



# Announcements! Announcements!! Announcements!!!

DATE	ACTIVITY	IN ATTENDANCE	TIME
SUN 28 <sup>TH</sup> DEC 2014 FEAST OF THE HOLY FAMILY	? BLESSING OF FAMILIES ? RENEWAL OF MARRIAGE VOWS		USUAL SUNDAY MASSES
31 <sup>ST</sup> DEC 2014 NEW YEAR'S EVE	? WATCH NIGHT SERVICE ? TIME OF PRAISE/WORSHIP & ADORATION ? HOLY MASS	IN ATTENDANCE: MASS CHOIR AND HARP OF DAVID MUSIC MINISTRY PRAYER OF THE FAITHFUL: CATHOLIC CHARISMATIC RENEWAL	8PM
1 <sup>ST</sup> JANUARY 2015 SOL. OF MARY, MOTHER OF GOD	NEW YEAR DAY MASS	IN ATTENDANCE: MASS CHOIR PRAYER OF THE FAITHFUL & OFFERTORY: CHRISTIAN MOTHERS' ASSOCIATION	8.30AM
2 <sup>ND</sup> JANUARY 2015	MORNING MASS		6PM
4 <sup>TH</sup> JANUARY 2015	FEAST OF THE EPIPHANY		USUAL SUNDAY MASSES

## ► A "MARY," MERRY CHRISTMAS

To have a true Christmas, to meet Christ at Mass in a new, glorious way during the Christmas season, we must have a "Mary" Christmas and love Jesus as Mary does. To have a "Mary" Christmas, we should:

- not fear (Lk 1:30),
- be filled with God's grace (Lk 1:30),
- have "the Holy Spirit...come upon" us (Lk 1:35),
- believe that "nothing is impossible with God" (Lk 1:37),
- rejoice in being the Lord's servants, that is, the slaves of the Lord (Lk 1:38),
- "let it be done" to us according to God's Word (Lk 1:38),
- trust "that the Lord's words" to us will "be fulfilled" (Lk 1:45),
- proclaim "the greatness of the Lord" and find "joy in God" our Savior (Lk 1:46-47),
- "be pierced with a sword" of sorrow (Lk 2:35),
- "do whatever [Jesus] tells" us and tell others to do the same (Jn 2:5),
- be at the foot of Jesus' cross (Jn 19:25), and
- together devote ourselves to constant prayer for a new Pentecost (Acts 1:14).

A "Mary" Christmas is a Christmas of faith, joy, self-sacrifice, obedience, evangelistic zeal, redemptive suffering, praise-filled worship, and constant prayer in the Holy Spirit.

"Mary" Christmas!

## END OF YEARS THANKSGIVING

" Let us all prepare ourselves for thanksgiving on December 28,2014, We have so much to thank God for seeing us through to the end of the year"



## GOLDEN JUBILEE FUND RAISING 2014

"I will not offer burnt offerings to the Lord my God that cost me nothing." 2 Sam. 24:24

**I will not give to the Lord a sacrifice which costs me nothing"**

'Have you pledged to be a

part of building and Repairing God's House? If you haven't, now is the time to make a pledge, No amount is too small.

If you have pledged, this is a gently reminder to redeem your pledge!

Work is about to begin! Be a part of it! God bless you for your generosity in responding to God's call God bless us all

## ► OFFERING FOR LAST SUNDAY : DECEMBER 21, 2014

Main Collection	GHC3,178.95
<b>Total</b>	<b>GHC3,178.95</b>

## ► SEASONS GREETINGS

The Priests and the Parish Pastoral Council wish all parishioners a **Merry Christmas and a Prosperous New Year.** May God bless us all and grant us a fruitful New Year.



