



APRIL 2019 (YEAR C)

# 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**

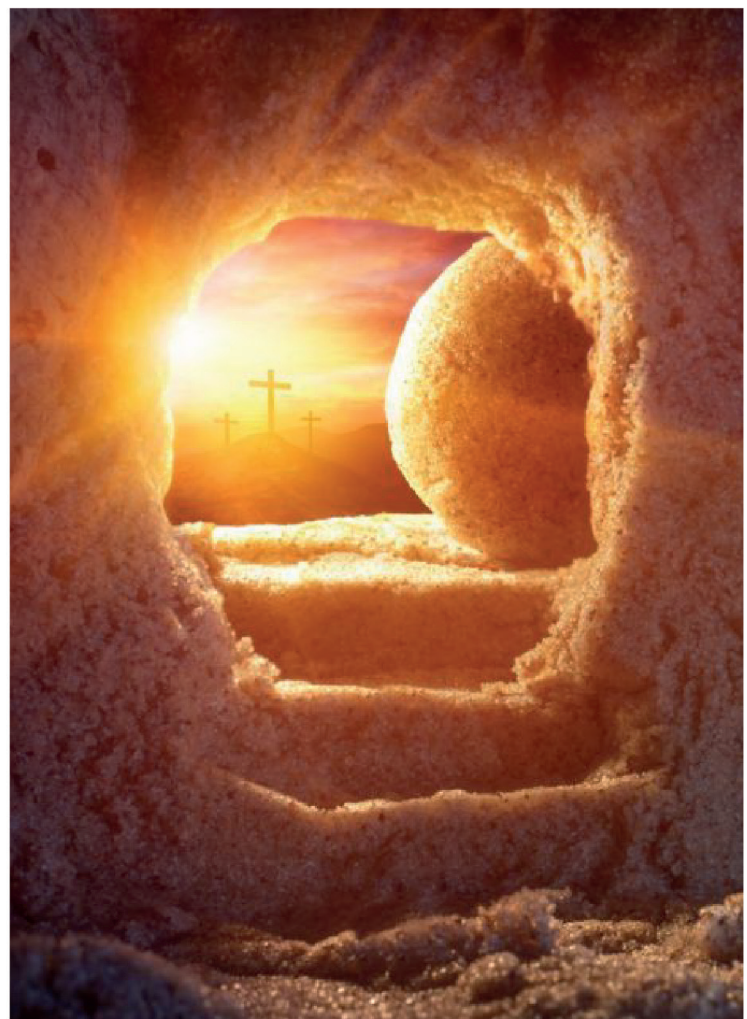
Maxwell  
Tel: 0505 256 484 / 0302 798 781

### **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**
- **Youth Corner**

*Very Rev. Fr. Daniel Tetteji*

Dear cherished parishioners, all too soon the season of lent is coming to a close. I believe we all feel very refreshed and renewed during this period of intense prayer, fasting and almsgiving. I welcome you one and all to church today as we enter the Passion Week. The week that we celebrate the most solemn mysteries of our faith, namely, the passion, death and resurrection of Christ. It is important to note that, liturgically, we are all supposed to be in Jerusalem with Jesus. So therefore, with the celebration of Palm Sunday, we are in Jerusalem. This is how we relive or re-enact the events of a little over two thousand years ago. Find below the activities lined up.

-Monday, 15th April – Instead of the usual bible sharing, we shall have a discussion about the Holy Week at the 6pm. All are to take note and be present.

-CHRISM MASS: It will take place on Wednesday, 17th April at the Holy Spirit Cathedral at 10:00am. All are invited to participate.

-HOLY THURSDAY MASS comes off on 18th April at 7pm. Kindly note that this is the mass that commemorates the Last supper, the institution of the Holy priesthood and the washing of feet. There is Adoration for about an hour afterwards.

-GOOD FRIDAY STATIONS OF THE CROSS will take place at 8:00am. It will be the time to go through the passion with our Blessed Lord.

