



the **Bridge**



ISSN 0855 657 (A JOURNAL OF THE NOBLE ORDER OF THE KNIGHTS AND LADIES OF MARSHALL). APRIL - JUNE, 2020



Ghana Catholic Bishops' Appeal For Support To Fight COVID-19 Pandemic

Noble Order Makes Donation

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Covid-19 And Other Past Influenzers : A History Of Pandemics

Highlighted on this page is a summary of a Visual history of Pandemics

A Timeline of Historical Pandemics

Disease and illnesses have plagued humanity since the earliest days, our

mortal flaw. However, it was not until the marked shift to agrarian communities that the scale and spread of these diseases increased dramatically.

Widespread trade created new opportunities for human and animal interactions that sped up such

epidemics. Malaria, tuberculosis, leprosy, influenza, smallpox, and others first appeared during these early years.

The more civilized humans became – with larger cities, more exotic trade routes, and increased contact with different populations of people, animals, and ecosystems – the more likely pandemics would occur.

Here are some of the major pandemics that have occurred over time:

SOURCE: By Nicolas LePan, Mining Editor, Visual Capitalist.

Name	Time Period	Type / Pre-human host	Death toll
Antonine plague	165-180	Believed to be either smallpox or measles	5M
Japanese smallpox epidemic	735-737	Variola major virus	1M
Plague of Justinian	541-542	Yersinia pestis bacteria / Rats, fleas	30-50M
Black Death	1347-1351	Yersinia pestis bacteria / Rats, fleas	200M
New World Smallpox Outbreak	1520 - onwards	Variola major virus	56M
Great Plague of London	1665	Yersinia pestis bacteria / Rats, fleas	100,000
Italian plague	1629-1631	Yersinia pestis bacteria / Rats, fleas	1M
Cholera Pandemics 1-6	1817-1923	V. cholerae bacteria	1M+
Third Plague	1885	Yersinia pestis bacteria / Rats, fleas	12M (China and India)
Yellow Fever	Late 1800s	Virus / Mosquitoes	100,000-150,000 U.S.)
Russian Flu	1889-1890	Believed to be H2N2 (avian origin)	1M
Spanish Flu	1918-1919	H1N1 virus / Pigs	40-50M
Asian Flu	1957-1958	H2N2 virus	1.1M
Hong Kong Flu	1968-1970	H3N2 virus	1M
HIV/AIDS	1981-present	Virus / Chimpanzees	25-35M
Swine Flu	2009-2010	H1N1 virus / Pigs	200,000
SARS	2002-2003	Coronavirus / Bats, Civets	770
Ebola	2014-2016	Ebolavirus / Wild animals	11,000
MERS	2015-Present	Coronavirus / Bats, camels	850
COVID-19	2019 Present	Coronavirus - Unknown (possibly pangolins)	344,454 (as of May 26, 2020)

Comment

COVID-19 AND THE CHANGING TRENDS

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THE BRIDGE

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News At A Glance **Back Page**

The outbreak of COVID 19 continues to have adverse effects on many industries including the print industry.

Being cognisant of this, the Bridge Editorial Board has resolved to preserve and keep intact its over 30 - year magazine.

Thanks to technology, our second quarter edition .April-June 2020 can be assessed at marshallan.org.

You are assured that subsequent production of the hard copies will resume as soon as COVID 19 hopefully disappears before end of the year.

This will make room for future late subscribers to access the Bridge online.

COVID 19 has also brought in its

wake the need to enhance our usual activities through technology. For the first time brothers and sisters had the opportunity to listen to the Noble Order's message for the Sir Marshall Day Celebration through Facebook. Also significant is the virtual meetings instituted by our Supreme Chaplains for Councils and Courts under the title; **Time With The Lord For Marshallans.** The Bridge is delighted that Marshallans have responded positively to the changing trends as true soldiers of Christ, ever - ready to defend and protect the Catholic faith.

Long Live the Noble Order of the Knights and Ladies of Marshall!
Long Live the Thirteen Founding Fathers!!

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COVID19: LIVING UNDER LOCKDOWN AND RESTRICTIONS

As at May 27 2020, 7,117 COVID-19 cases have been reported in Ghana. So far the Government has introduced some bold policies and directives aimed at stemming the continued spread of the Pandemic. It has introduced partial lockdown in the epi-centres of Accra, Kumasi, Tema and Kasoa and Social Restrictions nationally. These measures are to help stop the spread of the Pandemic and save lives through social distancing.

Ghanaians are socially and culturally very active. These restrictions could therefore have major psychological and physical effects on the populace if appropriate adaptive and active measures are not taken. There could be challenges of loneliness, anxiety and depression. Boredom can be more devastating for some people than COVID-19. Reduction in physical activity as a result of restrictions in movement could also result in weight gain, joint problems and *thromboembolic* (blood clot) conditions in predisposed individuals. Some may even over-indulge in food and alcohol in response to depression tendencies.

To stay connected with friends, family and workmates, social media comes in handy. We should however ensure that information that are posted or forwarded are correct and are from reliable sources. In extreme cases, especially for persons who are infected or affected by Covid-19 and have to self-isolate or go under quarantine, psychological support may be needed as



W/B. DR. PAUL KWAW NTODI, SPH, RGK

these can be very stressful. They should not shy away from seeking help from Counsellors, Clinical psychologists or Psychiatrists.

To reduce boredom and stay active, movies, music, indoor games such as scrabble, ludo, monopoly, oware can be enjoyed with the family. It will be good to use the time for family togetherness and bonding. This is a good opportunity to read more books.

A nutritious balanced diet consisting of adequate amounts of carbohydrates, proteins, vegetables and fruits is essential for keeping good health under such restrictive circumstances. No supplementary feeding (vitamins and minerals) is needed except for individuals with special needs. Negative practices such as excess intake of food and alcohol should be avoided.

Where feasible, walks can be carried out on the compound or on staircases. Indoor exercises, such as aerobics, skipping and press-ups are helpful for keeping fit.

Finally, it will be good to use the opportunity to read and meditate on the word of God and spend time in prayer to enhance our spiritual development.

and so the human brain play a great role whether we are a contact, quarantined or isolated. When our certainty is questioned for example, our stress response goes haywire, instantly arousing our fight-or-flight reaction, prompting you to take action in order to get you to safety.

Waiting for certainty as in laboratory confirmation or otherwise of COVID-19 as a contact, in quarantine or isolation in relationship to COVID-19 can feel like torture by a million tiny cuts as our brain prefers to know an outcome one way or another to take the urge off.

The fight against the COVID-19 pandemic would be won side by side with our health care providers, government, religious bodies, traditional rulers and citizens of Ghana.

For everyone involved in this COVID-19 pandemic fight, we need to take note of the following to help our colleagues or employees who have been exposed, quarantined and isolated.

- Adjust appropriately to their personal care, functioning in the family, work and society.
- Help minimise stigma situation and its psychological related challenges
- And prepare to admit or discharge a person as contact, quarantined or isolated in relation to COVID-19.
- There is need for the involvement of professionals like psychologists and counsellors to prepare them for their reintegration back into society.

In this regard, the support of families and co-workers will be crucial so as to deal with any concerns, perceptions or fears as a way of improving their health and enhancing their reintegration process and productivity.

