

MEETINGS

- ◆ The **Lectors' Group** meets every Wednesday at 6.30pm prompt. Ga and Ewe readers are especially invited.
- ◆ **St. Theresa of the Child Jesus Society** meets every Wednesday at 6pm in the Music Room.
- ◆ **Immaculate Heart of Mary Choir** meets on Mondays, Wednesdays and Fridays at 7pm at 2nd floor Conference room. New members are invited.
- ◆ **St. Theresa Church Choir** meets on Mondays, Wednesdays and Fridays at 6:30pm in the Chapel.
- ◆ **St. Anthony's Guild** meets at 5:30pm on Tuesdays
- ◆ **Sacred Heart Confraternity** meets every 1st Sunday of the month after 2nd Mass
- ◆ **All Presidents of Women Societies and Representatives of societies of the Catholic Council** will have a breakfast meeting after 1st Mass today Sunday February 7, 2016. The agenda will be on Women's Week and other matters.
- ◆ **Stheya** will meet next Sunday after 1st Mass
- ◆ **Catholic Women** will meet next Sunday after 1st Mass. New members are invited

MARRIAGE SCHOOL/COUNSELLING

The 1st batch of Marriage school for 2016 will begin soon. Counselling is for six months and will be run on Mondays and Wednesdays from 7pm—8.30pm. Interested parishioners should register at the Parish Office.

THE RITE OF CHRISTIAN INITIATION OF ADULTS (RCIA)

Catechism classes for children and adults for confirmation have begun.

Day: Sundays

Time: 3:00pm—5:00pm

Venue: Parish Hall

Interested people are welcome

Contact: **020-8001234/020-8154595**

COMMERCIALS

- ◆ A parishioner is looking for a 2-bedroom self-contained around **North Kaneshie, Bubiashie, Kaneshie, Darkuman** and its environs for rent. **Contact:** 050-1255441
- ◆ 4 bedroom self-contained at Dansoman is for sale **Contact:** **0246-326132**
- ◆ Lady Cashier wanted for immediate employment (SSS Graduate). Must be living around **Lapaz, East Legon and its environs**. Call: 020-2010103
- ◆ Lady Cashier wanted for immediate employment (SSS Graduate) at Alaji. Must be living around Alaji Call: **0244-232525**
- ◆ A parishioner is in need of a nanny for immediate employment. Interested person should contact **0264300082**
- ◆ A parishioner is in need of a driver. Must live around **Bubiashie, Kaneshie, North Kaneshie** and **it's environs**. Interested person should contact **0208147115**
- ◆ A parishioner is in need of a live in house keeper. Interested persons should contact **Nuerkie** on **0244634429**
- ◆ A parishioner is looking for a chamber and hall self-contained around North Kaneshie, Tesano, Awudome estate and Ridge. **Contact:** **02460645019/0266-783234**
- ◆ Single room self-contained wanted for rent. **Contact:** **0246858376**

HEALTH CORNER

HIGH HEELS ARE BAD FOR YOUR HEALTH

To look sexy and attractive, the use of high heels is increasing in girls day by day. Even after a number of warnings most of the women spent their whole day wearing high heels. According to a research, excessive use of high heels may increase the risk of a woman suffering from serious diseases, which includes muscle damage and arthritis etc.

A research report from national institute of occupational therapy reveals that around 68% of women use high heels, which is not good for their feet. According to this report around 90% of women wearing high heels have suffered from problems like pain in knees, waist, hips, shoulders and joints.

Researchers also said that high heels tilt the body forward and create unnecessary stress on ankles, knees & entire spine. Wearing high heels may also cause inflammation of the connective tissue at the bottom of the foot. This condition may cause severe heel pain.

Walking in high heels cause altered posture which resulted in excessive pressure inside the knee. Experts said that there is no problem in wearing heels having 1-1.5 inches of height. But the use of 4-5 inch heels cause various diseases. Also try to avoid wearing heels whole day.

KG 1 & 2 REGISTRATION—ST. THERESA SCHOOL

Admission for KG1 & 2 registration for the 2016/17 academic year is in progress. Parents/Guardians should pick applications forms from the school office at GHC 30.00

LENTEN VISITATION

The Society of St. Vincent De Paul will visit St. Paul's Seminary, Sowutuom on Saturday 19th March, 2016. They are pleading with parishioners to donate non-perishable food items or cash for presentation to the seminarians.

