



SEPTEMBER 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 Tettedji  
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**
- **Empowerment**
- **Health**
- **Youth**
- **Children's Corner**

*Very Rev. Fr. Daniel Tettedji*

My Cherished parishioners

I welcome you all September, the ninth month of the year. I thank God for his abundant mercies upon each and every one.

Our monthly ADORATION will be on 6th September at 6pm. All must take note and be present.

We celebrate the feast of the three Archangels: Michael, Gabriel and Raphael on the 29th of September. Since there are no special activities here at the parish, I wish to share a few thoughts on this feast.

It is important to know that these archangels are the only angels named in Sacred Scripture and all three have important roles in the history of salvation.

Saint Michael is the "Prince of the Heavenly Host," the leader of all the angels. His name is Hebrew for "Who is like God?" - the battle cry of the good angels against Lucifer and his followers when they rebelled against God. He is mentioned four times in the Bible: in Daniel 10 and 12, the letter of Jude, and in Revelation.

Michael, whose forces cast Lucifer and the evil spirits into Hell, is invoked for protection against Satan and all evil. Pope Leo XIII who had a prophetic vision in 1899 of the evil that would be inflicted on the Church and the world in the 20th century, instituted a prayer to be said at the end of every Mass asking for Saint Michael's protection. We say this prayer, faithfully each day after morning Mass.

Christian tradition recognises four offices of Saint Michael: (i) to fight against Satan (ii) to rescue the souls of the faithful from the power of the enemy, especially at the hour of death. (iii) to be the champion of God's people, and (iv) to call souls away from earth and bring them to judgment. **"I am Gabriel, who stand before God."** (Luke 1, 19)

Saint Gabriel, whose name means "God's strength," is also mentioned four times in the Bible. The most significant references to Gabriel are in the New Testament: (1) to announce the birth of John the Baptist to his father Zacharias, and (2) at the Incarnation of the Word in the womb of Mary.

Christian tradition suggests that it is he who appeared to St. Joseph and to the shepherds, and also that he "strengthened" Jesus during his agony in the garden of Gethsemane.

Saint Raphael's name means "God has healed". He healed Tobias of his blindness in the Book of Tobit - the only book in which he is mentioned. His office is generally accepted by tradition to be that of healing and acts of mercy. **"I am the angel Raphael, one of the seven, who stand before the Lord"** (Tobit 12:15)

Raphael is also identified with the angel in John 5:1-4 who descended on the pond and bestowed healing powers on it, so that the first to enter it after it moved would be healed of whatever infirmity he was suffering from.

It is my prayer that aided by these archangels, all of us will enjoy divine protection, good news of glad tidings and healing: both spiritually and physically.

**Shalom!!!**

## NO SEED EVER SEES THE FLOWER

***"Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain, but if it dies, it bears much fruit." [John 12:24]***

The disciples all ventured into uncharted territories and almost all of them suffered dreadful consequences and yet very few saw the fruits of the efforts here on earth. The very few men were able to spread the word of God to all the corners of the world. Early missionaries to tropical parts of the world often died of malaria and other diseases and yet many did not shirk from the call to evangelise the world. We still have missionaries traveling to remote parts of the world without any guarantees for their safety. Their only surety is their faith and trust in God for rewards in eternity.

*"This total donation of self cannot be severed from the readiness to make sacrifices and suffer for the loved one. Indeed, there is no greater love than to give one's life for one's friends. Love and love alone not only makes sacrifices for the one that it loves but even rejoices in doing so."* [Alice Von Hildebrand]

The death referred to above may also refer to death to self – moving out of our comfort zone to do what we feel apprehensive about and yet it is only by this shift that we reap unimaginable rewards.

