

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.
- * The **Catholic Women Association (CWA)** meets on the 2nd and 4th Sunday of every month after 1st Mass.
- * **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. Vincent De Paul society** meets every 1st Sunday of the month after 2nd Mass. Every 1st 3rd Sunday, outside collection and visit to the sick and the aged. New members are invited
- * The **Marshallan** will meet today after 2nd Mass.

COMMERCIALS

- * Kindly contact the Parish Office on **0302227027** if you have for rent a 3 bedroom self-contained accommodation, Chamber and Hall around North Kaneshie, Swanlake, Awudome, Bubiashie Tesano Orgle road or Bubuashie Holy Trinity, Swanlake, Amanquah Blocks
- * A parishioner who is an experienced driver with license C is looking for an employment. **Contact: 0271932891/0244983373**
- * A parishioner is in need of a qualified seamstress or tailor for employment. Interested person should contact **Mrs. Janet Mansa Amonoo Otchere** on **0277041516/0501328252**
- * A sales boy is needed. Kindly contact **050-4644480**
- * A parishioner is in need of a nanny between the ages of 38—40. **contact: 0244-571074**

GRACIER CREATIONS

Call @ Gracier Creations Designs for all your Beads purses, necklaces, bracelets, earrings, beads souvenirs for weddings etc. Contact: **Mrs. Anita Quist** on **0244-779407/020-8371643** or visit "**Gracier Beads Designs**" on facebook.

Come for unique but affordable beads.

REGISTER YOUR SPECIAL NEEDS CHILD at Special Educational Needs Counseling and Dramatherapy Centre. This is a unique centre that educates **special needs children** from ages 5 to 17 years to develop their full potential. We develop an Individual Educational Plan (IEP). Your child is taught by special education teachers, psychologists, speech therapists, drama therapist, and reading specialists.

We use Dramatherapy Intervention which is a powerful way to learn. Our Speech and Language Department caters for children from 3 years and above who are non-verbal or have speech delays.

Contact us at 21 Yiyiwa Drive on the same road as Sollatek. Opposite Accra Physiotherapy, Abelemkpe. Tel: 0204 23 20 30/026 172 0970
Email: sencdracgh@gmail.com

SENCDRAC: Excellence For All

HEALTH CORNER

PROSTATE PROBLEMS

The prostate is a gland found in men. It is located below the bladder and wraps around the urethra, a tube that carries urine out of the bladder. The main function of the prostate is to produce a fluid, which is part of the semen that nourishes the sperm cells. As a man ages, the prostate changes and can cause problems. This often happens after the age of 50. The 3 most common prostate problems are: Prostatitis, Benign Prostatic Hyperplasia (BPH) and Prostate Cancer. Having prostatitis or BPH does not cause nor increase your risk of prostate cancer

i. Prostatitis

Prostatitis is an inflammation of the prostate gland. The condition is not contagious and cannot be spread through sexual contact. It could be acute or chronic.

Symptoms of prostatitis

- * Frequent urge to urinate
- * Difficulty urinating
- * Burning or pain during urination
- * Pain in the lower back, genital or pelvic area
- * Chills and fever

ii. Benign Prostatic Hyperplasia (BPH) or prostate gland enlargement

Changes in hormone levels that occur with aging may be responsible for prostate gland enlargement. A growing gland may gradually compress the urethra and block the flow of urine. An enlarged prostate increases the risk of urinary tract infection and kidney damage.

Symptoms of BPH

- * Difficulty starting and stopping urination
- * Weak urine stream
- * Frequent and urgent need to urinate, especially at night
- * Incomplete emptying of the bladder
- * Blood in the urine

iii. Prostate Cancer

Compared to other types of cancer, prostate cancer is a slow growing disease. In older men who have the slow growing form (low grade disease), very few will die from the disease. In men who have the aggressive form (high grade disease), death can occur rapidly. Prostate cancer has no obvious symptoms until it is in an advanced stage. The symptoms are similar to that of BPH.

To help diagnose prostate problems, one or more of these tests are used:

- * **Digital Rectal Exam (DRE)** - During the examination, the doctor inserts a gloved, lubricated finger into the patient's rectum to feel the size and condition of the prostate gland.
- * **Prostate-Specific Antigen (PSA) test** - A blood test to check the level of PSA, a protein produced by prostate cells. A high level can be a sign of prostate problem.
- * **Biopsy** - A removal of a small piece of tissue to check for cancer by examination under a microscope

ADDRESS

Nim Tree Link, B872/7,
Awudome Estate
P. O. Box 146, Kaneshie
Accra.

Website:

www.minibasilica.com

MASS SCHEDULE

Mornings (6:00am):
Monday, Wednesday Thurs-
day 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: 0244605885, 0246858376



ST. THERESA'S CATHOLIC CHURCH

Purity & Love

WEEKLY BULLETIN

5TH SUNDAY OF LENT

Sunday, March 22, 2015



FIRST READING: JEREMIAH 31:31-34
Jeremiah addresses the exiles in Babylon. They are being punished for their infidelity, but there will be a new start.