-GOOD FRIDAY AFTERNOON SERVICE shall be preceded by the Divine Mercy Novena at 2:30pm, then the service proper shall begin at 3:00pm

-HOLY SATURDAY VIGIL SERVICE will be at 7:00pm. Please do come with your candles and containers for Holy Water

-EASTER SUNDAY MASS will begin with adoration of the Blessed Sacrament at 8:00am, followed by the Mass

-EASTER MONDAY PICNIC comes off on 22nd April. This time, we shall be going to SIGNATURE BEACH RESORT IN PRAMPAM. The resort has several activities for both children and adults.

Please note that the church will pay for the cost of the venue and activities over there. Also, the transportation to the venue shall be borne by the church. Parishioners, however will bring food and drinks to share.

Activities include: Beach volley, Beach football, Swimming, Table tennis, Sack for racing, Lime and spoon, Board games (Oware, Ludo, chess, monopoly, scrabble, dart), Music and PA system.

Our kids will have Bouncy Castle, Trampoline, Face painting etc.

CONCLUSION: I pray that the joy of the resurrection will renew the whole world, and may this joy flood our hearts and our homes.

Shalom!

***"To you I lift up my eyes, O you who are enthroned in the heavens! As the eyes of servants look to the hand of their master, as the eyes of a maid to the hand of her mistress, so our eyes look to the Lord our God, until He has mercy upon us."*** [Psalm 123:1-2]

In the 40 days of Lent if we consistently lift our eyes to God in humility and trust, accompanied by prayer, fasting and almsgiving, God will surely come through for us!

God always gives abundantly more than what we request from Him. However, the saying that there is no free lunch anywhere, applies to our relationship with God as well. The payback that God demands from us is faith, belief, obedience and trust in Him.

So if we are prepared this Lenten period to reflect on our relationship with Jesus, we should be ready and, yes, eager to obey God's commandments, even the summarised version Jesus gave us; to love God with all our hearts and being and to love our neighbours next. To this we ought to add a tiny mustard-size faith, belief and absolute trust in Him and the Holy Trinity and He will give us whatever we ask for that is in His nature to give. And He will give it abundantly, pressed down for good measure.

Let us consider Psalm 127:1-2 ***"Unless the Lord builds the house, those who build it labour in vain. Unless the Lord guards the city, the guard keeps watch in vain. It is vain for you to rise up early, to take rest late, to eat the bread of anxious toil for He gives blessings to His beloved in sleep"*** Also, Proverbs 16:3 says the same thing about our dependence on God: ***"Entrust your works to the Lord, and your plans will succeed."***

God is telling us to rely on Him only because He created us and loves us and wants the best for all His children. Just as a father will not give a snake to his child when he asks for fish [cf. Luke 11:11, Matthew 7:10], our Heavenly father will only give the best to His children who ask Him for things. We should keep in mind though that we must ask for things that are good for us.

Our earthly fathers will not give sharp knives to young children who plead for such toys. Similarly, God will not answer prayers for things that He knows are harmful to us and are not in His will.

The question that comes to mind then is how do we know what to ask for that will be in the will of God. The answer can only come through prayer and fasting, exactly what we are supposed to be doing now. I believe that if we have prayed intentionally to our Father during Lent with accompanying fasting and almsgiving He will give us an indication as to what to petition Him for and give it to us in abundance.

Happy Easter to us all after a lengthy but fruitful Lenten journey!

## EASTER TRIDUUM

The Easter Triduum begins on Thursday, April 18, 2019.

For Roman Catholics, the Easter Triduum (sometimes also referred to as the Paschal Triduum or simply, the Triduum) is the proper name for the three-day season that concludes Lent and introduces Easter. Technically speaking, a triduum refers simply to any three-day period of prayer. Triduum comes from Latin meaning “three days.”

The three 24-hour periods of the triduum include the major feasts for all four days at the heart of the Easter celebration: the evening feast of Holy Thursday, Good Friday, Holy Saturday, and Easter Sunday. The Easter Triduum memorializes the suffering, death, burial, and resurrection of Jesus Christ. Though chronologically three days, they are liturgically one day unfolding for us the unity of Christ’s Paschal Mystery.

