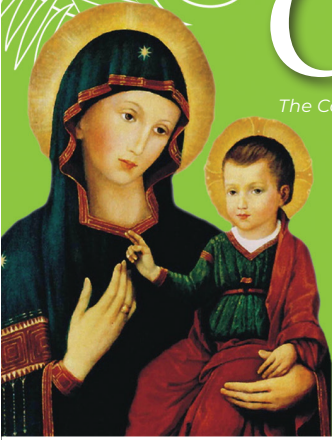


The Consoling Eye

The Consolata Shrine Parish Quarterly News Bulletin



02 Let us give thanks always and in everything

08 Pilgrimage to the Holy Land

16 Assumption of our Lady: God rewards our good deeds

22 Youth & Children's Corner



Assumption
OF THE
BLESSED
VIRGIN MARY

Let us give thanks always and in everything

St. Paul in his letter to Ephesians he reminds them on the importance of giving thanks 'always and for everything give thanks in the name of our Lord Jesus Christ and to God the Father' (Eph. 5:20). In the same spirit, I wish to extend my sincere gratitude to all the people of the Consolata Shrine. We have so many reasons to thank God; everyday as we wake up is a reason enough to thank, as we retire after our busy schedules, for good health, for our children, for our families, for our friends, for giving us our daily bread, for the success of projects, for the beautiful Parish and other countless graces. As parish, we thank God for walking with us since the beginning of this year 2023 and specifically through the following activities.

Elections of our new Parish Leaders

From March this year elections began at the Small Christian Community level going through the Parish, then the Deanery and finally the Archdiocese level. I thank all who participated and ensured that we have new leaders in different positions to serve us for three years. I thank the newly leaders for agreeing to the responsibilities in different positions. I express my appreciation to the new Parish Pastoral Council team for the year 2023-2026 moderated by Mr. Patrick Nderitu. I sincerely, without reservation thank the outgoing Parish Pastoral Council team who jokingly named themselves as 'consultants' who were moderated by Mr. George Kihara. Asanteni sana.

Parish Family Day

On the 18th June we had a feast to our Lady Consolata which is also our Parish's family day. We witnessed for the first time after the covid-19 pandemic almost a full participation with more than 2500 seats in occupancy. I thank His Grace Archbishop Philip Anyolo for gracing the events and all the parishioners for their contributions in making the day colourful. Indeed, a family that enjoys together stays together.

Adoration Chapel

The construction of our new adoration chapel has begun and is going on well. I want to thank everyone involved either by advising or by prayer or through their generous donations which makes up to now 32% of the amount needed. I also thank in advance, all who are planning to donate as we still have long way to go before the completion of the project.

Pastoral Team

I thank my pastoral team, Frs. Joakim Kamau, Deogratias Kibirango and Maxmilian Bahati for all their dedication and commitments in the parish activities especially in their availability and in the responsibilities entrusted to them eg, Patrons to groups in the parish, office work, Mass etc. We thank God for their presence and valuable input. Asanteni sana Fathers.

All People of Good Will.

Our founder Blessed Joseph Allamano said 'good must be done well and without noise' this is why I want to thank all other



Adoration Chapel 3D render.

people whose contributions, although unanimously given, have not gone unnoticed, thank you. To all parishioners whose dedication to prayer have made the Consolata Shrine an exemplary place of prayer, I want to thank all groups whose involvement, courage, participation, ideas and sacrifices make Consolata shrine better every day. I want to thank everyone who love the Consolata Shrine.

Going Forward

Words of synod 2021-2023 tell us that ‘a united family, strong in faith, journeying

together in the spirit and truth’ (Jn 4:24). Let us keep walking together in the spirit of synodality, it is true, that those who walk and work together realise superior objectives compared to those who venture unaccompanied. Let us pray together, let us build our parish together.