*"My expectations for the Lord's pruning work in my life have been adjusted. In the past few years I have come to understand that He intends to remove more than sin and bad habits. Lots of good things in my life may need to go as well. In all things we need interior detachment, but an actual separation is often called for too. Each time I let go – of an activity, an idea, or a person – I experience a form of death. Then I wait for it to kill me. ... New joy? Greater fruit? New life? All the paradoxes of Christianity become true ... We need to let go of many things – worldly ideas and attitudes, material possessions, ungodly desires, and even good plans and activities of our own choosing. If we can't, the Lord will probably pry them loose anyway. It will just hurt more."* [Dorothy Ranaghan]

***"Beloved, do not be surprised at the fiery ordeal that is taking place among you to test you, as though something strange were happening to you. But rejoice insofar as you are sharing Christ's sufferings, so that you may also be glad and shout for joy when his glory is revealed"*** [2 Peter 4:12]

The incomprehensible yet amazing thing about God is that He is freaked out by the tiniest step we take towards "dying" for Him. He then blesses and encourages our growth/greatness: ***"Every branch that bears fruit he prunes to make it bear more fruit."*** [John 15:2b]

There is a popular saying that keeps popping up: Let go, and let God. Another one is that you have to open your fist and let go of whatever it contains and God will then fill your empty hand with better things. Yet another New Age saying is that when you unclutter your physical space, example, your wardrobe, you make room to receive better things.

What all the above suggest is that one has to implicitly trust God, the author of all life. Psalm 46:2 tells us: ***"Therefore we will not fear, though the earth should change, though the mountains shake in the heart of the sea; though its waters roar and foam, though the mountains tremble with its tumult."*** When we have full trust in God He can put us on the highest and toughest rollercoaster and we will not be afraid. Of course during the treacherous climbs and dizzying speeds into unknown and unsuspected dark tunnels we get anxious, but as a child thrown up in the air by his father has absolute certainty that his father will catch him as he falls down, so do we, as children of God and co-heirs with Christ, maintain our trust in the Lord. This is always because as Christians ***"We know that all things work together for good for those who love God, who are called according to his purpose."*** [Romans 8:28]

Fellow parishioners let us always remember this verse: ***Look, I myself shall take care of my flock and look after it*** (Ezek. 34:10-11).

## CHILDREN OF GOD

By: Fr. Emmanuel Prince Adelaayitar

### INTRODUCTION

As we celebrate the birth of the Virgin Mary, our Mother, on the 8th of September, we want to reflect on the implications of our own birth as children of God. We begin our quest from the Gospel of St. John chapter one.

#### Born Not of Flesh but of the Spirit - John 1: 9-13

*The true light that gives light to everyone was coming into the world. 10 He was in the world, and though the world was made through him, the world did not recognize him. 11 He came to that which was his own, but his own did not receive him. 12 Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God—13 children born not of natural descent, nor of human decision or a husband's will, but born of God.*

The above quote talks of God coming among us in the person of Jesus of Nazareth. It talks of the fact that he made the world and yet the world did not recognize him when he entered into it to be part of its story and to lift it up. How sad! It also talks of He coming to that which was His own but His own did not receive Him. This is a reference to the Jews. They were and still are the chosen people of God. As St. Paul states: "the people of Israel. Theirs is the adoption to sonship; theirs the divine glory, the covenants, the receiving of the law, the temple worship and the promises" (Rom. 9:4). And yet, as Isaiah puts it: "the ox knows its master, the donkey its owner's manger, but Israel does not know, my people do not understand." (Isaiah 1:3).

From these two examples of rejection we deduce that God's plan is that the whole world, including the Jews, become his children. Thus the text states, " Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God". This is the greatest thing that can happen to any creature, to become the child of God. And this gift is possible for those who come through the door of faith, those who believe in Him. They are born not of natural descent, nor of human decision or a husband's will, but born of God. What do we mean by born of God? It is obviously not physical birth.

#### Birth through Water and the Spirit - John 3: 3, 5

St. John in his gospel chapter 3 answers us clearly.

*Jesus replied, "Very truly I tell you, no one can see the kingdom of God unless they are born again.[a]" 4 "How can someone be born when they are old?" Nicodemus asked. "Surely they cannot enter a second time into their mother's womb to be born!" 5 Jesus answered, "Very truly I tell you, no one can enter the kingdom of God unless they are born of water and the Spirit. 6 Flesh gives birth to flesh, but the Spirit[b] gives birth to spirit. 7 You should not be surprised at my saying, 'You[c] must be born again.' 8 The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit."*

We are to be born of the Holy Spirit. And that takes place when we are born again through water and the Spirit. The reference is to baptism. As Jesus stated in Matthew 28:18-20a, it is through baptism in the name of the Trinity that we become one family with God. " Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. 19 Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 and teaching them to obey everything I have commanded you."

