



APRIL 2018 (YEAR B)

# ST. JAMES CATHOLIC CHURCH

Monthly News Bulletin

P. O. BOX 1865, Osu - Accra

## *Welcome To Our Parish*

### **MASS SCHEDULES**

Morning Mass: Monday - Friday 6:30am  
Sunday Mass: 8:00am

### **SACRAMENT OF RECONCILIATION / CONFESSION**

Saturdays at 5:30pm - 6:30pm or by  
appointment.

### **COMMUNION TO THE SICK**

Please ensure the parish office is informed of  
a parishioner's ill health. Arrangements will  
be made for a home or hospital visit.

### **BAPTISM**

Dates are communicated by announcements  
during Sunday Mass.

### **HOLY MATRIMONY**

Wedding arrangements should be made with  
the Parish or Associate Priest. Please contact  
the Parish office at least six months prior  
to wedding.

Counselling takes place twice a year:  
January - June  
July - December

### **PARISH PRIEST**

Very Rev. Fr. Daniel Mawuli Tettejji  
0243 044 431

### **ASSOCIATE PARISH PRIEST**

Rev. Fr. Prince E. Adelaayitar  
0262 154 881

### **ADMINISTRATIVE SECRETARY**

Maxwell Akokre  
Tel: 0505 256 484 / 0302 798 781

### **OFFICE HOURS**

Mondays 8:00am - 12:00pm  
Tuesday - Friday 8:00am - 5:00pm

### **ST. JAMES MINI MART**

Tuesday - Saturday, 10:00am - 7:00pm  
Sundays 6:30am - 2:00pm



## IN THIS EDITION

- Pastor's Column
- Reflections
- Spiritual Focus
- Parish News
- Empowerment
- Youth
- Children's Corner

*Very Rev. Fr. Daniel Tetteji*

My Cherished Parishioners

Christ is risen! He is risen indeed ALLELUIA! What a great joy it is to celebrate the resurrection of Jesus Christ from the dead. The month of April begins with this greatest feast on the Christian calendar: Easter. St. Augustine is quoted to have said: "We are Easter people, and Alleluia is our song". The Easter celebration is one which is characterized by great joy, and this joy must fill every part of our being. And not only that; it must also be infectious. In other words, joy must be radiated wherever we find ourselves. I pray, therefore, that the joy of the season must be our strength. With this, I wish to welcome you cherished parishioners to the month of April.

Kindly take note of the following activities:

**-EASTER MONDAY PICNIC:** As part of the 125th anniversary celebration of the Catholic mission in Accra, St. James is paired with some selected parishes in the Osu deanery for this year's Easter Picnic celebration. The VENUE is St. Thomas Aquinas School, Cantonments. The day begins with HOLY MASS at 9am, to be followed by a series of activities such as: Football, 400mm X 3, Volleyball, Sack race, Horse ridding, Lime & spoon, Indoor games, Kids Zone and many, many, more...

**-FIRST THURSDAY MONTHLY ADORATION** comes off on 5th April at 6pm. I wish to encourage all to be present because for the first time, we shall have over 30 priests in attendance to bless us. Don't miss it...

**-ST. JAMES DEVELOPMENT SERIES** – On Saturday 7th April, from 9am – 12noon, the Wednesday born group shall champion a special seminar dubbed: St. James Development Series. This programme seeks to tap into the expertise of professionals in the church to groom the young ones and also to create the platform for networking among the many professionals we have. This is a great opportunity for all of us. Don't miss it ... just grab a ticket for GHC 25.

To conclude, I pray that the resurrection of Jesus Christ will be a sign of victory for us all. God whom we serve is faithful, and he will not disappoint no matter what.

**Shalom!!!**

## HUMILITY

"... God, be merciful to me a sinner!" [Luke 18:13]

Lent, leading to Easter, is the season and reason for humility. Luke encourages meekness of spirit; not being a doormat, but rather being obedient to God and His commandments. We should acknowledge that as human beings we are prone to sin and therefore it is only right to ask God for mercy and forgiveness. We should always approach him with a humble and contrite heart, like the tax collector, who in humility beat his chest asking for God's mercy while the Pharisee in the same synagogue proudly tells God all the good things he has done.

