



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

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## WEEKLY NEWSLETTER

19TH MARCH, 2023: FOURTH SUNDAY OF LENT, YEAR A.

THEME FOR THE WEEK: **“JESUS, THE GIVER OF LIGHT”**

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:* 1 Sam 16:1, 6-7, 10-13: Samuel is sent to anoint David as king.

*Responsorial Psalm:* Ps 23:1-6

**THE LORD IS MY SHEPHERD; THERE IS NOTHING I SHALL WANT.**

*Second Reading:* Eph 5:8-14: The Ephesians are told to live as children of light.

*Gospel Reading:* Jn 9:1-41 or 9:1, 6-9, 13-17, 34-38: Jesus heals the man born blind and reveals himself to him as the Son of Man.

### REFLECTION

In today's Gospel, the healing of the man born blind invites us to focus on the physical and spiritual aspects of sight and light. The washing of the man in the pool of Siloam is a prototype for Christian Baptism. Through the man's encounter with Jesus, the man born blind is healed, his sight is restored, and his conversion to discipleship begins. The man born blind gradually comes to a greater understanding about who Jesus is and what it means to be his disciple, while the Pharisees (those who should see) are the ones who remain blind. In much the same way, we also come to a gradual understanding about who Jesus is when we seek to follow him. The scales that makes us blind are fallen when we encounter Christ the light.

### WEEKLY READINGS

<b>Mon 20<sup>TH</sup> MARCH, 2023</b> <b>Joseph, husband of the BVM</b> 2Sam 7:4-5a,12-14a,16 Ps 89:2-5,27,29 Rom 4:13,16-18,22 Mt 1:16,18-21,24a or Lk 2:41-51	<b>Tue 21<sup>ST</sup> MARCH, 2023</b> Ez 47:1-9,12 Ps 46:2-3,5-6,8-9 Jn 5:1-6
<b>Wed 22<sup>ND</sup> MARCH, 2023</b> Is 50:8-15 Ps 145:8-9,13-14,17-18 Mt 5:17-30	<b>Thurs 23<sup>RD</sup> MARCH, 2023</b> Ex 32:7-14 Ps 106:19-23 Jn 5:31-47
<b>Fri 24<sup>TH</sup> MARCH, 2023</b> <b>St. Catherine of Sweden</b> Wis 2:1a,12-22 Ps 34:17-21,23 Jn 7:1-2,10,25-30	<b>Sat 25<sup>TH</sup> MARCH, 2023</b> <b>The Annunciation of the Lord</b> Is 7:10-14;8:10 Ps 40:7-11 Heb 10:4-10 Lk 1:26-38

### Readings for Next Sunday

First Reading	Ez 37:12-14
Responsorial Psalm	Ps 130:1-8
Second Reading	Rom 8:8-11
Gospel	Jn 11:1-45 /11:3-7,17,20-27,33 45

### 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

### LAETARE SUNDAY

Laetare is the first word — meaning “rejoice” — in the Latin text. On Laetare Sunday (as similarly with the Third Sunday of Advent’s Gaudete Sunday) the Church expresses hope and joy in the midst of our Lenten fasts and penances. Call it pink — or, more fittingly, rose.

The day’s theme comes from the entrance antiphon reflecting on Isaiah 66:10-11: “Rejoice, Jerusalem, and all who love her. Be joyful, all who were in mourning; exalt and be satisfied at her consoling breast.”— this change in color indicates a glimpse of the joy that awaits us at Easter, just before we enter into the somber days of Passiontide.

The joy of Easter being around the corner is symbolized in a few other interesting liturgical possibilities. During Lent, the General Instruction of the Roman Missal forbids flowers adorning the altar. But on Laetare Sunday (as well as solemnities and feasts within the season), there’s a temporary halt to these penitential observations!

At one time, marriages were generally forbidden during Lent, but Laetare Sunday was often associated as a day when marriages could be celebrated during the penitential season. While marriages are now only forbidden on Good Friday and Holy Saturday, Laetare Sunday is still a fitting day for those wishing to be married before Eastertide.

Laetare Sunday is the Church’s way of giving us a “shot in the arm” as we approach the darkness and horror of the days through Good Friday and Holy Saturday. It’s an opportunity to savor and keep in the back of our minds what awaits us on Easter Sunday — the reality that Jesus Christ is risen from the dead, and that our hearts will always be filled with joy!

## PRAYER FOR GOD’S INTERVENTION IN OUR LAND

Almighty and Merciful Father, we thank you for our faith and for the gift of our church community. We thank you for how far you have brought us as a parish. You have been our refuge in times past and our hope for years to come.

We humbly beseech you to help us win back our Land in this dispute. Save us from violence, discord and confusion and the evil plans of our adversaries.

For the Court of Justice, we pray that you will give them the spirit of Wisdom and Understanding that they may discern the truth and impartially administer the law in the fear of you alone. May they not yield to deceit and acts of bribery and corruption but uphold the truth and let justice prevail.

May your Mother Mary intercede for us and may the Archangel Michael defend us in battle. We make our prayer through Christ our Lord and Redeemer. Amen.