RESPONSORY: PSALM 51:3-4, 12-13, 14-15

CREATE A CLEAN HEART IN ME, O GOD

SECOND READING: HEBREW 5:7-9
We are saved and can see death as a transfiguration into eternal life, because of Jesus' prayer and obedience to the will of God.

GOSPEL: JOHN 12:20-33
Jesus speaks about his impending death. It will be a shock for the disciples and the final test of their faith in him.

PRIESTS

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

GA RURAL RECTORATE

REV. FR. CHRISTOPHER SACEY: 0243-969866
REV. FR. ALPHONSE BULLORO: 0208-513145

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/ E-mail: officesttheresa2014@gmail.com

I HAVE GLORIFIED IT, AND WILL GLORIFY IT AGAIN

Unless a grain of wheat falls on the ground and dies, it remains a single grain; but if it dies, it yields a rich harvest.

Jesus uses the mystery of the dying grain of wheat to refer to his impending death and resurrection to a new life.

All of us will have to face death, but our lives are patterned after that of Jesus. As he did, we must go through the mystery of death in order to live forever. From his cross, Jesus will draw all to a glorious life with him.

JESUS, IN LOVE, SAVES YOU



READINGS FOR THE WEEK: MARCH 23 - 28, 2015

Mon March 23	Dn. 13:1-9, 15-17, 19-30, 33-62/Ps. 23:1-3, 3-4, 5, 6/ Jn. 8:1-11
Tues March 24	Nm. 21:4-9/Ps. 102:2-3, 16-18, 19-21 /Jn. 8:21-30
Wed March 25	(SOLEMNITY OF THE ANNUNCIATION OF THE LORD) Is. 7:10-14: 8:10/Ps. 40:7-8, 8-9, 10, 11/ Heb. 10:4-10/Lk. 1:26-38
Thurs March 26	Gn. 17:3-9/Ps. 105:4-5, 6-7, 8-9/ Jn. 8:51-59
Fri March 27	Jer. 20:10-13/Ps. 18:2-3, 3-4, 5-6, 7/Jn. 10:31-42
Sat March 28	Ez. 37:21-28/Jer. 31:10, 11-12, 13/Jn. 11:45-56

PRAYER OF THE FAITHFUL & OFFERTORY PRESENTATION

5TH SUNDAY OF LENT—MARCH 22, 2015

- * 1ST MASS: THE NORTHERN CATHOLIC SOCIETY
- * 2ND MASS: PERPETUAL HELP CONFRATERNITY

PALM SUNDAY (NEXT SUNDAY) - READINGS

FIRST READING	ISAIAH 50:4-7
RESPONSORY	PSALM 22:8-9, 17-18, 19-20, 23-24
SECOND READING	PHILLIPIANS 2:6-11
GOSPEL	MARK 14:1-15:47

OFFERTORY PRESENTATION

- * **PALM SUNDAY OF THE LORD'S PASSION —MARCH 29, 2015**
- * YOUTH —PYC

STATIONS OF THE CROSS

There will be Stations of the Cross every Friday in Lent at 6:30pm. All parishioners must make it a point to participate.

MARRIAGE BANNS—2ND TIME

GROOM	BRIDE
VINCENT AMEGBOR	EMELIA SEFAKOR KEMAWOR
Father: Kwadzo Amegbor	Father: Moses Kodjo Kemawor
Mother: Afayome Agbetsi-Kofi	Mother: Mary Adzo Ashiagbor Kemawor

APPRECIATION

Rev. Sr. Consolata Agyapong, HDR expresses her sincerest gratitude and appreciation to the entire Parish community for the immense support on Sunday March 8, 2015 when she launched her new book. Your support is greatly appreciated. God richly bless you all.

APPRECIATION

Mrs. Agnes Kenou, for and on behalf of the Kenou and allied families express their thanks to all who in diverse ways mourned with them during their time of bereavement. May God bless you all.

SOLEMNITY OF THE ANNUNCIATION

Wednesday March 25, 2015 is the Solemnity of the ANNUNCIATION. "The Angel of the Lord declared to Mary. And she conceived of the Holy Spirit." This solemnity is celebrated nine months before Christmas, reminds us of this great intervention of God in human history. It is the origin of the Son of God in the womb of his mother. Mass will be at 6:30pm

CHURCH & COMPOUND CLEANING ON SATURDAY MARCH 28, 2015 IS BY COSRA

Please visit www.minibasilica.com for snippets of Restoration 2015 messages and more. Full message on audio CD's are also available on request at the Parish Office.

As Easter draws nearer, today's liturgy prepares us to appreciate the mysteries of Christ's passion, death and resurrection. Though this journey entails sufferings and fears, Our Saviour is ready to travel this road, out of love for humankind, though it obviously entails sufferings and fears. He gives us hope of eternal life and encourages us to embrace our own journeys to heaven (full of sufferings, pains, disappointments, uncertainties and death) with obedience, faith and confidence.

We are the new people of God; sinners as we are, we have been baptized into the new covenant of which the Lord spoke through Jeremiah-the word of God has been sown in our hearts, yet there is really very little to show by way of obedience. This is principally because we have not watered the seeds of God's Word with long-suffering, discipline of the flesh, perseverance, etc.