May our Lady Consolata intercede for us. **CE**

Yours in serving Christ,

Fr. Jackson Murugara – Parish Priest

The Pope’s prayers intentions



August 2023

For World Youth Day

We pray the World Youth Day in Lisbon will help young people to live and witness the Gospel in their own lives.

Walking in the steps of St. Peter... the story of Father Maximillian

Fr. Maximillian Justine Bahati IMC is working as a priest in Consolata Shrine since April 2023.



Fr. Max at the Consolata General House, in Rome.

Tell me about yourself?

I was born in Kibosho, Moshi. I am the first born in a family of five, four boys and a girl. My parents are teachers. My dad retired but my mum is still teaching. I grew up in a big extended family. My mom adopted my cousin and my aunt and they are like older siblings to me. They kept bringing more relatives to live with us and at one time we were 12. We were a large happy family and we learnt teamwork as we worked on various tasks such as feeding cows, digging on the farm and cleaning the house in groups. They are still hosting.

Growing up was fun. I played a lot. I liked football and I still do. In secondary school I played volleyball and basketball. I read many novels I think because my father was

a teacher of literature. He kept giving me books to read, one after another.

I attended Mango primary school. At the school, there was a dispensary and the Holy Spirit church of Mango. Here, we had mass twice every day of the week and four masses on Sunday. I attend mass every day at 7.00am with my grandmother and sometimes alone. When I was in class 6, I was an altar server, and this is when I got the thought of becoming a priest. When I finished class 7, I qualified to join a public school, but I chose to join St James Minor Seminary.

After completing my secondary school studies (ordinary level), I joined Consolata Seminary in Mafinga, Iringa (advanced



Fr. Max when he was a little boy.

level). At this time, I did not know much about Consolata Fathers, but I was sure that I wanted to be in a seminary that was run by missionaries. I was attracted by the name Consolata. I loved the name. I did not know what Consolata means and was told by my cousin that it means consolation and their mission was to make people smile. I liked that, and found it very easy to do. At the seminary there were two Consolata sisters and three priests. Looking at the way they lived in the community, their life of prayer and their simplicity, I felt that I was in the right place.

I got my initial formation in Allamano seminary, Morogoro for one year and during this time I learnt about the congregation, prayer, computer, music, manual work and practical skills. We also went to parishes for experience and to see missionaries at work. After one year, I started to learn philosophy in Jordan University College and studied for three years until 2015.



Fr. Max during formation in Sagana.

Still in 2015, I was admitted to Novitiate in Sagana for one year. As a novice, learnt more about the charism of Consolata missionaries, specifics of religious life and the vows of chastity, obedience and poverty. We did some hospital experience work in Mwea Hospital, seeing how life begins in maternity, how illness comes (ward experience) and how life ends, as we worked in the mortuary. This was truly a transformative experience.

After my Novitiate, I went to study theology in St Joseph Theological Institute in, Pietermaritzburg, South Africa. I completed my studies in 2020, and stayed in South Africa working in a parish in

Daveyton, Johannesburg for one year.

In 2021, I was ordained Deacon in St Martin de Pores Parish, Woodlands, South Africa.

How was the deaconate ordination experience for you?

Four of us were ordained deacons and it was during the COVID-19 pandemic. At that time, only 20 people were allowed to attend our ordination.

There was no celebratory mood because people could not gather. Even those we had served in the parishes could not attend the ordination. Still, I was very excited about it, having waited for this moment for so many years.

After ordination as deacon, I went back to Daveyton parish which has four parishes (St Nicholas, St Lambert, St Martin and St. Monica) under one parish priest. The priests live in one community and two priests serve the four parishes. There are not so many Catholics in this part of South Africa and each parish has one mass on Sundays.

Priesthood

From South Africa, I went to Tanzania and was ordained a priest on 24 February 2022, in Dar Es Salaam. My family and friends came from Moshi to Dar Es Salaam. It was a special day and it rained during mass. Blessings indeed. I was very excited and had no appetite to eat.