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The Holy Spirit confirms what we receive in baptism when we receive confirmation. A typical example is found in the Acts of the Apostles where Paul baptized and confirmed some converts who had received the baptism of John.

*5 On hearing this, they were baptized in the name of the Lord Jesus. 6 When Paul placed his hands on them, the Holy Spirit came on them, and they spoke in tongues[b] and prophesied. 7 There were about twelve men in all. (Acts 19:5-7)*

And the Holy Spirit gives us many gifts to enable us grow and build the church of God (Isaiah 11:1-3a; 1 Cor. 12: 7-11)

The Spirit makes us children of God - Gal.4:4-7; Rom. 8: 14-17

It is therefore the Holy Spirit that makes us children of God. St. Paul underlies this in two prominent passages apart from many others:

*But when the set time had fully come, God sent his Son, born of a woman, born under the law, 5 to redeem those under the law, that we might receive adoption to sonship.6 Because you are his sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, "Abba,[c] Father." 7 So you are no longer a slave, but God's child; and since you are his child, God has made you also an heir.(Gal 4:4-7)*

*15 The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship.[f] And by him we cry, "Abba,[g] Father." 16 The Spirit himself testifies with our spirit that we are God's children. 17 Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory. (Rom. 8:15-17)*

The Spirit of His Son

Jesus is the only person who can call God "Abba, Father." The rest of us are His creatures. But when we are born in Baptism, He takes the Spirit of His Son and pours it into our hearts making us also sons and daughters. Marvelous!!! Beautiful!!! Amazing!!! Then we can also call Him Abba Father. This reminds me of Numbers 11:25:

*Then the LORD came down in the cloud and spoke with him, and he took some of the power of the Spirit that was on him and put it on the seventy elders. When the Spirit rested on them, they prophesied--but did not do so again.*

**To be continued next month.....**

## AUGUST 15th - Feast of the Assumption of Mary Hurray!

*By: Mena Ekua Feneba*

Whereas other 'Churches' believe that our Dear Mother is only the child bearer, we Catholics believe she is the MOTHER of Christ, and hence the Mother of God.

There is more than enough evidence in the Church to indicate that our Dear Mother is the Mother of God, she is presently in Heaven, and it was on the Feast of Assumption that she was assumed into heaven, body and soul.

When we gathered as a community on the evening of August 15th, to a magnificent and moving performance by our Sunday School children that culminated in the crowning of Mother Mary, Father Prince explained that this assumption had happened before! In the Old Testament (2Kings:2) Elijah was taken by chariots of Fire into Heaven. Before Him, Moses died on Mount Nebo but no one knows of his burial place to date; Deut. 34:6. In the new testament, Scripture shows us that both Elijah and Moses are in Heaven (The Transfiguration).



## WHY DO CHRISTIANS SUFFER

*By: Mena Ekua Feneba (Miss St. James)*

There are many debates among both Christian and non-Christian sects about why God allows suffering to take place. We visualise a loving God, who lets us suffer? Or a God who is LOVE and yet He allows suffering to take place in the lives of His children. My search for answers led me to read Peter Kreeft on the subject, which he dealt with superbly in His book 'Why there is suffering'.

My second exposition on the subject came on Monday, 20th of August 2018 right here at St James. Those who were present were privileged to be taken through a very enlightening exposition on the subject of suffering by none other than Father Prince. This was as part of the ongoing series put together by the Youth, dubbed Apologetics Night (this and every Monday night 6 to 8) where there have been talks on issues concerning our Catholic Faith and Spirituality. We shall share briefly on this page what we learnt "Why do we suffer as Christians?"