LIFE IN THE SPIRIT SEMINAR (LSS) 2016

Are you baptized? Do you seek for a deeper relationship with God? Do you know your gifts? Do you want the Holy Spirit to use you through His gifts? If the answer to any of these is "yes" then join Life in the Spirit Seminar 2016. A desk will be mounted outside for you to pick a form or call the following numbers to register: **0509520112/0246478143**.

LSS is a spiritual formation program endorsed by the Catholic Church

ADDRESS

Nantu Link B872/7,
Awudome Street
P. O. Box 146, Kaneshie
Accra.
Website:
www.minibasilica.com

MASS SCHEDULE

Mornings (6:00am):
Monday, Wednesday
Thursday and Saturday.
Evenings (6:30pm):
Tuesday & Friday

SUNDAY MASSES

1st Mass 7:00am
2nd Mass 9:30am
Youth Mass 7:30am
French Mass 9:30am

OFFICE HOURS / CONTACTS

Monday-Saturday: 8am-8pm
Sunday: 9am-2pm
Office Lines: 0302227027, 0302257357,
0504-187661
Cell: 0248-630404, 0246-858376
E-mail: officesttheresa2014@gmail.com



ST. THERESA'S CATHOLIC CHURCH

Purity & Love

WEEKLY BULLETIN

5TH SUNDAY IN ORDINARY TIME

SUNDAY FEBRUARY 7, 2016



FIRST READING: ISAIAH 6:1-2, 3-8

The First Reading from the book of Isaiah recounts how Prophet Isaiah was called into the service of God as a prophet

RESPONSORIAL PSALM 138:1-2, 2-3, 4-5, 7-8

IN THE SIGHT OF THE ANGELS I WILL SING YOUR PRAISES, LORD

SECOND READING: 1 CORINTHIANS 15:1-11

St. Paul narrates how he has carried out his responsibilities and the importance of his message for the salvation of all disciples of Jesus Christ

GOSPEL: LUKE 5:1-11

In this passage we have another dramatic calling of the apostles into the service of God; and again, these three (Peter, James and John), the leaders when called, drop everything and follow Christ.

PRIEST

V. REV. FR. JOHANNES MINTAH-MENSAH: **0208-115860**

GA RURAL RECTORATE

REV. FR. CHRISTOPHER SACEKY: **0243-969866**

REV. FR. ALPHONSE BULLORO: **0208-513145**

GA ODUMASE RECTORATE

REV. FR. PASCAL ANKAMAH: **0243-345240**

CONFESSION: SATURDAY 5:00 PM—7:00PM // INFANT BAPTISM: 3RD SATURDAY OF EVERY MONTH

BASIC CHRISTIAN COMMUNITY (BCC): Every Thursday at 6:30pm

HOLY HOUR: Every Thursday preceding first Friday of the month at 6:30 pm

EXPOSITION AND ADORATION: Every first Friday of the month from 6:00am—6:00pm

GROTTO DEVOTION: First Saturday of every month at OLA, New Achimota at 2:30PM

ARE YOU SICK OR BEREAVED? CONTACT THE FOLLOWING: 0302227027/0208159454

New Parishioners: You are warmly welcome to St. Theresa Catholic Church, please see a Priest or call the Parish office on 0302227027/0504-187661

"HERE I AM; SEND ME"

When we are called to serve God, He is always there ready and willing to help us fulfill whatever He asks of us. It is in the fulfilling of our call to service that makes us holy. It is sad that so many people are lonely or bored without a purpose in life while at the same time, there are so many "needs" by others.

Our Catholic faith is built on the idea of community and helping one another. Our call to serve God runs the full spectrum of human needs, both earthly and spiritual, and so we are challenged to answer the question: "Whom shall I send?" Hopefully we will respond as Isaiah did by saying: "Here I am; send me!" Something to think about during your Prayer Time this week!

WHAT THE POWER OF GOD CAN DO

It is common knowledge that perseverance often gets us what we desire. Students may burn the midnight candle to make sure they pass their exams; workers defy harsh (hot, warm, chilly, etc.) weather conditions to get their livelihood; people endure harsh living conditions (hunger, thirst, self-denial, etc.) all in the hope that they would achieve something pleasant in the end. If over a period, there is very little or nothing to show or benefit from such toils we become very disappointed and we could easily give up. A lean harvest after a whole year's toil, a miscarriage after conception/pregnancy, the bad end of a long committed relationship, the collapse of a business after much investment, several failures to pass an exam or interview after much study, financial/personal commitment, the death of a beloved one after much toil medically; these and many other instances present a really painful experience. Are you yet to get the gift of the fruit of the womb, or to pass the interview or test for the admission, recruitment, promotion, employment that you so much desire, or to make headway in life? God's grace and touch turned the sinful Isaiah into a prophet ready for mission, the persecutor Paul into an ardent Apostle, the fisherman Peter into the leading Apostle. So do not give up yet, Jesus will be passing by your end soon; his touch is going to console you with a miracle this time round, to turn all dark nights of failure into bright days of achievement.