MEANWHILE, The Chairperson of the Ghanaian Chaplaincy in London, W/B Kobla Mensa - Kuma has advised Ghanaian Catholics in the UK to endeavour to conform



to regulations aimed at preventing the spread of COVID - 19 Pandemic.

EXCERPTS. I bring to your attention, the Government's Guidance on Mental Health & Wellbeing aspects of Coronavirus (COVID-19), published 29 March 2020 to help us manage the outbreak in line with the changing situations.

Some Necessary Steps

- To maintain relationships /stay in touch with people you trust e.g. friends and family via phone, video calls or social media instead of meeting in person – whether it's people you normally see often or connecting with old friends.

Cont'd Back Page

DEALING WITH THE CHALLENGES OF COVID -19: THE PSYCHOSOCIAL PERSPECTIVE

Writer: Bro. Peter Mintir Amadu, Maredes Officer, Council 27, Tamale. Bro Amadu is also a Psychologist and Executive Director of Total Life Enhancement Centre Ghana, a Tamale-based Non-Governmental Organisation.



Psychosocial interventions are services designed to provide counselling, assistance to accessing other services, access to skilled and professional help, assistance with the development of strategies to reduce harm, and access to specialist advice and information. These services can be provided to individuals or to groups. Psychological intervention could also be in

a form of helping a person to cope with the stressors of a life event. These could be a health challenge such as COVID-19, work related, home based, relationship issues and developmental issues. Psychosocial interventions takes many forms and fall under two main umbrellas of therapy, namely cognitive and behavioural therapy. Psychological interventions attempts to establish certainty in an uncertain situation

NEW

**GRANDKNIGHTS
& NOBLE LADIES**

Grand Knights and Noble Ladies were in December 2019 installed for respective councils and courts throughout the country and in territories outside Ghana. Reproduced are the second part of reports from some of the councils and courts at the time of going to press.

COURT 105, NEW APLAKU, ACCRA.



Sis. Christabel Thompson

December 14, 2019: Sis. Christabel Thompson, a Principal Nursing Officer working of the Surgical Department of the Korle-Bu Teaching Hospital took over office as the 7th Noble Lady for the 2020 administration of Court 105, New Aplaku, Accra with Sis. Joyce Oduro as Deputy Noble Lady. MRL Sis. Cecilia Bobie conducted the

installation and was assisted by Sis. Vivien Adusei, Sis. Justina Enniful and Rev. Fr. Bernard Ackon. Sis. Thompson, was initiated in 2008 and sat for her Lower Degree in 2012 with Distinction. She also studied her Mystic Psychology in 2013. Some portfolios she has held in the Order included Assistant Treasurer for Court 63, Dansoman, after which she joined Court 105 as a Founding Member. At Court 105 she held the position of Assistant Treasurer for two (2) years and became Treasurer of the Court in 2015. Before her election as Deputy Noble Lady, she served as a member of the Planning Committee for the consecration of the Junior Order and became an Organiser of the Junior Order.

From Sis. Anita Opoku -Tawiah, Communications Officer, Court 105, and Bro. Dominic Antwi Boasiako, Communications Officer, Council 109, NewAplaku.

COUNCIL 78, KUMASI



Bro Gabriel Antwi

December 21, 2019: Bro Gabriel Antwi was installed as the Grand Knight of Council 78, KNUST, Kumasi for the 2020 administration.

The installation team comprised Sir Kt Bro. Matthew Kwame Gyamfi as Installation Officer, Sir Kt Bro. Kofi Bani, Installation Secretary, W/B Amonoo-- Parker, Installation Guard and Rev. Fr Augustine K. Boateng as Chaplain.

Brother Antwi joined the Noble Order as a Junior Marshallan at **10J, (Queen of Angels)** Kumasi in 1987 and the Adult Council in April 2010 at Council 78 KNUST Kumasi.

He had earlier served the Council as Reporter, Assistant Secretary and two terms as Secretary.

From Bro E. Bokuma and pictures by Council 78 Comm. Team)

Council 128, Abuakwa



Bro. Gordon Nakpa-Der

December 14, 2019: Bro. Gordon Nakpa-Der took over the mantle as the 4th Grand Knight of Council 128, Abuakwa with Bro. Frederick Onyinah is the Deputy Grand Knight.

The installation team was led by Sir Kt Bro. Matthew Kwame Gyamfi, W/B Hypolite Naazig, Installation Secretary, W/B Benjamin Amonoo Parker, Installation Guard and Bro. Rev Fr Emmanuel Effah Agyei, Installation Chaplain.

The Grand Knight, Bro Nakpa-Der was initiated into the Noble Order in 2011 at Council 78, KNUST.

He later transferred to Council 128 as a founding brother. He became the first Captain of Guards for two years.

In 2018, he was elected Deputy Grand Knight.

*From Bro. KWADWO KARIKARI CO 128
Martin Mmieh Assist CO 128*

COURT 100, SANTASI



Sis Lydia Arhin

December 7, 2019: Sis. Lydia Arhin, was installed Noble Lady for the 2020 administration of Court 100, Santasi.

The newly-installed Noble Lady was initiated into the Noble Order on 15th

August 2010 and a founding member of Court 100, Santasi.

She was the Secretary for five consecutive years. She passed her lower degree examination and also graduated from the Mystic Psychology Course successfully. She is a Teacher by profession.

The installation was conducted by PGL MRL Sis. Margaret Gaisie Essilfie, and assisted by the Installation Officer, RL Sis. Comfort Dakorah-Bendah, Installation Secretary, Sis. Fidelia Forson, Installation Sentry and Sir Kt. Bro. Rev. James Buor-Mensah, Installation Chaplain.

From Sister Akoto Bota, Court 100 and Brother Daniel Opoku, Council 98, Santasi

Council 71,



Bro. Albert Amoako- Farkye

Bro. Albert Amoako- Farkye, a Procurement Officer at the University of Ghana Business School, Legon has been installed as the 19th Grand

Knight of Council 71 of the Noble Order of the Knights of Marshall with Bro. Kofi Annan-Dennis as Deputy Grand Knight . This was at the December Council meeting held at the Marshallan Community Centre at Dansoman SSSIT Flats in Accra.

The installation team comprised Sir Kt. Bro. Constant Komla Ayem, Installation Officer, W/B Henry Ashun, Installation Secretary, W/B Lucas Agbo, Installation

Guard and Bro. Rev Fr. Francis Destiny Amenuvor, Installation Chaplain.

Bro. Amoako- Farkye, who took over from Bro. Dr. Innocent Adzaml, the Immediate Past Grand Knight, was a member of 17 brothers initiated into Council 71 in July 2007 and christened "**Jubilee 17**".

He was Assistant Secretary for two years and a Secretary for a year. He served on various committees and was the Chairman for the Health and Sports Committee during the 2018 Administration.

In his inaugural speech, he pledged, among other things, to implore a listening administration, saying "**there are no shortage of ideas and opinions, which are always voiced with a desire to make council 71 and the Marshallan fraternity better.**"

From Augustine Cobba-Biney, Communications Officer Council 71, Dansoman-Accra

NEW
GRANDKNIGHTS
& NOBLE LADIES



Bro Charles Kwesi Seddoh

Council 64, Teshie-Nungua

December 7, 2019: Council 64, Teshie-Nungua installed Bro Charles Kwesi Seddoh as the 20th Grand Knight of the Council. The position of Deputy went to Bro Alexander Awuviri. The installation team was led by Sir Kt. Bro Wilberforce Bedu-Mensah, with the support of W/B David Akake and W/B Peter Charles Dogodzi and Bro.