Suffering was aptly defined as a state of enduring pain/distress/hardship. It could be Physical, Spiritual, Psychological or Emotional. Not only did we find out that Suffering was constantly with us: "We know that the whole of creation has been groaning as in the pains of childbirth right up to the PRESENT TIME", Romans 8:22, we noted further that it came in types! Namely: Creation suffering; eg. earthquakes, wild fires, avalanches, floods, blizzards, heat waves.etc; Grief suffering: the death of a loved one; Consequential suffering: 'the things we do that bring pain to us' (including the choices we make) eg. cutting yourself, eating pepper...; Victim suffering: 'When others make you suffer through no fault of yours, eg. Joseph and his brothers (Gen. 37 onwards); Empathetic suffering; 'suffering with others because we've been through theirs before. eg. crying with a neighbour who has lost her child; Collective suffering: suffering together e.g.. Kofi Annan's demise; Discipline suffering: 'suffering for doing something bad'.

Other types include: Holiness suffering, which makes the individual holy. (Suffering produces perseverance... and perseverance produces strong character, then strong character produces hope). I bet that now Suffering doesn't seem as bad as it sounds. Do you disagree?

There is also Opposition suffering: being scolded for doing the right thing against all odds. Missional suffering:, which is similar to what our Priests endure and what the Apostle Paul had to endure (See 2Cor 11:22-28). There is Vicarious suffering: suffering for others...e.g. a mother suffering at child birth, and Jesus' suffering for us ☐. Does Jesus' suffering make you smile or sad? I am certain that for most people, His great suffering would illicit joy rather than sadness most of the time since by it, He bought us at the price of His own life, putting a huge price tag on our souls. Suffering cannot be altogether bad then, or can it?

The other types of Suffering are: Providential suffering (as in the case of Tobit and Sarah, or the story of the blind man (John 9:1-9)... born blind from birth. These sufferings were allowed so God could use them for his glory. There is also Mysterious suffering like the Apostle Paul's torn in his flesh where you know not where it comes from, and yet God says 'My Grace is enough'. Another type is Punishment suffering: eg. David's duly metted punishment for taking his neighbour's wife. Lastly, there is Demonic suffering (sets my teeth on edge), though very real. Acts 19

So what must we do when we suffer? Number 1. Seek remedy e.g. going to the hospital, go for counselling and confession 2. Embrace the suffering (this actually lessens the pain) 3. Offer it up in union with Christ's suffering (Don't let it go waste!!!) 4. Ask for Divine support-go on your knees and pray!!! 5. Read the Bible to show you the Christian attitude in suffering eg. rejoice in your suffering (1Peter 4) and the book of Romans. And find 6. Communal support.

TO BE CONTINUED...

**Credit: Fr. Emmanuel Prince Adelaayitar**



## SELF-KNOWLEDGE: EXPLORING THE PSYCHOLOGY WHICH LIBERATES

*By: Kwabena Adade Bofo*

One of the greatest ills plaguing many African people today is 'identity crisis', birthed by the oblivion of 'self', and intensified in the face of a vicious psychological warfare as well as several other factors in their combined effect.

This sort of unresolved crisis leaves our people struggling to "find themselves" as they often seem to have no idea of who or what they are, where they belong or where they want to go. They may withdraw from normal life by way of their actions and/or inactions and be unable to develop and make independent thinking and defining choices about the present and the future life discourses.

This could elevate to negative postures since from their viewpoint, having a 'dependent/negative self' could be more acceptable than none. Regrettably, this is the status quo many of us have been confined to.

Self-knowledge describes the information that the individual draws upon when finding answers to the questions "What am I in 'myself'?", "Where have I come from?", "Where am I going?", "For what purpose have I come to stay here awhile?", and "What do my real happiness and misery consist?" While seeking to develop the answers to these questions, self-knowledge requires ongoing self-awareness and self-consciousness. Self-knowledge is a component of the self or, more accurately, the self-concept.

It is the knowledge of oneself and one's properties and the desire to seek such knowledge that guide the development of the self-concept. Self-knowledge informs us of our mental representations of ourselves, which contain attributes that we uniquely pair with ourselves, and theories on whether these attributes are stable or dynamic.

Some attributes are those of animals, some of devils, and some of angels, and the individual ought to find out which of these attributes are accidental and which essential. Until he knows this, the individual cannot find out where his real happiness lies.

