



MARCH 2018 (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 Tettejji  
0243 044 431

### **ASSOCIATE PARISH PRIEST**

Rev. Fr. Prince E. Adelaayitar  
0262 154 881

### **ADMINISTRATIVE SECRETARY**

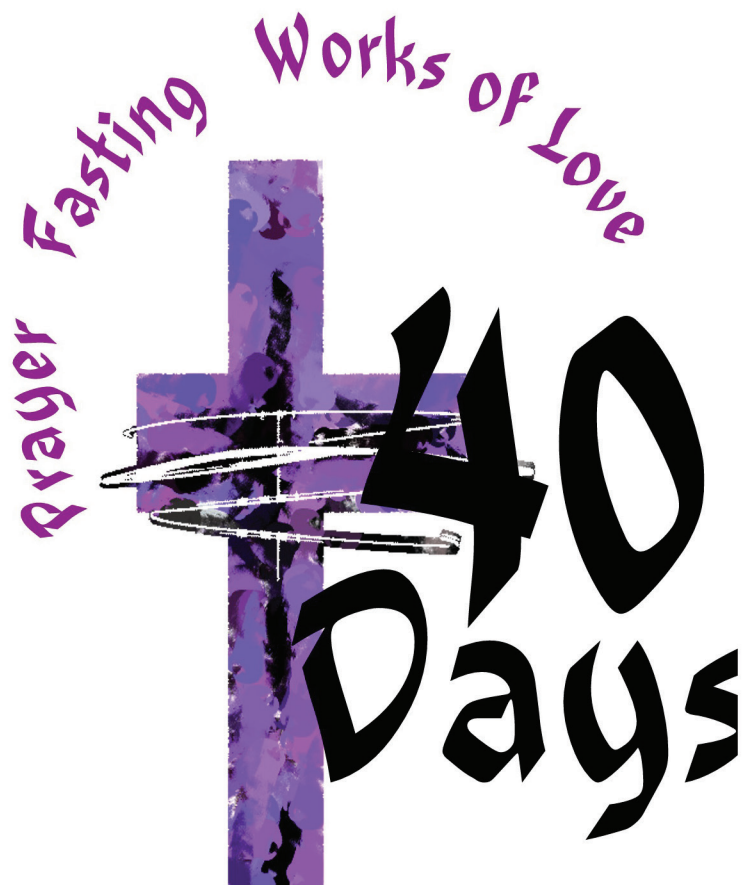
Maxwell Akokre  
Tel: 0505 256 484 / 0302 798 781

### **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
- Parish News
- Empowerment
- Youth
- Children's Corner

*Very Rev. Fr. Daniel Tetterdj*

*LORD, WHO THROUGHOUT THESE FORTY DAYS, FOR US DID FAST AND PRAY, TEACH US WITH YOU TO MOURN OUR SINS, AND CLOSE BY YOU TO STAY. [CHM 160]*

With the words of this hymn, I wish to welcome you, cherished parishioners, to the month of March. The Lenten journey we started on Ash Wednesday continues in earnest in this month, and I pray that the grace of God leads us through to the end so as to celebrate Easter with renewed minds and hearts.

Kindly take note of the planned activities for this month:

☐ **LENTEN RETREAT & CONFESSIONS:** Our Lenten retreat is from 13th to 15th of the month. This programme will spiritually prepare us as a church community for the great celebration of Easter. On the last day of the retreat other priests will come to help with the sacrament of Confessions.

☐ **MEDICAL SCREENING FOR THE OSU COMMUNITY:** This activity is under the able leadership of our medical team. It is our simple way of reaching out to the community. Both parishioners and non-parishioners alike are encouraged to come and enjoy free screening on Saturday, 17th March.

☐ **BLOOD DONATION:** Sunday, 18th March, we shall undertake a blood donation exercise as our contribution to the blood bank. This will, indeed, also help our parishioners anytime the need for blood arises. It will take place after Mass in the Hall.