Rev. Fr. Emmanuel Kwofie.
Bro Charles Kwesi Seddoh is the son of the late Bro. Richard Seddoh and Sis. Emelia Seddoh. He joined the Noble Order in 2007 and served as Secretary in the same year for three consecutive terms. He worships with Our Lady of Perpetual Help Catholic Church – Nungua, where he serves on the Parish Pastoral Council as Father’s Nominee. He currently works with Eni Ghana as a civil supervisor.



Bro. James Carl Vanduyck

Council 109, New Aplaku.

December 14, 2019: Bro. James Carl Vanduyck, a Logistics Manager at Haulage and Freight forwarding firm assumed office as the 7th Grand Knight for the 2020-2021 Administration of Council 109, New Aplaku with Bro Dominic Barimah as Deputy Grand Knight .

The Installation team was led by Sir Kt Bro. Anthony Nanabayin Baffour.

was assisted by the Accra West Regional Grand Knight, W/B Paul Eduafo Enninful, Installation Secretary; Bro Frank Ofofu Frimpong, Installation Guard with Bro Rev Fr Augustine Abaka, Installation Chaplain.

Bro James Carl Vanduyck was initiated into the Noble Order in July 2007, at Council 71 Dansoman.

He became the Outer Guard for a year, then Inner Guard for two years.

He later became the Captain of Guards from 2011 to 2013 at Council 71, Dansoman.

He joined Council 109 New Aplaku, in 2013 as one of the Founding Members of the newly Consecrated Council, and continued as the first Captain of Guards from 2013 to 2014.

In 2014, due to his hard work and commitment to the works of the Noble order, he was selected as the Best Knight for Council 109.

On the completion of his tenure as Captain of Guards, Bro Vanduyck was appointed Chairman of Guards.

Prior to his election as the Deputy Grand Knight for Council 109, he was a member of the Social, Welfare, and Assets Committee of the Council.

He is married to Sis. Rebecca Vanduyck of Court 105, New Aplaku.

From Brother Dominic Antwi Boasiako, Council 109 New Aplaku

Court 63, Dansoman

At Court 63, Dansoman. Sis. Victoria Fulera Anafure was installed as the 19th Noble Lady.

She took over from Sis. Juliet Amah, the Immediate Past Noble Lady.

Also installed as Deputy Noble Lady was Sis. Gloria Adu.

The installation team was made up of RL Sis Joana Essel, Sis. Patricia Kwasi-Kuma, Installation Secretary, Sis. Afi Akanni, Installation Sentry with Sir Kt Bro Very Rev Fr Dominic Amegashiti, Installation Chaplain.

Sis. Anafure holds a Bachelor of Arts in Management/Sociology from the University of Ghana, Legon. Among the post she has occupied in the Court include Auditor, Assistant Treasurer and Treasurer.

At the committee level, she was Chairperson of Social and Transport Committee, Chairperson of Junior Order, member of Project and Finance committees.

To mark the occasion, Sis. Anafure donated a Chaplain’s gown and regalia for the Court and GHC10,000 to the Sisters’ Fund, aside supporting the temple project of the Council and Court.



Sis Victoria Fulera Anafure

*From Bro Augustine Cobba-Biney
Communications Officer, Council 71, Dansoman-Accra.*



Sis. Catherine Quarm,

Court 7, Obuasi.

December 14, 2019: Sis. Catherine Quarm, was installed as the 25th Noble Lady of Court 7, Obuasi.

The installation team was made up of RL Sis. Christina Buadu, Installation Officer, RL Sis. Agnes Quarm, Installation Secretary, RL Sis. Francisca Obeng Darko, Installation Sentry and W/B Rev. Fr. Anthony Baffour Awuah, Installation Chaplain.

In attendance was PGLMRL. Dame Theresa Pobee.

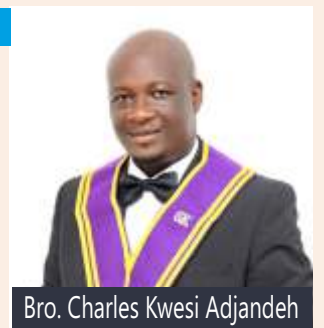
Council 74, Accra Central

December 14, 2019: Bro. Charles Kwesi Adjandeh, a supply chain specialist by profession, was installed as 19th Grand Knight (GK) for Council 74, Accra Central with Bro Prosper Sossoe as the Deputy Grand Knight.

The installation was led by PSK Sir Kt Bro Ernest Amoako-Arhen with Sir Kt Bro. Francis

Koku as Installation Secretary, Very Rev. Fr. Dr John Louis, Vicar General for Accra Archdiocese, Installation Chaplain and Bro. Nestor Amagah, Installation Guard. He was initiated into Council 74 in October 2009 and had since held various positions such as Assistance Secretary, Membership Co-ordinator, Welfare chairman and an Organizer of Junior Order.

From Bro. Stephen Ekow Anaman and Bro. Jurgen Francois Vander Plum



Bro. Charles Kwesi Adjandeh



Catholic Bishops' Conference Appeal Fund

Noble Order Makes Donation

April 15, 2020: The Noble Order of the Knights and Ladies of Marshall has presented a cheque for GHc100,000 to the Ghana Catholic Bishops' Conference (GCBC) in response to an appeal for support to fight COVID-19 pandemic. The donation is targeted at supporting efforts to procure personal protection equipment (PPEs) for frontline health workers and also provide relief items to the poor and vulnerable population. The Supreme Knight, Sir Kt. Bro. Charles Lieber Lebenone Cobb made the donation on behalf of the Noble Order and was

received by Most Rev. Charles Gabriel-Palmer Buckle, (Vice - President of the GCBC). Present at the ceremony, included Most Rev. John Bonaventure Kwofie, Metropolitan Archbishop of Accra, SPSK Sir Kt. Bro. Anthony Coblak Kemavor, MRL. Sis. Felicity Acquah who represented the Grand Court, and Very Rev. Lazarus Anondee, Secretary - General of GCBC. **In his remarks at the ceremony,** Sir Kt. Bro. Cobb said the donation was an example of the many charitable acts and support that the Noble Order continued to

extend to the Church and humanity. *“As Christians and soldiers of the Church, it is our duty to be part of the solution and defend the Church at all times”.* **Most Rev. Palmer -Buckle,** paid tribute to frontline players, security officers and the media for putting their lives on the line to save lives and provide relevant information on the pandemic. For his part, **Most Rev. Kwofie** called on organisation and individuals to contribute their widow’s mite towards winning the fight against **COVID -19.**



Marshallan Honoured

Bro. Professor Dominic Sagoe,

Bro. Professor Dominic Sagoe, a member of Council 11, Elmina, has been appointed to serve on the **World Anti-Doping Agency (WADA)** prevalence working group. By his appointment Bro Sagoe, a Columnist, of the **Bridge Magazine** together with three others, will investigate contemporary estimation methods and trends in sports. Bro. Prof. Dominic Sagoe obtained his BA Psychology and Philosophy in 2007; Mphil, Social Psychology in 2012, both from the University of Ghana, Legon. He went on to obtain an Mphil in Human

Development from Norwegian University of Science and Technology and PhD in Psychology from the University of Bergen, Norway. Prof. Bro. Sagoe joined the Noble Order of Knights of Marshall at the Junior level (Ark of the Covenant 24 J, Elmina) in 2007 and transferred to the Adult Council in December 2009. He is currently an Associate Professor, Department of Psychosocial Science, University of Bergen, Norway.