Starting with the Mass of the Lord’s Supper on the evening of Holy Thursday, continuing through the Good Friday service and Holy Saturday, and concluding with vespers (evening prayer) on Easter Sunday, the Easter Triduum marks the most significant events of Holy Week.

### I. Holy Thursday

On Holy Thursday, the Triduum begins for Catholics with the evening Mass of the Lord’s Supper, during which bells are rung and the organ played. The bells and organ will then remain silent until the Easter Vigil Mass. The Mass of the Lord’s Supper includes a ritual washing of feet, in remembrance of Jesus washing the feet of his disciples, just before the last supper. The altars are stripped of ornamentation, leaving only the cross and candlesticks.

Holy Thursday is the day on which Catholics commemorate the institution of three pillars of the Catholic Faith: the Sacrament of Holy Communion, the priesthood, and the call to love, and it ends with the removal of the Body of Christ from the tabernacle in the main body of the church. The Eucharist is carried in procession to another place where it is kept overnight, to be distributed during the commemoration of the Lord’s Passion on Good Friday (when no Mass is held, and therefore no hosts are consecrated). After the procession, the altar is stripped bare, and all bells in the church are silent until the Gloria at the Easter Vigil on Holy Saturday.

During the Last Supper, Christ blessed the bread and wine that He shared with His disciples with the very words that Catholic priests use today to consecrate the Body and Blood of Christ during the Mass and the Divine Liturgy. In telling His disciples to “Do this in remembrance of Me”, Jesus instituted the Mass and made them the first priests.

Holy Thursday is the day on which Jesus Christ celebrated the Last Supper with His disciples, four days after His triumphal entry into Jerusalem on Palm Sunday. Only hours after the Last Supper, Judas would betray Christ in the Garden of Gethsemane, setting the stage for Christ’s Crucifixion on Good Friday.

### The Chrism Mass

On Holy Thursday, the priests of each diocese gather with their bishop to consecrate holy oils, which are used throughout the year for the sacraments of Baptism, Confirmation, Holy Orders, and the Anointing of the Sick. This ancient practice, which can be traced back as far as the fifth century, is known as the Chrism Mass. (Chrism is a mixture of oil and balsam used for the holy oils.) The gathering of all the priests in the diocese to celebrate this Mass with their bishop stresses the role of the bishop as a successor to the apostles.

### II. Good Friday

Good Friday is the day that marks the Crucifixion of Jesus Christ. It is observed on the Friday before Easter Sunday. On this day Catholics focus on Jesus Christ’s death by commemorating the passion, or suffering, and death on the cross of Jesus Christ. Catholics ritually kiss the feet of Jesus on the cross during the veneration. Many Catholics spend Good Friday in fasting, prayer, repentance, and meditation on the agony and suffering of Christ.

On Holy Thursday, that is the night before he died, Jesus and his disciples took part in the Last Supper and then went to the Garden of Gethsemane. There Jesus spent his last hours praying to the Father while his disciples slept nearby:

*“Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.” (Matthew 26:39)”*

“This cup” was death by crucifixion, one of the most disgraceful, dreaded, and painful methods of execution in the ancient world. But “this cup” also represented something even worse than crucifixion. Christ knew in death he would take on the sins of the world—even the most heinous crimes ever committed—to set believers free from sin and death. This was the agony our Lord faced and humbly submitted to for you and me:



*"He prayed more fervently, and he was in such agony of spirit that his sweat fell to the ground like great drops of blood. (Luke 22:44)"* Before morning dawned, Jesus was arrested. At daybreak, he was questioned by the Sanhedrin and condemned. But before they could put him to death, the religious leaders first needed Rome to approve of their death sentence. Jesus was taken to Pontius Pilate, the Roman governor in Judea. Pilate found no reason to charge Jesus. When he discovered that Jesus was from Galilee, which was under Herod's jurisdiction, Pilate had Jesus sent to Herod who was in Jerusalem at the time.

Jesus refused to answer Herod's questions, so Herod sent him back to Pilate. Although Pilate found him innocent, he feared the crowds who wanted Jesus crucified, so he sentenced Jesus to death.