**"For I desire mercy and not sacrifice, the knowledge of God, rather than burnt offerings"** [Hosea 6:6]. This tells us that God Himself demands humility from us. How can anyone create and love pompous people who feel superior to their fellow human beings? No one is ever so good and righteous that he does not need God's mercy.

David, a staunch and obedient follower of God, acknowledges that God demands humility from us. He is not interested in heartless sacrifices but prefers a humble heart that loves and submits himself to Him. David believed and worshipped God in all that he did. This does not mean that David did not sin. He was human after all. But he always repented and trusted wholeheartedly in God. He acknowledged his sins, was remorseful and made atonement for them. And this is what he was referring to when he wrote: **"... For in sacrifice you take no delight; burnt offering from me would not please you. My sacrifice to God, a broken spirit: a broken and humbled heart, O God, you will not spurn."** [Psalm 51:18-19]

Knowing God intimately, he advises that we listen to God's voice that always guides us on the right path to follow. Most times our minds are filled with so many diverging noises that we fail to hear the voice of God when He speaks to us. And even when we do hear His voice, we prefer to listen to the exciting voice of the world. **"... Oh, that today you would hear his voice: Do not harden your hearts as at Meribah, as on the day of Massah in the desert."** [Psalm 95:7-8]

**"I count everything as refuse, in order that I may gain Christ and be found in Him..."** [Philippians 3:8-9]. This is how St Paul summarizes the attitude of a true follower of Christ. Christ should be our priority in all that we do. This way although we are in the world we would not be of this world [John 17:14-15]

**"Whoever therefore wants to be a friend of the world makes himself an enemy of God"** (James 4:4). Satan is the ruler of the world of darkness which is opposed to the light of world, Jesus Christ. Satan rules the world by making people think that the values that lead away from God are more attractive than following the teachings and imitating the life of Christ.

In both the Old and New Testaments, God tells us to seek first His kingdom and all else will be given to us. If we choose to seek first the wealth and power of the world and ignore God, we create an upside down mountain which will end up crushing down with all our pride.

It sounds almost contradictory when in Matthew 5:5 Jesus says: **"Blessed are the meek** [Good News Bible says 'humble' instead of meek] **for they will inherit the earth.** This tells us that when we seek the face of God in ALL we do, the world will no longer be a place of darkness and suffering but we will triumph over all evil.

When we humble ourselves and are meek before the Lord we become lights of hope to those who are stumbling around in spiritual darkness. Personal pleasure is no longer our goal in life, as it once was, but rather the worship of God and living our lives as light in the dark.

When we live our lives in such a way that those who don't believe can see that there is something we have that is good and wonderful - something different, something they will be curious about, something they will want for themselves too, we act as Ambassadors of Christ.

*"Our possessions, our families, our jobs, our health give us a sense of control, and they also seem all-important. We forget that they require stewardship, but are not who we are. Many voices tell us that what we drive, what we wear, where we live, or our career ... are what make us who we are. We need to begin to find ourselves instead in 'loving God with all our heart, soul, mind, and strength and in knowing him' ... After all his theological questioning, Job listens and begins to know God. Basically Job says, 'I see that I didn't understand at all'" - [Mary Ellen Ashcroft explaining Job 42:1-6]*

**EUCCHARISTIC ADORATION: A GLIMPSE AT ADORATION IN THE OLD AND NEW TESTAMENTS [PART 2]**

The Patriarch David was a man of prayer. When in 2 Samuel chapter 11 he takes Uriah's wife and kills him, he is confronted by the prophet Nathan in the next chapter. The punishment was the death of the child that was born to them. David fasts and prays but the child dies. After the death of his child, we are told that: "David rose from the ground, washed, anointed himself, and changed his clothes. He went into the house of the Lord, and worshiped" (Adoration). [2 Samuel 12:20]