- St. Thomas More..... Pray for us
- St. John Fisher..... Pray for us
- All you Angels and Saints ..... Pray for us

## FOURTH SUNDAY OF LENT





**Lent 2023  
Retreat**  
With Rev. Fr. Amos Quansah

Theme:  
**Come back to the  
Lord your God.** Joel 2: 13

**25th March, 2023**  
**9am - 2pm** Departure - **7: 30am**

Venue: Society of African Missions  
(SMA) Retreat Center,  
Amamoley along the Pokuase stretch

Kindly come along with your Bibles,  
Rosaries, notebooks and hymnals

Rate  
**Chs. 30**

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## MOTIVATION

### MOTIVATIONAL QUOTES FROM THE SAINTS

- ❖ Pray, hope, and don't worry. Worry is useless, God is merciful and will hear your prayer. - **St. Pio of Pietrelcina**
- ❖ Patience is the companion of wisdom. - **St. Augustine**
- ❖ Have patience with all things, but first of all with yourself. - **St. Francis de Sales**
- ❖ Just take everything exactly as it is, put it in God's hands and leave it with him. Then you will be able to rest in him — really rest. - **St. Teresa Benedicta of the Cross**
- ❖ No act of virtue can be great if it is not followed by advantage for others. So, no matter how much time you spend fasting, no matter how much you sleep on a hard floor and eat ashes and sigh continually, if you do no good to others, you do nothing great." - **John Chrysostom**
- ❖ True progress quietly and persistently moves along without notice. - **St. Francis de Sales**
- ❖ You do not need to wallow in guilt. Wallow in the mercy of God. - **St. John Vianney**
- ❖ "My whole strength lies in prayer and sacrifice; these are my invincible arms; they can move hearts far better than words, I know it by experience." —*Saint Therese of Lisieux*
- ❖ "Men lose all the material things they leave behind them in this world, but they carry with them the reward of their charity and the alms they give." —*Saint Francis of Assisi*

## YOUTH CORNER

### SETTING AND ACHIEVING GOALS THE RIGHT WAY

1. **Decide:** Determine the goal you want to attain and start working on it. It must be attainable and should have a time limit.
2. **Show commitment:** After deciding on the goal show commitment and dedication to it. This will make it easier for you to be devoted.
3. **Make a plan:** The plan should include when you want to start, how to attain it, challenges you might face and when you expect to finish.
4. **Write it down:** Putting your goals on paper is beneficial because it lets you know how far you've come and what's left to accomplish.
5. **Tell someone:** Telling your goals will make it harder for you to back out. It should be someone you trust.
6. **Be positive:** Why set goals and be negative about them. Be your number one fan. Motivate yourself into successfully completing them.
7. **Take action:** After all these just begin moving toward your goal.

## 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. Members of New Achimota Akweteyman, Kofevi and Achimota Town communities will meet today at SJF after the 9:30am Mass. Members are entreated to be in attendance. New members are welcome.
3. St. Vincent de Paul Society would like to remind the Parish Youth Council of their visitation to 8 Wards in Achimota group A this Month and Akan Kuo to 8 Wards in Achimota group B in April.
4. **Our Deanery Confession comes off this Thursday 23rd March, 2023 at both STM & SJF at 6:30pm.**
5. **Road to the Cross comes off on the 31st March, 2023 at SJF at 7:00pm**
7. Our Parish will evangelize and make donations to the Nsawam Prisons as our Lenten Project this year. We are therefore encouraged to support in cash and kind to compliment the song ministration by the Youth Choir that day. Kindly donate through: the Parish Secretariats, Lenten Project Boxes at the entrance of the church or Parish MoMo No: 059 585 0922. Ref. Nsawam Prison.
8. **The Death is reported of:**
  - **Mr. Francis Dilly Akabe**, a member of the Achimota East West Abofu Community. Funeral details will be announced later.
  - **Mr. Clement Zuolo**, a member of the Amalgamated Community and Knights of Marshall. Funeral details will be announced later.

## 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: Besohwë!  
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 MAR. WEEK1	STM MAR. WEEK2
SUNDAY	887.00	-----
MONDAY	1223.00	-----
TUESDAY	1886.00	10.00
WEDNESDAY	991.00	150.00
THURSDAY	697.00	-----
FRIDAY	1094.90	50.00
SATURDAY	1229.10	-----
MAR. BORNS	142.00	-----
<b>TOTAL</b>	<b>8150.00</b>	<b>210.00</b>

### Details of Last Sunday's Collections

SUNDAY	STM MAR. WEEK2
MAIN COLLECTION	2263.80
SECOND COLLECTION	1207.50
TITHE	4780.00
<b>TOTAL</b>	<b>8251.30</b>

## FINANCE CORNER - ST. JOHN FISHER

WEEKDAYS	SJF MAR. WEEK1	SJF MAR. WEEK2
SUNDAY	1283.10	350.00
MONDAY	2310.00	-----
TUESDAY	2124.60	-----
WEDNESDAY	770.20	-----
THURSDAY	1683.00	10.00
FRIDAY	5557.90	310.00
SATURDAY	1059.00	220.00
MAR. BORNS	303.00	
<b>TOTAL</b>	<b>15090.80</b>	<b>890.00</b>

### Details of Last Sunday's Collections

SUNDAY	SJF MAR. WEEK2
MAIN COLLECTION	3759.90 +\$6
SECOND COLLECTION	2082.70
TITHE	200.00
<b>TOTAL</b>	<b>6042.60</b> <b>+\$6</b>

**THANK YOU FOR ALL YOUR GENEROUS CONTRIBUTIONS.**



# Help Us Build

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

**St. Thomas More Catholic Church  
Acc No. 1117000222801  
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Mobile Money: 059 585 0922**