“From South Africa, I went to Tanzania and was ordained a priest on 24 February 2022, in Dar Es Salaam. My family and friends came from Moshi to Dar Es Salaam

After ordination, I was posted to Mongolia with a few months stay in Italy as my paperwork was being prepared for me to go to Mongolia. I arrived in Mongolia in September 2022, learnt Mongolian language and worked there until the time I was posted to Kenya in April 2023.

What differences do you see in work as a priest in Mongolia and in Kenya?

Mongolia has a population of three million people but its size is that of Kenya and half of Tanzania. Of the 3 million, Catholics are 1,300 only. The whole country has 10 catholic parishes and one parish is run by Consolata missionaries and the rest of the parishes by other congregations. The population is small despite the vast land, when compared to Kenya.

Mongolia has a lot of Buddhism which is both a religion and a way of life. For example, a Buddhist monk will name a child. There is also a religion called Shamanism Buddhism which is also very connected to nature. They identify a natural feature like a hill or a mountain, or a stone pillar and occasionally they pour milk, throw seeds or leave some money where the natural features are, as a form of offering. Mongolians are very generous. And a majority of Mongolians are either in Buddhism or shamanism.

The Mongolians have the Tsagaan sar (white moon) feast of the new year, which they celebrate for three days. The Catholic Church uses lunar calendar to calculate the days of Easter hence even the beginning of Lent and, on the other hand, the Mongolian Tsagaan Sar which will always coincides with the beginning of lent. In this feast, Mongolians celebrate surviving the harsh winter which gets in some areas -50 C. They eat meat which is their main food among other things. This presents a huge challenge for fasting meat on Ash Wednesday it is part of the tradition to celebrate with meat as a main dish.



Fr. Max at the Consolata Shrine.

What have you found unique about Catholics in Kenya?

"The sacrament of reconciliation stands out for me," Fr. Max emphasizes. "Reconciliation is taken very positively at the Shrine. Many people seek the sacrament and there is no negativity about it like questioning why confess to a priest? The sacrament is well received here. The young, youth and old all go for confession and the understanding is very high. I have worked in places where it is the old

that go for confession. The reception of the sacrament of the Eucharist is also high.

I also like that when I go to PMC, I find that children are prepared from a young to give offertory and they give generously. When I was young, sometimes we were given money for offertory we kept some and gave a little, and sometimes, did not take it to church at all. Here, children are learning generosity at a very tender age and as they grow up, they will not find it difficult to help those in need."

What do you do for leisure?

I jog or walk. I read on a wide variety of topics to relax and to get new knowledge. I don't read novels anymore but sometimes I watch movies.

What is your favorite meal?

I like chapati, fish and fresh or fermented milk.

What are your plans for the future?

For us missionaries, we take a vow of obedience. I cannot plan as such because when I am told there is a need somewhere and I am asked to go there, I get up and go. I am open to the suggestions of my superiors for my work and studies. **EE**

By Njeri Muathe, Communications Committee



PILGRIMAGE TO THE HOLY LAND - ORGANISED BY CONSOLATA SHRINE, JUNE 21ST - JULY 1ST 2023



The pilgrims at the Church of the Annunciation.

The pilgrimage facilitator was Fr. Jackson, our Parish Priest with his team. The travel agent, Eric Lenana. Fr. Herman, Diocese of Eldoret and Patricia were the team leaders.

Our days began with Mass every morning at 6:30 a.m. It is important to note that this was not just a tour but a Pilgrimage, which is an individual's journey or spiritual focus towards a closer encounter with God. *"Now His Parents went to Jerusalem every year at the feast of the Passover." Luke 2:41-42*

Walking through those biblical sites where Jesus trod was spiritually very fulfilling. The Bible was brought to life on so many

fronts, as were the prophecies that were fulfilled in the New Testament. The tour guides were conversant in biblical history. At every Church or holy site we took time to have personal reflections and prayer.