The Lord is calling you and me to a gift, a miracle, and a breakthrough that no amount of personal will, knowledge, strength, or new experience could ever accomplish. That is why the book of Proverbs calls all to "Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge him and He shall direct your path" (3:5-6). The more we seek to do God's will and become conscious of his presence in our lives the more we acknowledge our imperfections and our need for His grace, touch and direction. Many a time, His word will direct us to cast into deep waters (of faith, prayer, hardwork, conversion, virtues like honesty, etc.) for a catch. We will do well to keep focus on God's promptings and directions than get discouraged and distracted by the society which often misleads us about the true state of our lives, which rejects any form of change as an affront to its lifestyle, and which tries to let us become the centre with so much power which are not ours.



DAILY READINGS FROM FEB. 8— FEB. 13, 2016

| | |
|--------------|---|
| Mon Feb. 8 | 1 Kgs. 8:1-7, 9-13; Ps. 132:6-7, 8-10; Mk. 6:53-56 |
| Tue Feb. 9 | 1 Kgs. 8:22-23, 27-30; Ps. 84:3, 4, 5 & 10, 11; Mk. 7:1-13 |
| Wed Feb. 10 | (ASH WEDNESDAY) Jl. 2:12-18; Ps. 51:3-4, 5-6, 12-13, 14 & 17, 2 Cor. 5:20-6:2; Mt. 6:1-6, 16-18 |
| Thurs Feb 11 | Dt. 30:15-20; Ps. 1:1-2, 3, 4 & 6; Lk. 9:22-2 |
| Fri Feb. 12 | Is. 58:1-9; Ps. 51:3-4, 5-6, 18-19; Mt. 9:14-15 |
| Sat Feb. 13 | Is. 58:9-14; Ps. 86:1-2, 3-4, 5-6; Lk. 5:27-32 |

OFFERTORY FOR LAST SUNDAY JAN. 31, 2016

| | |
|--------------------|-------------------|
| MAIN COLLECTION | GH4,402.00 |
| JUBILEE COLLECTION | GH1,871.00 |
| TOTAL | GH6,273.00 |

1ST SUNDAY OF LENT (NEXT SUNDAY)

| | |
|-----------------|-----------------------------------|
| FIRST READING: | DEUTRONOMY 26:4-10 |
| RESPONSORIAL | PSALM 91:1-2, 10-11, 12-13, 14-15 |
| SECOND READING: | ROMANS 10:8-13 |
| GOSPEL: | LUKE 4:1-13 |

PRAYER OF THE FAITHFUL & OFFERTORY PRESENTATION

NEXT SUNDAY (FEB. 14, 2015)

1ST MASS: KNIGHTS OF ST. JOHN & LADIES AUXILIARY

2ND MASS: ST. ANTHONY'S GUILD

LET'S PRAY FOR THE FOLLOWING SICK AND AGED PARISHIONERS

| | |
|----------------------------|-----------------------|
| MR. ANDREW BAAH | MR. FRANCIS BAFFOE |
| MRS. CECILIA SENAYA | MR. JOHN ASANTE |
| MRS. GRACE MAHAMA | MR. JOSEPH ANOWIE |
| MAD. CHRISTIANA ERBYNN | MR. ATHANASIOUS EDDOH |
| MR. ANTHONY INTERKUDZI | MAD. MARY NEEQUAYE |
| MAD. PHILOMENA ATANLEY | MRS. AGNES COCH |
| MR. ANTHONY ODURO | MR. NEEQUAYE-AMON |
| MRS. GEORGINA TAYLOR | MR. EDWARD ABOAGYE |
| MRS. PAULINA ADDOTEVI AKUE | MRS. KOBI-FORDAH |
| MAD. ROSEMOND SEDDOH | MRS. SEDAY AFAGBEJI |
| MRS. AGNES DE-GRAFT | MAD. ESTHER AMOAH |
| MR. ANTHONY KYEI-MENSAH | MR. JOHN EKOW AFFUL |
| MRS. M. DEKOLADENU | MRS. MARY ASANTE |
| MRS. JUSTINA JACKSON | MR. J. R. MALM |
| MRS. REJOICE AMOAH | |