Several times in His Life, David will strengthen himself in the Lord (1 Samuel 30:6). I believe he strengthened himself through prayer, and adoration. Read the psalm he writes when he is fleeing from his son Absalom who is after his throne and therefore his life:

***"O God, you are my God, for you I long;  
for you my soul is thirsting.  
My body pines for you  
like a dry, weary land without water.  
So I gaze on you in the sanctuary  
to see your strength and your glory.***

***For your love is better than life,  
my lips will speak your praise.  
So I will bless you all my life,  
in your name I will lift up my hands.  
My soul shall be filled as with a banquet,  
my mouth shall praise you with joy.***

***On my bed I remember you.  
On you I muse through the night  
for you have been my help;  
in the shadow of your wings I rejoice.  
My soul clings to you;  
your right hand holds me fast.***

***Those who seek to destroy my life  
shall go down to the depths of the earth.  
They shall be put into the power of the sword  
and left as the prey of the jackals.  
But the king shall rejoice in God;  
(all that swear by him shall be blessed)  
for the mouth of liars shall be silenced."*** (Psalm 63)

This is adoration and its pure effect on the human soul. It is one of my favorite psalms!!!

**PROPHETS**

Let us now look at two of the prophets and how they encountered God in adoration.

**ISAIAH 6: 1-8**

Isaiah begins his narrative by stating the year in which the encounter took place. "In the year that King Uzziah died". What it means is that this encounter with God took place in history, it is real in a specific era implying that we too can encounter God today, in our own time. Isaiah continues: "I saw the Lord sitting on a throne, high and lofty; and the hem of his robe filled the temple." (Divine Presence). "The pivots on the thresholds shook at the voices of those who called, and the house filled with smoke" (Divine Majesty and Glory). "And I said: "Woe is me!" (reverence)

"I am lost, for I am a man of unclean lips, and I live among a people of unclean lips;" (unworthiness).

Acknowledging his unworthiness, God sends an angel to cleanse him saying: "Now that this has touched your lips, your guilt has departed and your sin is blotted out." (Purification) "Whom shall I send, and who will go for us?" And I said, "Here am I; send me!" (Mission)

What stands out in this encounter between God and Isaiah is the ability of God to purify us. He can do this in adoration. It also underlines the fact the purification is a painful experience, the image of the live coal the angel placed on his lips. Imagine fire touching one's lips. But after purification we are ready for mission.

**NEW TESTAMENT**

In the New Testament, the adoration due the Father is given also to the Son. We look at the following passages.

**MATTHEW 2**

In the second chapter of the Good News, according to Matthew, we are told of the journey made by the Wise Men in search of the Infant King. Led by the star through Jerusalem, they arrived finally in Bethlehem. The text states:

"On entering the house, they saw the child with Mary his mother; and they knelt down and paid him homage" [Matthew 2:1-2] (Adoration).

In adoring Jesus, the magi point to his divinity. He is not only the Son of God, He is also God the Son. And He is God the Son in human flesh as John 1:14 states: "And the Word became flesh and lived among us, and we have seen his glory, the glory as of a father's only son, full of grace and truth."

## **MATTHEW 17**

In chapter 17 of the same gospel, Jesus underlines his divinity by taking three apostles to the top of a mountain and was transfigured before them. "And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white" (Divine Presence). "Suddenly there appeared to them Moses and Elijah, talking with him." (The presence of the saints). "Then Peter said to Jesus, "Lord, it is good for us to be here" (the benefits of adoration). "Suddenly a bright cloud overshadowed them" (the Shekinah - the glory of the divine presence). "From the cloud a voice said, "This is my Son, the Beloved; with him I am well pleased; listen to him!" (God speaks to us in adoration and reveals His Son). "When the disciples heard this, they fell to the ground and were overcome by fear" (Adoration in awe)

## **JOHN 9**

In John 9, the beautiful story of the man born blind ends with the man adoring Jesus. The passage states: He said, "Lord, I believe." And he worshiped him (v38 Divine Presence and Adoration). In the man Jesus is the fullness of God as Colossians 2:9 states: "For in Him dwells all the fullness of the Godhead bodily". This is supported by Colossians 1: 19: " For in him all the fullness of God was pleased to dwell".