From Bro. Vincent Bart-Plange, CO, Council 11, Elmina

Leadership of the Noble Order Calls on Archbishop John Bonaventure Kwofie

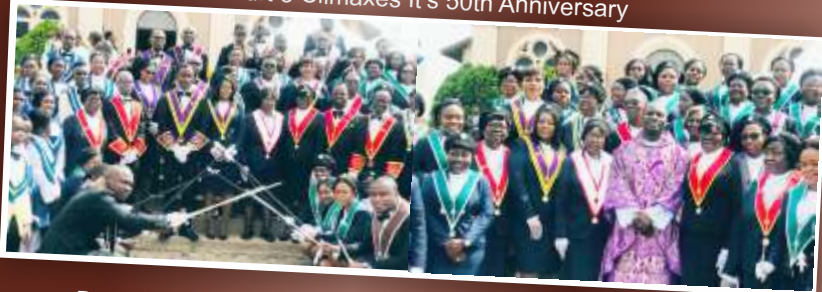
March 12, 2020: The leadership of the Knights and Ladies of Marshall has met the Archbishop of Accra, Most Rev John Bonaventure Kwofie. The delegation was led by the Supreme Knight, Sir Kt. Bro. Charles Lieber Lebenone Cobb and the Grand Lady, MRL Sis. Dame Dr Agatha Akua Bonney. **Speaking during the visit,** Sir Kt Bro. Cobb pledged, among other things, the allegiance and continued support of the Noble Order to the Church. Most Rev. Kwofie gave the assurance that he would always support the lay faithful since the responsibility of running the Church was a collective responsibility. He said the youth in the Church looked up to the Knights and Ladies of Marshall impacted positively on the youth in the Church. He, therefore, urged Marshallans not to underestimate the positive impact the society was playing in the Church.

From RL Sis. Cynthia Lassey-Ibrahim with pictures by Sir Kt Bro Albert Salia

FLASH BACK

Of Marshallan Activities

Court 3 Climaxes It's 50th Anniversary



December 22 2019: Sisters of Court 1, Kumasi and Brothers of Council 3 as well as Junior Marshallans pose for the camera after a Thanksgiving Mass celebrated by Rev Fr Albert Kyei Danso at the St Peter's Cathedral Basilica to climax the 50th anniversary of the Ladies of Marshall.

COUNCIL 74 AND COURT 67 LAUNCH 20TH ANNIVERSARY



December 15, 2019: Council 74 and Court 67, Accra Central launched its year-long 20th anniversary at Holy Spirit Cathedral, Adabraka. It was also a thanksgiving Mass for the newly-installed Grand Knight, Bro Charles Kwesi Adjandeh and the Noble Lady, Sister Alberta Aidoo.

MAIDEN LECTURE IN HONOUR OF LATE SPSK SIR KT. BRO. SIR KWADWO OFORI KURAGU



The inaugural Marshallan Lecture Series in honour of late SPSK Sir Kt. Bro. Sir Kwadwo Ofori Kuragu instituted by Council 3 and Court 1, Kumasi was held on November 19, 2019. The theme for the maiden lecture was **“Safeguarding and Protection of Children and the Vulnerable in Society.”** The lecture brought together Marshallan Brothers and Sisters of Council 26 and Court 13, Mampong, Council 31 and Court 32, Offinso, Council 43 and Court 53, Mampong, Council 78 and Court 74, KNUST, Council 98 and Court 100, Santasi and Council 128 and Court 123, Abuakwa. The Guest Speaker for the lecture was Rev. Fr. Prof. Anthony Afful-Broni, the Vice-Chancellor of the University of Education, Winneba.

• *Picture (left) A section of officers during a courtesy call on his wife, MRL. Sis. Victoria Kuragu after the lecture.*

Sekondi: First Installation Meeting Attended By The Supreme Knight



December 14, 2019: Supreme Knight Sir Kt Bro. Charles Lieber Lebenone Cobb (2nd from right), pictured with high officers and the new Grand Knight of Council One, Bro. Dominic Samuel Arthur, (3rd from right)

**New Rector of St Bahkita Catholic Church
Rev Fr Hillary Agbenosi @35**



A memorable occasion: Rev. Fr. Hillary Agbenosi, Rector, of St. Bahkita Catholic Church, Com. 20 poses with members of the St. Bahkita Marshallan Association after a Thanksgiving Service to mark his 35th Birthday.

FLASH BACK

Of Marshallan Activities

KUMASI: GRAND LADY AT COURT ONE



The Grand Lady MRL Sis Dame Dr Agatha Akua Bonney on February 1, 2020 paid an official visit to Court One, Kumasi, during its second Court meeting of the year at the Marshallan Temple, Fante New Town and was officially welcomed to the Court by the Noble Lady, Sister Esther Manu.

Accra East Supports Accra Archdiocese



Most Rev. John Bonaventure Kwofie receives a cheque from RL Sis. Winifred Yennah (left)

April 24, 2020: THE Accra East Regional Council and Court of the Noble Order of Knights and Ladies of Marshall presented a cheque for GH¢10,000.00 to the Catholic Archdiocese of Accra. The cheque, which was presented by the Regional Grand Knight, W/B Augustine Appiah and the Regional Noble Lady, RL Sis. Winifred Yennah at the Holy Spirit Cathedral, Accra, was to support the charity works of the Archdiocese in he wake of COVID-19 Pandemic.

Most Rev. John Bonaventure Kwofie, CSSP, thanked the team for their generosity and hoped more societies will follow the good gesture of Marshallans in the Accra East Region. Present were Sir Kt. Bros. Albert Salia, W/Bs Samuel Kingsford Arthur, Charles Nuoriyee and Joseph Quarshie, MRL Sis. Dame Afua Amoo-Adare, RL Sis. Charity De-Souza and Bro. Edward Karikari Mensah.

May Borns of Court 5 And Court 110 Assist Patient



THANK YOU, MAY BORNERS OF LADIES OF MARSHALL COURTS 5 & 110

May born Sisters of Court 5 and Court 110, in Accra, have contributed to take care of medical expenses of Michael Owusu, a patient at the Korle Bu Teaching Hospital who sustained injury to his left wrist in an attempt to separate a fight.

Patient Owusu who underwent successful surgery to repair severed blood vessels and tendons was detained at the hospital because of his inability to pay off his medical bills.

Says Sis Cynthia Prah: *"We are glad to give hope to someone who needed support as a way to celebrate our birthdays as a group."* In appreciation, Michael proudly held a message that says it all: *"Thank you May borns of Ladies of Marshall Court 5 and 110."*

CLIMAX! CLIMAX!! CLIMAX!!!

The Noble Order of the Ladies of Marshall is 50 Years old.

HURRAY!!!!

All Marshallan Brothers and Sisters are kindly invited to join in the celebration of five decades of hard-work.