☐ **PALM SUNDAY & HOLY WEEK CELEBRATIONS: 25th March to 1st April**

- 25th: Palm Sunday Mass and procession at 7:30am;
- 28th: Wednesday, CHRISM MASS at the Cathedral at 9am;
- 29th: HOLY THURSDAY MASS: 7pm Mass;
- 30th: GOOD FRIDAY STATIONS OF THE CROSS at 8am,  
AFTERNOON SERVICE AT 2:30PM;
- 31st: HOLY SATURDAY AT 7PM
- 1st April: EASTER SUNDAY AT 8:30AM

**I wish you a spirit-filled Lenten journey. Shalom!!!**

**REFLECTIONS ON PURGATORY ON EARTH**  
*WHY DO GOOD PEOPLE SUFFER?*

***"They strengthened the spirits of the disciples and exhorted them to persevere in the faith, saying, "It is necessary for us to undergo many hardships to enter the kingdom of God" [Acts 14:22]***

***"... and if children, then heirs, heirs of God and joint heirs with Christ, if only we suffer with him so that we may also be glorified with him."*** [Roumans 8:17]

***"You have also forgotten the exhortation addressed to you as sons: "My son, do no disdain the discipline of the Lord or lose heart when reproved by him; for whom the Lord loves, he disciplines; he scourges every son he acknowledges." Endure your trials as "discipline"; God treats you as sons. For what "son" is there whom his father does not discipline? If you are without discipline, in which all have shared, you are not sons but bastards. Besides this, we have had our earthly fathers to discipline us, and we respected them. Should we not (then) submit all the more to the Father of spirits and live? They disciplined us for a short time as seemed right of them, but he does so for our benefit, in order that we may share his holiness. At the time, all discipline seems a cause not for joy but for pain, yet later it brings the peaceful fruit of righteousness to those who are trained by it."*** [Hebrews 12:5-11]

It is common knowledge that all men suffer. God allows suffering. And, He even causes suffering at times, for His own merciful designs.

Since God can do no evil, then this suffering must be a good thing. It must have some value for man's highest good, which is eternal life with the Blessed Trinity in Heaven. The Bible says in Jeremiah 31:3: "I have loved you with **an everlasting love.**" Anyone who believes that God inflicts worthless pain and suffering on his friends, believes in a cruel, pagan god who tortures his worshipers for no reason.

If suffering is beneficial, then, in the concepts of perfection and completion, it becomes imperative to be "undefiled," and to "work out one's salvation," with suffering.

Even Moses, after He had been forgiven and restored to favour, was punished by God. Was it not God who buried Moses [Deuteronomy 34:5-7]? Would He have done so if Moses's sin had not been absolved by His earthly suffering?

Can you imagine how Moses felt when, after all he went through with Pharaoh and wandering in the desert for 40 years with the ungrateful, ever-murmuring Israelites, all the reward he received was a mere glimpse of Canaan. His feet would never step on the Promised Land. [Deuteronomy 32:48-52] Yet, he continued to have faith in God. He had been cleansed here on earth and atoned for his human errors. Moses had his purgatory on earth and was therefore ready to go straight to Heaven. And we know Moses is in Heaven with Him because he appeared with Jesus and Elijah [Luke 9:30].

Job lived real purgatory on earth. He was very devout yet suffered so much. First, he lost his beloved children, then all his wealth and even his health. Yet, in spite of the taunts by his wife and his friends, he would not curse God nor lose his faith in Him. [Job 1:6-2:10] He was rewarded with more than he had initially, and he was totally cleansed of any human vanity. He had learned the lesson of humility and complete reliance on God. He was fit to go to Heaven.

Lazarus, the beggar, who was denied crumbs that fell from the table of the rich man and suffered the indignity of having his wounds licked by dogs, had a miserable life on earth and yet went straight to Heaven after his death. [Luke 16:19-31] Yes, purgatory does exist on earth.

Mary, the mother of God, lived a Holy life on earth. As Simeon told her, **"... and a sword will pierce your own soul too."** [Luke 2:35] She suffered so much! To the extent of witnessing her Son being crucified on the Cross in a demeaning manner. Yet Mary kept her faith in God and stayed with the Apostles and began to reap her reward here on earth by receiving the Holy Spirit in a most dramatic way. She was taken to Heaven, body and soul.

To discover the great spiritual blocks that prevent a growing relationship with God and one another, we have to turn to Dante's writings: specifically in Dante's Purgatory, where the seven deadly sins corresponding to the seven levels of Purgatory. They are **pride, envy, anger, sloth, gluttony, avarice, and lust** - patterns of dysfunction within us that lead to unhappiness.

We can bypass Purgatory, by washing off the stain of sin and **covering our spirit with humility** through **contrition, confession, and works of righteousness.** THESE CAUSE US SUFFERING!

