

Weekly

Year 25, No. 22

21ST SUNDAY IN ORDINARY TIME, YEAR A

Bulletin

SUNDAY, 23RD AUGUST, 2020

Christ The King Catholic Church | P.O.Box CT 2110 Cantonments-Accra, Ghana

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CHRIST THE KING CHURCH THEME FOR THE YEAR

LET US REJOICE, FOR NOW IS THE ACCEPTABLE YEAR OF THE LORD - cf Is 61.2

OFFICE HOURS

Weekdays

8:00am-5:00pm

Saturdays

8:00am-12:00pm

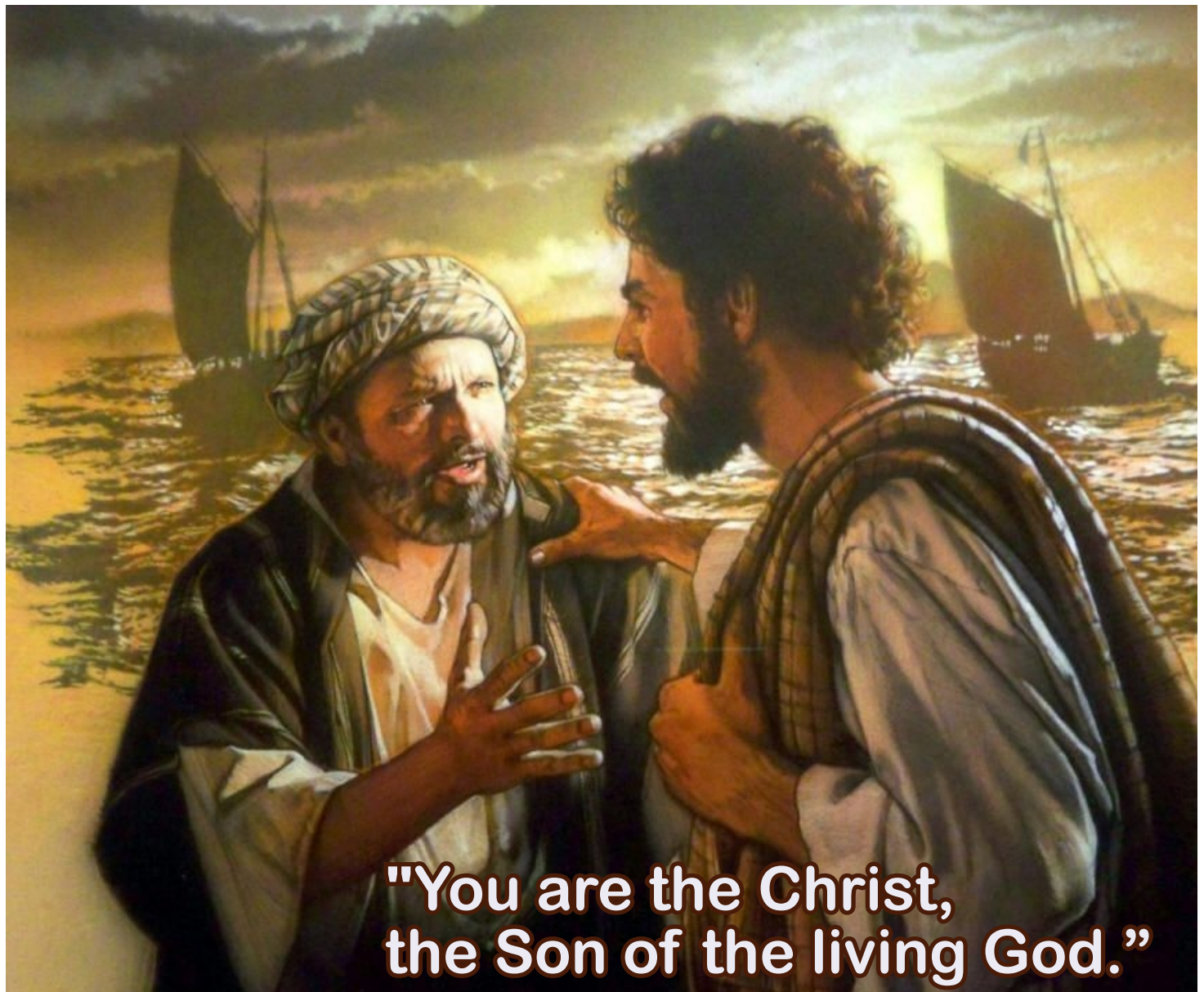
Sundays

8:00am-2:00pm

SUSPENSION OF USED CLOTHING RECEIPTS

The Parish has suspended receipt of used clothing as part of efforts to fight the spread of the Corona Virus. We will duly inform you appropriately when we commence again.

