St Francis of Assisi Society

### 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. Final funeral rites of Mr. Augustus Owusu-Gyimah is as follows; Friday 10<sup>th</sup> May, family gathering at his residence Abofu. Saturday 11<sup>th</sup> May, burial mass at SJF at 8am. Interment at Military cemetery. Sunday 12<sup>th</sup> May thanksgiving mass at SJF at 9:30am.

4. The final funeral rites for Mr. Ernest Nyarko father of Mr. Dominic Danso of Charismatic Renewal is as follows; Saturday 11<sup>th</sup> May burial mass at St. Dominic Catholic Church Tiafa at 8:am. Funeral continues at the church grounds. Sunday 12<sup>th</sup> May, thanksgiving mass at same venue at 9:30am. Funeral continues at the church grounds from 12pm-5pm.

### QUIZ

**Last week:** What is celebrated a week after Easter Sunday?

**Ans:** Divine mercy

**This Week:** What was Thomas' proclamation after he encountered the risen Jesus?

### QUOTE

*Easter spells out beauty,  
the rare beauty of new life.*  
- S.D. GORDON

## 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

5TH MAY, 2019: THIRD SUNDAY OF EASTER

THEME FOR THE WEEK: **COME AND HAVE BREAKFAST**

### TODAY'S READINGS

**1st Reading: Acts 5:27-32, 40-41**

The apostles are reprimanded for preaching Jesus and his resurrection.

**Responsorial Psalm: 30:2,4,5-6,11,12,13**  
**I WILL EXTOL YOU, LORD, FOR YOU HAVE RAISED ME UP.**

**2nd Reading: Revelation 5:11-14**

John shares the revelation of the throne of the lamb, the vision of Christ crucified and risen.

**Gospel: Gospel: John 20:19-31**

The risen Jesus appears on the shore of Lake Tiberias and confirms Peter as chief pastor.

### Reflection

In today's gospel reading Jesus invites us to breakfast. It reminds us of the invitation to supper on Holy Thursday. A meal that sheds light on our human frailties. Just like the Passover meal, human sins and concupiscence are revealed in Judas, so also at this first meal of the day, our failing to practice sacrificial love is revealed in Peter.

This invitation is not only a break of fast, but also a test of our love for Jesus crucified and risen. Peter 'apologizes' thrice for his three times denial of Jesus, and he feels what it means to love Jesus and to sacrifice for the gospel as we see in the first reading.

Our love for Jesus is tested at the moment of satisfaction, at the point of the fulfillment of our desires, but Jesus requires more than a fulfillment of desires. He is not desirable only to the point of friendship, but he is desirable to the point of self-sacrifice.

### READINGS FOR THE WEEK

- ❖ **Mon 6<sup>TH</sup> MAY, 2019**  
Acts 6:8-15  
Ps 119:24-25,27-28,30-31  
Jn 6:22-29
- ❖ **Tues 7<sup>TH</sup> MAY, 2019**  
Acts 7:51-8:1  
Ps 31:3-4,6-8,18,22  
Jn 7:30-35
- ❖ **Wed 8<sup>TH</sup> MAY, 2019**  
Acts 8:1-8  
Ps 66:1-7  
Jn 6:35-40
- ❖ **Thu 9<sup>TH</sup> MAY, 2019**  
Acts 8:26-40  
Ps 66:8-9,17-18,30  
Jn 6:44-51
- ❖ **Fri 10<sup>TH</sup> MAY, 2019**  
Acts 9:1-20  
Ps 117:1-2  
Jn 6:52-59
- ❖ **Sat 11<sup>TH</sup> MAY, 2019**  
Acts 9:31-42  
Ps 116:13-18  
Jn 6:60-69

12<sup>TH</sup> MAY, 2019  
FOURTH SUNDAY OF EASTER

1<sup>st</sup> Reading: Acts 13:14,43-52  
Resp. Ps: Ps 100:1-5  
2<sup>nd</sup> Reading: Rev 7:9,14-17  
Gospel: Jn 10:27-30

## KNOW MORE ABOUT YOUR FAITH

### LEARN ABOUT THE 21 ECUMENICAL COUNCILS

#### WHAT IS AN ECUMENICAL COUNCIL?

Councils are legally convened assemblies of ecclesiastical dignitaries and theological experts for the purpose of discussing and regulating matters of church doctrine and discipline.