## EUCCHARISTIC ADORATION: A GLIMPSE AT ADORATION IN THE OLD AND NEW TESTAMENTS [PART I]

### What is Eucharistic Adoration?

Understood simply, Eucharistic Adoration is adoring or honouring the Eucharistic Presence of Christ. In a deeper sense, it involves "the contemplation of the Mystery of Christ truly present before us".

During Eucharistic Adoration, we "watch and wait", we remain "silent" in His Presence and open ourselves to His Graces which flow from the Eucharist... By worshipping the Eucharistic Jesus, we become what God wants us to be! Like a magnet, The Lord draws us to Himself and gently transforms us.

In its fullest essence Eucharistic Adoration is "God and Man reaching out for each other, at the same time!"

We adore the Eucharist because it is Jesus truly present - Body, Blood, Soul, and Divinity! At the moment of Consecration, during the Mass, the "gifts" of bread and wine are transformed (transubstantiated) into the actual Body and Blood of Christ, at the Altar. This means that they are not only spiritually transformed, but rather are actually (substantially) transformed into the Body and Blood of Christ. The elements retain the appearance of bread and wine, but are indeed the actual Body and Blood of Christ. This is what the Real Presence means: the actual, physical presence of Jesus in the Eucharist.

Christ instituted the Holy Sacrament of the Eucharist in order to remain with mankind until the end of time (John 14:18).

The (reserved) Blessed Sacrament serves as a focal point of devotion. Because, as Catholics, we believe that Christ is truly and substantially present in the Eucharist, the Blessed Sacrament is given the same adoration and devotion that is accorded to Christ.

### What is adoration?

To adore is to worship; to express reverence and homage. The forms of adoration among the Jews were removal of shoes (Exodus 3:5 ; Joshua 5:15), and prostration (Genesis 17:3 ; Psalms 95:6 ; Isaiah 44:15 Isaiah 44:17 Isaiah 44:19 ;46:6). To "kiss the Son" in Psalms 2:12 is to adore and worship him. (See Daniel 3:5 Daniel 3:6)

### ADORATION IN THE OLD TESTAMENT

In the Old Testament God promised Israel:

- 1) A unique **presence** among His people  
**"Then the cloud covered the tent of meeting,  
and the glory of the Lord filled the tabernacle"**  
(Exodus 40:34).
- 2) A unique **relationship** with His people  
**"I will also walk among you and be your God,  
and you shall be My people"** (Leviticus 26:12).

The phrase "The Lord our God" occurs 440 times in the Old Testament! It means that the Jews knew that they were in a relationship with God. This was very clear to them.

What God asked in return: their WORSHIP

- 1) Exclusive worship  
**"I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery. You shall have no other gods before Me"** (Exodus 20:2-3; Deuteronomy 5:6-7).

In Isaiah 42:8 the Lord states:

**"I am the Lord; that is my name; my glory I give to no other, nor my praise to carved idols."**

- 2) Because of His Greatness and Might

The author of 1 Chronicles 29:11-14 places on the lips of David this praise to the God of Israel:

**"Yours, O Lord, is the greatness and the power and the glory and the victory and the majesty, for all that is in the heavens and in the earth is yours. Yours is the kingdom, O Lord, and you are exalted as head above all. Both riches and honor come from you, and you rule over all. In your hand are power and might, and in your hand it is to make great and to give strength to all. And now we thank you, our God, and praise your glorious name."**

## THE EXPERIENCE OF PATRIARCHS

The patriarchs encountered God. Abraham encountered God on several occasions and had the opportunity to adore him. The format is very simple but profound, God appears to Abraham. This is known as the Divine Presence. Abraham reacts by adoring him. This is adoration. Then God blesses him. We will look at two examples in Genesis 17 and 18.

### GENESIS 17

The Lord appears to Abram (Divine Presence) and then Abram falls on his face (adoration). And then God promises Abraham an everlasting covenant (blessings) and Abraham is to circumcise the males in the family which he does (obedience). It is worth noting that God speaks to Abraham. In adoration the Lord speaks to us.

### GENESIS 18

The Lord appears to Abraham by the oaks of Mamre (Divine Presence). When he sees them, he runs from the tent entrance to meet them, and bows down to the ground (adoration). The Lord promises him a child through Sarah (Blessing).

### EXODUS 3

We now look at another Patriarch, Moses. We reflect on his call in Exodus chapter 3. We are told that Moses was taking care of the flock of his father-in-law, Jethro, and he came to Horeb, the mountain of God (Holy Place). There the angel of the Lord appeared to him in a flame of fire out of a bush (Divine Presence). We are told that Moses looked at the fire and realized it was not being consumed (concentration). The fact that the bush was blazing, yet was not consumed, is a sign of the perpetual Presence of the Lord.