God bless you.



**"You are the Christ,
the Son of the living God."**

21ST SUNDAY IN ORD. TIME, YEAR A

COMMENTARY ON READINGS

First Reading: Shebna, master of the King's household, is dismissed from office. God appoints Eliakim and vests him with power and full authority to govern the King's palace.

(Isaiah 22:19-23)

RESPONSORIAL PSALM (PS 138)

“Lord, your love is eternal; do not forsake the work of your hands.”

I will give thanks to you, O LORD, with all my heart, for you have heard the words of my mouth; in the presence of the angels I will sing your praise; I will worship at your holy temple. **Res**

I will give thanks to your name, because of your kindness and your truth: When I called, you answered me; you built up strength within me. **Res**

The LORD is exalted, yet the lowly he sees, and the proud he knows from afar. Your kindness, O LORD, endures forever; forsake not the work of your hands. **Res**

Second Reading: Paul meditates on God's infinite greatness and love, as well as, the infinite depth of His wisdom. (Romans 11:33-36)

Gospel: Christ, in His infinite wisdom, appoints Peter, and vests him with full authority, in spite of his human failings, to govern God's Church. (Matthew 16:13-20)

WEEKDAY READINGS & MEMORIALS 21ST WEEK IN ORDINARY, YEAR A

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|------------------|---|
| Monday | St. Bartholomew, apostle Rev 21:9b-14/Ps 145/Jn 1:45-51 |
| Tuesday | St. Louis of France, Joseph Calasanz 2 Thes 2:1-3a. 14-17/Ps 96/Mt 23:23-26 |
| Wednesday | St. Zephyrinus 2 Thes 3:6-10. 16-18/Ps 128/Mt 23:27-32 |
| Thursday | St. Monica 1 Cor 1:1-9/Ps 145/ Mt 24:42-51 |
| Friday | St. Augustine 1 Cor 1:17-25/Ps 33/ Mt 25:1-13 |
| Saturday | Martyrdom of John the Baptist 1 Cor 1:26-31/Ps 33/Mk 6:17-29 |

NEXT SUNDAY'S READINGS

22ND SUNDAY IN ORDINARY TIME, YEAR A
Jer 20:7-9/ Ps 63/ Rom 12:1-2/Mt 16:21-27

REFLECTION

It is important to read today's Gospel and next week's Gospel as two parts of a single story. These readings are a turning point in Matthew's Gospel. This week we hear Jesus name Simon Peter as the rock upon which he will build his Church. Next week we will hear Jesus call this same Simon Peter "Satan" when he reacts negatively to Jesus' prediction about his passion and death.

In today's Gospel, Jesus asks his disciples what people are saying about his identity. The disciples indicate that most people believe that Jesus is a prophet of Israel. Then Jesus asks his disciples who they believe that he is. Simon Peter answers, identifying Jesus as the Messiah, the Son of God.

Jesus commends Simon Peter for this profession of faith, indicating that this insight has come from God. Because of Simon Peter's response, Jesus calls him the "rock" upon which Jesus will build the Church. This is a word play on the name Peter, which is the Greek word for "rock." Peter is then given special authority by Jesus, a symbolic key to the Kingdom of Heaven. Peter will play an important role in the early Christian community as a spokesperson and a leader.

In today's Gospel, Peter's recognition of Jesus' identity is credited to a revelation by God. This will contrast sharply with Jesus' rebuke of Peter in next week's Gospel. When Peter rejects Jesus' prediction of his passion and death, Peter is said to no longer be thinking as God does but as humans do.

The use of the term church in today's Gospel is one of only three such occurrences in Matthew's Gospel. Peter in this Gospel is being credited as the foundation for the Church, a privilege granted to him because of his recognition of Jesus' identity. The Church continues to be grounded in the faith that Jesus Christ is Lord.

FAMILY CONNECTION

Today's Gospel reminds us that the Church is built on the foundation of faith in Jesus Christ. Peter announces the core of our faith, that Jesus is God's only Son. The family, as the domestic church, has this same faith as its foundation.

As you gather together as a family, talk about people whose faith has helped you to be a member of the Church and talk about what you have learned from leaders in our Church today. Read together today's Gospel, Matthew 16:13-20. Talk about what you know about Peter and his importance to the early Christian community.

Talk about what we can learn from Peter and his profession of faith about Jesus. Conclude in prayer together by praying today's Psalm or an Act of Faith.

SAINT OF THE WEEK

This South American saint was born in Lima, Peru, in 1586. Her real name was Isabel, but she was such a beautiful baby that she was called Rose. She received the Sacrament of Confirmation from St. Turibio, archbishop of Lima. We celebrate his feast on March 23. As Rose grew older, she became more and more beautiful.

