

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 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: FIFTH SUNDAY OF EASTER

Singing Schedule:

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

Offertory and Bidding Prayers:

First Mass: Alogboshie Community
Second Mass: Northern Union
Third Mass: Amalgamated Community

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. Ss. Thomas More and John Fisher wishes all women a Happy Mother's Day.



QUIZ

Last week: What was Thomas' proclamation after he encountered the risen Jesus?

Ans: My Lord and My God

This Week: At what sea did Jesus encounter and have breakfast with the disciples?

QUOTE

The first Easter taught us this: that life never ends and love never dies.

- **KATE MCGAHAN**

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

WEEKLY NEWSLETTER

12TH MAY, 2019: FOURTH SUNDAY OF EASTER

THEME FOR THE WEEK: WORKING WITH THE GOOD SHEPHERD

TODAY'S READINGS

1st Reading: Acts 13:14; 43-52

Everywhere they go, Paul and Barnabas preach the Gospel first to the Jews, but afterwards to god-fearing pagans, who receive it with gratitude and joy.

Responsorial Psalm: 100:1-2,3,5

WE ARE HIS PEOPLE, THE SHEEP OF HIS FLOCK

2nd Reading: Revelation 7:9; 14-17

The martyrs are praised before the Lamb, for they came through persecution into glory.

Gospel: Gospel: John 10:27-30

The good Shepherd is the one who does not abandon the sheep and knows his flock by name.

Reflection

Today, we focus our prayer on how pastoral care of each other can continue into the future. If our idea of ministry were to emphasize relational service rather than dominant authority, would more people be willing to take on that kind of pastoral role? The challenge is for all parishioners to somehow be shepherds to one another. This involves the effort to learn the names of individuals who join us in worship. Jesus explains to us that identification by name is important. Thus, the Good Shepherd knows each of us personally and calls us each by name. The spiritual reward for staying close to our Good Shepherd is described in the Book of Revelation "They will never hunger nor thirst again. For the Lamb who is on the throne will be their shepherd and will lead them to the springs of living water."

READINGS FOR THE WEEK

- ❖ **Mon 13TH MAY, 2019**
Acts 11:1-18
Ps 42:2-3;42:3-4
Jn 10:1-10
- ❖ **Tues 14TH MAY, 2019**
Acts 1:15-17,20-26
Ps 113:1-8
Jn 15:9-17
- ❖ **Wed 15TH MAY, 2019**
Acts 12:24-13:5
Ps 66:2-3,5-6,8
Jn 12:44-50
- ❖ **Thu 16TH MAY, 2019**
Acts 13:13-25
Ps 89:2-3,22-23,26,28
Jn 13:16-20
- ❖ **Fri 17TH MAY, 2019**
Acts 13:26-33
Ps 117:1-22:6-12
Jn 14:1-6
- ❖ **Sat 18TH MAY, 2019**
Acts 13:44-52
Ps 98:1-4
Jn 14:7-14

19TH MAY, 2019
FIFTH SUNDAY OF EASTER

1st Reading: Acts 14:21-27
Resp. Ps: Ps 145:8-13
2nd Reading: Rev 21:1-5
Gospel: Jn 13:31-33,34-35

KNOW MORE ABOUT YOUR FAITH

WHAT IS AN ECUMENICAL COUNCIL

Classification

Taking territorial extension for a basis, seven kinds of synods are distinguished.

1. Ecumenical Councils are those to which the bishops, and others entitled to vote, are convoked from the whole world (oikoumene) under the presidency of the pope or his legates, and the decrees of which, having received papal confirmation, bind all Christians. A council, Ecumenical in its convocation, may fail to secure the approbation of the whole Church or of the pope, and thus not rank in authority with Ecumenical councils. Such was the case with the Robber Synod of 449 (Latrocinium Ephesinum), the Synod of Pisa in 1409, and in part with the Councils of Constance and Basle.
2. The second rank is held by the general synods of the East or of the West, composed of but one-half of the episcopate. The Synod of Constantinople (381) was originally only an Eastern general synod, at which were present the four patriarchs of the East (viz. of Constantinople, Alexandria, Antioch, and Jerusalem), with many metropolitans and bishops. It ranks as Ecumenical because its decrees were ultimately received in the West also.
3. Patriarchal, national, and primatial councils represent a whole patriarchate, a whole nation, or the several provinces subject to a primate. Of such councils we have frequent examples in Latin Africa, where the metropolitan and ordinary bishops used to meet under the Primate of Carthage, in Spain, under the Primate of Toledo, and in earlier times in Syria, under the Metropolitan — later Patriarch — of Antioch.

KNOW MORE ABOUT YOUR FAITH

4. Provincial councils bring together the suffragan bishops of the metropolitan of an ecclesiastical province and other dignitaries entitled to participate.
5. Diocesan synods consist of the clergy of the diocese and are presided over by the bishop or the vicar-general.
6. A peculiar kind of council used to be held at Constantinople, it consisted of bishops from any part of the world who happened to be at the time in that imperial city. Hence the name synodoi enoemousai "visitors' synods".
7. Lastly there have been mixed synods, in which both civil and ecclesiastical dignitaries met to settle secular as well as ecclesiastical matters. They were frequent at the beginning of the Middle Ages in France, Germany, Spain, and Italy. In England even abbesses were occasionally present at such mixed councils. Sometimes, not always, the clergy and laity voted in separate chambers.

Although it is in the nature of councils to represent either the whole or part of the Church organism yet we find many councils simply consisting of a number of bishops brought together from different countries for some special purpose, regardless of any territorial or hierarchical connection. They were most frequent in the fourth century, when the metropolitan and patriarchal circumscriptions were still imperfect, and questions of faith and discipline manifold. Not a few of them, summoned by emperors or bishops in opposition to the lawful authorities (such as that of Antioch in 341), were positively irregular, and acted for evil rather than good. Councils of this kind may be compared to the meetings of bishops of our own times.

To be continued.....

MOTIVATION

HOW TO STAY FOCUSED THROUGHOUT THE DAY BY ANDREW ROACH

Incentivize Your Tasks

One of the best ways to stay focused throughout the day is to incentivize the completion of your tasks – especially the tough ones.

Monday morning and you've got a ton of work to take care of? Promise yourself that you'll treat yourself with lunch from your favorite restaurant if you stay focused and have a productive morning.

What about making your first sale? That's a huge accomplishment – don't forget to celebrate! Treat yourself to that special thing that you've been eyeing for the past few weeks and enjoy the moment.

Remember, it doesn't always need to be something big or expensive. I found great success by incentivizing my tasks with small rewards too, like watching a film after work, or cooking my favorite meal at home.

Try and find what really motivates you, and reward yourself for your own hard work. It'll help you to stay focused throughout the day.

MOTIVATION

Work on Things You Love

This might sound obvious, but one of the easiest ways to make sure that you stay focused is to work on things which you're genuinely interested in.

If you're faced with a difficult problem, but you have a genuine interest in what it is that you're doing, you'll want to complete whatever it is that you're doing to the best of your abilities.

On the other hand, if you're working on something which you're not fully engaging with, your focus will be off.

Practice Mindfulness

Many professionals have already found that practicing mindfulness really helps them to stay focused throughout their day.

Honestly, it doesn't matter whether you opt for meditation, yoga, or some simple breathing exercises that you can incorporate into your day. All of these are fantastic for improving your focus, and help you to avoid distractions throughout the day.

To be continued...

FINANCE CORNER

Thank You All for Your Generosity. May God Bless You