

Weekly

Year 25, No. 23

22ND SUNDAY IN ORDINARY TIME, YEAR A

Bulletin

SUNDAY, 30TH AUGUST, 2020

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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.



*“My soul is thirsting for you
O LORD MY GOD,”*

22ND SUNDAY IN ORD. TIME, YEAR A

COMMENTARY ON READINGS

First Reading: Jeremiah tried to abandon his prophetic vocation because of violent persecutions against him, but he could not. His desire to preach God's word proved so irresistible that the effort to restrain it wearied him.

(Jeremiah 20:7-9)

RESPONSORIAL PSALM (PS 63)

“My soul is thirsting for you, O Lord my God.”

O God, you are my God whom I seek;
for you my flesh pines and my soul thirsts
like the earth, parched, lifeless and without water. **Res**

Thus have I gazed toward you in the sanctuary
to see your power and your glory,
for your kindness is a greater good than life;
my lips shall glorify you. **Res**

Thus will I bless you while I live;
lifting up my hands, I will call upon your name.
As with the riches of a banquet shall my soul be satisfied,
and with exultant lips my mouth shall praise you. **Res**

You are my help,
and in the shadow of your wings I shout for joy.
My soul clings fast to you;
your right hand upholds me. **Res**

Second Reading: Paul urges Christians not to model themselves on the behavior of the world around us. Instead, we ought to worship God and lead lives worthy of thinking people. (Romans 12:1-2)

Gospel: Jesus foretold His disciples about His suffering and death but Peter failed to see the spiritual benefits of Christ's suffering and death for the salvation of mankind (Matthew 16:21-27)

WEEKDAY READINGS & MEMORIALS 22ND WEEK IN ORDINARY, YEAR A

Monday	St. Raymond Nonnatus 1 Cor 2:1-5/Ps 119/Lk 4:16-30
Tuesday	St. Giles 1 Cor 2:10b-16/Ps 145/Lk 4:31-37
Wednesday	St. William of Roskilde 1 Cor 3:1-9/Ps 33/Lk 4:38-44
Thursday	St. Gregory the Great 1 Cor 3:18-23/Ps 24/ Lk 5:1-11
Friday	St. Rose of Viterbo 1 Cor 4:1-5/Ps 37/ Lk 5:33-39
Saturday	St. Lawrence Justinian/BVM 1 Cor 4:6b-15/Ps 145/Lk 6:1-5

NEXT SUNDAY'S READINGS

23RD SUNDAY IN ORDINARY TIME, YEAR A
Ez 33:7-9/ Ps 95/ Rom 13:8-10/Mt 18:15-20

REFLECTION

Today's Gospel continues the story that began in last week's Gospel. Simon Peter was called the “rock” upon which Jesus would build his Church, and yet Peter continues to show the limitations of his understanding of Jesus' identity. Now that the disciples have acknowledged that Jesus is the Messiah, Jesus confides in them the outcome of his ministry: he must suffer and die in Jerusalem to be raised on the third day. Peter rejects this prediction, and Jesus rebukes him severely, calling him “Satan.” In opposing this aspect of Jesus' mission, Peter shows that he is no longer speaking based on the revelation from God but as a human being. Jesus then teaches all of the disciples about the difficult path of discipleship: to be Christ's disciple is to follow in his way of the cross.

Peter could not yet understand what it meant to call Jesus the Messiah. It is unlikely that the other disciples understood any better. Messianic expectations were a common aspect of first-century Judaism. Under Roman occupation, many in Israel hoped and prayed that God would send a Messiah to free the Jews from Roman oppression. The common view was that the Messiah would be a political figure, a king that would free Israel from Roman rule. This is perhaps what Peter envisioned when he was led to recognize Jesus as the Messiah. In this passage, however, Jesus is beginning to teach his disciples that he would be the Messiah in a different way.

Jesus would be more like the suffering servant described by the prophet Isaiah than the political liberator. Those who would be Jesus' disciples would be called to a similar life of service. Perhaps this is what Peter feared most in Jesus' prediction of his Passion. He whom Jesus had called “rock” would also be called upon to offer himself in sacrifice and service to others. Christian leaders today are still called to sacrifice and serve others as Jesus did.

FAMILY CONNECTION

Peter was expecting a Messiah that would carry out a different plan than the one Jesus had explained. Jesus was indeed the Messiah, but his life and death would show a different understanding of what it means to be the Messiah. We too have expectations of God and our own ideas about what we think God ought to be doing in our world. Like Peter we may risk limiting our image of God by thinking only in human ways. God's plan is always more than we can ever imagine.