Consequently, he receives the worship the Father receives as revealed in Revelations 5: 13-14: "Then I heard every creature in heaven and on earth and under the earth and in the sea, and all that is in them, singing, "To the one seated on the throne and to the Lamb be blessing and honor and glory and might forever and ever!"

And the four living creatures said, "Amen!" And the elders fell down and worshiped."

## **THE NEW TESTAMENT AND THE REAL PRESENCE**

The Real Presence refers to the real presence of Jesus in the Eucharist, the Holy Communion. It means that the bread and wine after consecration become the true body and blood, soul and divinity of Jesus as stated in the introduction.

The Eucharist is alive and therefore it gives life. It is interesting to note that the body, blood and soul are the main parts of living human beings. If one adds the divinity, that is the complete Jesus, human and divine. John states in his version of the good news:

"I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh."

The Jews then disputed among themselves, saying, "How can this man give us his flesh to eat?" So Jesus said to them, "Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever." (John 6:48-58)

The above is quoted fully so we can spend some time on it, reflecting, pondering, wondering and trying to grasp what it means. If Jesus is truly present in the bread and the wine, then just as we can adore the person of Jesus, we can adore him in the Eucharist.

In Matthew 26:26-28 Jesus himself states: "Take, eat; this is my body." (His body, soul and divinity) "for this is my blood of the [covenant]" (blood, soul and divinity).

In 1 Corinthians 10:16 St. Paul states: "The cup of blessing that we bless, is it not a sharing in the blood of Christ? The bread that we break, is it not a sharing in the body of Christ? (Body, blood, soul and divinity)

1 Corinthians 11 Paul cautions: "For all who eat and drink without discerning the body, eat and drink judgment against themselves". If Jesus was not really present in the Eucharist there will be no condemnation if one takes it anyhow.

## **CONCLUSION**

From the above we have established three main points:

- God, because he made us, expects us to adore him
- This adoration which began in the Old Testament is given to Jesus too in the New Testament
- And since Jesus is truly present in the Eucharist, he too is adored in the Eucharist.

We hope to reflect a bit more on the formats for adoration and some of the benefits of adoration.

## ST JAMES HEATH SCREENING EXERCISE

Written by MEF

Giving is a formidable principle/value for the Season of Lent. This was vastly demonstrated on the .... of March 2018. Parishioners were privileged to be at the receiving end of the generosity of the St James Medical Team during a Health Screening Exercise.

Many doctors, nurses, and professionals in the medical sector pooled together their resources and expertise to help all those who took advantage of the golden opportunity. The services that were freely given included BMI checks, sugar level measurements, malaria tests, dental examination and blood pressure measurements among a host of others.

Parishioners who were fortunate to patronise the Health Screening Exercise benefited immensely by being elucidated on the status of their health. To complement the tests done was medical counselling from the experts to the early birds, thus laying the foundation for thorough medical examination in future. The gesture was returned when Parishioners of St James donated blood to the Blood Bank. May God bless the Medical Team for their sacrifices, may God bless the organisers for their pains, and may He bless the countless people who accessed the opportunity.





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## THE WOMAN'S QUEST FOR BEAUTY

*By Ayesha-Andrea Apedoe*

We all know the old proverb, "beauty lies in the eyes of the beholder" but how true are these words? We live in a society that places a high degree of importance on physical appearance. TV, movies, magazines and billboards all display attractive people thus making many women obsessed with physical beauty. One question is should beauty really be that important for a woman? Or is it something a Christian woman should strive for? What makes a woman truly beautiful? Is it her kindness, confidence, a big smile and what comes from the heart or rather exterior beauty, such as figure, elegance, features or complexion?

