



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

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## WEEKLY NEWSLETTER

10TH MARCH, 2024: FOURTH SUNDAY OF LENT, YEAR B.

THEME FOR THE WEEK: "EMBRACE THE LIGHT OF CHRIST AND ESCHEW THE DARKNESS OF EVIL."

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:** 2 Chr 36:14-16, 19-23: The causes for the Israelites' captivity in Babylon are described.

**Responsorial Psalm:** Ps 137:1-2, 3, 4-5, 6

**LET MY TONGUE CLEAVE TO MY PALATE IF I REMEMBER YOU NOT.**

**Second Reading:** Eph 2:4-10: In grace we have been saved, so that we may do the work of the Lord.

**Gospel Reading:** Jn 3:14-21: Jesus tells Nicodemus that the Son of Man will be raised up so that those who believe in him will have eternal life.

### REFLECTION

Today marks the fourth Sunday of Lent, known as "Laetare Sunday" or "Rejoicing Sunday." This day serves as a reminder to fortify our commitment to Lenten observance in preparation for the upcoming joyous Easter Season, which is closer than we may realize. To achieve this, we are urged to maintain unwavering focus, keeping our gaze fixed on the cross—a powerful symbol of our redemption. Similar to how the bronze snake lifted by Moses in the wilderness brought healing to the bitten Israelites, our faith in Christ, who will be lifted on the cross on "Good Friday," ensures our ongoing salvation (John 3:14-15). We must walk in the light of Christ, especially during this season, and reject all forms of darkness that lead us to love and commit evil deeds (John 3:19-20). As we approach Easter, let us purge ourselves of the vices that poison our thoughts and actions, eradicating the inclination to harbour ill will towards others or indulge in sinful behaviours. As we approach the Easter season, let us beseech God for the grace to overcome these vices, ensuring that our hearts and minds are pure as we embrace the joyous resurrection of our Savior.

### WEEKLY READINGS

<b>Mon 11<sup>TH</sup> MARCH, 202</b> Is 65:1-15ab Ps 30:2,4-6,11-13 Jn 4:43-54	<b>Tue 12<sup>TH</sup> MARCH, 2024</b> Ez 47:1-9,12 Ps 46:2-3,5-6,8-9 Jn 5:1-16
<b>Wed 13<sup>TH</sup> MARCH, 2024</b> Is 49:8-15 Ps 145:8-9,13-14,17-18 Jn 5:17-30	<b>Thurs 14<sup>TH</sup> MARCH, 2024</b> Ex 32:7-14 Ps 106:19-23 Jn 5:31-47
<b>Fri 15<sup>TH</sup> MARCH, 2024</b> Wis 2:1a,12-22 Ps 34:17-21,23 Jn 7:1-2,10,25-30	<b>Sat 16<sup>TH</sup> MARCH, 2024</b> Jer 11:18-20 Ps 7:2-3,9-12 Jn 7:40-53

Readings for Next Sunday 5 <sup>TH</sup> SUNDAY OF LENT B	
First Reading	Jer 31:31-34
Responsorial Psalm	Ps 51:3-4, 12-15
Second Reading	Heb 5:7-9
Gospel	Jn 12:20-33

Mass Schedule for Next Sunday	
St. Thomas More	St. John Fisher
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

### LAETARE SUNDAY- ROMAN CATHOLICISM'S FOURTH SUNDAY OF LENT.

*Laetare* is the first word — meaning “rejoice” — in the Latin text. On Laetare Sunday (as similar to the Third Sunday of Advent’s Gaudete Sunday) the Church expresses hope and joy amid our Lenten fasts and penances. The colour pink, or more fittingly, rose is used. This colour change indicates a glimpse of the joy that awaits us at Easter, just before we enter into the somber days of Passiontide.

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; exult and be satisfied at her consoling breast.”

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!

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!

Being aware of traditions and customs assists us in celebrating the beauty of our faith. As you can see, there is much associated with even a nondescript day like the Fourth Sunday of Lent — not to mention the rest of the season, or the 50 days of Easter and beyond. Take advantage of the richness of our Catholic traditions.

*Michael R. Heinlein (editor of Simply Catholic).*

## 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 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

## LENTEN SEASON 2024



### *4th Sunday of Lent Laetare Sunday*

Rejoice, Jerusalem. and all who love her.  
Be joyful, all who were in mourning;  
exult and be satisfied at her consoling breast.

## LENTEN RECOLLECTION 2024

Theme:  
**...Rend your heart,  
not your garments...**  
Joel 2:13



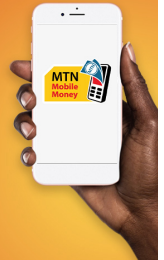
**LENTEN  
RECOLLECTION  
&  
CONFESSION**

**12 - 14 MAR 2024**  
6:30pm - 8:00pm each night  
St. Thomas More, Achimota School  
Google Maps: JQFJ+R35, Accra

**Speaker:** Rev. Fr Emmanuel Boateng

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

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## MOTIVATION

### THE PURSUIT OF HAPPINESS

There was once a group of 100 people attending a seminar on personal development. In the middle of their talk, the speaker stops and decides to run an impromptu group activity. He hands out a balloon to each attendee and tells them to write their name on it. The balloons are then collected and placed in an adjacent room.