As you gather as a family, talk about what we expect God to be doing in our world and in our family life. Then read today's Gospel, Matthew 16:21-27. Why do you think Peter was so upset by what Jesus was saying? Notice how Jesus reprimands Peter. Do we sometimes forget to let God be God for us? That is, do we sometimes get discouraged because God doesn't act in our world in the ways that we expect? Pray together that your family will remember that God is always working for the world's salvation in ways that are beyond our human imaginings. Conclude by praying together today's Psalm, Psalm 63.

SAINT OF THE WEEK

Fiacre was born in Ireland in the seventh century. Looking for a place where he could live close to God in solitude, he sailed to France. The bishop of Meaux offered him part of his own land in a forest.

Legend has it that the bishop told Fiacre he could have as much land as he could plow in a day. Instead of using a plow, which would have made his claim much larger, Fiacre showed how simply he wanted to live by using the point of his walking stick to turn the soil.

Fiacre cleared his ground and built a little house for himself, as well as a chapel in honor of the Blessed Virgin. He also built a place for travellers to stop and rest. Before long, many people were coming to him for spiritual advice. He shared whatever he had with the poor and cared for the sick, sometimes restoring their health with miracles.

Even after his death, many miracles were reported to have taken place when people visited his little chapel. St. Fiacre is the patron saint of gardeners.



St. Fiacre shows us that helping the poor isn't only the responsibility of wealthy people. Even if we don't have a lot, we can always share what we do have with those who have even less.



SAINT FIACRE

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)

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FASTING

Continuing from last week...

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.

Obviously, we should not embark on personal fasts without taking time to pray about it and the Holy Spirit's guidance. Try not to jump into a forty-day fast without food and water. Jesus and the other prophets in Scripture accomplished this clearly impossible *human* achievement, only through the grace of God. Sacred Scripture is clear about this. For those who fast routinely, and especially for those who have never fasted, it is best practice to seek both medical and spiritual direction before embarking on any type of prolonged fast.

HOW SHOULD I FAST?

In addition to following the Church's rules on fasting, one can also be guided by the various instances of fasts in Sacred Scripture. This brings some newness especially for those who fast routinely. As mentioned earlier, the forty-day fasts without food and water were accomplished only through the grace of God. Regardless of the fast being from all or some meals, we must necessarily make time for personal prayer and Scripture reading within our allotted periods.

We could decide to cut down the amount of

time we spend on the various cyber platforms and dedicate more of that time to spiritual reading and meditation. Fasting causes us to spend less on ourselves, so, just like in Lent, it is good to also share with those who are less privileged. It helps to have a goal or objective in embarking on a fast to know how much progress is made. As we would realise shortly, the most profound reason or goal would be a deeper relationship with God.

EXAMPLES OF FASTING IN THE BIBLE

Old Testament Fasting

- Moses fasted forty days on behalf of Israel's sin: Deuteronomy 9:9, 18, 25-29; 10:10.
- David fasted and mourned the death of his child: 2 Samuel 12:16.
- Elijah fasted forty days after fleeing from Jezebel: 1 Kings 19:7-18.
- Daniel fasted regarding a mysterious vision from God: Daniel 10:3-13.
- The people of Nineveh fasted after hearing the message of Jonah: Jonah 3.

New Testament Fasting

- Jesus fasted forty days before the beginning of his ministry: Matthew 4:1-11.
- The disciples of John the Baptist fasted: Matthew 9:14-15.
- The elders in Antioch fasted before sending off Paul and Barnabas: Acts 13:1-5.
- Paul fasted three days after his Damascus Road encounter: Acts 9:9.

SIGNIFICANCE

Fasting has long served a role in the Catholic Church, drawing upon the example that Jesus himself set. In Matthew's Gospel (read 4:1-2) Jesus went out into the desert, fasting for forty days and forty nights to

prepare for the trials ahead of Him. Early Christians fasted as a means of gaining forgiveness for their sins.

While fasting does help to lose weight, dieting is not the purpose of a fast. Instead, fasting provides unique spiritual benefits in the life of the believer. The importance of fasting in the Catholic's life is two-fold. The act of denial involved in fasting is a form of penance, a pathway for the sinner to seek forgiveness.

More profoundly, it is also an opportunity to grow closer to God, providing grace and strengthening a relationship with Him through discipline and prayer. Fasting can help quiet the mind and heart and allow God to speak. It clears the mind and body of earthly attention and draws us closer to God. So, as we gain spiritual clarity of thought while fasting, it allows us to hear God's voice more clearly. It requires self-control and discipline, as one denies the natural

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.

desires of the flesh. During a fast, the believer's focus is removed from the physical things of this world and intensely concentrated on God. Put differently, fasting directs our hunger toward God. It demonstrates a profound need of God's help and guidance through complete dependence on him.

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.