# ST. THERESA'S CATHOLIC CHURCH

P. O. Box 146, Kaneshie - Accra  
Parish website:www.minibasilica.com

Location: Nim Tree Link, B872/7, Awudome roundabout

## Slogans Purity & Love

- EWE - DZADZE NYENYE KPLE L3L3
- GA - HETSEM3 KE SU3M3
- AKAN - AHOSAN NA 3D3

## OFFICE HOURS

MON - SAT: 8AM - 8PM

SUN: 9AM - 2PM

OFFICE LINES: 0302227027, 0302257357  
CELL NOS: 0244 605 885/0246 858 376

## Priests

**PARISH PRIEST-  
V. REV. FR. JOHANNES  
MINTAH-MENSAH  
0208115860**

**GA RURAL RECTORATE -  
REV. FR. CHRISTOPHER  
SACKY  
0243969866**

**REV. FR. BULLORO**



## Weekly Bulletin

**CONFESSION:  
EVERY SATURDAY  
5.00 PM - 7.00PM  
or by appointment**

**INFANT BAPTISM:  
3RD SATURDAY  
OF THE MONTH  
or by appointment**

**Feast of Holy  
FAMILY  
28TH DECEMBER, 2014**

## MASS SCHEDULE

**MORNINGS - MON., WED., THU., SAT. - 6.00AM**

**EVENINGS - TUESDAY & FRIDAY - 6.30PM**

### SUNDAY MASSES

**1ST MASS - 7.00AM**

**2ND MASS - 9.30AM**

**YOUTH MASS - 7.30AM**

**FRENCH MASS - 9.30AM**

\* Holy Hour: every Thursday preceding 1st Friday of the month @ 6.30pm.

\* Exposition and Adoration: every 1st Friday of the Month, 6.00am - 6.00pm

\* Basic Christian Community every Thursday at 6.30pm

ARE YOU SICK OR BEREAVED  
CONTACT THE FF

**0302 227027 / 020 8159454**

New Parishioners: You are warmly welcome to St. Theresa Catholic Church, please see a Priest or call the Parish Office on 0302227027 for further information

*Thanks for worshipping with us.  
Have a Blessed week*

Please forward your announcements/ information to:  
officestheresa2014@gmail.com or call 0504187661

## SUNDAY 28TH DECEMBER, 2014

The Feast of the Holy Family is a liturgical celebration in the Catholic Church in honor of Jesus of Nazareth, his mother, the Blessed Virgin Mary, and his foster father, Saint Joseph, as a family. The primary purpose of this feast is to present the Holy Family as a model for Christian families.

**FIRST READING** — SIRACH 3:2-6, 12-14  
Duties to Parents

**RESPONSORY** — PSALM 128: 1-5

**BLESSED ARE THOSE WHO FEAR THE LORD AND WALK IN HIS WAYS**

**SECOND READING** — COLOSSIANS 3: 12-21  
The old life and the new life

**GOSPEL** — LUKE 2: 22-40  
Jesus is presented in the temple.

### READINGS OF THE WEEK: DECEMBER 29 - January 3, 2014

**Monday Dec. 29, 2014**

1 Jn. 2:3-11/Ps 95:1-3, 5-6/Lk. 2:22-35

**Tuesday Dec. 30, 2014**

1 Jn. 2:12-17 /Ps. 95:7-10/Lk. 2:36-40

**Wednesday Dec. 31, 2014**

1 Jn. 2:18-21 /Ps. 95:1-2, 11-13/Jn. 1:1-18 (NEW YEARS EVE)

**Thursday Jan. 1, 2014**

Num. 6:22-27/Ps. 66:2-3, 5-6, 8/Gal. 4:4-7/Lk. 2:16-21 (NEW YEAR)

**Friday Jan. 2, 2014**

1 Jn. 2:22-28/Ps. 97:1-4/Jn. 1:19-28

**Saturday Jan. 3, 2014**

1 Jn. 2:29-3:6/Ps. 97:1, 3-6/Jn. 1:29-34

**NEXT SUNDAY:  
THE EPIPHANY OF THE LORD**

**FIRST READING** ISAIAH 60:1-6

**RESPONSORY** PSALM 71:1-2, 7-8, 10-13

**SECOND READING** EPHESIANS 3:2-3, 5-6

**GOSPEL** MATTHEW 2:1-12

### OFFERTORY & BIDDING PRAYERS FOR SUNDAY JAN. 4, 2014

1<sup>ST</sup> MASS: ALL SOCIETIES

2<sup>ND</sup> MASS: ALL SOCIETIES

### OFFERTORY & BIDDING PRAYERS FOR SUNDAY JAN. 11, 2014

1<sup>ST</sup> MASS: NORTHERN CATHOLIC SOCIETY

2<sup>ND</sup> MASS: KNIGHTS & LADIES OF ST. JOHN INT.

## PASTOR'S CORNER

### WE ARE THE FAMILY OF GOD

The family is an icon of God and a domestic church; we must identify this divine element and begin to cultivate values of truth, love, hope, fidelity, kindness to bring about the required Christian atmosphere. Our families thus built around Christ, we would be protected from harm.

Family love must penetrate every facet of human interaction and social experience. Is your parish church, household, working group, societies, etc., aggregates of persons or families? Let all of us, clergy, religious and laity, live together in unity to build the church of God, and let the extension of this be seen everywhere else.