Then the Lord says to Moses, **"Come no closer! Remove the sandals from your feet** (purification from sin), **for the place on which you are standing is holy ground."** ....(Holy Place)

He says further, **"I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob. And Moses hid his face, for he was afraid to look at God"** (Adoration in awe).

Then God gives the reason for the encounter: **"I have come down to deliver them from the Egyptians"** (Blessings). Then Moses asks for God's name and God says to Moses, **"I am who I am."** (God's Self-Revelation).

This passage is a very rich passage as far as Eucharistic adoration is concerned. It talks of the divine presence as fire and perpetual. The Lord Jesus burns because our God is a consuming fire (Hebrews 12: 29). This consuming fire is love, the intense passionate love of the Father and the Son. It is the Holy Spirit. No doubt the Spirit appeared as tongues of fire on Pentecost day (Acts 2).

The place is a holy place and therefore we have to remove our sandals, in other words, we have to purge or cleanse ourselves of sin before we enter His Presence. Adoration is a place of encounter where God reveals Himself and blesses us whiles he sends us on mission to liberate others just as he does with Moses in this passage.

### EXODUS 34:29-35

We take another example from the life of Moses. We know that Moses broke the first set of commandments because of the worship of the Golden Calf by the Israelites. In the passage above, Moses goes up again to take the ten commandments from God. We are told that as **"he reached the mountain the Lord descended in the cloud and stood with him there, and proclaimed the name, "The Lord.""** (Divine Presence).

**"And Moses quickly bowed his head toward the earth, and worshiped"** (Adoration). Then God makes a covenant with Israel:

**"He said: I hereby make a covenant. Before all your people I will perform marvels, such as have not been performed in all the earth or in any nation; and all the people among whom you live shall see the work of the Lord; for it is an awesome thing that I will do with you. Observe what I command you today. See, I will drive out before you the Amorites, the Canaanites, the Hittites, the Perizzites, the Hivites, and the Jebusites"** (Blessings).

In verse 29 we are told that the skin of Moses' face shone because he had been talking with God. This is one of the effects of adoration, the glory of God shines on us and we reflect that glory because we also shine.

When Moses had finished speaking with the Israelites, he put a veil on his face, covering the temporal effect of contact with God (Cor. 3: 12-13). The glory fades so we have to keep going to the Lord so we could be transformed from glory to glory as St. Paul states:

**"Indeed, to this very day whenever Moses is read, a veil lies over their minds; but when one turns to the Lord, the veil is removed. Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And all of us, with unveiled faces, seeing the glory of the Lord as though reflected in a mirror, are being transformed into the same image from one degree of glory to another; for this comes from the Lord, the Spirit."** (2 Cor. 3:15-18)



## INTERVIEW WITH MISS ST. JAMES



Dear Cherished Parishioners,

I count it all joy to meet with you all on this page. Thank you all very much for your phenomenal support for me on St James Family Day; from the young as well as the old, and especially from the kids.

For those not well acquainted with me, a little introduction is meet. I am a proud Wednesday born (so proud to be It is an absolute privilege and an honour to hold the crown of Miss St James 2018. I am absolutely enjoying my tenure. I find the smiles, hellos, hi's, call-outs, and waving from Parishioners (men, women and children) ever since I took the crown most endearing. To the Lord be all Glory who makes all things possible. I would like to reiterate my gratitude to my fellow Royals for your enormous support; to the Secretary of the Wednesday-born group (Samira) for the idea for my stage performance, to the two women who dressed me up and made me look so beautiful, to my wonderful family, fellow congregants at morning Mass, and to all those who have encouraged me and prayed for me.

As with most pageants, Mr. St James (Theodore) and I are thinking of implementing a project. We shall be counting on your support as the days go by. We may visit you once in a while at your meetings; especially the youth and kids at Sunday school. As we journey through the all important season of Lent, I take this opportunity to wish us all a reflective season. Before I bow out, may I have the pleasure of inviting you all, especially those who are young and working to a Career Development Seminar here in St James to be held on 7th April 2018 at 9am. Theodore (Mr. St James) is one of the Guest Speakers, you don't want to miss out on this glittering opportunity to advance your career and make contacts.

