



SS. THOMAS MORE AND JOHN FISHER CATHOLIC CHURCH, ACHIMOTA.

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WEEKLY NEWSLETTER

26TH FEBRUARY, 2023: FIRST SUNDAY OF LENT, YEAR A.

THEME FOR THE WEEK: **“CONFIDENCE IN THE FACE OF TEMPTATION”**

Rev. Fr. George Obeng Appah (*Parish Priest*) 020-8592020
Rev. Fr. Emmanuel Kwofie (*Assistant Priest*) 020-6355610

St. Thomas More Catholic Church - 030-3931800
SS. Thomas More and John Fisher Catholic Church - 030-3939862/
030-2436199

TODAY'S READINGS

First Reading: Gen 2:7- 9;3:1-7: Eve and Adam eat from the tree that was forbidden to them by God.

Responsorial Psalm: Ps 51:3-6, 12-14, 17

HAVE MERCY, O LORD, FOR WE HAVE SINNED.

Second Reading: Rom 5:12-19 or 5:12, 17-19: Through the obedience of Jesus, many will be made righteous.

Gospel Reading: Mt 4:1-11: Jesus fasts for 40 days in the desert and is tempted by the devil.

REFLECTION

Beloved, the account of Jesus' temptation in the desert is filled with allusions and parallels to the Old Testament, including the story of the people of Israel. The Israelites spent 40 years wandering in the desert in Exodus, for example, and Jesus spends 40 days in the desert. As the Israelites were tempted during the Exodus, so too is Jesus tempted. Again so will we be treated in our Christian life. As we start our journey through Lent, our Sunday reading call us to adopt the same confidence that Jesus had in the face of temptation: God's word alone will suffice; God's promise of protection can be trusted; God alone is God.

WEEKLY READINGS

Mon 27TH FEBRUARY, 2023 Lev 19:1-2,11-18 Ps 18:8-10,15 Mt 25:31-46	Tue 28TH FEBRUARY, 2023 Is 55:10-11 Ps 34:4-7,16-19 Mt 6:7-15
Wed 1ST MARCH, 2023 Jon 3:1-10 Ps 51:3-4,12-13,18-19 Lk 11:29-32	Thur 2ND MARCH, 2023 Est 4:1,3-5:12-15 Ps 138:1-3,7-8 Mt 7:7-12
Fri 3RD MARCH, 2023 Ez 18:21-28 Ps 130:1-8 Mt 5:20-26	Sat 4TH MARCH, 2023 Deut 26:16-19 Ps 119:1-2,4-5,7-8 Mt 5:43-48

Readings for Next Sunday

First Reading	Gen 12:1- 4a
Responsorial Psalm	Ps 33:4-5,18-20,22
Second Reading	2Tim 1:8b-10
Gospel	Mt 17:1-9

Mass Schedule

<i>St. Thomas More</i>	<i>St. John Fisher</i>
First Mass: 7:00 AM	First Mass: 6:30 AM
Second Mass: 9:30AM	Second Mass: 9:30 AM



KNOW MORE ABOUT YOUR FAITH

Message of the Holy Father for Lent 2023

Theme: Lenten Penance and the Synodal Journey

Dear brothers and sisters!

The Gospels of Matthew, Mark and Luke all recount the episode of the Transfiguration of Jesus. There we see the Lord's response to the failure of his disciples to understand him. Shortly before, there had been a real clash between the Master and Simon Peter, who, after professing his faith in Jesus as the Christ, the Son of God, rejected his prediction of the passion and the cross. Jesus had firmly rebuked him: "Get behind me, Satan! You are a scandal to me, because you do not think according to God, but according to men!" (Mt 16:23). Following this, "six days later, Jesus took with him Peter, James and John his brother and led them away to a high mountain" (Mt 17:1).

The Gospel of the Transfiguration is proclaimed every year on the Second Sunday of Lent. During this liturgical season, the Lord takes us with him to a place apart. While our ordinary commitments compel us to remain in our usual places and our often repetitive and sometimes boring routines, during Lent we are invited to ascend "a high mountain" in the company of Jesus and to live a particular experience of spiritual discipline – *ascesis* – as God's holy people.

Lenten penance is a commitment, sustained by grace, to overcoming our lack of faith and our resistance to following Jesus on the way of the cross. This is precisely what Peter and the other disciples needed to do. To deepen our knowledge of the Master, to fully understand and embrace the mystery of his salvation, accomplished in total self-giving inspired by love, we must allow ourselves to be taken aside by him and to detach ourselves from mediocrity and vanity. We need to set out on the journey, an uphill path that, like a mountain trek, requires effort, sacrifice and concentration. These requisites are also important for the synodal journey to which, as a Church, we are committed to making. We can benefit greatly from reflecting on the relationship between Lenten penance and the synodal experience.

