


**CATHOLIC MEN ASSOCIATION (CMA)**  
CHRIST THE KING CATHOLIC CHURCH, CANTONMENTS, ACCRA


## Faith. Love. Dignity

- DEEPER SPIRITUAL LIFE • PROFESS CATHOLIC FAITH & EDUCATION AT HOME
- CHRISTIAN LIFE & FAMILY APOSTOLATE • DEEPER AWARENESS OF DIGNITY
- RESPONSIBILITY AS CHRISTIAN MEN, HUSBANDS & FATHERS



**FOR A MEANINGFUL LIFE KINDLY CONTACT US ON**

**024 868 1700 / 024 438 4169**  
**026 601 1220 / 024 572 7272**



Christ the King Catholic Church, Cantonments - Accra

## LENTEN ALMSGIVING

**SUPPORT THE CTK SOUP KITCHEN TO PROVIDE A STREET CHILD ONE (1) HOT MEAL A DAY**

**DONATION CAN BE SENT VIA**  
MTN MoMo - 0245276017 | VODAFONE CASH - 020756410  
or Visit the Parish office with your donations.



### SERVICES

Research and Consultancy in:

- SOIL ANALYSIS
- AGRIBUSINESS DEVELOPMENT
- AGRICULTURAL PRODUCTION
- LAND RECLAMATION AND SOIL CONDITIONING
- WASTE MANAGEMENT AND TRANSFORMATION
- RURAL/ URBAN LIVELIHOOD IMPROVEMENT
- CLIMATE CHANGE MITIGATION SERVICES
- SMART AND SUSTAINABLE AGRICULTURE
- ENVIRONMENTAL AUDITING
- FARMER TRAINING AND EXTENSION



Email: solresearchcentre@gmail.com  
Contact: +233 27 426 2611 / +233 54 280 5803

**ROOM URGENTLY NEEDED TO RENT**  
A parishioner is urgently in need of a Chamber & Hall self-contained in areas of Kanda, Abelemkpe, Taifa, Dome (CFC or Born again), Paraku, Mile 7, Old Peace FM, ABC, Tantra, and its environs to rent. Please contact: 0206677554 / 0205946444

**VACANCY FOR FEMALE WASHROOM ATTENDANT**  
Female washroom attendants are needed for immediate employment at the Parish Hall. Interested persons should submit application letter at the Parish Office.



**DONATION**

**GIVING A CHILD A CHANCE: LEAVE A LEGACY**

We humbly seek your support for the church's Educational Scholarship/Sponsorship for children in need of education.

Send your support to:  
Standard Chartered Bank-Liberia Road  
**0100115091900**  
(Vitus Dery Endowment Fund)

3RD SUNDAY OF LENT  
TIME, YEAR C

# Weekly Bulletin

Year 26, No. 50

Christ The King Catholic Church | P.O.Box CT 2110 Cantonments-Accra, Ghana  
Tel. 233-245-276017 www.christthekingaccra.net | Email: info@christthekingaccra.net  
CTK School +233-302785200

<p><b>OFFICE HOURS</b></p> <p><b>Weekdays</b> 8:00am-5:00pm</p> <p><b>Saturdays</b> 8:00am-12:00pm</p> <p><b>Sundays</b> 8:00am-2:00pm</p>	<p><b>MASS SCHEDULE</b></p> <p><b>SUNDAYS</b> 6:30am, 8:30am, 10:30am, 6:00pm Youth Mass : 8.30am</p> <p><b>WEEKDAY SCHEDULE</b> Daily: 6.30am &amp; 12:15pm; Tues: 6.30am   12:15pm   6.30pm</p>	<p><b>HOLY HOUR &amp; MASS</b> Thursday preceding the 1st Friday &amp; 1st Friday @ 6.00pm</p> <p><b>CONFESSION</b> Saturdays : After Morning Mass &amp; 5.00pm (Adoration Chapel)</p>
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**PASTORAL STAFF**

Very Rev. Fr. Ebenezer Akesseh - Parish Priest (0244727276) | Rev. Fr. Wisdom Dordunu - Priest in Residence (0244109037)  
Rev. Fr. Donatus Pallu - Parochial Vicar (024 988 1284)



# THE FATHER'S EMBRACE III

Christ the King Catholic Church, Cantonments

**A LENTEN RETREAT FOR ALL YOUTH**

SATURDAY | MARCH | 9:00AM | CHRIST THE KING  
26TH | 2022 | 12:00PM | CATHOLIC CHURCH

**LAUNCHING OF HARVEST 2022**  
This year's Thanksgiving Harvest will be launched on 2nd April 2022 at all Masses.

**TUESDAY TEACHING** | **ON BREAK TILL 5TH APRIL 2022**

**NO TUESDAY EVENING MASS**  
As a result of the on going deanery confessions, there will not be evening Mass on 22nd & 29th March, 2022.