Programmes Line-up

- ELEVATIONS
- PRESENTATION OF AWARDS

(Grand Court Award, Grand Lady's Award, Supreme Director and Supreme Knight's Awards, Grand Youth Co-ordinators' Awards, Best Sister and Best Court's Awards as well as Awards for the Nine Foundation Courts)

SIDE ATTRACTIONS:

- CLIMAX
- September 26, 2020 Fund-Raising Dinner Dance.
- September 27, 2020, Thanksgiving Service

COME ONE, COME ALL AND LET US CELEBRATE!!!!

PREPAID SUBSCRIBERS OF THE BRIDGE MAGAZINE

As you are already aware, the outbreak of COVID 19 has necessitated the need to hold on for a while on the production of our hard copies. The Editorial Board has therefore decided that payment will be credited to cover the first quarter edition of 2021.



COUNCIL AND COURT 102 SUPPORT PRIESTS

A delegation of Brothers and Sisters from Council and Court 102, Holy Cross Parish, Tamale, have donated some food items, bottled water and an undisclosed amount to priests of the parish.

Bro. Nelson Mornah, the Grand Knight and Sis. Cynthia Liekuu, the Noble Lady, led the delegation to present the donation.

Bro. Mornah who spoke on behalf of the delegation, stated that their mission was to check on the welfare of their priests and also support their upkeep following the outbreak of the covid-19 pandemic.

Very Rev. Fr. Hilary Pogbeyir, the Parish Priest, who received the donation at a brief ceremony at the Mission House of the parish on April 26, 2020, in the presence of Rev. Fr. Moses Yaw Nsenminya, one of his Curates, thanked the Marshallans for their thoughtfulness and generosity.

Present at the presentation were Bro. Ivan Gam, Past Grand Advisor, Bro. Dr. Conrad W. Kuuder, Grand Advisor, MRL. Sis. Alice Belbaar, Sis. Elizabeth Naah, Noble Advisor and Sis. Felicia Ali, Deputy Noble Lady.

From Francis Ekow Monnie, RCO

COUNCIL 3 AND COURT 1 DONATE TO HOPEXCHANGE HOSPITAL, KUMASI



April 24, 2020: Brothers and Sisters of Council 3 and Court 1, Kumasi donated 20 gallons of rubbing alcohol, 15 Veronica buckets, three gallons of hand sanitizers, 10 gallons of liquid soap, 240 nose masks, 1000 gloves and four packs of tissue papers to HopeXChange Hospital, Kumasi to help in the fight against the COVID-19.

The 14-member delegation was led by the GK Bro. Justice Nkansah Frimpong and Noble Lady Sis. Esther Manu.

The Hospital Administrator, Mr Osei-Kofi Dominic who received the items on behalf of the management and staff of the hospital expressed their gratitude and appreciation for the kind gesture.

In attendance were, PGL MRL Sis Margaret Gaisie Essilfie, MRL Sis Philomena Prempeh, Bro. Richard Nixon Oppong-Peprah, Immediate Past Grand Knight and Sis. Angelina Quayson, Immediate Past Noble Lady.

From Sis Esther Manu, Noble Lady

FROM COUNCIL 140 AND COURT 102 TO SAINT PETER AND PAUL PARISH, TAMALE

A delegation of Brothers and Sisters from Council 140 and Court 131, Saints Peter and Paul Parish, Tamale, on April 22, 2020, donated an undisclosed amount to the parish to support the upkeep of priests, the religious and needy parishioners following the COVID-19 pandemic.

The delegation was led by GK Bro. Godwin Atulley-Kandi Abotisum and NL. Sis. Francisca Derzu.

Very Rev. Fr. Gerald Zienaa, the Parish

Priest, who received the donation at a brief ceremony which took place at the Mission House of the Parish, expressed his profound appreciation to Marshallans for the gesture.

The delegation also included Bro. Hayford Lem, Sis. Dame Agnes Gandaa, Immediate Past Noble Lady and Sis. Emelia Guo.

From Reuben Asigri, C.O. Council 140, Tamale

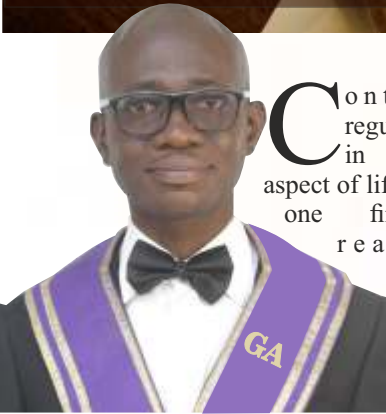


GK Bro. Abotisum(left) presenting the donation to Very Rev. Fr. Zienaa

Enforcement of Contracts:

The Element of Capacity.

By Bro Antoine Atta Brembah, GA Council 3, Kumasi.



Contracts are regular features in almost every aspect of life. Whenever one finds himself reaching an agreement after going through a negotiation some form of contract

is created in one way or the other. Contractual relationships are created through sale of goods and services, tenancy, insurance, employment, acquisition of land among others.

In all these, there are certain vital elements that run through them, namely, agreement (offer and acceptance) by the parties; The parties must have capacity; consideration (price element) which is not only limited to money, and the creation of legal relationship enforceable by the courts.

Capacity is the ability of a person or party to enter into a valid contract. A valid contract can be **voidable**. A voidable contract, however, is binding on the parties unless it is **avoided** or **declared void** by a party who is legitimately exercising a right to avoid contractual obligations. For contractual purposes, a person could be natural (human being) or artificial i.e. companies, government, educational institutions. Basically, a party may either have full capacity or lack capacity.

A person is considered to lack or have limited capacity when he or she is vulnerable and requires to be protected from unscrupulous persons who may want to take advantage of their situation. These persons include infants (minors), drunkards and lunatics.

Under the laws of Ghana, a person reaches the age of majority at 18.

At this age, the person can enter into a contract and is qualified to vote and can make a will. (see **Article 42 of the Constitution, 1992; Section 1 of the Children's Act, 1998 (Act 560)**). Any person below the age of 18 is therefore

considered as **an infant**. In principle, contracts by or with a minor or an infant are unenforceable. However, certain types of contracts entered into by or with an infant are enforceable. Consequently, an infant can sue or be sued in respect of such contracts.

An infant can enter into a contract for necessities such as food, clothing, and shelter. Necessaries are defined under **section 2(3) of the Sale of Goods Act, 1963 (Act 137) as goods suitable to the condition in the life of the person to whom they are delivered and to his actual requirements at the time of the delivery**. What is necessary can only be determined after considering the circumstances of a particular case. An infant can also enter into **contracts that are beneficial** to him or her. The beneficial nature of such contracts are determined by the time they were made. i.e.; learning a trade (apprenticeship) and other services aimed at enhancing education and skill acquisition. Additionally, an infant can enter into contracts of employment. However, such contracts are unenforceable if the demands of the employment far outweighs the benefits the infant stands to gain. (**The Children's Act, 1998 (Act 560)** permits only light work and prohibits any work that endangers the life and development of a child.

Apart from these, there are some other contracts that are binding on an infant unless those contracts were avoided while the person was still an infant or avoided them within a reasonable time after reaching majority age (adulthood). i.e. are share transactions and leases of real property.