A people without knowledge of their 'self', history, origin, and culture may perhaps be likened to a tree without roots or better still, babies in the cradles – Marcus Garvey; Virginia Woolf. It is therefore imperative that self-knowledge goes beyond the threshold of 'knowledge of self' to encompass knowledge of our rich history, culture, tradition, pride, heritage, and values. Only a people without self-knowledge/self-consciousness will allow other people to tell them who they are, and what they have been in history. So now, many of us Africans hold on to slavery as the starting point of our history. Why are we not aware of our glorious past before the interruption of the menace of slavery? Do we really know who we are and who we have been?

It is worthy of mention that a significant fraction of how high or low the make-up of our self-esteem, self-image, and self-concept is, is contingent upon positive information we know or do not know about who we have been in history – Umar Johnson. What we do for ourselves depends on what we think of ourselves and what we think of ourselves depends

on what we know of ourselves and what we know of ourselves depends on what we have been told – Runoko Rashidi.

Never should we allow anybody to underestimate the importance of history and culture as they go a long way to augment in us a positive self-psychology. Self-awareness, self-consciousness, self-love, self-embrace, self-confidence, self-initiative, etc. are all fragments that are developed within the periphery of self-knowledge.

Right-thinking as well comes along with self-knowledge because without knowledge and understanding of self, one has no basis for thought, and one's perspective is most certainly considered less effective and rather untrue. Again, without self-knowledge, a people cannot govern themselves and will always remain slaves but when they discover who they truly are, and not depend on what thought other people have about them, they shall be liberated. It is after a people have gained full cognizance and consciousness of 'self' that they become intellectually independent enough to think for themselves in all spheres of their modus operandi and modus vivendi. In effect, all their emotional abilities will come in hand, they will be able to manage distressing emotions, and can have empathy as well as have effective relationships. Self-knowledge is by examining how the self has been put together and how this produces for the fragmentation of life – Jiddu Krishnamurti. This is key to freedom and happiness for the fact that "an unexamined life is not worth living." – Socrates. Happy lives are erected on the foundation of our natures, our own values, and our own interests – Gretchen Rubin.

In conclusion, I'd like to resonate the two commandments cited by Jesus as the greatest; "love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength" and; "love your neighbor as yourself" (Matthew 22:35-40). These two commandments pave the way for the fulfilment of all the other commandments. Now, the reasoning that could be drawn from the forestatements is that, for one to exhibit love toward another, he already must have love for God and love for himself. However, for the love for God and self-love to manifest amongst us in fulfilment of these prime commandments, there must be the psychology of self-knowledge and consciousness of self. Being in the image of God, the human individual possesses the dignity of a person, who is not just something, but someone. He is capable of self-knowledge, self-possession and of freely giving himself and entering into communion with other persons. True liberation is imminent, established on the premise that self-knowledge is developed amongst the entire African fraternity.

May the good Lord guide and lead us to the trajectory of faith, wisdom, and knowledge in our salvation, rehabilitation, and liberation.

## DOING SIMPLE THINGS FOR OPTIMUM HEALTH [PART I]

### ***Breath, Mind and Health***

In the beginning was the word and a deep breath! The power of breathing is most often underestimated or even treated unconsciously. Most often people become aware of their breath in critical health conditions or when they are confronted with death. We breathe in not only oxygen and breathe out carbon dioxide but most importantly we breathe in the totality of life force. Our actions and moods are partly influenced by our breath patterns. It is important to understand the mind, the role of breath and how that can boost one's health. Learning how to breathe correctly is one of the simplest practices you can engage in to support a good health. It is imperative that before we delve deeper into breathing and its associated benefits we understand the mind.

The mind is the faculty of consciousness and thought. The mind could be grouped into three parts the negative mind, the positive mind and the neutral mind. Most often either the negative or the positive mind dominates one's emotions thereby resulting in his/her actions or inactions. The negative mind manifests itself as reactive or over protective while the positive mind usually manifests itself as constructive, risk taking, seeking fulfillment and endless possibilities. The neutral mind, however, manifests itself as assertive and reflective and free from attachments.

To be able to affect the mind without getting caught in an infinite self-reference we need to understand the structure of the mind, recognize the origin of the thought, and consciously determine which thoughts are consistent with our true self. If the mind can be aligned with the intention of the soul, the result is effectiveness, inner and outer peace and awakened intuition.