Day 1: On 21st June we set off promptly at 2.00 p.m. from Consolata Shrine for the airport and departed aboard Ethiopian Airlines to Addis Ababa; taking our onward flight to Cairo and arriving there at about 2.00 a.m. We were picked up by the local tour guide and checked into our hotel.

Day 2: The Pyramids of Giza, one of the Seven Wonders of the World and the Sphinx were our first stop in Egypt. The Pyramids were a sight to behold. We



The Holy Family in exile in Egypt.

later visited the **Papyrus shop and the perfumery store**. In the old section of Cairo, we visited a Jewish synagogue, built where Moses was found in the basket and the Hanging Church of Al Muallaqa. This church was dedicated to our Mother Mary and its treasures include a 14th century wall painting of the Nativity. St. Sergiusa was a 5th Century Basilica built over a crypt where the Holy Family stayed during their exile.

DAY 3: Cairo - The Museum of Egyptian Antiques exhibits a collection of over 120,000 masterpieces ranging from the pre-dynastic era period in Egypt. These include the treasures and a solid gold coffin of the child King Tutankhamun, other Pharaonic Gods and Goddesses in Mummies. We also visited the famous Khan El Khalili market to buy some gifts and souvenirs.

DAY 4: Mount Sinai - Driving to St. Catherine's along the banks of the **River Nile**, we passed Marah, the place of the

bitter waters and Elim where the Israelites received manna from heaven in the desert. Mt. Sinai is where the **Ten Commandments were revealed by Moses**. The climb was not a "walk in the park" and took us six hours ascending and descending. Those who opted out got a chance to enter the famous Greek Orthodox Monastery, built around the **burning bush**.

DAY 5: Taba border and crossing into Israel. An early start of an eight-hour smooth bus ride from Egypt, stopping by a rock said to be **Lot's wife**. We then went to the **Dead Sea** (the name is derived from the salty water and the lack of life there.). Some experienced floating in it.

DAY 6: Mount of Olives in Jerusalem and the **Ascension Chapel** which is where Jesus ascended into Heaven.

In the Church of Pater Noster we saw the 'Lord's Prayer' written in several languages, including Kiswahili.



Going up Mt Sinai.



At the summit.



Baba Yetu.

In the **Garden of Gethsemane**, we saw the Sanctuary of the **Agony of Jesus Christ**, where Jesus prayed before His arrest. In Beit-Sahur we visited the Franciscan **"Shepherds Fields"**, where the Shepherds' received the announcement of the birth of Jesus and the **Church of the Nativity**.



Mosaic of Mary, St John and others with Jesus placed in the tomb in The Church of the Holy Sepulcher.

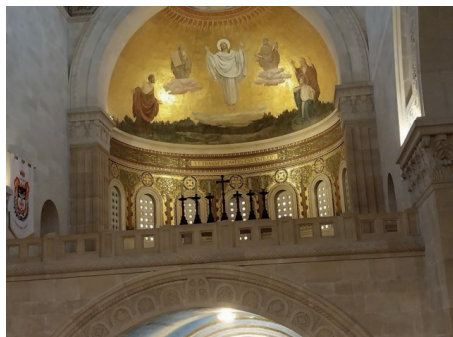
DAY 7: Visited the Old City Jerusalem and prayed the **Stations of the Cross** inside the **Via Dolorosa**, where Jesus was crucified, died and was buried. We visited the tomb of Jesus and the **Church of the Holy Sepulcher**.

In **Jericho**, the oldest city in the world, the Bible continued to come to life at the **Mount of Temptation**, where Jesus was tempted by the devil, and at the **Sycamore tree Zacchaeus climbed** to see Jesus. We also went to the site where John the Baptist baptized Jesus, on the **River Jordan**.

DAY 8: Mount. Zion - New City Jerusalem. Here there was a lot to experience regarding the events of Holy Thursday and Good Friday.