I look forward to rising with the Lord on Easter Sunday with you all, as well as celebrating the Easter Monday picnic. Once again, it is an absolute pleasure and an honour to serve you in this capacity. May we grow together in Faith, fraternity and love. May God bless us all.

## INTERVIEW WITH MR. ST. JAMES



MEF: Hi Theodore, that is your name correct?

Mr. St. James: Yes, but some family folk also call me Kwaku.

MEF: Full name please?

Mr. St. James: Theodore Kwaa Asampong

MEF: May I call you Mr. St. James?

Mr. St. James: Do I have a choice?

MEF: How are you enjoying your brand new title?

Mr. St. James: For starters, it's a bit strange as about 45 mins to the event I had no plans to be part of the "pageant" event, then I was asked to stand in for our guy as he had to leave and I thought oh well let me just make up the numbers, maybe I might make a point or two for The Royals as at that time we had no points. So to actually go on and win the whole thing was a bit confounding ... so yes I am enjoying the title but a tad petrified for what I have gotten myself into. But, as they say, you can't run away from destiny, so I will try and enjoy it and make the most out of it.

MEF: Tell us a little bit about yourself

Mr. St. James: Well, where do I begin? Born in 1973 to a military officer father and a teacher. Moved to Koforidua when I was 6, in 1979 after the coup, where I grew up until I moved to the UK at age 16. I went to Ghana Secondary School in Koforidua, but continued with my A-levels in the UK. Read Physics at Imperial College, University of London for my Bachelors and then did a Masters in Spacecraft Technology at University College London, University of London, graduating in 1995. Up until this point and from when I arrived in UK, I worked part-time in McDonald's, a fast food restaurant, reaching the level of manager. This I enjoyed very much as I learnt a lot about people and how to serve them. After graduation I joined the Defence Research Agency in the UK, working on satellite stuff for the Ministry of Defence. After a year there I went to work for a consultancy company – Logica, also working on satellite stuff but for a European satellite company. Then in 2000 I joined the largest satellite company in the world called SES. For those of you who watch all the free channels on satellite, Like MultiTV and others, they are on our satellite. I moved back to Ghana in 2005 to setup our West Africa office and also to get married to my lovely wife Mono. It is because of her that I am Catholic and it is because of her that I remain Catholic....we have two kids; TJ is 12 and Emma is 10. I am now CEO of a new company called WAPS Ltd, which is a joint-venture between SES and K-Net a local telecoms company. I love playing golf, chess and generally being with my family.

MEF: Most people were captivated by your dance performance during the competition. What was it called again? Who taught you how to do it?

Mr. St. James: Fontonfrom, also known as "Bomaa". It is a royal/warrior dance, typical of the Akuapem area. Variations of it can also be found in the Ashanti and other Akan areas. And who taught me?... well my father is a chief in Akropong and has been since I was 4 years old...so being around the drums and seeing folks dance, one tends to pick up the moves. But I am still trying to master it ... its not an easy dance at all. One can not afford to make mistakes, especially when dancing in front of chiefs.

MEF: Would you say being a Wednesday born contributed to your win?

Mr. St. James: Well, it will be easy to say yes, but to be fair, all the day borns that took part did great and could have won. However, with no points on the board at that time for The Royals, I was hoping not to disappoint and pick up a point or two for us. That was my motivation. The rest as they say is history. And ,if I may add, Josephine, Miss St. James really inspired me also as she came dressed as a queen mother and told me she will be dancing kete ... that gave me the idea to also go traditional. Thank you Miss St. James; also a Wednesday born if one hasn't heard.

MEF: Have you any projects in mind for the tenure of your reign.

Mr. St. James: Miss St. James and I have discussed it and have also talked to The Royals about the need to embark on a project (most likely of the charity kind) before the end of the tenure. So once we come up with a project we will share with the Church.

MEF: What message do you have for the youth?

Mr. St. James: Never give up, never lose hope. Like The Royals on the family day, we were almost down and out but we saw an opportunity to change our position and we took it by giving all our best. We were not prepared for the Mr. St James (after our contestant, who I'm sure would have won, had to leave) but we didn't despair, we dug deep and produced a winning performance.

MEF: What about for the whole Church?

Mr. St. James: As I said in the contest, my wish would be for God to give us the ability to love one another more, as love conquers all. So let's continue to love and forgive and we'll grow as one happy church.