Jesus was brutally beaten, mocked, struck on the head with a staff and spit on. A crown of thorns was placed on his head and he was stripped naked. He was made to carry his own cross, but when he grew too weak, Simon of Cyrene was forced to carry it for him.

Jesus was led to Calvary where soldiers drove stake-like nails through his hands and feet, affixing him to the cross. An inscription that read *"King of the Jews"* was placed over his head. Jesus hung on the cross for approximately six hours until he took his final breath. While he was on the cross, soldiers cast lots for Jesus' clothing. Onlookers shouted insults and jeered.

Two criminals were crucified at the same time. One hung on Jesus' right and the other on his left (Luke 23:39-43). At one point, Jesus cried out to his father, *"My God, my God, why have You forsaken Me?"*

Then darkness blanketed the land. As Jesus gave up his spirit, an earthquake shook the ground and caused the temple curtain to rip in half from top to bottom. The Gospel of Matthew's reports:

*"At that moment the curtain in the sanctuary of the Temple was torn in two, from top to bottom. The earth shook, rocks split apart, and tombs opened. The bodies of many godly men and women who had died were raised from the dead. They left the cemetery after Jesus' resurrection, went into the holy city of Jerusalem, and appeared to many people." (Matthew 27:51-53)*

It was customary for Roman soldiers to break the criminal's legs, causing death to come more quickly. But only the thieves had their legs broken. When the soldiers came to Jesus, he was already dead.

As evening fell, Joseph of Arimathea (with the help of Nicodemus) took Jesus' body down from the cross and had him placed in his own new tomb. A great stone was rolled over the entrance, sealing the tomb.

Why Is Good Friday Called "Good?"

God is holy and the Bible tells us his holiness is incompatible with sin. Humans are sinful and our sin separates us from God. The punishment for sin is eternal death. But human death and animal sacrifices are insufficient to atone for sin. Atonement requires a perfect, spotless sacrifice, offered in just the right way.

Jesus Christ was the one and only perfect God-man. His death provided the perfect atoning sacrifice for sin. Only through Jesus can our sins be forgiven. When we accept Jesus Christ's payment for sin, he washes away our sin and restores our right standing with God. God's mercy and grace make salvation possible and we receive the gift of eternal life through Jesus Christ. This is why Good Friday is good.

### III. Holy Saturday

After nightfall on Holy Saturday, Catholics hold an Easter vigil service, which represents the faithful awaiting the resurrection of Jesus Christ after his burial. This service includes a ceremony of light and darkness, in which a paschal candle is lit to represent the resurrection of Christ; members of the congregation form a solemn procession to the altar.

The Easter Vigil is considered the pinnacle of the Easter Triduum, especially for Catholics, and is usually celebrated with a devotion equal to that bestowed on Easter itself.

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## ST. JAMES PARISH GETS NEW PPC

*By Philip Beyuo*



***The new Council in a group photograph with the Priests (PPC Chair Justice Ama Gaisie in 3rd place from left on the second row beside Fr. Tettedji).***

A twenty-four (24) member Parish Pastoral Council (PPC) was recently inaugurated for the St. James Catholic Church, Osu, to steer affairs of the church for the next two years (2019-2020). The new Council was sworn into office by the Associate Parish Priest, Rev. Fr. Prince Adelaayitar, in a mass presided over by the Parish Priest, Rev. Fr. Daniel Mawuli Tettedji.

The Council is chaired by Her Ladyship, Justice Mrs Ama Gaisie, with Mr. Sylvester Apedoe, an Information Technology expert and Banker, as her Assistant. The other executives are Mrs Sarah Anku, Secretary; Mr Isaac Dampsey, Assistant Secretary; Mrs Mansa Agyare, Organizing Secretary; Mr. Philip Beyuo, Assistant Organizing Secretary and Mr Emmanuel Buah, Financial Secretary.

In his inaugural remarks, Fr. Adelaayitar congratulated the Councilors, most of whom were re-elected by their groups or re-nominated by the Parish Priest to serve a second term. He admonished the new Councilors to be devoted in their job, being punctual at meetings and liaising with their respective groups effectively.