UN SOUNDNESS OF MIND

The issue relating to the unsoundness of mind could be used as a defence against the enforcement of a contract. A person of unsound mind may not be positioned to appreciate the consequences of his or her actions. However, it must be proved that the party making a claim of insanity was of unsound mind in fact and that the other

party to the contract knew about that fact. The reasoning behind this position of the law is that insane persons may have lucid moments. Unsoundness of mind therefore does not automatically make a contract void. It rather makes a contract voidable.

Similarly, a contract can also be avoided (by a **drunk party**) if the other party knew that the person he was entering into contract with at the material time was drunk to the extent that he or she was not in a position to appreciate the consequences of his action. However, when the drunk party regains sobriety and ratifies (approves) the contract it becomes binding. Whether the contract is ratified or not it would still be valid until a court grants the drunk party the right to avoid the contract. The success of this relief by the courts may not be guaranteed in all circumstances.

In Ghana, the government enters into contract through its ministries, departments and agencies (MDAs). These **MDAs** enter into contracts in their own name. However, when the need arises to enforce such contracts by or against a ministry, the Attorney-General has the sole capacity to sue or be sued as provided **under section 9 of the State Proceedings Act, 1998 (Act 555)**.

Corporate bodies such as companies and partnerships are considered as **artificial legal persons**. As artificial legal persons registered under the appropriate laws, they have the right to enter into contracts in pursuance of their business. Consequently, they also have the right to sue and be sued to enforce contracts.

Lastly, it is important to note that it is against public policy to enforce contracts which have an enemy alien as a party. An enemy alien under international law is a person (a citizen or national) from a foreign country which is at war with a domestic nation. Enforcing such contracts would mean providing assistance to the enemy or supporting the cause of such country.

Special Occasions

ADOMBIRE AND SIS. AMOAH



Mr. David Baba Adombire, a Teacher at the St. Anne Roman Catholic Junior High School at Bongo, near Bolgatanga, was on February 15, 2020, joined in Holy Matrimony with Sis. Martina Amoah of Court 131, Tamale. The Nuptial Mass which took place at the Our Lady of Fatima Parish, Kamina Barracks, Tamale, was officiated by Rev. Fr. Lt. Benjamin Danso, the Priest-in-

Charge, who is also the Parish Priest of the St. Peter's Catholic Church, Air Borne Force Station, Tamale.

Bro. Donatus Derzu, Past Grand Advisor and Sis. Dame Agnes A. Gandaa, Immediate Past Noble Lady, led Brothers and Sisters from Council 140 and Courts 102, 131 and 145 to attend the Nuptial Mass. Among the scores of Senior Officers present were MRL Sis. Janet Yahaya and Sis. Perpetua Dunee, Past Noble Advisor.

Also present were the faithful, families and friends of the couple.

From Sis. Juliana Atandoh, CO, Court 131, Tamale and Sis. Zita Adumpe, CO, Court 102, Tamale

BRO ADJAGE WEDS MS OBIRI



January 25, 2020: Council 64 and Court 59, Teshie Nungua witnessed the first marriage of the year 2020 as Bro. Dela Moses Adjage and Rosemary Mond Obiri of New Life Community Baptist Church, Bethlehem Tema, tied the knot at the Saint Michael Catholic Church, Michel Camp.

The Priest-In-Charge Rev. Fr. Major Benjamin Kwesi Effuah officiated the ceremony.

Brothers and Sisters of Council 64 and Court 59, Teshie Nungua attended the ceremony in their numbers with the Grand Knight Bro. Charles Kwesi Seddoh, Deputy Grand Knight Bro. Alexander Awuviri, Immediate Past Grand Knight Bro. Linus Kweku Labik, who led the Marshallan delegation.

From Bro. Ernest Atsu Numanyo

SIS ADJEI TIES THE KNOT

February 8, 2020: The Nuptial Ceremony between Mr Charles Bentum and Sister Mavis Adjei of Court 2, Cape Coast was held at the St John the Baptist Parish, Odorkor-Tipper in Accra. In attendance were Sisters from Court 2, as well as Brothers and Sisters from Council 71 and Court 63, Dansoman, Accra.



In his homily, Very Rev Fr Wisdom Dordunu, the Parish Priest implored the couple to value their marriage and work towards its success.

The couple exchanged vows followed by the crossing of sword by Guards and Sentries from Council 71 and Court 63 to climax the wedding.

From Bro Augustine Cobba-Biney, CO, Cl 71, Dansoman, Accra

A GLORIOUS DAY FOR BRO FELIX AND FRANCISCA ADAWANE



February 15, 2020: The Captain of Guards of Council 128 Abuakwa, Bro Felix Kpenekuu took his sweetheart, Ms Francisca Adane to the altar at the

St Mary Catholic Church at Kaase in Kumasi with Rev Fr John Yaw Amankwah, the Priest-In-Charge, presiding.

Brothers and Sisters from Council 128 and Court 123 Abuakwa, were led to the wedding by the Grand Knight, Bro Gordon Nakpa-Der and the Noble Lady, Sis Dorothy Apenteng to the wedding. Story by Bro KWADWO KARIKARI, Co 128

From Bros. Kwadwo Karikari and Martin Mmieh, Council 128, Abuakwa.



SUPREME KNIGHT

AND GRAND LADY'S MESSAGE

SIR JAMES MARSHALL

DAY CELEBRATION 2020

SIR JAMES MARSHALL

DEAR BROTHERS AND SISTERS IN CHRIST:

Greetings from the Supreme Council and Grand

Court of the Noble Order of Knights and Ladies of Marshall on the occasion of Sir James Marshall Day.

This occasion marks a uniquely important day, on which we celebrate Sir James Marshall MA, BL, CMG, KCSG - a

man of faith, whose tireless efforts led to the rebirth of the Catholic Church in the Gold Coast, thus bringing to the fore the contributions of the lay faithful in the workings of the Church.

Sir James Marshall sacrificed a lot for the Church in Ghana, through his humility, passion for Catholicism and love for humankind.

In recognition of these efforts, our great Society was named after him, not just in recognition of his good works, but also to immortalize his memory.

Our Holy Father, Pope Francis constantly makes reference to the virtues of **unity, charity, fraternity and service**, which incidentally make up the motto of the Noble Order and enjoins us and the people of God to practicalise our faith by showing love and care for humanity and the environment.

GLOBAL PANDEMIC

In the face of the global Coronavirus pandemic and its devastating effect on God's people and our communities these virtues of **unity, charity, fraternity and service** have become imperative and a *sine qua non* for our own survival.

COVID-19 that has presently spread to every corner of the world and has taken a huge toll on life and caused many deaths requires us not only to stay safe but also to be each other's keeper and show empathy towards those who have been negatively

impacted by the virus.

Many countries are on lockdown and have imposed restrictions on free movement of people in a bid to curtail the spread of the Coronavirus. We have noticed the harsh effect of these movement restrictions on the poor and vulnerable in many parts of our world with many of these people being forced by hunger and depravity to defy the restrictions and to go out to look for food at the very peril of their lives and with utter disregard to the threat of

infection.

The good news is that a number of well-meaning organizations are partnering governments in providing personal protective equipment to health professionals who are at the forefront caring for those infected as well as the sick and also reaching out to needy people with relief items.