LITURGICAL CORNER

LENTEN SEASON PROGRAMME LINE-UP—2016

THEME: FAST SO OTHERS MAY FAST

| DAY | PROGRAMME/THEME | ACTIVITY |
|--------------------------------------|---|------------------------------|
| ASH WEDNESDAY 10TH FEB. 16 | MORNING/EVENING MASS | RECEIVING OF ASHES |
| THURS 11TH FEB. 16 | TALK: WHAT IS LENT? WHAT ARE ITS IMPORTANCE, PURPOSE AND BENEFITS | |
| FRI 12TH FEB. 16 | FACE OF MERCY PRAYER—POPE FRANCIS | STATIONS OF THE CROSS & MASS |

LENT: A SEASON OF GRACE

Lent is a Season of the Church's Liturgical Year which begins on Ash Wednesday and ends on Holy Thursday, when we celebrate the Mass of the Lord's Supper, it is a forty-day period of grace and mercy during which time Christians prepare to celebrate Christ's resurrection at Easter.

It is the season of grace and Ash Wednesday marks its beginning. Today, we express our need of God's mercy and forgiveness and beseech Him for the grace to use this favourable time to obtain His graces. We receive ashes on our foreheads. Everyone who is present at this celebration receives ashes on their foreheads. The ashes remind us that we need to constantly seek the mercy and forgiveness of God because we are sinners. During this season of grace, the church proposes for our observance these three religious practices of Fasting, Almsgiving and Prayer.

Fasting: is an important religious exercise in which we voluntarily and freely abstain from food and/or drink for a specific period of time. We fast to ask for God's mercy and compassion.

Almsgiving: is the voluntary giving of money, food and other material things to people who are in need of them. In this season, we are all encouraged to do some charity but always in secret, not drawing attention to ourselves so that God would bless us.

Prayer: is the means through which we communicate with God our Creator. Through prayer, we are able to tell God our needs and respond to His call. Prayer is the food of the soul. In this season, we are encouraged to pray, to offer both personal and communal prayer with religious fervour.

The church encourages us to entreat God's mercy and grace through fasting, almsgiving and prayer. Let us all begin this journey to meet God at EASTER with faith and hope and let us endeavour to stay on this journey. May God who has given us another season of grace protect all of us and accompany us on this journey. God bless us all. **AMEN.**

SOCIETAL PROFILE

Today is the final day for the submission of societal profile and picture for the **parish golden jubilee brochure**. Society members should check with their executives whether theirs have been submitted. Failure of which society will be excluded from the publication.

LENTEN PILGRIMAGE TO BUOHO

As part of our golden Jubilee Celebration, the parish will be going on a pilgrimage to the St. Mary's Sanctuary at Buoho in the Kumasi Archdiocese.

Date: 4th and 5th March 2016.
Fare: GHC100.00

REGISTRATION

All Parishioners are encouraged to put aside some monies in preparation for this important event in our Calendar. There are tables outside for registration or contact **0202004283** for further detail

UPCOMING JUBILEE ACTIVITIES

| | | |
|---------------|---|--|
| MARCH | - | OFFICIAL OUTDOORING OF THE ANNIVERSARY CLOTH |
| SUN APRIL 3, | - | TRADITIONALS GA & NIGERIAN SUNDAY |
| SUN APRIL 10, | - | EWE & FRANCOPHONE SUNDAY |
| SUN APRIL 17, | - | NORTHERN SUNDAY |
| SUN APRIL 24, | - | AKAN SUNDAY |

PRAYER TO ST. THERESA

St. Theresa our model and patron. May the beauty of the flower you always carried in our bosom attract us to your exemplary life of LOVE and PRAYER.

Teach us to live in PURITY and LOVE. May our lives reflect the true worship of Jesus, and may His Spirit dwell in our hearts, so that we may live together as one family. Pray with us that we may always strive to love and serve God, our neighbour and the Church in every little thing we do.

St. Theresa little Flower
Pick a Rose from heaven for us
St. Theresa little Flower,
Pray to Jesus for us.
Our Father.....Hall Mary.....Glory Be.....