In her inaugural speech, the Chairperson, Justice Mrs. Ama Gaisie, was grateful to the Church for the trust reposed in members by retaining the entire executive and most members of the immediate past Council in office. She pledged the Council's readiness to contribute its quota towards the growth of the church in the next two years.

All the outgoing PPC members were presented with certificates of service from the church.

NO	NAME	GROUP REPRESENTING	POSITION
1	Rev. Fr. Daniel Tettetdji	Parish Priest	Parish Priest
2	Rev. Fr. Prince Emmanuel Adelaayitar	Associate Parish Priest	Associate Parish Priest
3	Mrs. Amma Gaisie	Peace & Justice Committee	Chairperson
4	Mr. Sylvester Apedoe	Pastor's Nominee	Vice Chairperson
5	Mrs. Sarah Norkor Anku	Saturday Borns	Secretary
6	Mr. Isaac Asare Dampsey	Liturgical	Asst. Secretary
7	Mr. Emmanuel Buah	Finance Committee	Financial Secretary
8	Mrs. Mansa Agyare	Fundraising Committee	Organising Secretary
9	Mr. Phillip Beyuo	Sacred Heart	Asst.Organising Secretary
10	Mr. Pascal Danyi	Wednesday Borns	Member
11	Mr. Prince Agbodjan	Pastors Nominee	Member
12	Mrs. Grace Baalaboore	Charismatic Renewal	Member
13	Ms. Afua Obenewaa Aidoo	Parish Youth Council	Member
14	Mrs. Theresa Yankson	Pastors Nominee	Member
15	Engr. Emmanuel Akabutu	Project & Maintenance Committee	Member
16	Mrs. Esther Abakah	Christian Mothers	Member
17	Dr. Patrick Kwaw	Pastors Nominee	Member
18	Mr. Benjamin Acolatse	Knights of St John	Member
19	Ms. Dora Badu Acheampong	Parish Youth Council	Member
20	Mrs Rosalind Addy	St Theresa's	Member
21	Mrs Belinda Missinou	Sunday Borns	Member
22	Mr. Zunuo Gandaa	Friday Borns	Member
23	Mr. Kelvin Sarpong	Monday Borns	Member
24	Mrs. Elsie Ankuma Ayivor	Knights of Marshall	Member
25	Mr. Yaw Agyeman Duah	Thursday Borns	Member
26	Madam Joana Appiah	Tuesday Borns	Member
27	ADP Samuel A. Akolbire	Security Committee	Member

Holy Saturday is the last day of Lent and of Holy Week, and the third day of the Easter Triduum, the three high holidays before Easter, i.e. Holy Thursday, Good Friday, and Holy Saturday.

The Easter Vigil Mass takes place after sundown on Holy Saturday. It often begins outside of the church near a bonfire or charcoal brazier, representing the first vigil. The priest then leads the faithful into the church where the paschal candle is lit and the mass is held.

#### **IV. Easter Sunday**

Easter Sunday marks the end of the Triduum and the beginning of the seven-week Easter season that will end with Pentecost Sunday. Easter Sunday church services for Catholics is a joyous celebration of resurrection and rebirth of Jesus and mankind.

Easter is the greatest feast in the Christian calendar. On Easter Sunday, Catholics celebrate the resurrection of Jesus Christ from the dead. For Catholics, Easter Sunday comes at the end of 40 days of prayer, fasting, and almsgiving known as Lent. Through spiritual struggle and self-denial, we have prepared ourselves to die spiritually with Christ on Good Friday, the day of His Crucifixion, so that we can rise again with Him in new life on Easter.

#### **A Day of Celebration**

On Easter Sunday, Christians greet each other with cries of "Christ is risen!" and respond "He is risen indeed, Alleluia!" Over and over, they sing a hymn of celebration.

In Roman Catholic churches, the Alleluia is sung for the first time since the beginning of Lent. Our fast is over; now is the time for celebration.