The terms *council* and *synod* are synonymous, although in the oldest Christian literature the ordinary meetings for worship are also called synods, and diocesan synods are not properly councils because they are only convened for deliberation.

Councils unlawfully assembled are termed *conciliabula*, *conventicula*, and even *latrocinia*, i.e. "robber synods". The constituent elements of an ecclesiastical council are the following:

- A legally convened meeting
- of members of the hierarchy,
- for the purpose of carrying out their judicial and doctrinal functions,
- by means of deliberation in common
- resulting in regulations and decrees invested with the authority of the whole assembly. All these elements result from an analysis of the fact that councils are a concentration of the ruling powers of the Church for decisive action.

The first condition is that such concentration conform to the constitution of the Church: it must be started by the head of the forces that are to move and to act, e.g. by the metropolitan if the action is limited to one province.

The actors themselves are necessarily the leaders of the Church in their double capacity of judges and teachers, for the proper object of conciliar activity is the settling of questions of faith and discipline.

## KNOW MORE ABOUT YOUR FAITH

When they assemble for other purposes, either at regular times or in extraordinary circumstances, in order to deliberate on current questions of administration or on concerted action in emergencies, their meetings are not called councils but simply meetings, or assemblies, of bishops. Deliberation, with free discussion and ventilation of private views, is another essential note in the notion of councils.

They are the mind of the Church in action, the *sensus ecclesiae* taking form and shape in the mould of dogmatic definition and authoritative decrees.

The contrast of conflicting opinions, their actual clash necessarily precedes the final triumph of faith.

Lastly, in a council's decisions we see the highest expression of authority of which its members are capable within the sphere of their jurisdiction, with the added strength and weight resulting from the combined action of the whole body.

#### CLASSIFICATION

Councils are, then, from their nature, a common effort of the Church, or part of the Church, for self-preservation and self-defense.

They appear at her very origin, in the time of the Apostles at Jerusalem, and throughout her whole history whenever faith or morals or discipline are seriously threatened.

Although their object is always the same, the circumstances under which they meet impart to them a great variety, which renders a classification necessary. Taking territorial extension for a basis, seven kinds of synods are distinguished.

*To be continued.....*

## MOTIVATION

### HOW TO STAY FOCUSED THROUGHOUT THE DAY BY ANDREW ROACH

#### Work on One Task at a Time

Our minds work best when we're focused on one task at a time. In fact, recent research found that only 2.5% of people are able to effectively multitask. Honestly, we're hardwired to be mono-taskers, so try to be laser-focused on the task that you're completing right now, and only that task. Try to forget all about everything else that you need to complete today, and stay focused on what you're completing right now.

#### Choose Your Workplace Wisely

When I'm talking about your workplace, I'm talking about your desk. And it doesn't matter whether that's a rickety seat in your bedroom, or a sleek Herman Miller chair in your high-rise office. Make sure that your workplace is set up, so it can set you up for success.

Anything that you don't need at your desk? Get rid of it. Those papers from last week that you forgot to put away? In the drawer they go. Leftover coffee mugs from yesterday? Go put them in the dishwasher.

When you're trying to stay focused throughout the day, you need to remove anything that could potentially distract you from your line of sight. It's like they say, clear desk, clear mind.

#### Remember to Take Breaks

When you're faced with a challenging day of work ahead, your natural reaction might be to try and power through your tasks without taking a break.

Actually, I've found that taking a short break to decompress every few hours can really help you to stay focused in the long-run.

This is especially true if you're working on a tough, mentally challenging task.

From my experience, going for a little walk and coming back with fresh eyes (and maybe even a fresh cup of coffee) really helps me to stay focused and complete the task.

Remember, it's a marathon, not a sprint.

*To be continued*

## FINANCE CORNER

Thank You All for Your Generosity. May God Bless You