



FEBRUARY 2019 (YEAR B)

# ST. JAMES CATHOLIC CHURCH

Monthly News Bulletin

P. O. BOX 1865, Osu - Accra

## *Welcome To Our Parish*

### **MASS SCHEDULES**

Morning Mass: Monday - Friday 6:30am  
Sunday Mass: 8:00am

### **SACRAMENT OF RECONCILIATION / CONFESSION**

Saturdays at 5:30pm - 6:30pm or by  
appointment.

### **COMMUNION TO THE SICK**

Please ensure the parish office is informed of  
a parishioner's ill health. Arrangements will  
be made for a home or hospital visit.

### **BAPTISM**

Dates are communicated by announcements  
during Sunday Mass.

### **HOLY MATRIMONY**

Wedding arrangements should be made with  
the Parish or Associate Priest. Please contact  
the Parish office at least six months prior  
to wedding.

Counselling takes place twice a year:  
January - June  
July - December

### **PARISH PRIEST**

Very Rev. Fr. Daniel Mawuli Tettej  
0243 044 431

### **ASSOCIATE PARISH PRIEST**

Rev. Fr. Prince E. Adelaayitar  
0262 154 881

### **ADMINISTRATIVE SECRETARY**

Maxwell  
Tel: 0505 256 484 / 0302 798 781

### **OFFICE HOURS**

Mondays 8:00am - 12:00pm  
Tuesday - Friday 8:00am - 5:00pm

### **ST. JAMES MINI MART**

Tuesday - Saturday, 10:00am - 7:00pm  
Sundays 6:30am - 2:00pm



## IN THIS EDITION

- **Pastor's Column**
- **Reflections**
- **Spiritual Focus**
- **Youth Corner**

*Very Rev. Fr. Daniel Tettedji*

My cherished parishioners of St. James, I bring you greetings. I thank God for ushering us into the second month of the year 2019: the month of February.

Before I touch on what I wish to discuss in this month, allow me to comment on the St. James Family Fun Games which was held on 27th January. It was indeed a great event, considering how all the day born groups came in their numbers and participated joyfully in the various disciplines. I can only say a big thank you to the planning committee, the health committee, and day born leaders, and in fact everybody. I believe it was fun and we bonded very well. God bless us all.

This month of February offers us the opportunity to reflect on St. Blaise whose feast day falls on 3rd February. Below is a short history about him.

Saint Blaise was the bishop of Sebastea and a doctor. The first known record of the saint's life comes from the medical writings of Aëtius Amidenus, where he is recorded as helping with patients suffering from objects stuck in their throat. Many of the miraculous aspects of St. Blaise's life are written of 400 years after his martyrdom in the "Acts of St. Blaise."

Saint Blaise is believed to begin as a healer then, eventually, became a "physician of souls." He then retired to a cave, where he remained in prayer. People often turned to Saint Blaise for healing miracles.

In 316, the governor of Cappadocia and of Lesser Armenia, Agricola, arrested then-bishop Blaise for being a Christian. On their way to the jail, a woman set her only son, who was choking to death on a fish bone, at his feet.

Blaise cured the child, and though Agricola was amazed, he could not get Blaise to renounce his faith. Therefore, Agricola beat Blaise with a stick and tore at his flesh with iron combs before beheading him.

A Blessing of the Throats ceremony is held every February 3 at Saint Etheldreda's Church in London and Balve, Germany. This practice is known here in Ghana too. Conclusion: We pray that through the intercession of St. Blaise, God will heal us especially those with throat related diseases. Shalom

**Shalom!**

## THANK YOU LORD FOR LOVING ME EVEN IN MY SINFULNESS

Sin is part of our makeup. It does not mean that we should stop striving to lead godly lives. It means that we are human and we should always examine our lives to see which direction we are heading to and to change course whenever necessary. Jesus tells us that: ***"If we say that we have fellowship with Him while we are walking in darkness, we lie and do not do what is true; but if we walk in the light as He Himself is in the light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin. If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He who is faithful and just will forgive us our sins and cleanse us from all unrighteousness. If we say that we have not sinned, we make Him a liar, and His word is not in us."*** [1 John 1:6-10]

While sin is not endorsed even though we are human, we are not supposed to throw our hands up and say because we are sinners we are condemned and give up our fellowship with Christ and just steep in our sinful ways. No. John goes on to give us hope by adding: ***"My little children, I am writing these things to you so that you may not sin. But if anyone does sin, we have an advocate with the Father, Jesus Christ the righteous, and He is the atoning sacrifice for our sins, and not for ours only but also for the sins of the whole world."*** [1 John 2:1-2]

While sin is abhorrent to God, He does not like to loose any of His children either:

***"Have I any pleasure in the death of the wicked says the Lord GOD, and not rather that they should turn from their ways and live."*** [Ezekiel 18:23]

