



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

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WEEKLY NEWSLETTER

2ND APRIL, 2023: PALM SUNDAY OF THE LORD'S PASSION,
YEAR A.

THEME FOR THE WEEK: **"HOSANNA TO THE
SON OF DAVID"**

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: Is 50:4-7: The Lord's Servant will stand firm, even when persecuted.

Responsorial Psalm: Ps 22:8-9, 17-20, 23-24

**MY GOD, MY GOD, WHY HAVE YOU
FORSAKEN ME?**

Second Reading: Phil 2:6-11: Christ was obedient even to death, and God has exalted him.

Gospel Reading: Mt 26:14-27:66 or 27:11-54: Jesus is crucified, and his body is placed in the tomb.

REFLECTION

Palm Sunday is also our great entrance into Holy Week, the week when we cherish the memory of Jesus, who as described in the gospel of John, loved us to the extreme. We hear words from the prophet Isaiah that more closely resemble the messianic mission of Jesus than the storied memory of King David, whose glory is in the minds and hearts of the crowds shouting "hosanna." Isaiah speaks of a servant who learns by suffering, who gives his back to those who beat him and his cheeks to those who pluck his beard. It is through these experiences that he has something to say to the weary—"a word that will rouse them." He is in solidarity with all the innocent who have been unfairly accused, with prisoners of conscience in all times and places, with those facing the death sentence of a terminal illness, with those whose dignity has been stripped and those who are crowned with the thorns of ridicule and exclusion and those forced to drink the bitter gall of the self-righteous. He is with the crucified in every time and place.

WEEKLY READINGS

Mon 3RD APRIL, 2023 Holy Week Is 42:1-7 Ps 27:1-3,13-14 Jn 12:1-11	Tue 4TH APRIL, 2023 Holy Week Is 49:1-6 Ps 71:1-6,15,17 Jn 13:21-33,36-38
Wed 5TH APRIL, 2023 Holy Week Is 50:4-9a Ps 69:8-10,21-22,31,33-34 Mt 26:14-25	Holy Thurs 6TH APRIL, 2023 Evening Mass of the Lord's supper Ex 12:1-8,11-14 Ps 116:12-13,15-18 1Cor 11:23-26 Jn 13:1-15
Good Fri 7TH APRIL, 2023 Is 52:13-53:12 Ps 31:2,6,12-13,15-17,25 Heb 4:14-16;5:7-9 Jn 18:1-19:42	Holy Sat 8TH APRIL, 2023 Easter Vigil (Various Readings of OT) Rom 6:3-11 Ps 118:1-2,16-17,22-23 Mt 28:1-10

Readings for Next Sunday: EASTER SUNDAY

First Reading	Acts 10:34a,37-43
Responsorial Psalm	Ps 118:1-2,16-17,22-23
Second Reading	Col 3:1-4 or 1Cor 5:6b-8
Gospel	Jn 20:1-9 or Mt 28:1-10

Mass Schedule

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



KNOW MORE ABOUT YOUR FAITH

EVERYTHING YOU NEED TO KNOW ABOUT THE EASTER TRIDUUM

Holy Week is the most solemn and glorious week in Christianity, the pinnacle of the liturgical year. It's more sacred than Christmas! This is because Holy Week commemorates the final week of Our Lord's life, the very purpose for which Christmas happened.

Holy Week begins with Palm Sunday (when Jesus made his final entrance into Jerusalem) and culminates with Easter Sunday. As Holy Week progresses to its final days, the solemnity heightens.

THE SACRED TRIDUUM

Sundown on Holy Thursday to sundown on Easter Sunday is considered the most solemn part of the liturgical year. This three-day period is referred to as the **Easter Triduum**, also known as the **Sacred Triduum**, or **Paschal Triduum**. The Triduum "reaches its high point in the Easter Vigil, and closes with evening prayer on Easter Sunday" (The General Norms for the Liturgical Year).

The word "triduum" comes from the Latin word *triduum*, which comes from *tris* ("three") + *dies* ("day").

Basically, the Sacred Triduum is one great festival recounting the last three days of Jesus' life on earth, the events of His Passion and Resurrection, when the Lamb of God laid down his life in atonement for our sins.

"Though chronologically three days, they are liturgically one day unfolding for us the unity of Christ's Paschal Mystery."

It is known as the "Paschal Mystery" because it is the ultimate fulfillment of the ancient Jewish Passover (or Pasch), which itself was a recollection of how God brought the Jews out of their slavery in Egypt. The spotless lamb was slaughtered at the Passover meal and consumed—that same night the destroying angel "passed over" the homes marked with the blood of the Passover Lamb, and those covered by the Blood were saved. This was the Old Testament prefigurement of Jesus' work at the Last Supper—where He inserted himself as the Paschal Lamb—and Calvary, where the sacrifice was offered to save us from our slavery to sin. With the Holy Eucharist, we consume the victim that died for our sins.

The Paschal Mystery is, therefore, God's plan of redemption for the fallen human race through the passion, death, and resurrection of the God-man Jesus Christ. It is one marvelous event stretched out over three days.