With the support of many Marshallans, the Noble Order of the Knights and Ladies of Marshall reached out to the Ghana Catholic Bishops' Conference in response to their appeal to procure personal protection equipment (PPEs) for frontline health workers and also provide relief items to the poor and vulnerable population.

Many of our Marshallan Brothers and Sisters, like Sir James Marshall, have shown love for humanity by contributing in no small way to enable their Councils and Courts render assistance to their respective Bishops, Priests and their Parishes in their outreach programmes towards vulnerable members of the congregation and their communities.

In spite of the worldwide ban on public gatherings including Church services, we are still called to witness to Christ and be Christlike in our dealings with humankind and we are happy that this is happening within our Noble Order to the glory of God. The Grand Lady and I join hands in expressing our sincerest appreciation for these acts of charity and your zeal to extend

God's love to all and sundry.

We cannot fail to notice that the whole world now appears to be singing from the same hymn sheet with only one tune. Indeed, the current conversation around the world is the devastating effect of the Coronavirus and the need to combat and eliminate it from amongst us. Let this experience be the launchpad for uniting the world around a single purpose of peace and unity and, care for mankind and mother earth.

Beloved Brothers and Sisters. This year's Marshallan Day Celebration also coincides with the fifth anniversary of Pope Francis' Encyclical Letter *Laudato Si* on **CARE FOR OUR COMMON HOME.**

Let us use this celebration to rally communities around actions that will lead to the care of our common home – **the Earth**, especially during this period of the global Coronavirus pandemic.

As we celebrate Sir James Marshall today, outside the Church and in our homes, we entreat all Catholic faithful to pray for the beatification and canonisation of this Nobleman.

This would be the final step towards immortalizing his name and making it indelible in the history of the Church. Let us show our fullest commitment towards this cause and contribute wholeheartedly towards it.

Let us also practice and observe the spiritual exercise that has been designed for Marshallans during the temporary suspension of Council and Court meetings to keep us spiritually united monthly for the flow of the grace of the Almighty to be upon us and our families.

We wish you a happy commemorative day and call on you all to strive to stay safe while redoubling our efforts at extending love and charity to those affected by COVID-19 as an act of love for CHRIST!

To our beloved brothers and sisters who have passed on as a result of COVID-19, may their souls and the soul of Sir James Marshall through the endless mercy of God rest in the peace of the Lord.

MAY GOD BLESS US ALL.

called
to glory

SIR KT. BRO. CDR. LAWRENCE OWUSU AKYAW PREMPEH A LIFE WELL LIVED



The Holy Spirit Cathedral, Accra was filled to capacity by relatives, friends and Christian Communities on February 29, 2020 for the Requiem Mass for Sir Kt. Bro. Cdr. Lawrence Owusu Akyaw Prempeh who was called to eternity on December 8, 2019 at the age of 95. To them it was a call for celebration of a life well lived by late Sir Kt Bro Cdr. Prempeh and his immense contributions to journalism, music, the strengthening of the Noble Order and the Holy Mother the Catholic Church.

Present at the Mass were over 1,000 high officers, brothers and sisters of the Noble Order, St John International and Ladies Auxiliary, various groups and societies of the Church. Key luminaries of the Noble Order included the Supreme Director, Sir Kt. Vet. Bro. Cdr. Edmund Samuel Kwekukye Kwaw, Substantive Past Supreme Knights, Prof. Dr. Dr. Sir George Wireko Brobbey, James Augustine Adomako, Ing. Samuel Kweku Barnes, Edward Alloysius Prah, Anthony Coblah Kemavor, Ambrose Akyebe Yennah and the Supreme Knight, Sir Kt. Bro. Charles Lieber Lebenone Cobb.

The Grand Lady, MRL. Sis. Dame Agatha Akua Bonney led the high powered Grand Court delegation which included PGLs. MRL. Sis. Dame Theresa Pobebe, Margaret Essilfie, Victoria Yellu, Stella Alice Ayebi and Margaret Yirenyiki.

The Metropolitan Archbishop of Accra, Most Rev. John Bonaventure Kwofie (CSSp) presided over the Requiem Mass with over

20 concelebrants including Most Rev. Peter Akwasi Sarpong, Emeritus Archbishop of Kumasi, Sir Kt. Bro. Msgr. Hilary Senoo, Sir Kt. Bro. Msgr. John Opoku-Agyeman, Sir Kt. Bro. Rev. Fr. James Buor-Mensah, Sir Kt. Bro. Rev. Fr. Dr. Dennis Opoku, Sir Kt. Bro. Rev. Fr. Bonaventure Quaidoo, Sir Kt. Bro. Rev. Fr. Dominic Amegashitsi, Bro. Rev. Fr. Emmanuel – Mary Ofori – Srem, Rev. Fr. Samuel Filton – Mensah and Rev Fr. Januarius Akpabli.

In a homily, Most Rev. Peter Akwasi Sarpong said *“Sir Kt. Bro Cdr. Prempeh’s life was a well lived life which vividly showed in the ways he performed in various activities entrusted in his care.”* *“Your faith was inimitable; you fought for the Church, the battle of greatness in the cause of Christ. Your Contribution to national development and welfare was unsurpassable, he added.”*

In a tribute on behalf of the Noble Order read by the Supreme Knight, Sir Kt. Bro. Charles Lieber Lebenone Cobb said *“Sir Kt. Bro. Cdr. Prempeh was a colossus of the Noble Order of Knights of Marshall and the Catholic Church and will forever be remembered in the annals of the Catholic Church in Ghana and the Noble Order.”*

According to the Ghana Broadcasting Corporation *in its tribute; “Sir Kt Bro. Cdr. Prempeh was one of the pillars on which the Gold Coast Broadcasting Service was established and performed creditably in broadcasting industry both at home and Africa.”*

In its tribute, IACK said: *“as a vibrant soldier of Christ, he never reneged on his responsibilities and worked tirelessly to enhance the dignity of members.”*

The Greater Accra Catholic Church Choir Association said: *“Sir Kt. Bro. Cdr Prempeh was a visionary leader; he was the face of the Association, he had presence; he had the command and courage of a soldier to take bold decisions and carry them through; tact and diplomacy were hallmarks of his organizational and administrative qualities.”*

IN ITS TRIBUTE, THE BRIDGE MAGAZINE said, **“Sir Kt. Bro. Cdr. Prempeh was resolute personality who demonstrated clarity and boldness in all issues relating**

to the enrichment of the Bridge Magazine. We recall with pride, that it was under his able leadership that the Bridge moved to a 32-page full colour Magazine with the tacit approval of the Supreme Council. It was during his tenure of office that the financial fortunes of the Bridge Magazine improved dramatically from its negative balance sheet and started to show positive gains which resulted in the payment of dividends to the Grand Court and Supreme Council for some development projects.”

EDUCATION AND CAREER

Sir Kt Bro Cdr. Prempeh a trained teacher, versatile journalist, a staunch Catholic and a foot soldier of Christ was an inspiration to all those he encountered. He had to his credit several awards including those giving by the Ghana Broadcasting Corporation the Catholic Archdiocese of Accra, Martyrs of Uganda Parish, Patrons of the Choir, and Past Students of St. Augustine's College (APSU).

His work was not limited to the choir alone. During his retirement, the Church was the number one place he loved to go. His unwavering dedication and pieces of advice given to the Holy Family Akan Society at the Martyrs of Uganda Parish for its spiritual and physical growth were immeasurable. He was a proud **Ekua Agya, (father of the association)** who supported his people in diverse ways.