MEF: Is there a special message for your fellow Wednesday borns as well

Mr. St. James: We competed gallantly on the day but missed on winning certain activities by the slimmest of margins. This should give us belief and courage to know that we can compete at the highest level and should be proud. We showed great character and togetherness and I pray that it continues in all our endeavours. I want to thank our executive members for a job well done getting us organized and in our numbers. Captain Ola, better luck next time with the penalty; you did great. And taking from our mantra, as long as our God reigns, we should have no fear!

MEF: It has been very nice getting to know you a little better. Thanks so much for your time

Mr. St. James: Thank you and thanks to the Church and the organizers for a fantastic family fun day. God bless us all.

## THE OTHER WOMAN

*By Ayesha-Andrea Apedoe*

Yes, you made it! You finally tied the knot with the man of your dreams! You did not envision any thorns along the marriage path but here you are, getting pricked every now and then no matter how cautiously you tread. Will I survive these thorns, you may ask? These thorns of rift between myself and my in-laws, especially my mother-in-law!

The mother-in-law/daughter-in-law relationship is one of the most complicated human connections where a man is viewed by two women in different lights. One woman will always see him first, as a man whilst the other sees him first as her child. However, mothers -in-law can be a blessing to their daughters-in-law by offering love, wisdom and encouragement. The bible makes note of several supportive in-law relationships and one of such is what existed between Ruth and Naomi. Theirs was indeed, one of a kind and it is obvious that Naomi had planted seeds of faith during the years that Ruth was married to her son. This actually influenced Ruth's decision to follow Naomi back home when her husband died. She had absolute confidence in her mother-in-law and knew she would be safe with her. Mothers-in-law can step up to be there for their son's wives in every needed aspect of their marriage. These lovely women should not be seen as "Women from Hell" but rather, be known as the "Guardian Angels" of the family. They must be encouraged to offer spiritual guidance to the family, respect the space of the married couple and show real love to their son's wife.

Often times, the mother-in-law rarely believes she is meddling in her son's business but many daughters-in-law feel that without firm boundaries, their husbands' mothers can actually destroy their marriage. Some mothers-in-law feel their years of experience can help the family to succeed and will therefore offer advice or help in situations where it is unwanted, especially in the areas of homemaking and parenting. This can cause friction, developing into a huge feud leading to long-term unhappiness and stress, thus, affecting the quality of the marriage. Other reasons for unpleasant relations between mothers-in-law and daughters-in-law include the pressure to have children, personality clashes, and sheer dislike for one another. One other cause of unrest on the part of the mother-in-law is her fear of being "dethroned" from her hierarchy as queen by another woman in the "family monarchy". This is power play at work, that is, having two women fighting for supremacy in the eyes of one man! This rivalry gives rise to a long-term hatred between these women if not addressed appropriately. Here, the man's role is crucial. He can head off problems if he reassures his mother that she is an important part of his life and that he still feels connected to her. He must go on to profess his love and respect for her while at the same time showing her that his primary connection now is with his wife.

It is also important for Daughters-in-law to do some self inventory, questioning their part in contributing to the strained relationship just like Jesus reminds us to first deal with own actions before helping others correct theirs. (Matthew 7:3-5). Since they are both going to be in each other's lives for many years, one sure thing required, is for her to treat her husband's mother with respect for raising the special man she is married to.

It is indeed, possible for these two women to foster harmonious living for a healthy marriage and like Naomi, all mothers-in-law must set the right tone for the relationship with their daughters-in-law. In solidarity with women all over the world, may we not be driven to despise each other but join hands in perfecting the very essence of marriage by being instruments of peace.



## FROM SCARLET TO SNOW

*By Cynthia Nimo-Ampreda*

Dear Reader, have you wondered what impact church programmes have on you? Do you feel any impact at all? What has been your level of participation in Church programmes? As we near the end of Lent, it is my prayer that we will all have some profound encounter with God especially as the season ushers us into Easter to experience the love of God through the sacrifice of His Son.

If God loves us so much to sacrifice His Son in order for us to have life, the least we can do is to protect that life by avoiding the occasion of sin which brings spiritual death and deepens the wounds of Christ. For some of us, we deem the avoidance of sin as an impossibility because we are quick to accept our imperfections. As good Christians however, the word 'impossible' should not be part of our vocabulary, otherwise Christ's death would be meaningless.

