

SPECIAL ANNOUNCEMENT

Parishioners who know of **any sick and aged Parishioners** should please leave their **names, contact and location** at the Parish office for visitation.

Thank you.

SPECIAL INVITATION—WUCWO

Under the distinguished patronage of the Apostolic Administrator of Accra, Most Rev. Charles Palmer-Buckle, All women in the Catholic Archdiocese of Accra are cordially invited to this year's **World Union of Catholic Women's Organization (WUCWO) Day Celebration**.

Date: Saturday the 17th of November.

Venue: St. Theresa Catholic church, Kaneshie.

Time: 8 am

Theme: "Women, Carriers of living water to a world which thirsts for Peace."

Come and let us pray, fellowship, commune, learn, inspire ourselves and radiate hope to others. No challenge or problem is greater than our God!!! It would be mega and Spirit-filled. The heavens will surely descend and bless our mothers, wives, sisters and friends.

FUNDRAISING DINNER

FUNDRAISING
Dinner
in aid of
THOMAS FRANK ARTHUR MEMORIAL FOUNDATION
Date: 17th November, 2018.
Time: 6:00pm.
University of Ghana Guest Centre, Legon.
Speaker: Mr Kenneth Ashigbe
CEO Ghana Telecoms Chamber
Joseph Komla Nyarku on 244694715
Ghc200.00
TFAFE: Cast into the deep

COMMERCIALS

- ◆ A Parishioner is in need of a 2 bedroom self contained around Kaneshie, Bubuashie, North Kaneshie and its environs. Contact:020-8164535/ 024-4256616
- ◆ Registered Properties for Sale at MacCarthy Hill, Spintex, Tema Communities 2 & 5, Kasoa- Blue Cross, Michael Camp. Contacts: 054-6332775

HEALTH CORNER

As women age, their risk of developing health problems such as heart disease and stroke increases, especially after menopause. Here are some nutrients that may help protect women from heart disease, as well as lower the risk of other chronic conditions such as osteoporosis, diabetes, breast cancer and high blood pressure.

Vitamin D Women who don't get enough vitamin D could develop brittle bones, or even worse, osteoporosis. A study published in July in the New England Journal of Medicine found taking high doses (800 international units) of vitamin D daily could reduce the risk of hip fractures in older women by 30 percent.

There are three ways of getting vitamin D: from the skin, from your diet and from vitamin supplements. Unfortunately, as the skin ages, it has less ability to produce vitamin D in response to sun exposure. But women can boost their vitamin D intake by consuming four 8-ounce servings of low-fat dairy products every day. That would be equal to three glasses of either 1 percent or skim milk.

It is advised that women take a multivitamin, eat low-fat yogurt, vitamin D-fortified orange juice or legumes as part of a daily diet.

Vitamin D helps the body absorb calcium, which helps keep aging bones strong.

CALCIUM: Calcium helps the body make new bone cells, and "as women approach menopause, the ability to make new bone cells decreases," Drinking milk does not provide enough calcium to make up the difference. It is recommended that in addition to eating calcium-rich dairy foods, older women should take 600 milligram calcium supplements twice a day.

Besides dairy products, calcium can also be found in cereals, soy and rice beverages, vegetables and fish with soft bones such as sardines and salmon.

Omega-3 fatty acid Eating a higher amount of fish and omega-3 fatty acids is linked with a lower risk of heart disease among women, according to a 2002 study published in the Journal of the American Medical Association.

Omega-3 fatty acids are a form of polyunsaturated fat. This healthy fat may also help slow down the growth of plaque build up in the arteries and lowers blood pressure. "Research has shown that omega-3 fatty acids can increase the good cholesterol, and decrease the bad one,"

Several studies have found that fish oil supplements — about 1 to 4 grams per day — reduced triglyceride levels by 20 to 50 percent. Eat fish — particularly fatty fish like salmon, tilapia or codfish — at least twice a week.

Olive oil, which contains monounsaturated fatty acids, has also shown health benefits.



ST. THERESA'S CATHOLIC CHURCH

Purity & Love

WEEKLY BULLETIN

31ST SUNDAY IN ORDINARY TIME

4TH NOVEMBER, 2018

POPE'S PRAYER INTENTION FOR THE MONTH OF NOVEMBER, 2018.