# 3RD SUNDAY OF LENT, YEAR C

**First Reading:** On hearing the cry of misery and hopelessness of the people of Israel, then enslaved in Egypt, God took pity on His people and decided to free them through Moses. (Exodus 3:1-8, 13-15)

## RESPONSORIAL PSALM (Ps. 103)

“The Lord is kind and merciful..”

Bless the LORD, O my soul;  
and all my being, bless his holy name.  
Bless the LORD, O my soul,  
and forget not all his benefits. **Res**

He pardons all your iniquities,  
heals all your ills,  
He redeems your life from destruction,  
crowns you with kindness and compassion. **Res**

The LORD secures justice  
and the rights of all the oppressed.  
He has made known his ways to Moses,  
and his deeds to the children of Israel. **Res.**

Merciful and gracious is the LORD,  
slow to anger and abounding in kindness. For as the heavens are  
high above the earth,  
so surpassing is his kindness toward those who fear him. **Res.**

**Second Reading:** Paul shows that the sacred writers of the bible did not recount ancient traditions to merely inform or entertain us. Rather, the authors intended to teach us religious values by narrating those traditions of the past. (Corinthians 10:1-6, 10-12)

**Gospel:** The killing of some Galileans and deaths caused by accidents do not mean that those who died were more sinful than others. Jesus uses the story to drive home the lesson that all of us, without exception, are in urgent need of repentance and personal reform at all times. (Luke 9:28-36)

## WEEKDAY READINGS 3RD WEEK OF LENT, YEAR C

Monday	<b>St. Nicholas De Flue</b> 2 Kgs 5:1-15b/Ps 42/Lk 4:24-30
Tuesday	<b>Ss. Simon of Trent and William of Norwich</b> Dn 3:25. 34-43/Ps 25/Mt 18:21-35
Wednesday	<b>St. Toribio de Mogrovejo</b> Dt 4:1. 5-9/Ps 147/Mt 5:17-19
Thursday	<b>St. Catherine of Sweden</b> Jer 7:23-28/Ps 95/Lk 11:14-23
Friday	<b>ANNUNCIATION OF THE LORD</b> Is 7:10-14;8:10/Ps 40/Heb 10:40-10/Lk 1:26-38
Saturday	<b>St. Ludger</b> Hos 6:1-6/Ps 51/Lk 18:9-14

## NEXT SUNDAY'S READINGS 4TH SUNDAY OF LENT, YEAR C

Jos 5:9a. 10-12/Ps 34/2 Cor 5:17-21/Lk 15:1-3. 11-32

# FROM THE PASTOR'S DESK

My dear Parishioners,

*If you do not repent, you will all perish as they did!"*

One of the songs we have sung since the beginning of Lent is “Though your sins are like scarlet, they shall be as white as snow” (CH 167). The second verse reads: *Hear the voice that entreats you; Oh return you unto God.* This song captures the tenor and the mood of the Lenten Season. We are all implored to return to God. The songwriter tells us, *He is of great compassion and of wondrous love.* In other words, we are to take advantage of God’s abundant mercies, retrace our steps to Him and enjoy the peace that His love brings. The good news is that God does not deal with us according to our sins. He deals with us according to his love.

Repentance is a central theme in Luke’s Gospel. Today’s gospel explains how God invites his people to repent of their sins, renew their lives, and produce fruits of authentic Christian living. Citing two tragic events, namely, the Gentiles whose blood Pilate mingled with the blood of their sacrifices; and the eighteen people on whom the tower at Siloam fell, Jesus exhorts the Jews: *I tell you, if you do not repent, you will all perish as they did!* Jesus admonishes us that the judgment of God upon others is a loud call to us to repent.

This story of the fig tree planted in the vineyard reminds us of the parable of the vineyard in Isaiah 5:1-7. Through this parable, we learn of the patience of God. God does more than enough to encourage us to repent and bear fruit (Matt. 3:7–10). He has had every right to cut us down, but in His mercy, He has spared us. He gives us chance after chance so that we will reform our lives and be reconciled with him. Even when we waste or refuse those chances, God still allows us more opportunities for us to repent. But we cannot continue to draw strength and sustenance from God without producing fruit. In other words, we must not presume upon the kindness and long-suffering of the Lord, for the day of judgment will finally come.