Today, many dread marriage and the raising of families because of unforeseen circumstances (about their spouses, children, fertility, families, attitudes, future eventualities). While we are called to respond to the marriage and family life in the midst of obscurities, tensions, trials and wants, we have but one assurance, God, who ensures our success. It is in Him that we efficiently deal with the challenges of daily living, and learn to keep on coping or struggling through.

Children are gifts of God, and the only way is to give them back to the Lord. The principle by which we measure our success in our parenting story should be that said of the holy family. We must train up and prepare our children well, not only for this life, but also for eternity; for men but also for God. Children, on their part, must take after Jesus and be obedient and responsive to parent's education.

Certainly, the holy family had their share of hardships. Today, our own families have numerous challenges, from within and without: childlessness, homelessness, isolation, financial constraint, disease, addiction, single-parenting etc. yet even if everything seems to fail: marriage, career, children, do not worry, face challenges with positive outlook, and look to the holy family for example, comfort and strength. Prayer is the channel of God's energy for us. When cares arise or increase in your family, gather together, brace up yourselves for action, pray, and watch God fulfill all His promise to you!

## HEALTH TIPS

### HARMFUL EFFECTS OF JUNK FOOD

**Junk food** is the name given to the food that maintains a low nutrition and a high in the amount of harmful ingredients. Most of us are aware of the ill effects of junk food yet fail to get over the habit of consuming junk food. It is the number of calories and the huge amounts of detrimental substances present in the junk food that are responsible for the increase of the high triglyceride levels

#### Some junk food facts

The nutrients like vitamins and minerals are too less in junk food while the amount of calories are more. The enormous amount of oxysterol, in these high cholesterol foods encourages the levels of high triglycerides and hence in the level of bad fats. The artificial flavours added for the children also play their part in having a negative effect on the health which has a sugar content that is twice the amount of those added in that of the adult food. There are copious levels of sugar in junk food which sooner or later may take a huge toll on your health.

#### Unhelpful Effects of Junk Food

- **Obesity** is the most common effect of regular consumption of junk food. This effect takes place pretty fast in children as the junk food meant for them has more calories. The sugars in the colas and sodas and the hydrogenated oils in fried foods are highly responsible for the fat amassment in the body. This in turn leads to congestion in the arteries making it difficult for the free flow of blood through them, eventually leading to conditions like heart attack.
- A high **blood pressure** is the subsequently possible baleful upshot of relishing the **junk food**. This effect can be attributed to the presence of sodium that is added to the food.
- The outcome of obesity caused by excessive consumption of junk food is lethargy in lifestyle thus bringing in the possibility of other harmful effects for health
- It is also credible that you can develop liver failure as result of obesity-causing cholesterol and **diabetes**-causing sugars.

**Church & Compound Cleaning on Saturday, January 3, 2014 is by**

**LEGION OF MARY**

## Announcements!!!

### ► 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 to the Parish office for catechism classes.

### ► LET US PRAY FOR THE FOLLOWING: SICK PARISHIONERS

- MADAM REGINA GAKPANUVOR
- MRS. CHRISTIANA VIERRAH
- MRS. ERBYNN
- MR. PETER AMPIAH-FORSON

### ► MISSING ORGAN

The parish is reporting of a missing organ which belongs to the Harp of David Music Ministry on Friday December 5, 2014. Anyone who know the where about of the organ should kindly contact the Parish Priest or the Parish Office. Thank you

## COMMERCIALS

- Parishioners who wish to become members of the Knights of St. John Int. and Ladies Auxiliary should contact the following numbers for application forms: **020-7355126/0243 316268/050-4644480/0242-882492.**
- A parishioner is in need of a 3 bedroom self contained accommodation around North Kaneshie, Swanlake, Awudome, Bubiashie and Tesano. **Contact: 0244-975215.**
- A Parishioner is in need of a Chamber and Hall self-contained accommodation around Tesano, North Kaneshie, Dansoman and Awudome. **Contact: 0277183972**

## MEETINGS



- The Catholic Charismatic Renewal meets every Saturday at 5.30pm. Come along with a friend. Phone nos: 0242 -773360/020-7351164 Email: ccrkaneshie@gmail.com
- The Sacred Heart Confraternity meets every 1<sup>st</sup> Sunday after 2<sup>nd</sup> Mass. New members are welcome. Preparation for the next initiation in 2015 is in progress.
- Our Lady of Perpetual Help Confraternity meets every Saturday at 5.45pm in the Robbing Room and on last Sundays of the month after 2<sup>nd</sup> Mass.
- St. Theresa of the Child Jesus Society meets every 1<sup>st</sup> Sunday after 1<sup>st</sup> Mass and every 3<sup>rd</sup> Sunday after 2<sup>nd</sup> Mass at the Music Room.