IN THE SERVICE OF PEACE:

THAT THE LANGUAGE OF LOVE AND DIALOGUE MAY ALWAYS PREVAIL OVER THE LANGUAGE OF CONFLICT.

PARISH PRIEST

Rev. Fr. Michael Owusu-Ofori
0302 257 357

GA RURAL RECTORATE

Rev. Fr. Christopher Sackey
0243-969866

ASSISTANT PRIEST

Rev. Fr. Winfred Charles Lwanga Tawiah Jr
0302 257 357

GA ODUMASE RECTORATE

Rev. Fr. Pascal Ankamah
0243-345240

SUNDAY MASS

1st Mass: 7.00am
Youth Mass: 7.30am
2nd Mass: 9.30am
French Mass: 10.00am

WEEK DAY MASS

Monday, Wednesday
Thursday 6 am
Saturday 6.30 am
Tuesday & Friday 6.30 pm

OFFICE HOURS

Tuesday-Saturday: 8am-5pm, Sunday: 9am-2pm
Telephone: 030-2257357/ 050-0005252
E-mail: officesttheresa2014@gmail.com
Facebook: St. Theresa's Catholic Church
P. O. Box KN 146. Kaneshie- Accra
Website: www.minibasilica.com

ARCHDIOCESAN COUNCIL OF CATHOLIC WOMEN- ACCRA



WUCWO

DAY CELEBRATION

HIGHLIGHTS:

- Route March
- Talk on the Theme
- Prayer Session
- Visit to Nsawam Female Prison

SPEAKER

Rev. Fr. Emmanuel
Teresa Obeng Codjoe

Theme: **WOMEN, CARRIERS OF LIVING WATER TO A WORLD WHICH THIRST FOR PEACE.**

DATE: Sat. 17th Nov.2018 TIME 8:00am VENUE: St. Theresa Parish, Kaneshie

**REFLECTION:
FRUITS OF LIVING GOD'S COMMANDMENTS**

The commandments of God are summed up in two simple statements:
Love of God and Love of Neighbour.

To love God is to live to make God happy. To love God is to acknowledge him in all you do. Putting him first over and above all. But how can we say we love God whom we do not see when we love our neighbours.

To love our brothers and sisters is to love God. So whatever we do to the least among men we must know we do to God. And any Christian who has that reverential fear of God will live to please God making Him Happy.

Such a person who throughout his life keeps the commandment of God through loving his neighbor as himself/herself becomes like a tree planted along the river side. Always bearing fruits in due season. All that he/she does is successful. His /her leaves never dry up. Let us keep the commandments of the Lord throughout our lives by loving God in our neighbours and we shall forever be happy, peaceful, successful and graceful.

May God give us strength always.

KANESHIE DEANERY VISIT & DONATION

As part of our 125th Anniversary Celebrations, The Kaneshie Deanery will pay a Visit and make Donation to the Kaneshie Poly Clinic.

Date: **Saturday, 10th November, 2018.**

We are to present non Perishable items like (Milk, Milo, Sugar, Rice, Lipton, Cooking Oil, Canned Tomatoes, Detergents, Toilet Rolls, Bedsheet and Bottled Water).

Kindly leave items at the Parish Office.

God richly bless you.

125TH ANNIVERSARY CELEBRATIONS

- ◆ **10th November, 2018:** Visitation and Donations to St. Paul Seminary and Kaneshie Poly Clinic.
- ◆ **23rd November, 2018:** Candle light Processions and vigil Mass at Parish level.
- ◆ **25th November, 2018:** 125th Anniversary Climax Mass at the Black Star Square.



**READINGS FOR TODAY
SUNDAY NOVEMBER 4, 2018.**

1ST READING: DEUTERONOMY 6:2-6
Moses teaches the people to love and worship God alone

RESPONSORIAL: PSALM 18: 2-3,3-4,47-51

I LOVE YOU, LORD, MY STRENGTH

2ND READING : HEBREW 7:23-28
Jesus intercedes for us as our eternal high priest

GOSPEL: MARK 12: 28-34
Jesus is questioned by a scribe about the greatest commandment.

COLLECTION FOR LAST SUNDAY OCTOBER 28, 2018.