From a tender age, girls are presented with ideals of beauty, mostly through the media, virtually pressuring them to conform to certain societal demands on looks. They have distorted images of how their bodies and appearance should look like, often leading them to unhealthy behaviours, such as eating disorders, psychological distress and self-harm. Unfortunately, today's society judges and rewards women based on what they look like instead of what they do in their lives, how talented and good they are to others. Young girls grow up into women feeling uncomfortable with their bodies, denting their self-confidence in the process. Still pressured to fulfill and maintain the standards for perfect beauty, women resort to all kinds of surgeries, adopt certain eating habits often through starvation and consuming massive dietary pills.

To rediscover and redefine the meaning of beauty, we should combine the outer, inner and Godly attributes as they all play important roles. A woman can and should be beautiful because God designed her that way. Her skin, hair and other features were created to be soft and appealing and her body was fashioned to be attractive and beautiful to men. As much as it should be freeing for a woman to know how pointless it is to make her looks fit in with current trends, it is equally important for her to work towards maintaining some physical attractiveness by staying healthy. When she is healthy, she has an attractive glow about her. A balanced diet and exercise plan will help her achieve that. Looking feminine is another key factor for womanly beauty. She should look like a woman not a man and this can be achieved through her dress and hairstyle.

If a woman recognizes that beauty comes from within, she is empowered to unleash the wonderful talents hidden within, and she is able to rise to the level of self-esteem where her traits and habits impact positively on her family, church, community and the society. Instead of being displayed as a trophy because of her looks, may she rather represent a woman who shines so brightly through her amicable sweetness of light, compassion, serenity, and confidence.

A truly beautiful woman is not only attractive on the outside and inside but also attractive to God. How a woman looks to God is more important than any other quality she possesses because one day, her outer beauty will fade and her inner beauty will cease but the beauty that God sees in her will be important when she stands before Him. To stay beautiful in the sight of God, she must strive to obey His word in many ways such as being submissive to her husband's authority in marriage. Unfortunately, submission is not a popular word in our society today as the meaning may have been misconstrued for weakness. It is rather a sign of strength! It is great reverence to God and God values a woman who fears Him. [Proverbs 31:30]

Another area of concern is the attitude among some women that has its roots in the feminist movement. This attitude is a deep anger towards men but let all women begin to contrast this attitude to the gentle and quiet spirit that God values in them. A truly beautiful woman is not in competition with men but she understands and appreciates the values and strengths they possess. Hers is to exude strength, passion with her skills, confidence in her ability to accomplish what is good, and great reverence to God. Women of today must re-programme their perception of true beauty, not by messages fed to them daily by media outlets, but by understanding and embracing the other elements of inner beauty and Godly qualities. She should also teach her children to believe that a person becomes a hollow and empty shell if she is not beautiful all round: on the outside, inside and most importantly, to God.

## DO OUR ACTIONS MATTER?

*By Cynthia Nimo-Ampedu*

Since the death of Ebony, Ghana's young and talented musician, many young and even old persons have asked themselves many whys. Many have still not come to terms with how and why such a young talented musician should die at the peak of her career. Some have tried to overcome the pain and shock by assuring themselves that perhaps, her last few seconds on earth were reconciled with God, looking beyond her presumed lack of or inadequate moral standards. Others have justified her death on the grounds that she was a bad influence on the youth because of her risky taste for fashion. As Christians however, we cannot be judges in this situation since we do not know the relationship between her and God either during her lifetime or at the point of her death. A relationship with God is not determined by our public show of spirituality but rather, our personal relationship with Him. The lessons in this situation should rather be that death is no respecter of persons and the need for us to always be right with God because we do not know when our end will come.

I have heard how, quite often, people console and convince themselves that they are in God's good books irrespective of their actions because God is interested in their heart and not their actions. In a recent interview a young celebrity earnestly attempted to indicate her connection with God by saying God is interested in her heart when she was questioned about her fashion taste, which often left very little to the imagination. She further justified it by saying that it is meant solely for show business and was quick again to say that she remains faithful to God by doing charitable works and paying her tithes. My question however is, does God only look to our hearts and turn a blind eye to our actions? Do our actions really not matter?