One day her mother put a wreath of flowers on her head to show off her loveliness to friends. But Rose was not impressed. She only wanted Jesus to notice her and love her. Rose did not think she was special because of her physical beauty. She realized that appearance had nothing to do with what a person was on the inside. Because of this, Rose avoided being concerned with her looks and focused on the beauty of her soul. She knew that she would be spiritually beautiful with prayer, penance, and the practice of virtue.

St. Rose worked hard at gardening and sewing to support her parents who were very poor. She humbly obeyed them, too, except when they tried to persuade her to marry. That she would not do. Her love for Jesus was so great that when she talked about him, her face glowed. Rose wanted to live for Jesus alone. She joined the Dominican Third Order and lived in a little hut on her parent's property.

She had many temptations from the devil. There also were times when she had to suffer terrible loneliness and sadness. During those times, God seemed far away. Yet she cheerfully offered all these troubles to him. She kept praying for her trust to grow stronger. In her last long, painful sickness, this heroic young woman used to pray: "Lord, increase my sufferings, and with them increase your love in my heart." She was just thirty-one when she died on



ST. ROSE OF LIMA

August 24, 1617, in Lima. St. Rose of Lima was proclaimed a saint by Pope Clement X in 1671. He also named her patroness of the Americas, Philippines, and West Indies.

St. Rose of Lima did not take pride in her physical beauty. She tried to grow spiritually beautiful for Jesus. When we're overly concerned with our appearance, we can ask St. Rose to help us focus on what's really important in our lives.

**WASH YOUR HANDS
USE SANITIZERS**



**SANITIZERS AND LIQUID SOAP ON SALE
AT OLAFAS (HDR CONVENT)**

CALL: 020 244 6242

#Wash Your hands with
HDR Soap under running water

#Sanitize your hands with
HDR Hand Sanitizers

PUBLICATION OF MARRIAGE BANN

1. Prince Ofoe Apronti & Annette Dzifa Amelorku (3)
2. Sitsofe Koku Mensah Fiaka & Julia Dufie Amanquah (3)
3. Sydney Scott Sam & Nana Aba Wilson (1)
4. Kwame Owusu-Ansah & Marilyn A. Edem Amenuvor (1)
5. Benjamin Kwesi Ephson & Marie - Louise Aikins (1)

FASTING

It is the norm to talk about this aspect of our spiritual journey during the Lenten season and sometimes during Advent. However, as good Christians – and Catholics for that matter – this is an aspect of our lives that promotes spiritual growth. Medical experts as well never cease to grab an opportunity to expound its physical benefits. For these reasons, particularly the spiritual benefits, our focal point in the Tuesday Teaching Corner would be fasting.

Fasting, broadly speaking, is the voluntary avoidance of something that is good. This point is important in understanding fasting. The things we fast from are good in themselves. As such, when one gives up certain vices such as gossip or slander, it cannot be properly called a fast. The things we fast from can be returned to after the allotted period. However, giving up such vices can be the goal or objective of embarking on a fast. As Catholics, when we talk about fasting, we normally mean restricting the food that we eat. We can fast between meals, by not eating snacks, or we can engage in a complete fast by abstaining from all food. The English word breakfast, in fact, means the meal that breaks the fast.

While fasting takes the form of refraining from eating, it is primarily a spiritual discipline designed to tame the body so that we can concentrate on higher things. Refraining from food can help us to bring our bodies under the control of our souls, but it is also a way of doing penance for past excesses. That is why the Church strongly recommends that Catholics fast during Lent while recommending it outside Lent as well.

The Church used to prescribe very rigorous rules for the Lenten fast (including abstaining from all meat and eating only one meal per day). The current rules, however, are much more lax. However, in our spiritual journey we are encouraged to not just meet requirements. The Church continues to encourage individual Catholics to observe a stricter fast in terms of the relaxed Lenten rules. Extreme fasting, however, can be physically harmful, so, as with all physical forms of penance and of spiritual discipline, consult with a priest before embarking

on a very strict fast.

WHAT ARE THE RULES FOR FASTING AND ABSTINENCE IN THE CATHOLIC CHURCH?

Fasting and abstinence are spiritual practices that are vital to the Christian life. What are the rules for fasting and abstinence in the Catholic Church?

The rules for fasting and abstinence in the Catholic Church are set forth in the Code of Canon Law (for the Roman Catholic Church) and in the Code of Canons of Oriental Churches (for the Eastern Catholic Churches). To a limited extent, they can be modified by the conference of bishops for each particular country (or, in the Eastern Churches, for each particular rite).

The Code of Canon Law prescribes (Canons 1250-1252):
Can. 1250: The penitential days and times in the universal Church are every Friday of the whole year and the season of Lent.

