



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

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WEEKLY NEWSLETTER

28TH JANUARY, 2024: FOURTH SUNDAY IN ORDINARY TIME, YEAR B.

THEME FOR THE WEEK: **"LET'S ALWAYS SEIZE THE OPPORTUNITY THAT COMES OUR WAY TO SHOW OUR WORTH."**

Rev. Fr. George Obeng Appah (*Parish Priest*) 020-8592020
Rev. Fr. Clement Quagraine (Assistant Priest) 024-8329194

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

TODAY'S READINGS

First Reading: Deut 18:15-20: Moses tells the people that God will raise up for them a new prophet.

Responsorial Psalm: Ps 95:1-2, 6-7, 7-9 (8)

O THAT TODAY YOU WOULD LISTEN TO HIS VOICE! HARDEN NOT YOUR HEARTS.

Second Reading: 1Cor 7:32-35: Paul expresses his concern that those who are married are more likely to face the distractions of earthly life than celibates.

Gospel Reading: Mk 1:21-28: Jesus heals a man with an unclean spirit and his fame spreads throughout Galilee.

REFLECTION

In today's gospel (Mark 1:2b-28), we witness Jesus entering the synagogue on the Sabbath day to teach. The people were astounded at his authoritative teaching. It's crucial to understand that Jesus didn't simply initiate the teaching; rather, he was invited to do so. In the synagogue, it was customary for the head and ruler to summon both local and visiting teachers to provide insights into the scriptures. The synagogue served as a place for prayer, scripture reading, and exposition. Consequently, being called to fulfil this role indicated capability among the Jews. The ruler of the synagogue, aware of Jesus' competence and mastery over the scriptures, easily extended an invitation. In doing so, he seized the opportunity to highlight Jesus' unique authority, setting Him apart from other scribes. Beloved, we can glean valuable lessons from Jesus' example. Opportunities will arise where people will recognize our talents, skills, and expertise based on what they know about us. Let us consistently strive to prove ourselves, demonstrating our capabilities, and graciously accepting the opportunities that come our way.

WEEKLY READINGS

Mon 29TH JANUARY, 2024 2Sam 15:13-14,30;16:5-13 Ps 3:2-7 Mk 5:1-28	Tue 30TH JANUARY, 2024 2Sam 18:9-10,14b,24-25a,30-19:3 Ps 86:1-6 Mk 5:1-20
Wed 31ST JANUARY, 2024 St. John Bosco 2Sam 24:2, 9-17 Ps 32:1-2, 5-7 Mk 6:1-6	Thurs 1ST FEBRUARY, 2024 1Kgs 2:1-4, 10-12 Ps 1Chr 29:10-12 Mk 6:7-13
Fri 2ND FEBRUARY, 2024 The presentation of the Lord Mal 3:1-4 Ps 24:7-10 Heb 2:14-18 Lk 2:22-40 or 2:22-32	Sat 3RD FEBRUARY, 2024 St. Blaise, Bishop & Martyr 1Kgs 3:4-13 Ps 119:9-14 Mk 6:30-34

Readings for Next Sunday

First Reading	Job 7:1-4,6-7
Responsorial Psalm	Ps 147:1-6
Second Reading	1Cor 9:16-19, 22-23
Gospel	Mk 1:29-39

Mass Schedule

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



KNOW MORE ABOUT YOUR FAITH

MASS CELEBRATION: UNDERSTANDING IT SO YOU CAN JOIN IN THE PREPARATION OF THE GIFTS

(Continued from last week)

Blessing the Bread and the Wine.

Once the presider has been given the bread and the wine, both are taken and placed on the altar. If a deacon is present, he will prepare the cup by pouring a drop of water into the wine (if there is no deacon, the priest will do this) while saying a prayer. His prayer requests that we who participate in this Mass may come to share in the divinity of Christ, (symbolized by the drop water).

The blessing said over the bread and cup are derived from ancient Jewish prayers still in use today (see bellowed) by those celebrating the Sabbath. Given the context of the Last Supper, it is likely that they are very close to what Jesus would have said when the scriptures tell us that “he took bread, and bless” (Mark 14:22).

Sometimes these blessings over the bread and wine are said silently by the priest. If he says them aloud, we make his prayer our own by responding, “Blessing be God forever” calling to mind the words Saint Paul, in his letter to Romans: “the Creator who blessed forever” (Romans 1:25)

On some occasions, the gifts are incensed after the blessing of the bread and wine. Incense is made up of grains of material that, when heated, melt and give off a fragrant odor. It has been used by almost every world religion as a way of designating the sacred and showing reverence to God.

The Psalmist proclaimed in Psalm 141: 2, “Let my prayer be counted as incense before thee,” and incense was ordered to be used in the Holy of Holies in Leviticus 16:12. The cloud of fragrant smoke reminds us that what we are doing is a very sacred act. When the bread and wine are increased, the altar is also incensed, as well as the processional cross. A deacon or the altar server incenses the priest, and then the congregation.

PRAYER FOR GOD’S INTERVENTION IN OUR LAND CASE

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 payer through Christ our Lord and Redeemer. Amen.

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

ORDINARY TIME I

'Ordinary' time

- For learning
- For growing
- For exploring the Christian story
- We remember the Church’s mission



UPCOMING PROGRAM

REVIVAL! REVIVAL!!

THEME: *“Arise, Shine, For Your Light Has Come”*.... Isaiah 60:1

SPEAKER: **Rev. Fr. Dominic Adjei**

DATE: **7TH - 9TH FEBRUARY, 2024**

VENUE: **@ STM CHAPEL @ 6:30PM EACH NIGHT.**



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

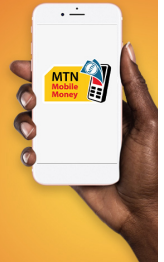
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MOTIVATION

THREE FEET FROM GOLD

During the gold rush, a man who had been mining in one of the gold mining cities for several months quit his job, as he hadn't struck gold yet and the work was becoming tiresome. He sold his equipment to another man who resumed mining where it had been left off.

