



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

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WEEKLY NEWSLETTER

18TH FEBRUARY, 2024: FIRST SUNDAY OF LENT, YEAR B.

THEME FOR THE WEEK: "THE LENTEN SPIRITUAL JOURNEY"

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: Gen 9:8-15: God establishes a covenant with Noah, giving a rainbow as its sign.

Responsorial Psalm: Ps 25:4-5, 6-7, 8-9

ALL YOUR PATHS, O LORD, ARE MERCY AND FAITHFULNESS, FOR THOSE WHO KEEP YOUR COVENANT.

Second Reading: 1Pt 3:18-22: In our baptism, we are saved through Christ's death and Resurrection.

Gospel Reading: Mk 1:12-15: Jesus is tempted in the desert by Satan.

REFLECTION

As we embark on the Season of Lent, which commenced with Ash Wednesday, consisting of 40 days dedicated to Fasting, Prayer, and Almsgiving, in preparation for the joyous celebration of the Lord's resurrection at Easter, our Holy Father encourages us to meditate on the theme, "Throughout the Desert, God Leads Us to Freedom." This theme invites us to reflect on our Lenten journey, drawing parallels with the desert where Jesus, filled with the spirit of God, prepared for his ministry (Mark 1:12-15). In our contemporary era, the desert is not necessarily a physical place but a spiritual expedition. It could involve a personal retreat, seeking spiritual direction, making a conscious commitment to accompany Christ on the path to the cross every Friday, recognizing the importance of fasting, prayer, and acts of charity, and concluding the journey with a meaningful confession. Furthermore, this spiritual desert journey serves as an opportunity to rediscover our true identity as Christians. Amidst the chaos and societal corruption, it is easy to lose sight of our identity, becoming slaves to societal influences. Let us not merely let the Season of Lent pass by; instead, let us make it memorable by seizing the opportunities it offers to deepen our spirituality, reconcile with God and the Church, find inner peace, and celebrate the paschal mystery of Christ with joy.

WEEKLY READINGS

Mon 19TH FEBRUARY, 2024 Lev 19:1-2,11-18 Ps 19:8-10,15 Mt 25:31-46	Tue 20TH FEBRUARY, 2024 Is 55:10-11 Ps 34:4-7,16-19 Mt 6:7-15
Wed 21ST FEBRUARY, 2024 Jon 3:1-10 Ps 51:3-4,12-13,18-19 Lk 11:29-32	Thurs 22ND FEBRUARY, 2024 The Chair of Peter, Apostle. 1Pt 5:1-4 Ps 23:1-6 Mt 16:13-19
Fri 23RD FEBRUARY, 2024 Ez 18:21-28 Ps 130:1-8 Mt 5:20-26	Sat 24TH FEBRUARY, 2024 Deut 26:16-19 Ps 119:1-2,4-5,7-8 Mt 5:43-48

Readings for Next Sunday 2 ND SUNDAY OF LENT B	
First Reading	Gen 22:1-2,9a,10-13,15-18
Responsorial Psalm	Ps 116:10,15-19
Second Reading	Rom 8:31b-34
Gospel	Mk 9:2-10

Mass Schedule for Next Sunday	
<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

THREE DISCIPLINES (PRAYER, FASTING, AND ALMSGIVING) IN THE SEASON OF LENT.

Lent is a 40-day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter.

The first is that the three disciplines are a direct response to the Fall of man. When we as a race fell, through the actions of our original parents, we lost our original harmonies: we were first created in harmony with God, with ourselves, and with our neighbors and the rest of creation. When we fell, we were no longer in sync with God, we disobeyed Him and no longer trusted Him to be our loving Father. We also became disordered within ourselves, instead of asking "What is the good that I am to do?" we started asking, "How can I maximize pleasure and minimize pain?" And we became disordered in our relationships with others and the world. I heard it put once that we started to love things and use people, instead of the other way around.

The three disciplines act against the Fall—to pray, we need to turn to God in trust; to fast, we need to put away our desire for pleasure and our distaste for suffering to do good; to give alms, we need to love people and use things. These three disciplines are not just hard, they are impossible without God's grace. And with God's grace, they are the signs that we are becoming as we were meant to be.

The second thought on the disciplines of Lent comes from Matthew's Sermon on the Mount, chapter 6, where Jesus gives us these three disciplines as a mark of the Christian life. In all three disciplines, Jesus tells us to do them "in secret"—why does He tell us that? One reason, I think, is that by their nature they are secretive to the rest of the world. They are like an indecipherable code. The messages we're used to getting throughout our days are, traditionally, from the world, the flesh, and the devil. These three disciplines go under their radar.

The world tells us to get, get, get—Jesus tells us to give. The world doesn't understand that.

The flesh tells us to seek comfort—Jesus tells us to pick up our crosses daily. Of course, our flesh is confused when we don't immediately do its bidding.

