



THE CHURCH *Bulletin*

Sunday, March 08, 2026. Vol. 9/Iss. 10

SUNDAY MASS READING

- 1st Reading - Exodus 17:3-7
- Psalm - Psalm 95:1-2, 6-7, 8-9
- 2nd Reading - Romans 5:1-2, 5-8
- Gospel - John 4:5-42

RESPONSORIAL PSALM

*If today you hear his voice,
harden not your hearts.*

MASS SCHEDULES

Sunday

- 1st Mass: 6:30 am
- 2nd Mass: 9:00 am
- Children's Mass: 7:00 am

WEEKDAY MASSES

- Monday: 6:00 am
- Tuesday: 6:00 am
- Wednesday: 6:00 am & 7:00 pm
- Thursday: 6:00 am
- Friday: 6:00 am & 7:00 pm
- Adoration: 6:00 pm
- Saturday: 6:30 am
- Adoration: 6:00 am

Infant Baptism

once every quarter of the year

Confessions

- Fridays: 6:00 p.m. - 6:45 p.m.
- Saturdays: 7:00 a.m. & 6:00 p.m.
- or any day by appointment.

BANK ACC. NAME

1. Our Lady Seat of Wisdom Catholic Church, Oyarifa
Bank: National Investment Bank
Acc #: 1121000172801 **Branch:** Adenta
Momo: 0248729242 **Merchant ID:** 551685
TCash: 0201465914 **Till Code:** 416116

CHURCH ADMIN

Priest-in-Charge

Fr. Anthony Kofi Anomah, C.S.Sp
 0208138335/0243240815

Pastoral Staff

- Fr. Nicholas Twumasi, C.S.Sp - 0552338793
- Fr. Francis Aninama, C.S.Sp - 0201752427

Email:

seatofwisdomcc95@gmail.com

Postal Address

P. O. Box AK 248, Abokobi, Accra

3rd Sunday of Lent (Year A)

Theme: Jesus is the source of life

By: Fr Anthony Anomah, C.S.Sp.

Today's readings are centred on water, a symbol of Baptism. The first reading describes how God provided water to the ungrateful complainers of Israel. The water which came from the rock for the Israelites in the desert represents new life in baptism. In the wilderness, God provided life-giving water to a doubting people, teaching them trust.

In the Gospel, Jesus met the Samaritan woman at the well. The Samaritan woman represented women in general, prostitutes and sexually immoral people and sinners. On his journey, Jesus was tired, hungry and thirsty. He was like us in all things but sin. He asked for help from a Samaritan woman whom he was supposed to avoid and hate. She was very surprised at his approach, but her surprise allowed

Jesus to offer her "living water". What is this water that Jesus speaks about? It is God's Spirit which comes to us in Baptism. The Sacrament of Baptism is not just a ritual producing magical effects. It is the outward, symbolic sign of a deep reality, the coming of God as a force penetrating every aspect of a person's life. And this happens through our exposure to Jesus and the Gospel vision of life, and through our becoming totally converted to that vision. This can only happen through the agency of a Christian community into which we are reborn.

Jesus' mission begins with reaching out to a family. The water that Jesus promises is closely linked to conversion and forgiveness of sin. Jesus is the Lamb of God who takes away the sin of the world. But the sin must first be exposed and acknowledged. And the focus of Jesus' attention is not just the woman's sin, but that of everyone in the whole town

"...Our Lady Seat of Wisdom...Pray for US."

MEETINGS

1. Christian Mother's Association have their general meeting on 1st Sundays of the month after Mass. New members are welcome.

2. Christian Daughters Association meets after Mass every 1st Sunday of the month. New members are welcome.

3. St Theresa of the child Jesus society will be having their monthly general meeting on 2nd Sunday of every month. New members are welcome

4. The Youth have their general meeting on 3rd Sundays of the month after Mass. New members are welcome.

5. The Church Choir meets as follows:

Tuesdays - 7pm
Thursdays - 7pm
Saturdays - 7pm

6. KNOLTA meets as follows:

Saturdays - 3:00pm
Sundays after Mass.

7. Sacred Heart Confraternity meets after first Mass on the third Sunday of every month. First Friday devotion is at 5am every month at the church. New members are welcome

8. Catholic Charismatic Renewal meets for prayer meeting and intercessions as follows: Sundays - 5:00pm and Mondays - 6:00pm

9. Welfare Committee meets every Second Sunday of the month after Mass.

10. All parishioners who have not registered should pick registration forms and fill for their names to be captured in the Day-Group Welfare list.

11. Lectors meet on Saturdays at 6:00pm

12. Church Pastoral Council meets after first Mass on the second Sunday of the month

13. Persons wishing to Join Knight of St John International, should Contact the following numbers: 054 080 2319/ 0543900732

14. CYO meets at 2pm on Sundays. New members are welcome

15. Trinity Northern Society meets every 3rd Sunday of the month after first Mass. New members are welcome

16. St. Michael Ewe Society meets every 2nd Sunday of the month after first Mass. New members are welcome

17. Holy Family Akan Society meets every 3rd Sunday after first Mass. New members are welcome.

Society Duty Roster

4th Jan	Trinity Northern
11th Jan	St. Michael Ewe
18th Jan	Holy Family Akan
25th Jan	Youth
1st Feb	CMA
8th Feb	STCJS
15th Feb	CCR
22nd Feb	KLM
1st Mar	KSJI&LA
8th Mar	Sunday
15th Mar	Monday
22nd Mar	Tuesday
29th Mar	Wednesday