Here is a breakdown of each of the three days that make up the Easter Triduum.

HOLY THURSDAY

The evening Mass on Holy Thursday is referred to as *The Mass of the Lord's Supper*. This is where the Church re-lives the institution of the Eucharist and the Holy Sacrifice of the Mass at the Last Supper, as well as the institution of the priesthood, which took place the evening before Jesus was crucified.

After the homily there is an optional "washing of the feet" ceremony, where the priest washes the feet of others to signify his role as servant—just as Jesus did with His disciples. Extra hosts are consecrated at this Mass to be used on Good Friday on which no Mass will be celebrated anywhere.

The Mass of the Lord's Supper on Holy Thursday concludes with a procession of the Blessed Sacrament to the "altar of repose," a place where the consecrated Host is kept, away from the main altar where Mass is normally celebrated.

Many parishes will create space for people to stay and pray with the reposed Eucharist at this altar of repose until midnight, remembering Jesus' request in the Garden of Gethsemane for someone to "watch and pray" with Him.

GOOD FRIDAY

Good Friday is a mandatory day of fasting and abstinence. This is the day of the crucifixion—the day Jesus died for the sins of the world.

The parish altar looks very different on Good Friday: it is plain and bare. There is no consecrated Host in the tabernacle at the main altar of the church; It was carried away on Holy Thursday night to the "altar of repose" to signify Jesus' death. The candle by the tabernacle is blown out, and the tabernacle doors are

KNOW MORE ABOUT YOUR FAITH

Often the priest will begin the service by prostrating himself in front of the altar. **Veneration of the Cross** usually takes place at this service, in which the priest and the faithful kneel before a cross and kiss it.

HOLY SATURDAY

On this day Christ is in the tomb.

There is no daytime Mass on Holy Saturday. It is still a day of fasting and sorrow before the Easter Vigil begins that evening. We recall, with Mary and the disciples that Jesus died and was separated from them for the first time as He lay in the tomb. The faithful often continue their Good Friday fast through Holy Saturday.

In the Apostles Creed we pray "He descended into hell" (translated *hades*, that is, the temporary abode of the dead—not the eternal lake of fire) which describes what Jesus did in the time between his burial and Resurrection. Jesus descended to the realm of the dead on Holy Saturday to save the righteous souls—the Old Testament patriarchs, for example—who died before his crucifixion. The [Catechism of the Catholic Church](#) calls Jesus' descent into the realm of the dead "the last phase of Jesus' messianic mission," during which he "opened heaven's gates for the just who had gone before him." Before Holy Saturday, there were **no** souls enjoying the beatific vision of God in heaven!

Christ's work on Holy Saturday is also known as the "Harrowing of Hell."

EASTER VIGIL / EASTER SUNDAY

A vigil Mass is held after nightfall on Holy Saturday, or before dawn on Easter Sunday, in celebration of the resurrection of Jesus. This is called the Easter Vigil: the most glorious, beautiful, and dramatic liturgy for the Church.

The vigil is divided into four parts and can last up to three hours: 1) the Service of Light, 2) the Liturgy of the Word, 3) the Liturgy of Baptism, and 4) the Liturgy of the Eucharist.

This is also the Mass in which many RCIA catechumens are brought into full communion with the Catholic Church. Read more details about each part of the marvelous Easter Vigil [here](#).

CELEBRATING EASTER FULLY

Easter Sunday is what we've all been waiting for! The forty days of prayer, fasting, and almsgiving during Lent was in preparation for this day, when our hearts and souls can drink in deeply the culmination of the Paschal mystery: the Resurrection.

"Therefore Easter is not simply one feast among others, but the 'Feast of feasts', the 'Solemnity of solemnities', just as the Eucharist is the 'Sacrament of sacraments'. St. Athanasius calls Easter 'the Great Sunday' and the Eastern Churches call Holy Week 'the Great Week'. The mystery of the Resurrection, in which Christ crushed death, permeates with its powerful energy our old time, until all is subjected to him."

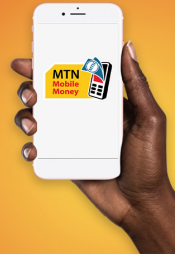
[The Catechism of the Catholic Church, 1168 and 1169](#)

HOLY WEEK BEGINS



How to make all church statutory payments through MTN momo
Ss Thomas more & John Fisher
059 585 0922

Dial ***170#**
Select Option 2
Select Option 1
Enter Merchant ID: **247834**
Enter Amt
Enter Reference: eg. *Dues*
Enter your Momo pin
Send



MOTIVATION

A young man was at the end of his rope. Seeing no way out, he dropped to his knees in prayer. "Lord, I can't go on," he said, "I have too heavy of a cross to bear." The Lord replied, "My son, if you can't bear its weight, just place your cross inside this room. Then, open that other door and pick out any cross you wish."

The man was filled with relief and said, "Thank you, Lord," and he did as he was told. Upon entering the other door, he saw many crosses, some so large the tops were not visible. Then, he spotted a tiny cross leaning against a far wall. "I'd like that one, Lord," he whispered.