God's commandments and statutes are meant to guide our actions and inactions on a daily basis. If our actions did not matter, He would not give us laws for our guidance. As he guides our actions and inactions, He expects that we regret those actions and inactions which are inconsistent with His laws. It is therefore difficult to be convinced that God only looks at our hearts. He expects our actions and the desires of our heart to be reconciled. He gives us the opportunity to gradually make this a reality. In acknowledgement of the challenges with living right in this world, He appreciates our efforts when we strive to correct our ways every time we go wrong. The efforts show Him that our hearts are indeed desirous of doing right. Thus, a pure heart is not an end in itself but a means to change our ways to reflect the holiness of God in us.

An attempt to justify our wrong actions and hold on to them while we render sacrifices in the form of offerings to God and other forms of charitable work is an attempt to manipulate and outwit God. Let us however remember that God can neither be manipulated nor outwitted. Our gifts in a state of sinfulness are not pleasing to Him. He knows our inner most thoughts and desires our truly contrite hearts which makes us sacrifice worldly pleasures. Yes, He is merciful. Yes, His love is constant and He is always ready to forgive us, irrespective of the number of times we offend Him. We must however remember that we cannot take His mercy and love for granted because He is also just.

# The Resurrection

“Don’t be alarmed,” he said. “You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him.” Mark 16:6 (NIV)

The puzzle is based on Mark 16:1-8



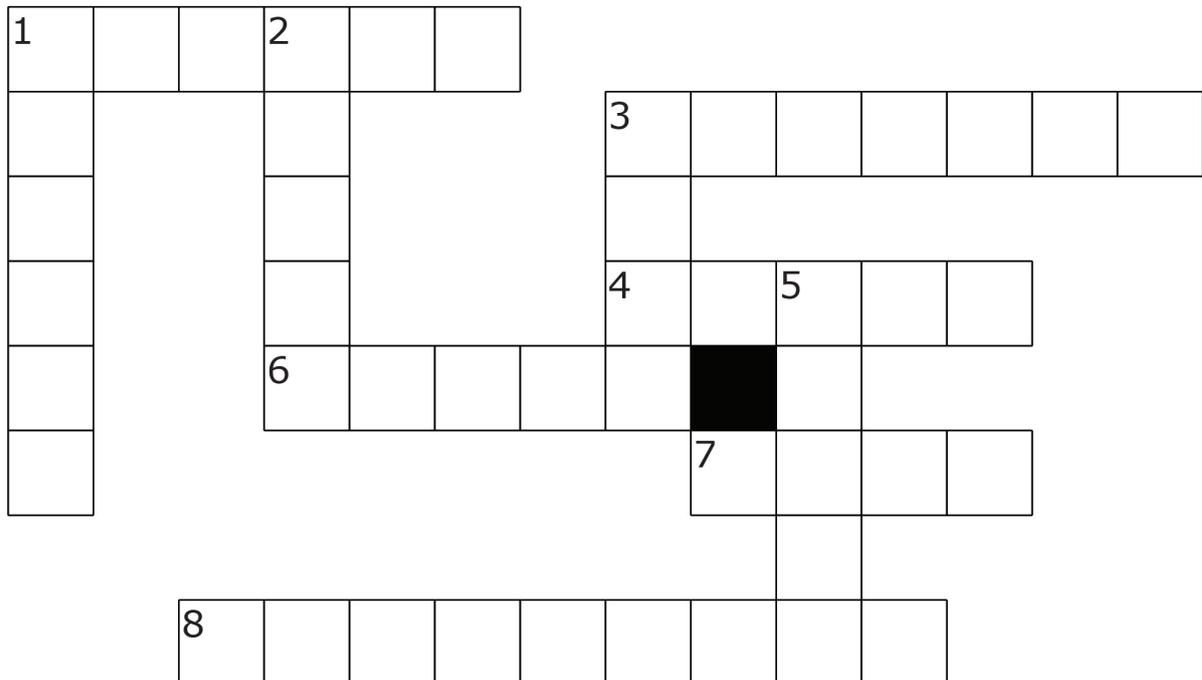
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AFRAID	BODY	FIRST	DAY	CRUCIFIED
RISEN	MARY	TOMB	SPICES	ROLLED
SUNRISE	JESUS	WEEK	ANOINT	STONE