****Please Note: Now it is only on Sundays that groups will be on duty for prayer of the faithful and offertory.**



DAILY READINGS

Mon - 2 Kings 5:1-15ab; Psalm 42:2, 3; 43:3, 4; Luke 4:24-30

Tue - Daniel 3:25, 34-43; Psalm 25:4-5ab, 6 and 7bc, 8-9; Matthew 18:21-35

Wed - Deuteronomy 4:1, 5-9; Psalm 147:12-13, 15-16, 19-20; Matthew 5:17-19

Thur: Jeremiah 7:23-28; Psalm 95:1-2, 6-7, 8-9; Luke 11:14-23

Fri: Hosea 14:2-10; Psalm 81:6c-8a, 8bc-9, 10-11ab, 14 and 17; Mark 12:28-34

Sat - Hosea 6:1-6; Psalm 51:3-4, 18-19, 20-21ab; Luke 18:9-14

Sun - 1 Samuel 16:1b, 6-7, 10-13a; Ps 23: 1-3a, 3b-4, 5, 6; Ephesians 5:8-14; John 9:1-41

REFLECTION

from which she comes. A sinner that she is, she will become the agent of her neighbors' salvation and conversion.

Jesus tells her that he is the Messiah. Interestingly, it is an adulterous Samaritan woman who is the first person in John's Gospel to hear that Jesus is the Messiah. This is because it is sinners who need a doctor. The healthy do not need the doctor. Many Samaritans came to believe in Jesus because of the woman's witnessing and later from their own experience of Jesus as the Messiah. They asked him to stay with them. Jesus often needs to be invited to stay. He stands at the door and knocks, but he will not come in unless invited.

In the Second Reading, Paul says, God's love has been poured into our hearts through the Holy Spirit that has been given to us. It is not just a question of a ritual washing or immersing and saying magical words, but of a real drinking in of that Spirit. The spirit quenches our thirst, not by removing our desire for God's presence, but by continually satisfying it.

We need to allow Jesus free entry into our personal lives. We need to get rid of our unholy attachments to evil habits and sinful addictions that keep us enslaved to sin. Our human thirst is always met by God's generous fidelity.

Launching and Appeal For KRISTOPRAISE

Date: Sunday, 8th March 2026
Time: 6:30 am and 9:00 am Masses

Fundraising Activities March

- Publicity and Promotion
- Printing and sale of T-Shirts
- Kristopraise Day - 5th April 2026 (Easter Sunday)

LENTEN RECOLLECTION 2026 ARCHBISHOP ANDO CATECHETICAL AND RETREAT CENTER, SHAI HILLS

Date: Saturday, 14th March 2026

Theme: Be perfect just as your heavenly Father is perfect (Mt. 5:48)

Departure: 6:15 am

Facilitator: Fr. Isaac Dunyo

PROGRAMME

Time	Activity
8:00am	Arrival
8:10am	Orientation
8:30am	Prayer on the Labyrinth
9:30am	Stations of the Cross
11:00am	Exposition of the Blessed Sacrament at the Grotto
11:10am	Reflection on the theme
-	
12:00pm	
12:00pm	Angelus
12:10pm	Inner Healing
-	
12:30pm	
12:30pm	Reposition of the Blessed Sacrament
12:40pm	The Holy Mass
2:30pm	Interaction and Departure

NB: Confession is most important during these seasons. Confession starts immediately after orientation ends. Therefore, we appeal to priests to avail themselves for confession alongside the rest of the programme.

All retreatants are encouraged to come along with Rosaries, Bible and writing pads.

VACANCY ANNOUNCEMENT

Part-Time Accounts Officer wanted.

Qualifications: Diploma in Accounting or Degree in Accounting. Partly qualified or fully qualified ICA/ACCA. Minimum of 3 years working experience

How to Apply:

Interested applicants should submit their CVs to the Union Office or send via WhatsApp to: **0552529529**

PRAYERS CORNER

NICENE CREED

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages.

God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made.

For us men and for our salvation, he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures.

He ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in One, Holy, Catholic and Apostolic Church.

I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

ANIMA CHRISTI

Soul of Christ, sanctify me

Body of Christ, save me

Blood of Christ, inebriate me

Water from the side of Christ, wash me

Passion of Christ, strengthen me

O good Jesus, hear me

Within thy wounds, hide me

Suffer me not to be separated from thee

From the malignant enemy defend me

In the hour of my death call me

and bid me come unto thee,

that with thy saints I may praise thee

forever and ever. Amen.



ACC. Name: **OUR LADY SEAT OF WISDOM
CATHOLIC CHURCH COOPERATIVE
CREDIT UNION (OLSWCCCU)**

Bank Name: **GCB BANK PLC**

Branch: **Adenta Branch**

Savings Account No.: **1471010064138**

REGISTER NOW

Office Number:
0530927170

Momo line:
0530927170

Seat of Wisdom Catholic Church-Teiman



0248729242

Merchant ID: 551685



0201465914

Till Code: 416116

Editorial Team: Felix Amissah; Mrs. Gifty Amegatse; Felix Engsalige Nyaaba; Nana Ofori Dzandu; Francis Forkuo; Richmond Darko; Mr. Charles Oppong

P. O. Box AK 248, Abokobi - Accra

Send Articles to: seatofwisdomgh@gmail.com