***"On behalf of such a one I will boast, but on my own behalf I will not boast, except of my weaknesses. But if I wish to boast I will not be a fool, for I will be speaking the truth. But I refrain from it, so that no one may think better of me than what is seen in me or heard from me. ... Therefore, to keep me from being too elated, a thorn was given me in the flesh, a messenger of Satan to torment me, to keep me from being too elated. Three times I appealed to the Lord about this, that it would leave me, but He said to me, "My grace is sufficient for you, for power is made perfect in weakness. So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me. Therefore I am content with weakness, insults, hardships, persecutions and calamities for the sake of Christ; for whenever I am weak, then I am strong."*** [2 Corinthians 12: 5-10] St Teresa of Calcutta best explained this passage in her words below:

## WHEN I AM WEAK

I don't think there is anyone who needs God's help and grace as much as I do. Sometimes I feel so helpless and weak. I think that is why God uses me. Because I cannot depend on my own strength, I rely on Him 24 hours a day. If the day had even more hours, then I would need His help and grace during those hours as well. All of us must cling to God through prayer.

*My secret is very simple: I pray. Through prayer I become one in love with Christ. I realise that praying to Him is loving Him.*

*In reality, there is only one true prayer, only one substantial prayer: Christ Himself. There is only one voice that rises above the face of the earth: the voice of Christ. Perfect prayer does not consist in many words, but in the fervour of the desire which raises the heart to Jesus.*

*Love to pray. Feel the need to pray often during the day. Prayer enlarges the heart until it is capable of containing God's gift of Himself. Ask and seek and your heart will grow big enough to receive Him and keep Him as your own.*

[By Mother Teresa of Calcutta, page 1529 in Catholic Women's Devotional Bible]

## LITANY OF LORETO

### MARY, PRAY FOR US

We then turn to Mary to pray for us. She is able to pray for us because she is our Mother and a fellow Christian. Just as we can ask any believer to pray for us so we can also ask her to pray for us. In case someone thinks she is dead, please read the fate of those who believe in Jesus in John 11:25 - 25 Jesus told her, "I am the resurrection and the life; whoever believes in me, even if he dies, will live, 26 and everyone who lives and believes in me will never die. Do you believe this?"

And we all know that Mary believed; 38 Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word." (Luke 1:38). And the Holy Spirit confirms it through Elizabeth; Blessed are you who believed[o] that what was spoken to you by the Lord would be fulfilled." (Luke 1: 45)

### MARY

What is the meaning of the name Mary?

Usual English form of Maria, the Latin form of the Greek names Μαρίαμ (Mariam) and Μαρία (Maria) - the spellings are interchangeable - which were from Hebrew (Miryam), a name borne by the sister of Moses in the Old Testament. The meaning is not known for certain, but there are several theories including "sea of bitterness", "rebelliousness", and "wished for child". However it was most likely originally an Egyptian name, perhaps derived in part from mry "beloved" or mr "love".

Let us now begin to look at the appellations that make up the litany.

### HOLY MARY

Our Lady is holy because she was without sin (full of grace) and secondly, she carried HOLINESS ITSELF in her womb for nine months. Her holiness was to make her worthy to carry Jesus in her womb. It was because of that that Mary was made holy.

### HOLY MOTHER OF GOD

She is the mother of God not from all eternity, but, the God who became man. In John's gospel, the Word who was in the beginning with God became flesh. It was God who took flesh in Mary's womb and thus, she mothered God. Elizabeth, led by the Holy Spirit states it so clearly:

***41 When Elizabeth heard Mary's greeting, the infant leaped in her womb, and Elizabeth, filled with the holy Spirit, 42 cried out in a loud voice and said, "Most blessed are you among women, and blessed is the fruit of your womb. 43 And how does this happen to me, that the mother of my Lord should come to me?"*** (Luke 1: 41-43)

In 431 A.D. the Third Ecumenical Council, which was held at Ephesus, declared that the Blessed Virgin Mary was indeed the Theotokos, the Mother of God.

### HOLY VIRGIN OF VIRGINS

Mary had chosen to live as a virgin. This was seen, when in her early teens, she responded to the angel's greeting that she would bear a son whom she would call Jesus. Her life was dedicated to giving herself entirely to God. Human love



expressed through conjugal love was not chosen and was over-shadowed as she freely offered her entire love to her creator. Her response, "I do not know man," (Luke 1:34), signals her modest and chaste attitude toward her chosen life and the future as announced by the angel. Her sinless nature and the singular privilege of becoming the mother of God's Son, granted to her by her creator, lifted Mary's pure virginity to the highest level of humanity next to that of divinity. She is the perfect example of human cooperation with God's love. **"Behold, I am the handmaid of the Lord. May it be done to me according to your word"** (cf.1:38), was not only Mary's perfect fiat to God's request, but a model for all who dedicate their love and life to God by imitating her virginity.