In his "retreat" on Mount Tabor, Jesus takes with him three disciples, chosen to be witnesses of a unique event. He wants that experience of grace to be shared, not solitary, just as our whole life of faith is an experience that is shared. For it is in togetherness that we follow Jesus. Together too, as a pilgrim Church in time, we experience the liturgical year and Lent within it, walking alongside those whom the Lord has placed among us as fellow travelers. Like the ascent of Jesus and the disciples to Mount Tabor, we can say that our Lenten journey is "synodal", since we make it together along the same path, as disciples of the one Master.

KNOW MORE ABOUT YOUR FAITH

For we know that Jesus is himself the Way, and therefore, both in the liturgical journey and in the journey of the Synod, the Church does nothing other than enter ever more deeply and fully into the mystery of Christ the Saviour.

And so we come to its culmination. The Gospel relates that Jesus "was transfigured before them; his face shone like the sun and his clothes became white as light" (Mt 17:2). This is the "summit", the goal of the journey. At the end of their ascent, as they stand on the mountain heights with Jesus, the three disciples are given the grace of seeing him in his glory, resplendent in supernatural light. That light did not come from without, but radiated from the Lord himself. The divine beauty of this vision was incomparably greater than all the efforts the disciples had made in the ascent of Tabor. During any strenuous mountain trek, we must keep our eyes firmly fixed on the path; yet the panorama that opens up at the end amazes us and rewards us by its grandeur. So too, the synodal process may often seem arduous, and at times we may become discouraged. Yet what awaits us at the end is undoubtedly something wondrous and amazing, which will help us to understand better God's will and our mission in the service of his kingdom.

SEASON OF REFLECTION



THOSE IN ARREARS OF LAST YEAR'S HARVEST LEVY, AND PLEDGES ARE ENTREATED TO REDEEM THEM.



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MOTIVATION

INSPIRATIONAL QUOTES FOR LENT

- ❖ "Lent stimulates us to let the Word of God penetrate our life and in this way to know the fundamental truth: Who we are, where we come from, where we must go, and what path we must take in life." **Pope Benedict XVI**
- ❖ "Lent is a time of going very deeply into ourselves... What is it that stands between us and God? Between us and our brothers and sisters? Between us and life, the life of the Spirit? Whatever it is, let us relentlessly tear it out, without a moment's hesitation." **Catherine Doherty**
- ❖ "The goal of fasting is inner unity. This means hearing, but not with the ear; hearing, but not with the understanding; it is hearing with the spirit, with your whole being." **Father Thomas Merton**
- ❖ "Fasting cleanses the soul, raises the mind, and subjects one's flesh to the spirit, renders the heart contrite and humble scatters the clouds of concupiscence, quenches the fire of lust, and kindles the true light of chastity." **St. Augustine**
- ❖ "Lenten practices of giving up pleasures are a good reminder that the purpose of life is not pleasure. The purpose of life is to attain a perfect life, all truth and undying ecstatic love—which is the definition of God. In pursuing that happiness, we find happiness." **Fulton J. Sheen**
- ❖ "It is not just about giving up our favorite food but it's about going further and giving up things like hatred and unforgiveness. You need to clean your heart and prepare yourself for purity." **Amanda Jobs**

YOUTH CORNER

THINGS WE NEED TO DO AS YOUTH

Part 2

1. **Respect yourself:** When you respect others it will be easy for them to respect you as well. Respect is also earned and reciprocal when you respect people they will respect you back and if you behave well with others you might just earn their respect.
2. **Be grateful:** A little gratitude goes a long way when it is genuine. We should be grateful when something is done for or given to us no matter how small it is. After all it's the thought that counts.
3. **Have good friends:** Most of us learnt this the hard way. You can't just go around making friends with everyone you talk to, that doesn't mean you shouldn't be nice and treat them with respect. Having good friends ensures you are able to attain your goals and your values are still being kept. So get friends who will support your dreams and make sure they also have the same values.
4. **Enjoy the little things in life:** We want to get things done so quickly that we forget about the little things. Relax, take a step back, put your phone down and enjoy nature. Take a walk, talk to someone, laugh, go to the beach and watch the waves, feel the sand between your feet. All these little things could brighten your day and lift your mood.