Jesus promises that his followers are saved into glory, but first of all He calls them to die to themselves. The law of sacrifice is that one can come to a greater life only by dying to a lesser one. Though we may not die violently, we are called to trade our pride, our selfishness, our wickedness, our uncontrolled anger, vice, excessive drinking, the inclination to gossip, uncontrolled anger, and other negative traits, for humility, charity, honest concern and care for others (especially the sick), patience, encouragement, etc. When we do that we experience a joyful resurrection, a new and more meaningful life.

The story of Jesus should also be our story. We must all have a spiritual life which looks over and above personal material gains, earth-bound prosperity, wealth and self-indulgence to suffering and sacrifice for the sake of others, death and temptations (not as reducing our life and mission but as enhancing it). Therefore, any attempt to prolong our earthly life or to increase its enjoyment outside of and beyond God's will is unchristian.

PROGRAMME FOR THE HOLY WEEK

PALM SUNDAY OF THE LORD'S PASSION

Next Sunday March 29, is PALM SUNDAY. On this day we commemorate Christ's triumphant entry into Jerusalem.

PROGRAMME OUTLINE

Time: 7:00am

Starting Point: Azumah Nelson

1. **Blessing of Palms:** Mass begins with blessing of palms (if you miss this part, you have missed the beginning of Mass)
2. **Procession:** After the blessing of Palms, we all process to the church where Mass continues.

Route for the Procession: Azumah Nelson—Dans Bar—Kaneshie Poly-clinic—Mothers Inn—Parish

All are encouraged to participate during the procession. (No talking, whatsapping, etc)

Let us focus on the Christ who enters Jerusalem to die for our sins.

Functionaries

- * **Security and Guiding of Procession:** Police Escort
- * **Ushering:** Church ushers group and Welcomers' Ministry
- * **Prayer of the faithful and offertory:** Youth (to be co-ordinated by PYC)
- * **Choirs in attendance:** Angelic Choir and Harp of David Ministry

CHRISM MASS

This year's **CHRISM MASS** will be held on Wednesday April 1, 2015 at 10:00am at the Holy Spirit Cathedral. During this Mass, Oils used in the church are the blessed.

- * Oil of Chrism
- * Oil of Catechumen
- * Oil of the Sick

Come, join the Archbishop, his Priests and Religious as they renew their vows.

EASTER TRIDUUM - APRIL 2 HOLY THURSDAY

Evening Mass of the Lord's Supper

Highlights:

- * Washing of feet
- * Transfer of the Holy Eucharist
- * Adoration of the Blessed Sacrament
 1. Nigerian Community
 2. Ga
 3. Akan
 4. Francophone
 5. Ewe
 6. English (in that order)
- * **Time:** 8:00pm

Choirs in attendance: MASS CHOIR & HARP OF DAVID CHOIR

Prayer of the faithful: from the 12 Apostles

APRIL 3. GOOD FRIDAY

8:00am: STATIONS OF THE CROSS

Starting Point: St. Theresa's School

2:00pm: Divine Mercy Novena

3:00pm: Veneration of the Cross

In attendance: MASS CHOIR

NB: GOOD FRIDAY IS A DAY OF FAST, ABSTINENCE AND OF GREAT SILENCE AND SHOULD BE OBSERVED AS SUCH.

OFFERING FOR LAST SUNDAY: MARCH 15, 2015

MAIN COLLECTION	GH 3,614.95
WELFARE COLLECTION	GH 1,582.00
TOTAL	GH 5,196.95

CONTINUATION OF HOLY WEEK

APRIL 4 — HOLY SATURDAY THE EASTER VIGIL

Highlights:

- * Blessing of the fire and lighting of the Paschal candle
- * Procession to the chapel
- * Easter Proclamation (Exsultet)
- * Blessing of water
- * Renewal of Baptismal promises

Time: 7:30pm

In attendance: Mass Choir & Harp of David Music Ministry

APRIL 5 — EASTER SUNDAY THE LORD HAS INDEED RISEN

There will be the usual 4 Masses.

APRIL 6 — EASTER MONDAY

Mass: 7am

In attendance: Harp of David Music Min

NOTICE

Wednesday 25th March, 2015 is the **Solemnity of the Annunciation**, in view of this, there will be no Morning Mass. Mass will be in the evening at 6:30pm. Please take note.

LENTEN CONFESSION

There will be confessions on Monday 30th March, 2015 at 6:00pm. Please take note.

SECURITY TIPS

- * Passionate appeal to parishioners who normally park their cars on the shoulders of the road, should desist from double parking to alleviate access way to other road users especially during First Mass on Sundays.
- * Do not leave anything displayed in the car.
- * Always lock your doors
- * Be careful when giving someone a ride
- * Monitor through your driving mirror to see if you are being trailed
- * Never store your car documents in the car
- * Always check your car before getting in, someone may hide at the front or back seat.

RCIA - RITES OF CHRISTIAN INITIATION OF ADULTS

Are you an adult seeking to be baptised, receive Holy Communion or Confirmation? If your answer is yes, then kindly register at the Parish office for catechism classes.