MAIN COLLECTION	GH¢ 5,264.00
KOFI & AMA	GH¢ 5,000.00
TOTAL	GH¢ 10,264.00

COMPOUND CLEANING SCHEDULE

DATE	SOCIETY
Sat. 10th Nov.	STHEYA
Sat. 17th Nov.	Catholic Charismatic Renewal
Sat. 24th Nov.	COSRA

OFFERTORY & BIDDING PRAYER SCHEDULE

DATE	1ST MASS	2ND MASS
SUN. 4th Nov.	St. John International	Holy Family Akan Kuo
SUN. 11th Nov.	Trinity Northern Catholic Society	Legion of Mary
SUN. 18th Nov.	St. Michael Ewe Union	Catholic Men Association
SUN. 25th Nov.	125TH ANNIVERSARY CLIMAX MASS AT BLACK STAR SQUARE	

PUBLICATION OF BANNS

3RD TIME

Groom: Richard Prince Annan
Father: Fred Annan
Mother: Gloria Peregrino-Brimah

Bride: Constance Gyahabea Chamey
Father: Daniel Chamey
Mother: Mercy Chamey

Let keep them in prayers.

FUNERAL ANNOUNCEMENTS/ARRANGEMENTS

DECEASED: Mrs. Rebecca Antwi-Boasiako, assistant headmistress of St. Theresa School and daughter of Madam Rosina Baffoe-Bonnie
Funeral Arrangements are as follows:

Laying in State: Friday 9th November, 2018 at her residence, Dansoman at 5.30am.

Burial Mass : Friday 9th November, 2018 at Star of the Sea Catholic Church, Dansoman at 9am. File past begins at 7am Interment at Gbawe Cemetery. Funeral rites continues at Star of the Sea Parish grounds.

Thanksgiving Mass: Sunday, 11th November, 2018 at Star of the Sea Catholic Church, Dansoman at 9.30am. Final funeral rite continues at the Star of the Sea Parish grounds.

DECEASED: Madam Agnes Araba Hanson, mother of Benjamin Dadson a member of the Welcomers' Ministry.
Funeral arrangement are as follows

Burial Mass: Saturday 10th November, 2018 at St. Luke Catholic Church, Ashaiman at 9am. File past begins from 7am to 8.30 am. Internment at Mankessim Nkwanta after Mass.

Thanksgiving Mass: Sunday, 11th November, 2018 at St. Luke Catholic Church, Ashaiman at 9am.

DECEASED: Mrs. Josephine Seshie.
Funeral Arrangements are as follows:

Wake Keeping: Friday, 7th December, 2018 at the family house Ave- Dakpa
Burial Mass: Saturday, 8th December, 2018 at the Catholic Church, Ave- Dakpa.
Internment at Catholic Cemetery Ave-Dakpa

MARSHALLANS CALLING

The Marshallan Association will meet today 4th November, 2018 after 2nd Mass in the Executive Conference room.
All members are to take note.

125TH ANNIVERSARY PRAYER

O Almighty and Eternal God, Divine Architect and Cornerstone of our salvation, as we celebrate 125 years of the Catholic Mission in Accra, we give You thanks for the lives of all the early Missionaries, Priests and Lay faithful whose sacrifices have brought our Church this far.

We pray you look with favour upon our Community of Faith, now the Catholic Archdiocese of Accra. Increase the gifts you have given to our Church so that we, your faithful People Religious and Clergy, Women and Men, Youth and Children may grow in holiness of life and be truly ardent disciples of Your Son, Our Lord and Saviour Jesus Christ.

Inspire us anew with a greater outpouring of the Holy Spirit, and fill us with renewed zeal for the universal Church's new evangelization mission here in our Archdiocese and beyond.

May the Holy and triune God be our pillar of strength, our inspiration and our guide in the years ahead, through Christ our Lord and Redeemer. Amen.

Immaculate Heart of Mary, Pray for us.

St. Peter Claver, Pray for us

St. Martin de Porres, Pray for us.

All you Holy Martyrs of Uganda, Pray for us.

All you Angels and Saints of God, Pray for us.

MISSION SECURITY INAUGRATION

All Parishioners are invited to the inauguration celebration of the Security Company of the Catholic Archdiocese of Accra (Mission Security Limited) as follows:

Date: Wednesday, 7th November 2018

Venue: Holy Spirit Cathedral, Adabraka

Time:

11:45am - Inspection of Guard

12:15pm - Holy Mass of Inauguration

1:00pm - Inauguration Continues

All are cordially invited.