ANNOUNCEMENTS

1. We are reminded to pay our Church Dues, Welfare Dues and Building Fund for this year. Kindly check the notice board for more details. Those in arrears of last year's Harvest Levy, and pledges are entreated to redeem them.
2. There is Stations of the Cross and Mass every Friday at 7:00pm at both STM and SJF during the Season of Lent.
3. We are reminded of our Grotto devotion this Saturday 4th March, 2023 at SJF at 4:00pm. Let's come and pray together for the intercession of our Lady of Grace for the New Month of Mercy and Blessings.
4. **The funeral arrangements:**
Mrs. Edith Benuyie Boamah, a member of the Main Choir and St. Theresa of the Child Jesus Is as follows:
 - **Friday 3rd March, 2023:** Family gathering at her residence behind the Achimota District Court.
 - **Saturday 4th March, 2023:** Laying in State and Burial Mass at SJF at 8:00am.
 - **Sunday 5th March, 2023:** Thanksgiving Mass at STM at 9:30am.

Mr. Samuel Oduro Boamah, husband of C/Insp retired Mrs. Martha Boamah of the Amalgamated Community and KSJI is as follows:

- **Saturday 11th March, 2023:** Laying in State/File Past at his residence, Ebenezer Junction Sowutuom Accra from 4:00am to 5:40am and at Trinity Prebyterian Church of Ghana, Kwashieman at 6:00am and Burial Service at 8:00am.
- **Sunday 12th March, 2023:** Thanksgiving Service at Trinity Prebyterian Church of Ghana, Kwashieman at 8:00am and Family Gathering at his residence, Ebenezer Junction, Suwutuom Accra from 12:00pm to 6:00pm.

PASTORAL CARE

Sacrament of Confession: Every Saturday from 5.00pm at SJF and from 6.30pm at STM.

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 @ STM.*

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 Thursday (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: Monday to Thursday: 9am -1pm & 2 pm - 5pm: and Sunday: 9 am - 1.30pm

SLOGAN: Ss. Thomas More & John Fisher: Besohwɛ!
Ss. Thomas More & John Fisher: Justice and Truth!!
Ss. Thomas More & John Fisher: Pray for us!

**THANKS FOR WORSHIPPING
WITH US.
HAVE A BLESSED WEEK.**

FINANCE CORNER - ST. THOMAS MORE

WEEKDAYS	STM FEB. WEEK1	STM FEB. WEEK2	STM FEB. WEEK3
SUNDAY	1255.00	207.00	-----
MONDAY	1321.00	-----	-----
TUESDAY	1497.00	520.00	-----
WEDNESDAY	658.00	55.00	-----
THURSDAY	1540.00	-----	600.00
FRIDAY	824.00	-----	-----
SATURDAY	1462.00	-----	-----
FEB. BORN	392.00	-----	-----
TOTAL	8949.00	782.00	600.00

Details of Last Sunday's Collections

SUNDAY	STM FEB. WEEK3
MAIN COLLECTION	2343.70
SECOND COLLECTION	1425.10
TITHE	680.00
REVIVAL COLLECTIONS	9882.15
TOTAL	14330.95

FINANCE CORNER - ST. JOHN FISHER

WEEKDAYS	SJF FEB. WEEK1	SJF FEB. WEEK2	SJF FEB. WEEK3
SUNDAY	1375.00	355.00	5.00
MONDAY	2078.00	50.00	4100.00
TUESDAY	796.00	20.00	1120.00
WEDNESDAY	567.00	450.00	76.00
THURSDAY	2652.00	200.00	-----
FRIDAY	5957.00	450.00	461.00
SATURDAY	783.00	200.00	-----
FEB. BORN	206.00	-----	-----
TOTAL	14414.00	1725.00	5762.00

Details of Last Sunday's Collections

SUNDAY	SJF FEB. WEEK3
MAIN COLLECTION	3720.90
SECOND COLLECTION	2279.70
TITHE	190.00
TOTAL	6190.60

THANK YOU FOR ALL YOUR GENEROUS CONTRIBUTIONS.



 SS Thomas More & John Fisher Parish, Achimota

Help Us Build

A new Children Service Block @ SS Thomas More & John Fisher Parish

"LET THE LITTLE CHILDREN COME TO ME AND DO NOT HINDER THEM FOR THE KINGDOM OF HEAVEN BELONGS TO SUCH AS THESE "

Matthew 19: 14

St. Thomas More Catholic Church
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