As we celebrate the third Sunday of Lent, let us be fruitful trees in God’s orchard. Lent is an ideal time “to dig around and manure” the tree of our life so that it may bring forth fruits of repentance, reconciliation and forgiveness. Let us, therefore, make the best use of this sacred time God has given us.

On Wednesday, we had a penitential service. Many of you seized the opportunity and used the sacrament of penance and reconciliation to till the soil of your spiritual life. I encourage all of you who have not yet gone for confession to kindly do so before Easter. Through the sacrament of penance and reconciliation, God will heal your heart.

The Lord bless and keep you.

Fr. Akessch

## SECOND COLLECTION

March 20 Men vs Women  
27 Poor & Needy

April 03 Thanksgiving  
10 Youth Sunday (Arch)

## BIDDING PRAYERS & OFFERTORY

April 03 Sacred Heart Confraternity  
10 Christian Mothers Association  
17 St. Peter the Apostle Dagaaba Union  
24 Marshallan Association

## SOCIETAL / GROUP MEETINGS

### TODAY

\*YCWM, after the 8:30am Mass at the Parish Office.  
\*St Peter the apostle Dagaaba Union, after the 8:30am Mass at the Grotto  
\*St Michael Ewe Union (General), after the 8:30am Mass at the Grotto.  
\*Marshallan Association, after the 8:30am Mass at the St. Maria room, Parish Hall.  
\*East Legon, Madina, Adenta Area group, at Divine Mercy Catholic Church, Okponglo at 4:00pm

### NEXT SUNDAY

\*Christian Mothers Association, after the 8:30am Mass at St. Anthony Room, Parish Hall.

## YOUTH CALLING

### ANGELIC CHOIR CALLING

Do you love to sing? Do you have a passion for ministering in the house of God? If yes, the Angelic Choir of Christ the King is your destination. We sing at the youth mass in the parish hall every Sunday. If interested, whether your voice is as polished or not, contact Gloria Theresa Avumegah the Vice President on 0204954004.

**KINDLY GRAB A COPY OF THE CATHOLIC STANDARD AT GHS2.00**

# FAITH CORNER

## FASTING AND ABSTINENCE

Lent is a common time for fasting and abstinence in many churches. The practice is performed by Roman Catholics as well as Eastern Orthodox and Protestant Christians.

Fasting and abstinence, in general, are forms of self-denial and most often refers to abstention from food and drink. In a spiritual fast, such as during Lent, the purpose is to show restraint and self-control. It is a spiritual discipline intended to allow each person to focus more closely on their relationship with God without the distractions of worldly desires.

For some believers, fasting may extend beyond food. For instance, you might consider abstaining from a vice like smoking or drinking, refraining from a hobby you enjoy, or not indulging in activities like watching television. The point is to steer your attention away from temporary satisfactions so that you are better able to concentrate on God.

The tradition of fasting during Lent has long been held by the Roman Catholic Church. The rules are very specific and include fasting on Ash Wednesday, Good Friday, and all Fridays during Lent. The rules do not apply, however, to young children (below 14yrs), the elderly (60yrs over), or anyone whose health may be jeopardized by a change in diet.

Before you fast, you must consider the following: **Set your objective** (what is your reason for fasting); **make your commitment** (how long will you fast, what type of fasting, the activities you will indulge in or avoid); **prepare yourself spiritually** (confess your sins, ask for the help of the Holy Spirit, pray for direction and strength against temptation) and **prepare yourself physically** (eat small meals especially fruits and vegetables a day or two before a major fast, have enough rest, exercise moderately and limit activity).

As we fast and abstain from the pleasures of life, may we grow deeper in love with God and our neighbour. May our fast be fruitful.

- Rev. Fr. Donatus Pallu

## OSU DEANERY 2022 LENTEN CONFESSION

**NB: Kindly note that confessions begin at 6:30pm**

Tuesday, 22nd March, 2022	St. Martin, Teshie-camp   Ss Anne & Joachim, Teshie
Wednesday, 23rd March, 2022	St. Thomas Aquinas, Cantonments   St. Ignatius Of Loyola, Baatsona
Thursday, 24th March, 2022	St. Anthony, Nungua   Our Lady Of Perpetual Help   St. Maurice, La & Our Lady Of Visitation
Tuesday, 29th March, 2022	St. Peter’s, Osu   Holy Spirit Cathedral, Adabraka
Wednesday, 30th March, 2022	St. Michael, 37   St. Catherine, Burma Camp
Thursday, 31st March, 2022	Mary Mother Of Good Counsel, Airport – West