The starting point to avoiding sin is to desire to be pure. The sacrament of reconciliation through confession provides us with this opportunity. Instead of regarding confession as a moment for baring our sins, the spiritual exercise offers great benefits. The former perception often prevents us from attending confession or makes us devise schemes to confess to Priests other than those known to us. Others also prefer to confess to as many Priests as possible to avoid situations whereby a Priest will have record on all their wrongs. Dear Reader, the Priest is least interested in keeping count of your wrongs. Even if you know a Priest who seems to keep record of your wrongs, that should not prevent you from fulfilling God's expectations of you. Nevertheless, it is acceptable to confess your sins to a Priest of your choice, provided it is backed by the right attitude—are you truly repentant and desire to do better?

If we are truly repentant of our sins and desire to do better, we must look beyond confession as an exercise of baring our wrongs and being tagged as habitual sinners. We must also avoid the situation of confessing merely to satisfy a religious requirement as we risk trivialising the essence of the exercise with such a notion.

Taking full advantage of the opportunity to reconcile with God will require some tough actions on our part. One way to do this is to challenge ourselves to appear before a particular Priest which has many benefits.

First, confession humbles us by making us aware of our imperfections and charitable and less judgmental of others. This is even more true where we repeatedly confess to a particular Priest, and in our minds (and not the Priests'), we become known for our shortcomings.

Second, although the Priests do not keep record of wrongs, it helps them to know our challenges and sometimes offer us spiritual help in our efforts to change our ways by giving us advice and guidance. There is nothing better than having a spiritual guide through the Holy Spirit to address your shortcomings.

Third, the challenge of repeatedly confessing to a Priest compels us to strive to change our ways as we desire to report progress. We must however persist in our efforts even when they appear not to yield results since changing habits may take some time. God appreciates our efforts and also looks to our hearts and not just our wrong actions. It is my prayer that in the remaining days of the Lenten season, we will take a bold decision to be reconciled with our Heavenly Father.

# Cleaning House

So he made a whip out of cords, and drove all from the temple area, both sheep and cattle; he scattered the coins of the money changers and overturned their tables. John 2:15 (NIV)

Based on John 2:13-16 (NIV)



C W C M C P A S S O V E R U N  
H F O B A Y D M O N E Y J A V  
A F U F T R K Y G E Q H K M S  
N O R G T P K I F F F G E G C  
G T T T L U I E C G K L S G A  
E E S E E Q N D T T A E N X T  
R C O M J D O V E S L I S B T  
S R B P S B B G U B L E P R E  
H D G L G Z N R A L E E I X R  
J L R E Y I E T E Z E I W E E  
P E K O T J X S C H F X H W D  
E E W T V J N M S E H K I W V  
W D I I P E H O U S E G P I Z  
N S D R S C D U C O R D S M S  
K V C X C H N A T I M E E G G