We entered the Upper Room where Jesus and His disciples had their **Last Supper**, the **Church of St. Peter** where Peter denied Christ three times and the dungeons where Jesus spent time before he was taken to the Praetorium to be tried and condemned to death.

We also saw the resting place of King David.



Inside the Church of the Transfiguration.

DAY 9: - Drove to Mount Tabor (Mount of Transfiguration) alongside the shores of the **Mediterranean Sea**. On this mountain God declared Jesus as *"His Son, with whom He was well pleased"*. At **Cana of Galilee** there was wine similar to that of the **first miracle of Jesus**.



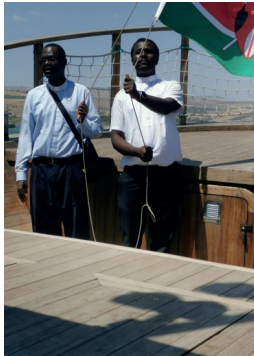
The blessing of Mr. & Mrs. Obonyo's marriage at the Church in Cana, Galilee by Fr. Jackson and Fr. Herman. May God bless them and look upon them with favour.

The beginnings of the Jesus' earthly journey were commemorated at the Basilica and the Grotto of the **Annunciation**. The location of His childhood home, the house of Joseph and Mary was also noted.

DAY 10: Mount of the Beatitudes and the Sea of Galilee then proceeded to Tabgha where Jesus fed 5,000 men with two fish and five loaves. We were reminded that the two fish were given by a young boy. The latter signified that solutions can come from the least expected among us. At **Capernaum**, the town of Christ, we sailed on the **Sea of Galilee** in a boat similar to the one used by Jesus and his disciples. There was the opportunity to enjoy eating "Peter's Fish".



At Capernum.



Father Jackson and Father Herman at the Sea of Galilee.

At **Mount Carmel**, we saw Elijah's cave where he felt the presence of the Lord in a "gentle breeze." and the Monastery of Stella Maris.

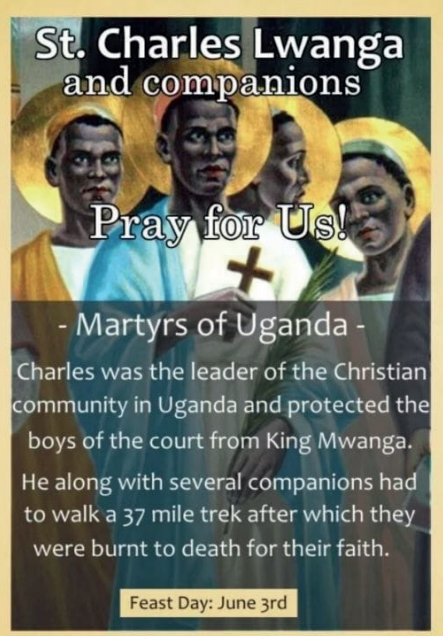
We give glory to God for this enriching pilgrimage.

We are grateful for these life changing encounters. We pray that we shall continue to deepen our relationship with God and experience the amazing grace received from these ten days.

We are truly grateful to Fr. Jackson, his Consolata team, pilgrims, the travel agent and tour guides for their commitment towards making it a success. **CE**

Patricia Gathuri, OGW
Parishioner/Pilgrim


A PILGRIMAGE TO THE FEAST OF THE HOLY MARTYRS IN NAUMUGONGO, UGANDA



My journey to Namugongo was to seek Him in the midst of the storms I was experiencing. There I was joining thousands others but loo and behold..... my Lord increased my Faith! Despite our different languages we understood each other as we sang the hymns, responded and nodded to the homily unisom. I take comfort knowing that the martyrs of Uganda will intercede for all the intentions the 2023 Pilgrims put forward towards our heavenly father. Our Martyrs of Uganda, pray for us.