He also played multiple roles in Church – related programmes and stopped at nothing to render selfless services to the Holy Roman Catholic Church.

Notable among these were his membership and outstanding performance in the committee which planned the visit of Pope John Paul II to Ghana in May, 1980. He was also a member of the music Sub-Committee of the Centenary Planning Team of the Catholic Church in Accra. Sir Kt. Bro. Cdr. Prempeh also served as a member of the Pan-African Malagasy Laity Seminar in Accra which saw African Catholic leaders coming together to discuss the role of the Church in Africa.

From 1976 to 1986, he served as a founding member and the first President of the Guild of Catholic Journalists and was also a founding member of the Marshallan Association of Martyrs of Uganda Parish which was established in 1979.

called
to glory



and Communications Officer until he was elected Deputy Supreme Knight in 1993 and then the Supreme Knight for the period 1995 – 1997.

In 1988, Sir Kt Bro. Cdr Prempeh was appointed by the Supreme Council to spearhead the publication of the **Bridge Magazine**, the official mouth-piece of the Noble Order and retired in September 2015 as Board Chairman.

INTERNATIONAL ALLIANCE OF CATHOLIC KNIGHTS (IACK)

Sir Kt. Bro. Cdr. Prempeh was elected, during his reign as the Supreme Knight, as the President of the International Alliance of Catholic Knights (IACK) when it was hosted and

became the 2nd Ghanaian to occupy that high and enviable position.

-A Bridge Desk Write - Up

In the year 2001, Pope John Paul II conferred on him, "**Knight Commander of St. Sylvester**", (Pope) in recognition of his outstanding contributions and dedication to Mother Church.

In July 2007, the 2nd President of the Fourth Republic of Ghana, President John Agyekum Kufuor decorated Sir Kt. Bro. Cdr Prempeh, as a member of Order of the Volta of the Republic of Ghana for upholding and uplifting the image of Mother Ghana through Broadcasting.

NOBLE ORDER Sir Kt Bro. Cdr. Prempeh joined Council Ten in 1970 and moved on as the Substantive Secretary the following year, Deputy Grand Knight 1978 and Grand Knight 1979. He served as the Regional Publication Officer for the Greater Accra Region soon after serving his tenure of Office as Grand Knight. His hard work as Grand Knight and distinguished service caught the eye of the Supreme Council and was subsequently appointed Supreme Officer in 1985. He continued to play the role of Publications



NEWS AT A GLANCE

New Apostolic Nuncio for Ghana



Monsignor Henryk Mieczyslaw Jagodzinski

Pope Francis has appointed Monsignor Henryk Mieczyslaw Jagodzinski as new Apostolic Nuncio

for the Catholic Church in Ghana. The announcement was made in Accra by Rev. Fr. Lazarus Anonde, Secretary-General of the National Catholic Secretariate on May 3, 2020.

Monsignor Jagodzinski takes over from Most Rev. Jean Marie Speich who served in Ghana as Apostolic Nuncio from August 17, 2013 - March 19, 2020 when he was reassigned to Cosovo.

By this appointment, the new Nuncio becomes an Archbishop elect

BIOGRAPHY:

On June 3, 1995, he was ordained a priest and was incardinated in the Kielce Diocese . In 1999 he began to prepare for diplomatic

service at the Pontifical Church Academy and obtained a doctorate in Canon law at the University of St. Cross, Rome .

In 2001 he began his service in the Vatican Diplomacy, working in turn as secretary of the nunciatures: in Belarus (2001-2005) and in Croatia (2005-2008). In 2008 he started working in the Section for Relations with States in the Secretariat of State of the Holy See . From September 6, 2015 to July 25, 2018, he worked as Counsellor of the Apostolic Nunciature in India and subsequently started working at the Apostolic Nunciature in Bosnia and Herzegovina from August 9, 2018.

KNIGHTS OF COLUMBUS UNVEILS NEW INITIATION CEREMONY THAT WILL BE PUBLIC

NASHVILLE, TENN. — After 142 years, the Knights of Columbus is pulling down a veil of secrecy that has surrounded its initiation ceremonies in an effort to better showcase the order's core principles and its drive to help Catholic men become disciples.

Since its founding in 1882, the initiation ceremonies for the first three degrees of Knights membership — focused on the principles of *unity, charity, and fraternity* — have been separate and open to members only. The fourth degree, dedicated to the principal of patriotism, was added later and this initiation also is secret and for members only.

But starting this year, the Knights have adopted a new ceremony. Called the *Exemplification of Charity, Unity and Fraternity*, it combines the initiation for the first three degrees into a single ceremony

that will be open to family, friends and fellow parishioners.

"There is nothing we do that is secret or needs to be secret," Supreme Knight Carl Anderson told the Tennessee Register, newspaper of the Diocese of Nashville. *"We decided this is a way to let other parishioners know, family members know, what the Knights of Columbus is all about.*

We think that's a good thing."

The Knights of Columbus is a fraternal organization of Catholic men that was founded by Fr. Michael McGivney, a young priest serving at St. Mary Church in New



Haven, Connecticut. McGivney is a candidate for sainthood and has the title *"Venerable."*

Today, the Order has more than two million members worldwide who are involved in charitable and service works.

Excerpts From Ghanaian Chaplaincy on COVID-19

(From Inside Front Cover)

· Help and support for each other - this must be in line with guidance on Coronavirus (COVID-19) to keep yourself and everyone safe.

The Ghanaian Catholic Chaplaincy (GCC) Welfare Policy promotes such support for friends and family and therefore all sectors/societies welfare and executive committee teams are available to assist or coordinate). Alternatively, if you need help but you're not sure who to contact as an elderly person, Age UK runs an advice line (0800 678 1602 – lines are open every day 8am-7pm) they can put you in touch with local services. Your physical health has a big impact on how you are feeling emotionally and mentally. So eat healthy, well-balanced meals, drink enough water, exercise inside where possible and outside once a day, and try to avoid smoking,

alcohol and drugs.

Good-quality sleep makes a big difference to how you feel mentally and physically, so it's important avoiding screens before bed, cutting back on caffeine and creating a restful environment.

Get the facts: Gather high-quality information that will help you to accurately determine your own or other people's risk of contracting coronavirus (COVID-19) so that you can take reasonable precautions. Find a credible source you can trust such as [GOV.UK](https://www.gov.uk), or the NHS website, and fact check information that you get from newsfeeds, social media or from other people.

Keep your mind active: Find something that works for you - i.e Reading, writing, playing games or even painting.

For useful resources see Every Mind

Matters And NHS' Mindfulness Page.

Additional advice for groups with specific mental health needs. If you already have a mental health problem, then you may be finding the Coronavirus (COVID-19) outbreak particularly challenging., here are a few extra things that you may want to think about.

Breathing exercises can help you cope and feel more in control. You can find a simple breathing exercise on the NHS website and Mind's pages on relaxation have some relaxation tips and exercises you can try. Set limits, like washing your hands for the recommended 20 seconds

If you are being treated or taking medication for existing conditions. Continue accessing treatment and support where possible: Let relevant services know that you are staying at home, and work out how to continue receiving support during this time: be careful about buying medication online.