### ***Basic Characteristics of the mind***

#### **The mind is largely Automatic**

The mind is fast and beyond the category of space and time, it supports your actions with many more thoughts than you could ever act on. The result then becomes that it is not you who thinks but your mind. It floods you with thoughts, both wanted and unwanted, intended and unintended.

#### **The mind is ever Moving**

Just as you can feel ocean waves that were generated from afar, so in the mind do you have thoughts and feelings from the entire universe and every other person. The places and people you are attuned and attached to are what usually fills the stream of thoughts. As you become more neutral and non-attached the scope of those thoughts and feelings widen.

#### **The mind is just as Material as the body, only it is subtler**

The mind is a structure, a process and an energy that lets your awareness operate and manifest in this creation. You can observe it, and you can change it. You can affect it with gross things like food, powerful things like breath and subtle things like thought. It has its own flow, structure and metabolism. The mind itself does not stop but could be put to stillness using meditation and breath techniques.

Mastering the breath is a foundation for the following:

- Reduce or eliminate heart arrhythmias;
- Increase blood circulation throughout your body;
- Improve immune function;
- Stimulates the brain chemicals (endorphins) that help fight depression Improve sleep;
- Improve your sense of well-being.
- Promotes health and vitality by pumping the spinal fluid to the brain, giving greater energy.
- Filling the lungs to capacity revitalizes and re-adjusts the magnetic field.
- Regulates the body's pH balance which affects the ability to handle stressful situations
- Lower blood pressure
- Relieve chronic indigestion
- Controlling the moods
- Developing concentration
- Promoting a feeling of connectedness

## LIFE CHOICES

*By Cynthia Nimo-Ampreda*

Each one of us is created for a particular purpose. We are however often oblivious of this which may mislead us into leaving our lives to chance. As children of God however, our lives must not be by luck or chance but be informed by our purpose in life.

We make decisions on a daily basis, sometimes without even recognising them as such. What we often pay more attention to are those moments when our decisions have some life changing impacts, which require us to do a great deal of thinking. In whatever decision-making situation we find ourselves however, we must make our choices with care to ensure that their outcomes positively impact our lives. Acknowledging the presence of the Spirit of God in us which enables us to tell wrong from right and seeking our God-given purpose in life will be a great start towards making the best choices.

Life would have been a lot easier if God would make those decisions on our behalf. However, He gives us the free will, expecting us to make the right choices since we have freely received the Spirit to choose good over bad and right over wrong. I believe the best approach to ensuring our decisions are influenced by the Spirit is to start each day with a prayer, committing our lives into God's hands and asking for His guidance in every step we take. We make God happy when we place Him in charge of our daily affairs. This means we must allow God to lead us and let go of our personal preferences and inclinations. We must also hold on firmly to fundamental principles as children of God, not compromising our integrity and values under any situation.

In more difficult and life changing decision-making moments, we may have to go a step beyond our daily prayers by offering special prayers, like novenas or praying the rosary for a certain inspired period. This moment often requires patience, except in emergency situations. While we may contemplate the need to decide quickly, it is important that we wait to receive guidance from God which we must be prepared to accept, even if it is not in favour of our personal desires and expectations. After all, God has a bigger perspective of our lives and knows what is best for us.

Life changing decisions may require us to move out of our comfort zones. We must also be careful not to restrain ourselves in such moments by paying little attention to our shortcomings or past wrongs. We must accept the challenge the moment throws at us irrespective of our limitations and with a clear focus on the future through divine guidance and support.