~ **Catherine Muthoni, Parishioner/Pilgrim, Consolata Shrine**

I was so happy to finally cross visiting Namugongo off my bucket list, by joining the Consolata Shrine Pilgrims in June 2023. In particular, I was privileged to learn first-hand about the Ugandan martyrs and especially Saint James Buuzabaliawo who was my late brother's favourite saint. I was also struck by the universality of the Catholic Church, as I met people from all walks of life gathered together in prayer. It was a reminder that we are all one in Christ, just as the Bible says: "there is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus" (Galatians 3:28).

~ Jackie Odudoh (Parishioner, Shrine of Mary Help of Christians, Don Bosco, Upperrhill). 



A glimpse at the huge turnout for the celebration of the Martyrs of Uganda.



Celebration of Mass with Fr Joakim.



The pilgrims to Namugongo at the Shrine



Fr. James Lengarin celebrated the 11am mass on Sunday 6 Aug 2023 and thereafter there was a congratulatory lunch with leaders in the Auditorium to acknowledge his newly elected post as General Superior of Consolata Missionarie. Fr. Lengarin also planted a tree in the prayer garden to commemorate the event. We all wish him well and continue to keep him in prayer as he embarks on this new journey.



Construction of the New Adoration Chapel has begun, the new chapel will accommodate a larger number of faithfuls who can dedicate time to Adore Jesus who is Truly Present in the Blessed Sacrament.



The beautiful PMC members who escorted the Blessed Sacrament on the Solemnity of Corpus Christi.



The Missionary Youth Movement who were commissioned by His Grace Philip Anyolo, with their Convenor, Diana.



CWA Consolata Shrine celebrating Maria Goretti Feast day at the Allamano Centre with young girls from St Joseph's Chapel, Deep Sea.



Consolata CMA during the recently held Central Deanery CMA Music Festivals at the Allamano Centre.





Consolata Youth group in a recent retreat.

Left: Fr. James Lengarin, the General Superior of Consolata after being crowned by the CMA of Consolata Shrine

Below: Fr. James Lengarin on a jig with leaders of the Consolata Shrine where he later addressed them at the Allamano Centre



Assumption of our Lady: God rewards our good deeds

Fr. Maxmilian Bahati, IMC



The Catechism of the Catholic Church (966) teaches that Our Lady, the immaculate virgin, free of the stain of Original Sin, having finished her life here on earth, was taken up body and soul into heavenly glory where she is exalted by the Lord as Queen over all things. This was

done in order for her to fully conform to her son, who died for our sins. Through the Assumption, Our Lady participates in her son's resurrection and in so doing anticipates our resurrection. The last reference to her earthly life in the Bible is found at the beginning in the Book of the Acts of the Apostles, which presents Mary gathered in prayer with the disciples in the Upper Room, waiting for the Holy Spirit (Acts 1: 14).

It was Pope Pius XII, in the year of the Lord 1950, who declared the Assumption of Mary to heaven as a Dogma (a definitive teaching by Church Authority). The Feast of the Assumption is celebrated by Christians of both the Eastern and Western Churches. Pope Benedict XVI reflected on the Feast of the Assumption of the Virgin Mary on Aug. 15, 2011 saying that *'the celebration gives Christians hope of a future united with Christ, both in this life and in heaven.'*

John Damascene (Sermon II: on Assumption, 14, pg. 96), a renowned doctor of the Eastern Church, explicitly affirms the truth of her bodily assumption: *"She who nursed her Creator as an infant at her breast, had a right to be in the divine tabernacles."*

God rewards good deeds

St. Paul believes that God always rewards a cheerful giver (2 Cor 9: 6-8). From Mary a lot was asked; her willingness, her obedience, her youth, her self- imagine, hardworking, motherhood, relocation to Egypt, her caregiving, her witness of persecution and death of her son and so many other unmentioned sacrifices.