And the Lord replied, "My son, that is the cross you just brought in." When life's problems seem overwhelming, it helps to look around and see what other people are coping with. You may consider yourself far more fortunate than you imagined.

YOUTH CORNER

PUT GOD IN THE CENTRE OF IT ALL

When we toil without God, we can put in much energy and get very little gain to show for our effort. However, when we work hard and also let God be involved in what we do, He gives our effort a divine touch that produces a miraculous outflow of fruitfulness in abundance. It is for our advantage that we let God be involved in the things we do, because without Him we can definitely make no way in this life.

Today, make sure that you do not take the journey alone. Allow the Lord to go with you and by His help you will definitely witness success; be it in work, business, study, career, relationships, etc.

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. St. Vincent de Paul Society would like to remind the Akan Kuo of their visitation to 8 Wards in Achimota group B this month, and St. Theresa of the Child Jesus to 10 Wards in Kissehman in May. Parishioners are to check the SSVP Gallery notice boards to see pictures their visitations.
3. 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 Prisons.
4. Funeral Arrangements of **Mr. Clement T. Zuolo** a member of the Amalgamated Community and Knights and Ladies of Marshall is as follows:
 - **Saturday 13th May, 2023:** Pre-burial Mass: at 8:00am at St. John Fisher Catholic Church, New Achimota.
 - **Friday 19th May, 2023:** Laying In state at Lawra-Tongoh, Upper West Region.
 - **Saturday 20th May, 2023:** Traditional Morning, burial and funeral rites at Lawra-Tongoh.
 - **Sunday 21st May, 2023:** Thanksgiving Mass at 9:00am at St. Catherine of Sienna Catholic Church at Babile-Lawra.
 - **Sunday 4th June, 2023:** Final Thanksgiving Mass at 9:30am at St. John Fisher Catholic Church, New Achimota.

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 MAR. WEEK1	STM MAR. WEEK2	STM MAR. WEEK3	STM MAR. WEEK4	GRAND TOTAL	POSI- TIONS
SUNDAY	887.00	-----	20.00	10.00	917.00	6TH
MONDAY	1223.00	-----	-----	-----	1223.00	5TH
TUESDAY	1886.00	10.00	-----	-----	1896.00	1ST
WEDNESDAY	991.00	150.00	505.00	20.00	1666.00	2ND
THURSDAY	697.00	-----	-----	-----	697.00	7TH
FRIDAY	1094.90	50.00	200.00	-----	1344.90	3RD
SATURDAY	1229.10	-----	10.00	-----	1239.10	4TH
MAR. BORN	142.00	-----	-----	-----	142.00	
TOTAL	8150.00	210.00	735.00	30.00	9125.00	

Details of Last Sunday's Collections

SUNDAY	STM MAR. WEEK4
MAIN COLLECTION	2222.10
SECOND COLLECTION	1425.40
TOTAL	3647.50

FINANCE CORNER - ST. JOHN FISHER

WEEKDAYS	SJF MAR. WEEK1	SJF MAR. WEEK2	SJF MAR. WEEK3	SJF MAR. WEEK4	GRAND TOTAL	POSI- TIONS
SUNDAY	1283.10	350.00	200.00	-----	1833.10	5 TH
MONDAY	2310.00	-----	-----	-----	2310.00	3 RD
TUESDAY	2124.60	-----	100.00	-----	2224.60	4 TH
WEDNESDAY	770.20	-----	40.00	20.00	830.20	7 TH
THURSDAY	1683.00	10.00	-----	-----	1693.00	6 TH
FRIDAY	5557.90	310.00	1.00	100.00	5968.90	1 ST
SATURDAY	1059.00	220.00	1200.00	20.00	2499.00	2 ND
MAR. BORNS	303.00	-----	-----	-----	303.00	
TOTAL	15090.80	890.00	1541.00	140.00	17661.80	

Details of Last Sunday's Collections

SUNDAY	SJF MAR. WEEK4
MAIN COLLECTION	3009.00
SECOND COLLECTION	1745.90
TITHE	160.00
TOTAL	4914.90

THANK YOU FOR ALL YOUR GENEROUS CONTRIBUTIONS IN THE MONTH OF MARCH.

SS. THOMAS MORE & JOHN FISHER PARISH, ACHIMOTA 2023 EASTER PROGRAMME

DATE	ACTIVITIES	VENUE	TIME
Thur. 6 th April	Holy Thursday	STM	7.00pm
		SJF	7.00pm
Fri. 7 th April	Stations of the Cross	STM	7.00am
		SJF	7.00am
	Divine Mercy Novena Prayers & Veneration of the Cross	STM	2.30pm
		SJF	2.30pm
Sat. 8 th April	Easter Vigil/Baptism	STM	8.00pm
		SJF	8.00pm
Sun. 9 th April	Easter Sunday	STM	7.30am
		SJF	6:30am
			9.30am
Mon. 10 th April	Mass/Easter Picnic	SJF	10:00am