The devil tells us to worship him, or to worship any of the idols we've set up (money, sex, and power tend to be common ones)—Jesus tells us to worship the one true God and to open our hearts to Him for Him to work on us. The devil doesn't want us to know that that's an option, and can scarcely understand it himself.

When we practice these disciplines, we're practicing secrets that the culture around us doesn't comprehend. We're not obeying the loudest voices; we've quieted our hearts so we can hear the still, small voice of God, and communicating back to Him in the secret code that He has given us.

Joseph Gruber (Parish FOCUS Missionary)

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.


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

LENTEN SEASON 2024




Jesus is tested in the Wilderness

1st Sunday of Lent B



St. Thomas More and John Fisher
Youth Choir

**EVER HEARD OF JOHN
HENRY MAUNDER
AND HIS WORK ?**



Anticipate



**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

THE TWO WOLVES

An old Cherokee chief sat down to teach his grandson about life.

“There’s a fight going on inside me,” he tells the young boy, “a fight between two wolves.”

“One wolf is evil. It’s full of malice, anger, greed, self-pity, and false pride. The other is good. It’s full of peace, love, joy, kindness, and humility.”

“This same fight is going on inside you and everyone else on the face of the earth.”

The grandson was quiet, pondering this revelation for a moment before asking, “Grandfather, which wolf will win?”

The old man smiled and replied, “The one you feed.”

Moral of the story: *Good and evil exist within each of us. It’s our responsibility to own that reality and do whatever we can to nurture the good.*

YOUTH CORNER

**THE PYC WOULD
LIKE TO CALL
FOR WRITERS
FOR THE
YOUTH CORNER.
INTERESTED
PERSONS
SHOULD
CONTACT AMA
ON 0578041989**

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. During the Season of Lent we shall have Stations of the Cross and Mass on Fridays at 7:00 pm at both STM and SJF.
3. The St. Vincent de Paul Society would like to remind the Christian Mothers Association of their visits to Achimota Group B this month.
4. Our 2nd online discussion on Lent comes on this Monday, 19th February at 7.30pm. We will be discussing "The liturgy of Lent" Visit the parish platform for the link.
5. As part of our Lenten activities, the STM and SJF Youth Choir, will be ministering a sacred classical dubbed "Olivet to Calvary" on the scenes of Christ's passion on 17th March, 2024 at SJF at 5:00pm. We humbly solicit your support to create awareness towards the programme and your presence on that day to make the program a success.
6. Funeral Arrangements:
The Funeral Arrangement of Mad. Grace Abena Achiaa, mother of Kingsley Adutwum, a member of the Technical Team is as follows:
 - Laying in State: Saturday 24th February, 2024 at Mampongeng in the Ashanti Region from 4:00am to 8:00am, followed by Burial and Final Funeral Rites.
 - Thanksgiving Service: Sunday, 25th February, 2024 at the Pentecostal Victory Bible Church, Mampongeng in the Ashanti Region from 8:00am to 10:00am.

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
SUNDAY	1060.00	-----
MONDAY	2156.50	-----
TUESDAY	1345.50	120.00
WEDNESDAY	1592.50	-----
THURSDAY	1012.50	-----
FRIDAY	1031.00	20.00
SATURDAY	608.20	-----
FEB. BORN	210.00	-----
TOTAL	9016.20	140.00

Details of Last Sunday's Collections

SUNDAY	STM FEB. WEEK2
MAIN COLLECTION	2839.00 +\$1
SECOND COLLECTION	1573.05
TITHE	260.00
OFFERTORY ENVELOPES	220.00
31 ST DEC. ENV.	5.00
TOTAL	4897.05

FINANCE CORNER - ST. JOHN FISHER

WEEKDAYS	SJF FEB. WEEK1	SJF FEB. WEEK2
SUNDAY	1287.70	-----
MONDAY	2522.00	100.00
TUESDAY	2184.00	-----
WEDNESDAY	713.50	200.00
THURSDAY	3420.00	50.00
FRIDAY	6804.30	100.00
SATURDAY	3513.00+\$10	-----
FEB. BORNS	162.00	-----
TOTAL	20730.20	450.00

Details of Last Sunday's Collections

SUNDAY	SJF FEB. WEEK2
MAIN COLLECTION	4697.60
SECOND COLLECTION	2605.50
TITHE	100.00
OFFERTORY ENVELOPES	390.00
TOTAL	7793.10

THANK YOU FOR ALL YOUR GENEROUS CONTRIBUTIONS.

Have You Paid Your Harvest Levy?

Adult - 100.00
Youth - 50.00
Kids - 20.00 or more



Payments can be made through
059 585 0922

For more info: **030-3931800**

Stmsjfyouth Thomasmorejohnfisher.com SS Thomas More And John Fisher