Thinking of the Assumption, I feel like God fulfilled the Swahili sayings, *'Chanda chema uwikwa pete'* (A good finger wears a ring/ a good deed is always rewarded) or *'Wema hulipwa kwa wema'* (Kindness

is rewarded with kindness) or *'Nitunze nikutunze'* (Scratch my back I scratch yours). Mary, having participated in God's plan for the salvation of human kind, it seems only fair to take her body and soul to witness the final glory of all humanity in heaven.

We are all invited to learn from Mary, our Mother. First, taking care of our loved ones and all people entrusted to us: this could be either our children or other homeless people, our parents or the elderly, our co-workers, the sick, the poor, the oppressed etc. Second, obedience in following God's will: what does God want of you as your mission here on earth? Third, called to do good: all people are encouraged to do good but then again, all Christians by the virtue of the church teachings are in a special way urged to charity. That is, charity of time, charity of attitude and acts of charity.

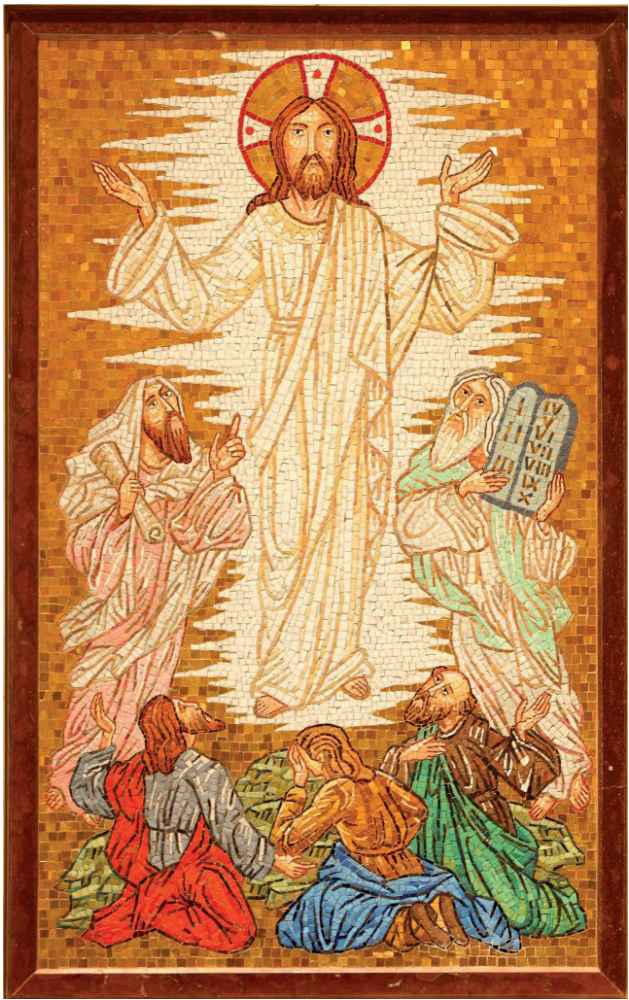
There is hope for every believer

Mary assumed into Heaven points out to us the final destination of our earthly pilgrimage. Pope Benedict XVI emphasises, she reminds us that our whole being – spirit, soul and body – is destined for fullness of life. Those who live and die in the love of God and of their neighbour will be transfigured into the image of the glorious Body of the Risen Christ. The Lord will cast down the proud and exalt the humble (Lk 1: 51-52). With the mystery of her Assumption, Our Lady proclaims this eternally.

Let us, therefore, keep our faith strong, persevere in charity, practise obedience and apply love.

May your praise be for everlasting, O Virgin Mary! Intercede for us all. ☑

Transfiguration of Our Lord



The Feast of the Transfiguration of Our Lord, God and Savior Jesus Christ is celebrated each year on August 6. The feast commemorates the Transfiguration or metamorphosis of Christ on Mount Tabor, when our Lord appeared in His divine glory before the Apostles Peter, James, and John.

This event is significant in Jesus' life and ministry because it confirms his divinity. The presence of the Holy Trinity that announces that the Cross is glorious. The voice that is heard is the Father, the man that is seen in Jesus is the Son and the cloud that covers them is Holy Spirit. This leads to the fulfilment of the Old Testament scriptures.