## MOTHER OF CHRIST

The name Christ means, "Anointed One." Historically, the religious leader, acting as the representative or ambassador of divinity, officially recognized the legitimacy of kings to exercise their power to rule the people as God's representative as when the prophet Samuel anointed David king to follow Saul. Today, the rite of anointing is performed in the Sacraments of Baptism, Confirmation, and Holy Orders. The individual is anointed with chrism that marks him as one set apart as priest, as prophet, and king. During ordination to the priesthood, the candidate's hands are anointed. Through them we receive the divinity of the body and blood of Jesus Christ.

Jesus is the anointed one. He states so when he applies the message of Isaiah 61: 1-3 to himself in Luke 4:

**"He stood up to read 17 and was handed a scroll of the prophet Isaiah. He unrolled the scroll and found the passage where it was written:**

**18 "The Spirit of the Lord is upon me, because he has anointed me to bring glad tidings to the poor.**

**He has sent me to proclaim liberty to captives and recovery of sight to the blind, to let the oppressed go free,**

**19 and to proclaim a year acceptable to the Lord."**

**Mary is his mother, the mother of the Christ.**

## MOTHER OF THE CHURCH

The Bible tells us that Jesus is the head of the church and we are the members. Mary is the mother of the head. Is it possible to give birth to a head without the rest of the body (1 Cor. 12)? Jesus himself realizes this so he asks his mother to take care of the beloved disciple (representing all disciples) and asks the disciple to take his mother as his:

**JOHN 19:25 "Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. 26 When Jesus saw his mother and the disciple there whom he loved, he said to his mother, "Woman, behold, your son." 27 Then he said to the disciple, "Behold, your mother." And from that hour the disciple took her into his home."**

She was in the midst of the Apostles as they prayed and waited for the Holy Spirit on Pentecost day:

**ACTS 1:13 "When they entered the city they went to the upper room where they were staying, Peter and John and James and Andrew, Philip and Thomas, Bartholomew and Matthew, James son of Alphaeus, Simon the Zealot, and Judas son of James. 14 All these devoted themselves with one accord to prayer, together with some women, and Mary the mother of Jesus, and his brothers."**

That is what a mother does, take care of her children.

**PROUDLY CHRISTIAN AND UNAPOLOGETICALLY CATHOLIC**

*By Cynthia Nimo-Ampredú*

It's 2019 and many of us have made several resolutions. Some of these may be carried forward from 2018 and others may be new, especially as we build on the experiences from the previous year. I would however like to know: have you made any resolution with respect to your spiritual life? Well, I have! I plan to grow my faith in the Catholic Church.

Yes, I am Catholic. I make it a point to be in Church for Mass every Sunday and sometimes, weekday church programmes. I also participate in other sacraments like going for confession. This however is not enough. As Catholics, our faith should go beyond our religious practices. We must not only partake of these practices for the sake of meeting expectations, but also have an understanding of and appreciation for these religious practices. Understanding our practices enriches our lives with many values that a Christian should possess.

While it is not easy to persevere in the face of adversity, the Catholic Church teaches this value in various forms. Continuous prayer, faith and trust in God as the sole provider of our needs is critical to developing this important value. There is no doubt that waiting for God to intervene in our challenges in His own time can be a challenge in itself. Many people in difficult times therefore often feel frustrated and forgo their belief in the Church to seek answers elsewhere. If you find yourself being unsure about remaining in the Catholic Church, I encourage you to at least make it your priority that this year, you will seek all the answers to your questions and doubt about the Church before you make a decision to abandon Her.

I have personally experienced God in a profound way that I am certain I would have missed had I paid attention to persons who tried to make me deviate from the Church. In that moment of confusion, I prayed and sought support from our Priests who in a very subtle way, guided me and allowed me to grow in the Faith by myself with the help of God's grace. I treasure each of those experiences. I had to wait on God and when He finally came through at a time that I thought it was my end, He ensured that my dignity remained intact and His provision had no strings attached. My desire to grow as a Christian and a Catholic intensifies with each passing moment. Our Church is rich with treasures that only the diligent will find and if I had to choose a faith, I would always settle for the Catholic Church.

I pray and encourage you to be steadfast and wait on the Lord. I am hopeful that by the end of this year, you would have become deeply Catholic and can unashamedly say together with me that we are proudly Christian and unapologetically Catholic!

I wish you a happy and faith-filled New Year!



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## WEEKDAY ACTIVITIES

### Mondays

Bible sharing (6:15pm - 7:30pm)

Youth Choir (7:00pm - 9:00pm)

### Tuesdays

St. Anthony's Guild (6:30pm - 7:30pm)

### Wednesdays

Church Choir (6:30pm - 8:30pm)

### Thursdays

Youth Choir (7:00pm - 9:00pm)

Charismatic Renewal (6:30pm - 7:30pm)

### Fridays

Church Choir (6:30pm - 8:30pm)

Sacred heart Confraternity (6:30pm - 7:30pm)



## Eucharistic Adoration

Thursday preceding the first Friday of the  
month.

## Day born groups

Last Sunday of the month after Mass or by  
announcement.

## Faith Bookshop

Monday - Friday, 8:00am - 7:30pm

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