Can. 1251: Abstinence from meat, or from some other food as determined by the Episcopal Conference, is to be observed on all Fridays, unless a solemnity should fall on a Friday. Abstinence and fasting are to be observed on Ash Wednesday and Good Friday.

Can. 1252: The law of abstinence binds those who have completed their fourteenth year. The law of fasting binds those who have attained their majority, until the beginning of their sixtieth year. Pastors of souls and parents are to ensure that even those who by reason of their age are not bound by the law of fasting and abstinence, are taught the true meaning of penance.

* Every person 14 years of age or older must abstain from meat (and items made with meat) on Ash Wednesday, Good Friday, and all the Fridays of Lent.

* Every person between the age of 18 and 60 must fast on Ash Wednesday and Good Friday.

* Every person 14 years of age or older must abstain from meat (and items made with meat) on all other Fridays of the year, unless he or she substitutes some other form of penance for abstinence.

In addition to the Lenten fast, Roman Catholics must also observe the Eucharistic Fast, which involves taking nothing but water and medicines into the body for some time before receiving the Eucharist. In Church history, Jesus and Peter took the Eucharistic wine after supper

(read Luke 22:20 & 31). The earliest recorded regular practice was to eat at home before the Lord's Supper if one was hungry (read 1 Corinthians 11:34). The next known ancient practice was to fast from midnight until Mass that day. As Masses after noon and in the evening became common in the West, this was soon modified to fasting for three hours. The latest Code of Canon Law reduced the Eucharistic Fast to the current one hour requirement for the Roman Rite. Particular law in some Eastern Catholic Churches also requires a one hour Eucharistic fast.

WHAT FASTING IS NOT

Spiritual fasting is not a way to earn God's favour by getting him to do something for us. Rather, the purpose is to produce a transformation in us – a clearer, more focused attention and dependence upon God. Also, fasting is never to be a public display of spirituality – it is between you and God alone. In fact, Jesus specifically instructed us to let our fasting be done privately and in humility, else we forfeit the benefits. Even during public fasts such as Lent or parish retreat fasts and others, we are encouraged to keep our full and active participation in similar manner. While in the Old Testament fasting was a sign of mourning, in the New Testament we are taught to practice fasting with a cheerful attitude (read Matthew 6:16-18).

SUPPORT TO PARISHIONERS - ST. VINCENT DE PAUL SOCIETY -

Dear Parishioners,

"The generous person will prosper; those who refresh others will themselves be refreshed".
Prov. 11:25.

Many have been refreshed over the years through your generous contributions to the Christ the King Parish and we pray you will be refreshed yourselves according to the Word of God.

We understand the difficulties many are facing due to the impact of the Covid-19 pandemic and as we did during the lockdown, the Parish continues to help as best as she can.

We have some food items to be distributed to persons who are currently in need and we hope by being each other's keeper, we will come out of this more united knowing our Heavenly Father will work all things together for our good.

Kindly contact the Society of St. Vincent de Paul on 0594815591 and you will be given the necessary assistance. "You have given privately, come and receive privately". Matt 6:3
God bless you.

Finally, it should be understood that fasting is never for the purpose of punishing or harming the body.

HOW LONG SHOULD A FAST LAST?

During Lent we are encouraged to follow the prescribed rules for the forty-day period excluding the Day of the Lord. However, in embarking on personal fasts, especially from food, we should allot determined lengths of time. Fasting for too long can cause harm to the body.

TO E CONTINUED..

2020 THANKSGIVING DAY

Give thanks to the Lord for He is good; for His Love endures forever. (Psalm 136:1).

My brothers and sisters in Christ, Peace be with you! This year's Annual Harvest will not be organised as done previously due to Covid-19 and its impact on our daily lives. That notwithstanding, we can all testify that the Lord indeed has been gracious unto us and protected each one of us. We still have a reason to be thankful to Him. In view of this, Sunday **8th November, 2020** has been set out as a **"Thanksgiving Day"** for us to show our appreciation to God.

There will be **"Kofi and Ama"** on that day at all Masses to crown it all. Individuals and groups are encouraged to send their contributions either to the parish office or through the parish mobile money numbers (MTN-0245276017, VODAFONE – 0207566410) and bank account (Standard Chartered A/N- 0100113350000 Branch: Liberia Road).

There will also be MEN/VRS WOMEN/second collection to support the "Thanksgiving Day" starting from **Sunday 9th August, 2020 to Sunday 31st December, 2020**. All contributions received will be receipted and this will go towards the upkeep and running of the Parish.

We know times are hard but those who put their trust in the Lord will never be disappointed. May Christ the King, who reigns forever bless, protect and keep us always. Amen.