

ANNOUNCEMENTS

1. Today there will be a second collection of St Vincent de Paul to assist the needy of the parish.
2. Today also after the 12 o'clock Mass we shall have the Eucharistic Rosary prayed before the Blessed Sacrament
3. The envelopes for Lenten contributions are available at tables at the entrances of the Church. Kindly pick one and put back into the blue boxes.
4. Every Friday during Lent the Stations of the Cross are after the 1.15pm and at 4.00pm mass at the Prayer Garden; and another in the Church after the 5.30pm Mass.
5. Our Cardinal John Njue has asked for donation of funds and food to assist those who are suffering of famine due to the drought. We appeal to your generosity to answer to this appeal. You can bring it to the parish office in the course of the week. For more information, you can read his letter outside the Church.
6. The Allamano Centre project to build a new block of offices, hall and parking has been launched. Welcome to pass by through the tables outside the church for more information and for your participation!
7. Consolata Self Help Group are recruiting more members. For more information visit their desk outside the church.



CONSOLATA SHRINE
1ST SUNDAY OF LENT YEAR "A"
5th March 2017



FIRST READING

Genesis 2:7-9; 3:1-7

A reading from the Book of Genesis

The Lord God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living soul. And the Lord God planted a garden in Eden, in the east; and there he put the man whom he had formed. And out of the ground the Lord God made to grow every tree that is pleasant to the sight and good for food, the tree of life also in the midst of the garden, and the tree of the knowledge of good and evil. Now the serpent was more subtle than any other wild creature that the Lord God had made. He said to the woman, "Did God say, 'You shall not eat of any tree of the garden'?" "And the woman said to the serpent, "We may eat of the fruit of the trees of the garden; but God said, 'You shall not eat of the fruit of the tree which is in the midst of the garden, neither shall you touch it, lest you die.'" But the serpent said to the woman, "You will not die. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves aprons.

RESPONSORIAL PSALM

Psalm 51:3-6.12-14.17

R. Have mercy, O Lord, for we have sinned.

Have mercy on me, O God, according to your merciful love;
according to your great compassion, blot out my transgressions.
Wash me completely from my iniquity, and cleanse me from my sin. **R**
My transgressions, truly I know them; my sin is always before me.
Against you, you alone, have I sinned;
what is evil in your sight I have done. **R**

Create a pure heart for me, O God; renew a steadfast spirit within me.
Do not cast me away from your presence;
take not your holy spirit from me. **R**

Restore in me the joy of your salvation; sustain in me a willing spirit.
O Lord, open my lips, and my mouth shall proclaim your praise. **R**

What almsgiving really means

Giving alms has always been an important part of Lent. For many people, it means giving money or other goods to charities or some other good cause. But the concept of almsgiving goes much deeper. It is our response to the teachings of Jesus that encourage us to reach out to people in need—not just with our money—but with our time and our talents. Today we might call it 'stewardship.'

Lent gives us the opportunity to cultivate a spirit of generosity. It gives us a chance to share what we have and who we are with other people. It puts us in communion with others and helps us understand that we are all members of the Body of Christ. Think carefully about how you will share your time, your talents and your treasure during Lent. Keep in mind the words of the Lord Jesus who himself said, "It is more blessed to give than to receive" (Acts 20:35)

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SECOND READING

Romans 5: 12-19

A reading from the Letter of Saint Paul to the Romans

Brethren: As sin came into the world through one man and death through sin, and so death spread to all men because all men sinned – sin indeed was in the world before the law was given, but sin is not counted where there is no law. Yet death reigned from Adam to Moses, even over those whose sins were not like the transgression of Adam, who was a type of the one who was to come. But the free gift is not like the trespass. For if many died through one man's trespass, much more have the grace of God and the free gift in the grace of that one man Jesus Christ abounded for many. And the free gift is not like the effect of that one man's sin. For the judgment following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of one man's trespass, death reigned through that one man, much more will those who receive the abundance of grace and the free gift of righteousness reign in life through the one man Jesus Christ. Then as one man's trespass led to condemnation for all men, so one man's act of righteousness leads to acquittal and life for all men. For as by one man's disobedience many were made sinners, so by one man's obedience many will be made righteous.

Glory and praise to you, O Christ

Man shall not live by bread alone, but by every word that proceeds from the mouth of God.

Glory and praise to you, O Christ.



GOSPEL

Matthew 4:1-11

A reading from the holy Gospel according to Matthew

At that time: Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And he fasted forty days and forty nights, and afterwards he was hungry. And the tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'Man shall not live on bread alone, but by every word that proceeds from the mouth of God.'" Then the devil took him to the holy city, and set him on the pinnacle of the temple and said to him, "If you are the Son of God, throw yourself down; for it is written, 'He will give his angels charge of you,' and 'On their hands they will bear you up, lest you strike your foot against a stone.'" Jesus said to him, "Again it is written, 'You shall not tempt the Lord your God.'" Again, the devil took him to a very high mountain, and showed him all the kingdoms of the world and the glory of them; and he said to him, "All these I will give you, if you will fall down and worship me." Then Jesus said to him, "Be gone, Satan! For it is written, 'You shall worship the Lord your God and him only shall you

serve.'" Then the devil left him and behold, angels came and ministered to him.

Prayer for Peaceful Elections in Kenya 2017

God of mercy & compassion, you have given us the gift of our country Kenya and the gift of citizenship. As Kenyas and people of good will, you have entrusted the responsibility to build and improve our country so that all may live in dignity. As we work we implore you to fill us with the Gifts of the Holy Spirit and values of the gospel; especially during the forth coming general elections.

During this year of elections, bless all people of Kenya that they may take their social responsibility to register to vote, to pray, to study the issues and the candidates and then vote in good conscience without fear, intimidation or favour.

May our choices in the coming general elections take into account the poor, vulnerable and the common good of our country. We pray for our elected leaders so that in wisdom and prudence they may make decisions that are just true to the spirit of the constitution.

We pray for our current and future leaders to work for the common good and prosperity of our country that justice shall be our shield and defender. We ask this through Jesus Christ our Lord. Amen

Reflection: Tale of Two Adams by PhD Scott Hanh

In today's Liturgy, the destiny of the human race is told as the tale of two "types" of men—the first man, Adam, and the new Adam, Jesus. Paul's argument in the Epistle is built on a series of contrasts between "one" or "one person" and "the many" or "all." By one person's disobedience, sin and condemnation entered the world, and death came to reign over all. By the obedience of another one, grace abounded, all were justified, and life came to reign for all. This is the drama that unfolds in today's First Reading and Gospel. Formed from the clay of the ground and filled with the breath of God's own Spirit, Adam was a son of God, created in his image. Crowned with glory, he was given dominion over the world and the protection of His angels. He was made to worship God—to live not by bread alone but in obedience to every word that comes from the mouth of the Father. Adam, however, put the Lord his God to the test. He gave in to the serpent's temptation, trying to seize for himself all that God had already promised him. But in his hour of temptation, Jesus prevailed where Adam failed—and drove the devil away. Still we sin after the pattern of Adam's transgression. Like Adam, we let sin in the door when we entertain doubts about God's promises, when we forget to call on Him in our hours of temptation. But the grace won for us by Christ's obedience means that sin is no longer our master. As we begin this season of repentance, we can be confident in His compassion, that He will create in us a new heart. As we do in today's Psalm, we can sing joyfully of our salvation, renewed in His presence.