

Reflection: 'Endurance Test:' By Scott Hahn, Ph.D.

The journey of discipleship is a life-long exodus from the slavery of sin and death to the holiness of truth in Mount Zion, the promised land of eternal life. The road can get rough. And when it does, we can be tempted to complain like the Israelites in this week's First Reading. We have to see these times of hardship as a test of what is in our hearts, a call to trust God more and to purify the motives for our faith. As Paul reminds us in this week's Epistle, we must leave behind our old self-deceptions and desires and live according to the likeness of God in which we are made. Jesus tells the crowd in this week's Gospel that they are following him for the wrong reasons. They seek him because he filled their bellies. The Israelites, too, were content to follow God so long as there was plenty of food. Food is the most obvious of signs—because it is the most basic of our human needs. We need our daily bread to live. But we cannot live by this bread alone. We need the bread of eternal life that preserves those who believe in him. The manna in the wilderness, like the bread Jesus multiplied for the crowd, was a sign of God's Providence—that we should trust that he will provide. These signs pointed to their fulfillment in the Eucharist, the abundant bread of angels we sing about in this week's Psalm. This is the food that God longs to give us. This is the bread we should be seeking. But too often we don't ask for this bread. Instead we seek the perishable stuff of our every day wants and anxieties. In our weakness we think these things are what we really need. We have to trust God more. If we seek first his kingdom and his righteousness, all these things will be ours as well.

A LIFE IN THE HOLYSPIRIT SEMINAR is ongoing every Sunday from 2pm to 5pm in the Parish Hall. Come and enrich our faith in Christ Jesus. Open to all

Daily Readings:

Monday: Dn 7:9-10.13-14; Ps 97; Mk 9:2b-10, **Tuesday:** Jer 30:1-2.12-15.18-22; Ps 102; Mt 14:22-36, **Wednesday:** Jer 31:1-7; Ps Jer 31:10-13; Mt 15:21-28, **Thursday:** Jer 31:31-34; Ps 51; Mt 16:13-23, **Friday:** 2 Cor 9:6-10; Ps 112; Jn 12:24-26, **Saturday:** Hab 1:12 – 2:4; Ps 9: 8-13; Mt 17:14-20

Saints of the week

The Transfiguration of the Lord – Monday 6th
Sts. Sixtus II & Companions & St Cajetan – Tuesday 7th
St. Dominic – Wednesday 8th
St Teresa Benedicta of the Cross – Thursday 9th
St Lawrence, Deacon & Martyr – Friday 10th
St Clare – Saturday 11th

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CONSOLATA SHRINE
Eighteenth Sunday in Ordinary Time
5th August 2018



Father of everlasting goodness, our origin and guide, be close to us and hear the prayers of all who praise you. Forgive our sins and restore us to life. Keep us safe in your love.

FIRST READING

Exodus 16: 2-4, 12-15

"I will rain bread from heaven for you."

A reading from the Book of Exodus

At that time: The whole congregation of the sons of Israel murmured against Moses and Aaron in the wilderness, and said to them, "Would that we had died by the hand of the LORD in the land of Egypt, when we sat by the fleshpots and ate bread to the full; for you have brought us out into this wilderness to kill this whole assembly with hunger." Then the LORD said to Moses, "Behold, I will rain bread from heaven for you; and the people shall go out and gather a day's portion every day, that I may test them, whether they will walk in my law or not. "I have heard the murmurings of the sons of Israel; say to them, 'At twilight you shall eat flesh, and in the morning you shall be filled with bread; then you shall know that I am the LORD your God.'" In the evening quails came up and covered the camp; and in the morning dew lay round about the camp. And when the dew had gone up, there was on the face of the wilderness a fine, flake-like thing, fine as hoarfrost on the ground. When the sons of Israel saw it, they said to one another, "What is it?" For they did not know what it was. And Moses said to them, "It is the bread which the LORD has given you to eat."