#### **The Fulfilment of Our Faith**

Easter is a day of celebration because it represents the fulfilment of our faith as Christians. Saint Paul wrote that, "unless Christ rose from the dead, our faith is in vain (1 Corinthians 15:17)". Through his death, Christ saved mankind from bondage to sin, and He destroyed the hold that death has on all of us; but it is His Resurrection that gives us the promise of new life, both in this world and the next.

#### **The Coming of the Kingdom**

That new life began on Easter Sunday. In the Our Father, we pray that "Thy Kingdom come, on earth as it is in Heaven." And Christ told His disciples that some of them would not die until they saw the Kingdom of God "coming in power" (Mark 9:1). The early Christian Fathers saw Easter as the fulfilment of that promise. With the resurrection of Christ, God's Kingdom is established on earth, in the form of the Church.

#### **New Life in Christ**

That is why people who are converting to Catholicism traditionally are baptized at the Easter Vigil service, which takes place on Holy Saturday (the day before Easter), starting sometime after sunset. They have usually undergone a long process of study and preparation known as the Rite of Christian Initiation for Adults (RCIA). Their baptism parallels Christ's own Death and Resurrection, as they die to sin and rise to new life in the Kingdom of God.

#### **Communion: Our Easter Duty**

Because of the central importance of Easter to the Christian faith, the Catholic Church requires that all Catholics who have made their First Communion receive the Holy Eucharist sometime during the Easter season, which lasts through Pentecost, 50 days after Easter. (The Church also urges us to take part in the Sacrament of Confession before receiving this Easter communion.) This reception of the Eucharist is a visible sign of our faith and our participation in the Kingdom of God. Of course, we should receive Communion as frequently as possible; this "Easter Duty" is simply the minimum requirement set by the Church.

#### **Christ Is Risen!**

Easter isn't a spiritual event that happened just once, long ago; we don't say "Christ has risen" but "Christ is risen," because He rose, body and soul, and is still alive and with us today. That is the true meaning of Easter.

**CHRIST IS RISEN! HE IS RISEN, INDEED! ALLELUIA!**



## SOMETIMES IT COULD BE FROM YOU

*By Isaac Asare Dampsey (IAD)*

Something interesting happened on Friday night. I was met with this unpleasant smell a few meters before I got home. I wondered where it came from? Did someone empty his sewage tank? What at all is happening? I kept asking but somehow it appeared no one else was smelling what I was smelling. The people by the road were just sitting down there chatting. Is it that the guys by the road don't have a sense of smell? Was I the only one with a sensitive nose inhaling that bad odor?

The worst part was that I could smell it when I entered the house. Where is this coming from? I eventually ignored it and managed some sleep later.

Saturday morning was fine. I could not smell it any longer around the house but later in the morning when I went in for the sneakers I donned the day before I started smelling that awful scent again. It was there I realized that, the night before I had stepped in what appeared to be a dog poop and all that smell I was complaining about came from under my sneakers. How did that happen? Where did I step into that thing?

You know what happened when I relaxed and reflected on my drama the night before? I got a message that said: "Sometimes the 'awful smell' could be from you and not the other person so look around and within you" That really struck me.

The "awful smell" here can represent the challenge you have with your spouse, co-workers, your friends, children etc. It could be your struggles with self esteem, confidence etc

Most times in situations or challenges like that we tend to look at others other than us as the cause but for all you know the "awful smell" (challenge) could be from you- it could be under your sneakers. Here was I Friday night looking for someone to blame or the source of the "awful smell" but it was right under my sneakers. Your "awful smell" could be your attitude that probably puts your coworkers off or turns your husband away or keeps your wife in her shell. Your "awful smell" could be the way you think which affects your self esteem and self confidence. It could be your inability to forgive and let things go which is crippling your spiritual and physical growth. The "awful smell" could be you and it could be me.

Today as we begin a new week, take a moment to examine your self. Before you look at others as the potential source of the "awful smell", look around you and most importantly look within you. I saw this quote somewhere: "A true genius admits that he/she knows nothing." ... "For the wise have always known that no one can make much of his life until self-searching has become a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong."