The speaker then instructs the 100 attendees to enter that room and, within 5 short minutes, find the balloon with their name on it. Pandemonium breaks loose as they charge in, pushing and colliding with each other as they desperately search for their name. The 5 minutes pass and nobody succeeds. The speaker then tells each person to pick up any random balloon and give it to the person whose name is written on it. Within a few minutes, everyone has their balloon back. He then said, "What just happened with those balloons is exactly what happens in our search for happiness. We frantically look for it all around us, not knowing where it is." "Yet our happiness lies in the happiness of others. By giving them their happiness, you get yours."

**Moral:** *Happiness and fulfillment rarely come from selfish pursuits, but almost always come from doing good deeds for others. By helping others, we help ourselves.*

## YOUTH CORNER

### RALLYING AROUND THE RED, YELLOW, BLACK AND GREEN

Between December 24th, 2023 and January 10th, 2024, Ghana witnessed a unique national rally thanks to two Guinness World Record contenders - Afua Asantewaa (Sing-a-ton) and Chef Faila (Cook-a-ton).

While I greatly appreciate and commend their efforts, the more important lesson for me is what their record-breaking efforts proved to us- Ghanaians can still rally behind the flag! Watching the scenes of crowd support and cheer at these events, I momentarily felt I was watching Nkrumah's famous Declaration of Independence and the sheer support it had received. I said to myself, there it is, what I thought was missing- the evidence of its silent presence, the spirit of patriotism.

Our country is currently suffering from a lack of patriotism. For various reasons such as justice, underdevelopment, unemployment and the over-amassing of wealth by the political class, many have lost hope and have resulted to the "me" vs "them" mentality, as famously expressed by Chinua Achebe in his book, No longer at Ease. Many Ghanaians feel isolated from the government and are willing to do anything to make money, even if it means selling out their country. The Galamsey crisis is a prime example of this.

The absence of sincere and effective leadership is a significant factor in our current situation. In my opinion, for our country to move forward, we need robust institutions that can withstand challenges. However, to create such

## 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. **Our Lenten Recollection comes off this Tuesday 12th to Wednesday 13th March, 2024. Theme: Rend your hearts and not your garments.... (Joel 2:13). Speaker: Rev. Fr. Emmanuel Boateng. Venue: St. Thomas More Chapel. Time: 6:30pm Each Evening. Our Lenten Confession will be on Thursday, March 14<sup>th</sup> @ Both STM & SJF @ 6:30pm. We are all entreated to fully participate.**
3. 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.
4. The St. Vincent de Paul Society would like to remind the St. Raphael (Francophone Community) of their visits to Alogboshie Group A in March.
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 17<sup>th</sup> 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 details of the late **Mad. Matilda Naa Kudjah Ankrah Kwame**, wife of **Mr. Emmanuel Kwame** is as follows:
  - **Wake keeping:** March 15, 2024, at Nii Ankrah We, Hse no. B245/26, Achimota, behind the Total Filling Station.
  - **Filing Past:** March 16, 2024: at 7:45 am, at the Gethsemane Presbyterian Church, Achimota, and **Funeral Service:** at 9:00am. Attire: Black & Red.
  - **Thanksgiving Service:** March 17, 2024: at 9:00am at the Gethsemane Presbyterian Church, Achimota. **Attire:** Black & White.

## 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
SUNDAY	955.00
MONDAY	2595.00
TUESDAY	1392.00
WEDNESDAY	1390.50
THURSDAY	1143.00
FRIDAY	1321.00
SATURDAY	341.50
MAR. BORNs	95.00
<b>TOTAL</b>	<b>9233.00</b>

### Details of Last Sunday's Collections

SUNDAY	STM MAR. WEEK1
MAIN COLLECTION	2719.00
TITHE	3550.00
31 <sup>ST</sup> DEC. ENV.	20.00
OFFERTORY ENVELOPES	2440.00
<b>TOTAL</b>	<b>8729.00</b>

# FINANCE CORNER - ST. JOHN FISHER

WEEKDAYS	SJF MAR. WEEK1
SUNDAY	1072.00
MONDAY	3850.50
TUESDAY	1987.00
WEDNESDAY	691.00
THURSDAY	2010.00
FRIDAY	7212.00
SATURDAY	1441.00
MAR. BORNES	550.00
<b>TOTAL</b>	<b>18813.50</b>

## Details of Last Sunday's Collections

SUNDAY	SJF MAR. WEEK1
MAIN COLLECTION	3713.30
TITHE	1400.00
OFFERTORY ENVELOPES	200.00
<b>TOTAL</b>	<b>5313.30</b>

**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**

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