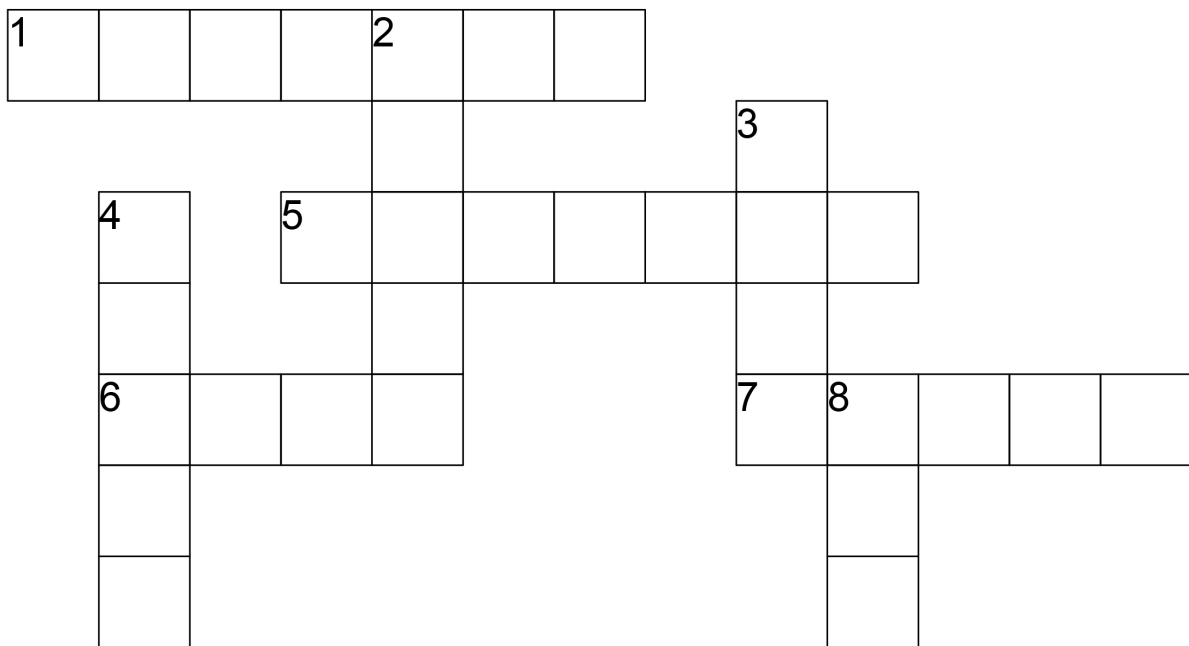
Remember that your decision today can make or unmake your future. Remember also that He who created you, knows you better than yourself. Is there any better person to provide you with guidance in ensuring you live your life to the fullest other than Him?



## Clean Hands ~ Clean Heart

So the Pharisees and teachers of the law asked Jesus, "Why don't your disciples live according to the tradition of the elders instead of eating their food with 'unclean' hands?" Mark 7:5 (NIV)

Based on Mark 7:1-7, 14-15, 21-23 (NIV)



### ACROSS

1. To express love and adoration toward God
5. Something that is dirty or soiled
6. The two edges of flesh around the mouth
7. The center of your emotion, I love you with all my \_\_\_\_\_.

### DOWN

2. The body part at the end of the arms that includes the fingers
3. To make something clean using soap and water
4. The accepted way that things should be done
8. To take food into the mouth, chew it, and swallow

LIPS  
HEART

EAT  
WORSHIP

WASH  
HANDS

UNCLEAN  
RULES



## Monthly Eucharistic Adoration

September Edition



### Theme:

*That evening, at sunset, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit them to speak because they knew him (Mark 1:32-34)*

### Prayer Focus

AGED, SICK &  
THOSE STRUGGLING  
WITH FORCES  
OF DARKNESS

SEPT. 6, 2018

6:00PM

St. JAMES, Osu  
(GPS:GA-056-03082)

## CIBT SPECIAL ADMISSION PACKAGE

CIBT is offering a special package of a 15% discount on the fees for all Catholics who enroll for the 2018/19 academic year. Take advantage of this great offer to pursue the following programmes in a faith-enriched environment:

**Public Administration**  
**Information Technology**  
**Accounting**  
**HR Mgt**  
**Banking and Finance**  
**Marketing**  
**Religious Studies & Church Administration.**

Other benefits: day, evening and weekend sessions, hostel facilities, moderate fees with flexible payment plan, free counseling services, spiritual direction.

Pick a form from EMS Section of Ghana Post or visit us on CIBT campus next to the Teachers Hall, Adabraka. Call **0575033547 / 0307033547**



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