The story of the prodigal son in Luke 15: 17-20 recounts how one day a young man decided to examine himself. The Bible says:

"When he came to his senses, he said, 'How many of my father's hired servants have food to spare, and here I am starving to death! I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you. I am no longer worthy to be called your son; make me like one of your hired servants.' So he got up and went to his father. Luke 15:17-20

Are you smelling something awful?

Examine yourself today. Look around you. Look within as well. The "awful smell" could be under your sneakers. When you find it, don't blame yourself, don't throw a pity party rather take steps to correct the wrong just like the prodigal son did. Take action if needed and seek help if you have to.

Remember that "The journey into self-love and self-acceptance must begin with self-examination... until you take the journey of self-reflection, it is almost impossible to grow or learn in life." – Iyanla Vanzant

Jesus loves you!  
Have a blessed week!

## GOOD FENCES MAKE GOOD NEIGHBOURS

*Written by Mena Ekua Feneba  
(Miss St James 2018)*

Is anyone looking for God's deliverance? Lent will be a good starting point. In our modern world, where people ordinarily (sans Lent) give up the eating of red meat, and turkey - and pork, to guard against belly fat and excess flesh, there is an increasing trend to fast from 'other things' other than food during the Season of Lent. Some people are fasting from the use of the internet (if at all they are), others are fasting from watching TV (if at all it is true), while others are fasting from eating sugars and sweets.

Here is to recommend the age-old fast as we know it (when times shall demand it). If you shall take up the challenge, adding faith in the Lord, then I guarantee that your deliverance is nearer... I chanced upon a fast exercised in an atmosphere of prayer and praise in scripture in a-not-too familiar book by name Judith.

The Book of Judith recounts God's deliverance of the Jews which was accomplished through a widow called Judith. The Book first recounts the violent blazing of Nebuchadnezzar's anger against the nations of the West when he felt disgraced by them after they refused to send him mercenaries for war. Wherewith he advanced upon them mightily after defeating the people of Arphaxad and Ecbatana. By his order, his army general by name Holofernes was to advance against the nations with men of valour totalling one hundred and twenty thousand infantry and twelve thousand cavalry. He was given an order to kill and despoil, devastate and destroy, and take captive those who surrender for his lord Nebuchadnezzar.

He accomplished his task with impunity and the Vassal Nations submitted to his authority. The people of Israel who were among the nations of the west stood in great tremor and fear. Nevertheless, they secured their hilltops and fortified themselves in preparation for war in reliance on the power and strength of the Lord their God. However, Holofernes had them completely surrounded and took captive of their springs and all their drinking water, such that the people fainted for water and were disheartened. Then they cried to the Lord their God.

As their thirst worsened, some of the inhabitants fainted in the streets. Out of despair, they approached their leaders to surrender at last to the grandiloquent army commander.

But Judith arose and cautioned them to refrain from putting the Lord their God to the test. She proposed the beginnings of a plan she had formulated and set out to accomplish it. Chapter nine of the Book of Judith recounts how Judith prayed; falling prostrate before the Lord her God, with ashes on her head, and clad with sackcloth. She acknowledged the might of the Lord and asked the Lord to intervene.

The rest of the story continues beautiful and powerful as the beginning. And to find its end, I will encourage you to read the Book of Judith, one of the seven deuterocanonical books, to see how the Lord delivered Israel by the hand of a widow, through Faith, Prayer and Fasting; virtues which are freely open to us for the picking in this season of Lent.

**FIRST STATION**

**Prayer**

O innocent Jesus, having sinned, I am guilty of eternal death, but You willingly accept the unjust sentence of death, that I might live. For whom, then, shall I live, if not for You, my Lord? Should I desire to please men, I could not be Your servant. Let me, therefore, rather displease men and all the world, than not please You, O Jesus. Amen

**THE SECOND STATION**

**Prayer**

Oh my Jesus, I cannot be Your friend and follower if I refuse to carry the cross. Dearly beloved cross! I embrace You, I kiss You, I joyfully accept You from the hands of my God. Far be it from me to glory in anything save in the cross of my Lord and Redeemer. By it the world shall be crucified to me and I to the world, that I may be Yours forever. Amen