The new miner was advised by his engineer that there was gold only three feet away from where the first miner stopped digging. The engineer was right, which means the first miner was a mere three feet away from striking gold before he quit.

The Moral: *When things start to get hard, try to persevere through the adversity. Many people give up on following their dreams because the work becomes too difficult, tedious, or tiresome—but often, you're closer to the finish line than you may think, and if you push just a little harder, you will succeed.*

YOUTH CORNER

PYC EFFECTIVE LIVING SERIES

WEEK 3: FIVE TIPS ON PLANNING FOR THE YEAR IN 2024

- 1. Review the past year:** Before you can plan for the year ahead, you need to review the year you have just had. And don't only assume everything was awful or good.
CTA: A review gives you direction for the New Year.
- 2. Establish a Routine:** Aristotle once said, "We are what we repeatedly do". Routines are conscious ways of doing things repetitively and in a specific order. For example, waking up at a certain time every day and sleeping at a certain time. Having a routine helps to create healthy habits and accomplish tasks.
CTA: Write down 3 things you would like to do every day.
- 3. Create a schedule - daily, weekly and monthly:** Scheduling things to do helps you to plan your week, instead of scrambling for time to get everything done.
CTA: Write down all tasks & and deadlines for every week.
- 4. Avoid procrastination:** If you know what you need to do and by when then it makes it easier to eliminate most distractions. By limiting the number of distractions around you, you're more likely to get done what you need to do.
CTA: Take seriously all your tasks
- 5. Celebrate your accomplishments:** It's very important to attach an incentive to complete a task and perhaps incorporating this in your planning might help. It could be as simple as, "Once I finish this assignment, I can watch an episode of my favourite show."
CTA: Institute a reward system for yourself

ANNOUNCEMENTS

1. We are reminded and encouraged to pay our Harvest levy of **GH¢100** per Adult, **GH¢50** per working Youth and **GH¢20** per child. Those in arrears of Harvest Levy, and pledges are entreated to redeem them and also fulfill all other Church Financial Obligations. (e.g., Church Dues, Welfare Dues and Building Fund).
2. The Owusu and allied families thank the Parish Priest, Assist. Priest and all parishioners for our support and presence during the funeral of the late Mr. Emmanuel Kingsley.
3. Friday 2nd February, 2024 is the Feast of the Presentation of the Lord, and also the First Friday of the Month. We will have Morning Masses at both STM & SJF at 6:15am, we are also reminded to come along with our candles. There will be exposition of the Blessed Sacrament after the Morning Mass at SJF and Holy Hour at 7:00pm.
4. The St. Vincent de Paul Society would like to remind the St. Francis of Assisi (Nigerian Community) of their visits to Achimota Group A this month, and Christian Mothers Association to Achimota Group B in February.
5. **Marriage Banns:**
1ST Publication:
 - Simon Anjogjik Rockson (son of Gariba Apiung & Rosemary Amoak) and Janet Bawa (daughter of Achumboro Bawa & Azagsuklie Ankisiwai)2ND Publication:
 - Kwasi Owusu-Ntansah and Victoria Gyapong-Owusu
 - Nana Poku Adjei-Seffah (son of Kwame Adjei-Seffah and Sarah Doe) and Victoria Yaa Dufie Owusu-Manu(daughter of Michael Owusu-Manu and Akuba Quarcoe)

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 JAN. WEEK1	STM JAN. WEEK2	STM JAN. WEEK3
SUNDAY	1054.00	-----	-----
MONDAY	953.50	220.00	-----
TUESDAY	1170.50	120.00	220.00
WEDNESDAY	1009.50	870.00	-----
THURSDAY	1023.70	-----	-----
FRIDAY	1229.50	10.00	-----
SATURDAY	746.50	-----	-----
JAN. BORNS	126.00	-----	-----
TOTAL	7313.20	1220.00	220.00

Details of Last Sunday's Collections

SUNDAY	STM JAN. WEEK3
MAIN COLLECTION	2745.60
SECOND COLLECTION	1671.60
TITHE	300.00
31ST DEC. ENVELOPES	90.00
OFFERTORY ENVELOPES	1010.00
TOTAL	5017.20

FINANCE CORNER - ST. JOHN FISHER

WEEKDAYS	SJF JAN. WEEK1	SJF JAN. WEEK2	SJF JAN. WEEK3
SUNDAY	1606.00	10.00	-----
MONDAY	2257.50	100.00	220.00
TUESDAY	1067.00	-----	-----
WEDNESDAY	1925.00	450.00	5.00
THURSDAY	1245.90	-----	150.00
FRIDAY	7296.00	-----	100.00
SATURDAY	23439.00	-----	200.00
JAN. BORNS	971.00	-----	-----
TOTAL	39807.40	560.00	675.00

Details of Last Sunday's Collections

SUNDAY	SJF JAN. WEEK3
MAIN COLLECTION	4747.90
SECOND COLLECTION	3406.50
31ST DEC. ENVELOPES	150.00
OFFERTORY ENVELOPES	600.00
TOTAL	8904.40

THANK YOU FOR ALL YOUR GENEROUS CONTRIBUTIONS.



SS THOMAS MORE & JOHN FISHER
PARISH

Have You Paid Your Harvest Levy



Payments can be
made through **059 585 0922**

Adult - **100.00**
 Youth - **50.00**
 Kids - **20.00** or more



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