DROVE  
TEMPLE  
TIME  
SELLING

SCATTERED  
COURTS  
MARKET  
HOUSE

JERUSALEM  
DOVES  
CHANGERS  
TABLES

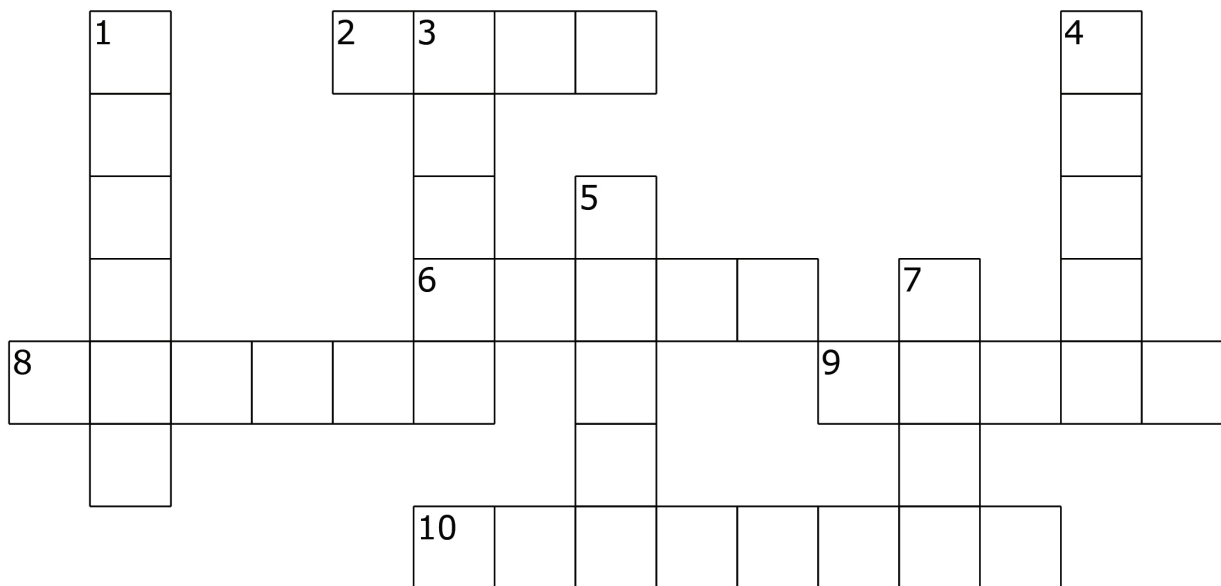
PASSOVER  
SHEEP  
JEWISH  
WHIP

SITTING  
CATTLE  
MONEY  
CORDS

# Cleaning House

So he made a whip out of cords, and drove all from the temple area, both sheep and cattle; he scattered the coins of the money changers and overturned their tables. John 2:15 (NIV)

Based on John 2:13-16 (NIV)



## ACROSS

2. A strip of leather or cord fastened to a handle
6. An animal raised for its wool
8. A building dedicated to the worship of God
9. Coins or bills used to pay for something
10. A Jewish holiday celebrating being freed from slavery in Egypt

## DOWN

1. A place where people gather to buy and sell things
3. A building where a family lives
4. A piece of furniture with a smooth, flat surface and four legs
5. The Son of God
7. A small, wild pigeon

WHIP	MARKET	PASSOVER	SHEEP	TEMPLE
HOUSE	TABLE	MONEY	JESUS	DOVE

# Faith Bookshop

## SERVICES NOW AVAILABLE AT FAITH BOOKSHOP!

- We make bespoke rosaries of different kinds ; 1,5 and 20 decades, also wrist, car, door, finger and lapel rosaries.
- Other religious jewellery like bracelets, necklaces and bangles.
  - Scapulars of different materials
- We have many Bibles and several motivational, inspirational and devotional books.
- Gifts and cards for the First Communion and Confirmation.
- Variety of Greeting cards
- Different candles for all occasions.

Come visit us! We will be most happy to welcome you to our friendly and cosy bookshop. We are waiting to serve you.

Location: **St. James Catholic Church, Osu.**

Contact: **020 7348 111 / 054 7402 208**



QUALITY INSURANCE COMPANY LTD.

### QUALITY INSURANCE COMPANY (QIC)

Parishioners are encouraged to insure with Quality Insurance Company (QIC)  
You can contact these numbers for further information.

**050 - 1277400 / 050 - 1409463 &  
0302 - 258135 / 028 - 9601819**

## 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

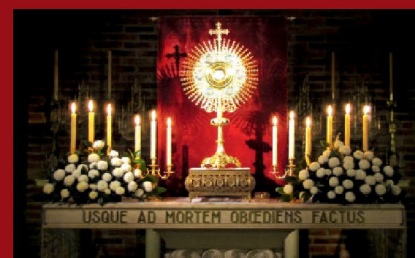
Youth Choir (7:00pm - 9:00pm)

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

Saturdays 3:00pm - 7:30pm

Sundays 9:30am - 1:30pm

## CIBT JANUARY 2018 ADMISSIONS ARE OUT - GET YOUR ADMISSION FORMS NOW

The Catholic Institute of Business and Technology (CIBT), a Catholic University College of the Archdiocese of Accra, announces the January Admissions for the 2017/2018 academic year.

Admissions are open for all successful Nov-Dec (WASSCE) candidates and mature students (25 years and above) to pursue undergraduate studies in the following programmes:

- B. Sc. Information Technology**
- B. Sc. Public Administration**
- B. Sc. Business administration**
- B. A. Religious Studies and church Administration**

### Where to get the forms:

1. CIBT forms can be obtained at EMS Section of Ghana Post
2. Come to our campus located behind Ministry of Information and Adjacent to the GNAT Hall, Adabraka - Accra.
3. Visit our website [www.cibtghana.net](http://www.cibtghana.net).

**Price of form: GH100.00**

**Lectures begin on the 5th of February, 2018.**

NB: Admission forms are available also for students wishing to pursue undergraduate programmes beginning August/September 2018.

### CIBT 5TH CONGREGATION/GRADUATION

The 5th Congregation/graduation of CIBT comes off this Friday, 2nd February, 2018 at 10:00am at the CIBT campus, Adabraka - Accra. About 100 students will be graduating with bachelors and masters degrees. All are invited.

God bless you.