**THE THIRD STATION**

**Prayer**

Oh my Jesus, You bore my burden and the heavy weight of my sins. Should I, then, not bear in union with You, my easy burden of suffering and accept the sweet yoke of Your commandments? Your yoke is sweet and Your burden is light: I willingly accept it. I will take up my cross and follow You. Amen

**THE FOURTH STATION**

**Prayer**

O Jesus, O Mary, I am the cause of the great and manifold pains which pierce your loving hearts! Oh, that also my heart would feel and experience at least some of your sufferings! O Mother of Sorrows, let me participate in the sufferings which You and Your Son endured for me, and let me experience Your sorrow, that afflicted with You, I may enjoy Your assistance in the hour of my death. Amen

**FIFTH STATION**

**Prayer**

O Jesus! Whosoever does not take up his cross and follow You, is not worthy of You. Behold, I join You in the Way of Your Cross; I will be Your assistant, following Your bloody footsteps, that I may come to You in eternal life. Amen

**SIXTH STATION**

**Prayer**

Most merciful Jesus! What return shall I make for all the benefits You have bestowed upon me? Behold I consecrate myself entirely to Your service. I offer and consecrate to You my heart: imprint on it Your sacred image, never again to be effaced by sin. Amen

**SEVENTH STATION**

**Prayer**

O Jesus, Son of David, have mercy on me! Offer me Your helping hand, and aid me, that I may not fall again into my former sins. From this very moment, I will earnestly strive to reform: nevermore will I sin! Thou, O sole support of the weak, by Your grace, without which I can do nothing, strengthen me to carry out faithfully this my resolution. Amen

**EIGHTH STATION**

**Prayer**

O Jesus, Who shall give to my eyes a torrent of tears, that day and night I may weep for my sins? I beseech You, through Your bitter and bloody tears, to move my heart by Your divine grace, so that from my eyes tears may flow abundantly, and that I may weep all my days over Your sufferings, and still more over their cause, my sins. Amen

**NINTH STATION**

**Prayer**

Most merciful Jesus, I return You infinite thanks for not permitting me to continue in sin and to fall, as I have so often deserved, into the depths of Hell. Enkindle in me an earnest desire of amendment; let me never again relapse, but vouchsafe me the grace to persevere in penance to the end of my life. Amen

**TENTH STATION**

**Prayer**

Induce me, O Jesus, to lay aside my former self and to be renewed according to Your will and desire. I will not spare myself, however painful this should be for me: despoiled of things temporal, of my own will, I desire to die, in order to live for You forever. Amen

**ELEVENTH STATION**

**Prayer**

O Jesus, gracious Lamb of God, I renounce forever my impatience. Crucify, O Lord, my flesh and its concupiscence; scourge, scathe, and punish me in this world, do but spare me in the next. I commit my destiny to You, resigning myself to Your holy will: may it be done in all things! Amen

**TWELFTH STATION**

**Prayer**

O most amiable Jesus! Who will grant me that I may die for You! I will at least endeavor to die to the world. How must I regard the world and its vanities, when I behold You hanging on the cross, covered with wounds? O Jesus, receive me into Your wounded Heart: I belong entirely to You; for You alone do I desire to live and to die. Amen

**THIRTEENTH STATION**

**Prayer**

O Lord Jesus, Your lifeless body, mangled and lacerated, found a worthy resting-place on the bosom of Your virgin Mother. Have I not often compelled You to dwell in my heart, full of sin and impurity as it was? Create in me a new heart, that I may worthily receive Your most sacred body in Holy Communion, and that You may remain in me and I in You for all eternity. Amen

**FOURTEENTH STATION**

**Prayer**

O Jesus, You have set me apart from the world; what, then, shall I seek therein? You have created me for Heaven; what, then, have I to do with the world? Depart from me, deceitful world, with Your vanities! Henceforth I will follow the Way of the Cross traced out for me by my Redeemer, and journey onward to my heavenly home, there to dwell forever and ever. Amen





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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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