Responsorial Psalm

Psalms 78:3-4, 23-25, 54

R. The Lord gave them bread from heaven.

The things we have heard and understood,
the things our fathers have told us,
we will tell them to the next generation:
the glories of the LORD and his might. **R**

Yet he commanded the clouds above,
and opened the gates of heaven.
He rained down manna to eat,
and gave them bread from heaven. **R**

Man ate the bread of angels.
He sent them abundance of food.
So he brought them to his holy land,
to the mountain his right hand had won. **R**



Second reading

Ephesians 4: 17, 20-24

“Put on the new man, created after the likeness of God.”

A reading from the Letter of Saint Paul to the Ephesians

Brethren: This I affirm and testify in the Lord, that you must no longer walk as the Gentiles walk, in the futility of their minds; You did not so learn Christ! - assuming that you have heard about him and were taught in him, as the truth is in Jesus. Put off your old man that belongs to your former manner of life and is corrupt through deceitful lusts, and be renewed in the spirit of your minds, and put on the new man, created after the likeness of God in true righteousness and holiness.



Alleluia

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



Alleluia.

GOSPEL

John 6: 24-35

“He who comes to me shall not hunger, and he who believes in me shall never thirst.”

A reading from the holy Gospel according to John

At that time: When the people saw that Jesus was not there, nor his disciples, they themselves got into the boats and went to Capernaum, seeking Jesus. When they found him on the other side of the sea, they said to him, "Rabbi, when did you come here?" Jesus answered them, "Truly, truly, I say to you, you seek me, not because you saw signs, but because you ate your fill of the loaves. Do not labour for the food which perishes, but for the food which endures to eternal life, which the Son of man will give to you; for on him has God the Father set his seal." Then they said to him, "What must we do, to be doing the works of God?" Jesus answered them, "This is the work of God, that you believe in him whom he has sent." So they said to him, "Then what sign do you do, that we may see, and believe you? What work do you perform? Our fathers ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.'" Jesus then said to them, "Truly, truly, I say to you, it was not Moses who gave you the bread from heaven; my Father gives you the true bread from heaven. For the bread of God is that which comes down from heaven, and gives life to the world." They said to him, "Lord, give us this bread always." Jesus said to them, "I am the bread of life; he who comes to me shall not hunger, and he who believes in me shall never thirst.

A Novena of 9 Saturdays in preparation to the Feast of Nativity of Our Lady on 8th of September has started at the evening mass, followed by the rosary and a special reflection. We welcome you for the 6th day of novena next Saturday and the theme is **“Grace of the Lord”**

Announcements

1. Today is the first Sunday of the Month. There will be a blessing of our Tithe, our families and our work at the end of all Masses.
2. Next Saturday 11th August, we are all invited to the Archdiocese Family Day, Mass at 10 am at St Mary's School grounds.
3. Next Sunday 12th is the last day for registration to Subukia. Kindly register at the desk outside the church or in the parish office during the week.
4. The remaining Events in support of the Allamano Centre, are as follows:
 - a. All **Choirs** will be holding their mini harambee on Next Sunday 12th at 1.30pm.
 - b. Mini Harambee on 19th August 2018, our guest of honour Dr Samuel Kiruthu.
 - c. Prayer walk to climb Mt Kenya, 20th to 24th August 2018. 40 pilgrims are required at a cost of Kshs 150,000 each. Those who wish to sponsor and contribute towards the pilgrimage can do so at the gazebo.
 - d. Consolata Shrine Dinner by CWA will be on 31st August 2018 at Kshs. 5,000/ per head. Tickets available at the gazebo.
 - e. Various souvenirs, bookmarks are also on sale at the gazebo.Your support, prayers, presence and contributions towards the project is appreciated.
5. The Children holiday activities will begin on Tuesday 14th – Friday 17th August from 9am to 4.30pm. For more information and registration kindly visit the desk outside the church or parish office during the week.

Our Lady of Fatima SCC has organized a pilgrimage to Fatima from 6th to 16th October 2018. For more details, visit the desk at the gazebo for registration or see the posters on the notice board

**SALE TODAY TEA AND SNACKS
AVAILABLE**

Consolata Self-help group (Corporate) is Registering new members. Kindly visit their desk outside the Church or parish office during the week.



Eucharistic Rosary today
after 12 o'clock Mass