# The Resurrection

"Don't be alarmed," he said. "You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him." Mark 16:6 (NIV)

Puzzle is based on various Gospel accounts of the resurrection.



**ACROSS**

- 1. To be filled with fear
- 3. The first or early part of a day
- 4. To return from death
- 6. To have nothing inside
- 7. A place where someone is buried; another name for grave
- 8. Having been put to death on a cross

**DOWN**

- 1. Messengers from heaven
- 2. Not dead
- 3. The name of the woman who discovered Jesus' empty tomb
- 5. What was used to cover the entrance to Jesus' tomb

ALIVE	MORNING	EMPTY	AFRAID	ANGELS
TOMB	MARY	CRUCIFIED	RISEN	STONE

# Faith Bookshop

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## WEEKDAY ACTIVITIES

### Mondays

Bible sharing (6:15pm - 7:30pm)

Youth Choir (7:00pm - 9:00pm)

### Tuesdays

St. Anthony's Guild (6:30pm - 7:30pm)

### Wednesdays

Church Choir (6:30pm - 8:30pm)

### Thursdays

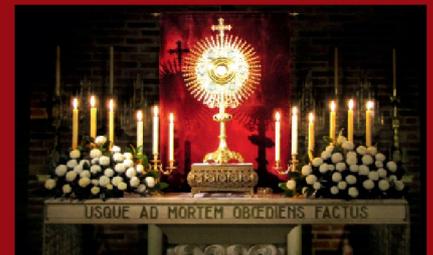
Youth Choir (7:00pm - 9:00pm)

Charismatic Renewal (6:30pm - 7:30pm)

### Fridays

Church Choir (6:30pm - 8:30pm)

Sacred heart Confraternity (6:30pm - 7:30pm)



### Eucharistic Adoration

Thursday preceding the first Friday of the month.

### Day born groups

Last Sunday of the month after Mass or by announcement.

### Faith Bookshop

Monday - Friday, 8:00am - 7:30pm

Saturdays 3:00pm - 7:30pm

Sundays 9:30am - 1:30pm

## CIBT JANUARY 2018 ADMISSIONS ARE OUT - GET YOUR ADMISSION FORMS NOW

The Catholic Institute of Business and Technology (CIBT), a Catholic University College of the Archdiocese of Accra, announces the January Admissions for the 2017/2018 academic year.

Admissions are open for all successful Nov-Dec (WASSCE) candidates and mature students (25 years and above) to pursue undergraduate studies in the following programmes:

- B. Sc. Information Technology**
- B. Sc. Public Administration**
- B. Sc. Business administration**
- B. A. Religious Studies and church Administration**

### Where to get the forms:

1. CIBT forms can be obtained at EMS Section of Ghana Post
2. Come to our campus located behind Ministry of Information and Adjacent to the GNAT Hall, Adabraka - Accra.
3. Visit our website [www.cibtghana.net](http://www.cibtghana.net).

**Price of form: GH100.00**

**Lectures begin on the 5th of February, 2018.**

NB: Admission forms are available also for students wishing to pursue undergraduate programmes beginning August/September 2018.

### CIBT 5TH CONGREGATION/GRADUATION

The 5th Congregation/graduation of CIBT comes off this Friday, 2nd February, 2018 at 10:00am at the CIBT campus, Adabraka - Accra. About 100 students will be graduating with bachelors and masters degrees. All are invited.

God bless you.