Biblical Story

The event of the Transfiguration is recorded in three of the four Gospels: *Matthew 17:1-9*, *Mark 9:2-8*, and *Luke 9:28-36*.

Mark 9:2-8 describes:

After six days Jesus took Peter, James, and John and led them up a high mountain apart by themselves. And he was transfigured before them, and his clothes became dazzling white, such as no fuller on earth could bleach them. Then Elijah appeared to them along with Moses, and they were conversing with Jesus. Then Peter said to Jesus in reply, "Rabbi, it is good that we are here! Let us make three tents: one for you, one for Moses, and one for Elijah." He hardly knew what to say, they were so terrified. Then a cloud came, casting a shadow over them; then from the cloud came a voice, "This is my beloved Son. Listen to him." Suddenly, looking around, they no longer saw anyone but Jesus alone with them.

Jesus Fulfills the Old Testament

In this text Jesus chooses only three of his twelve disciples, an indication that God has a plan for each one of us. This text comes immediately after Jesus had asked "who do people say I am?" And when Peter responds in the name of all the disciples then later doesn't want his Master to fulfil the plan of salvation going to Jerusalem. Peter is scolded by Jesus and later taken by his Master to the mountain of Tabor to be shown, accompanied by James and John, this is for them to come closer and experience the true glory of God by manifesting who he really is and for the

disciples to contemplate his glory. This why Peter's deep desire is to prolong the experience of God's glory.

The presence of Moses and Elijah shows how Jesus fulfils the Law and the Prophets. In the Old Testament, the Levitical law was given to God's people as a temporary administration, demonstrating their need for a Saviour. Later, the prophets foretold the coming of the Messiah, who would mend the rift between God and humanity that had been caused by sin. Jesus was the only man able to satisfy the Law, the perfect, sinless sacrifice.

Jesus Is the Glorious Son

In this passage God affirms Jesus as his Son, confirming his deity, and telling the disciples to listen to him. Peter, James, and John now see a glimpse of Jesus' true glory: God the Son, who reigns eternal, and against whom the gates of hell shall not prevail. God the Father shows himself as he appeared to the Israelites of the Old Testament: in a cloud, because his glory is too great to be witnessed. That same glory is reflected on Jesus, whose clothes become dazzling white. This event emphasizes both the mystery and necessity of the Incarnation—in order for man to be made right with God, God had to become a man, because we in our finite and sinful state are unable to behold his full glory.

Jesus Tells of His Coming Triumph over Death

This is also one of multiple instances in which Jesus points his disciples to his future resurrection:

As they were coming down from the mountain, he charged them not to relate what they had seen to anyone, except when the Son of Man had risen from the dead. So they kept the matter to themselves, questioning what rising from the dead meant. — Mark 9:9-10

Icon of the Feast

In the icon of the Feast of the Transfiguration, Christ is the central



The Feast of the Transfiguration calls us to embrace the call to holiness. As we contemplate the glorified Christ, we are invited to renew our commitment to living lives of virtue and grace.

figure appearing in a dominant position within a circular mandorla. He is clearly at the visual and theological center of the icon. His right hand is raised in blessing, and his left hand contains a scroll. The mandorla with its brilliant colors of white, gold, and blue represent the divine glory and light. The halo around the head of Christ is inscribed with the Greek words O on, meaning "The One Who is".

The icon of the feast directs our attention toward the event of the Transfiguration and specifically to the glory of God as revealed in Christ. This event came at a critical point in the ministry of our Lord, just as He was setting out on His journey to Jerusalem. He would soon experience the humiliation, suffering, and death of the Cross. However, the glorious light of the Resurrection was revealed to strengthen His disciples for the trials that they would soon experience.

The feast also points to the great and glorious Second Coming of our Lord and the fulfillment of the Kingdom of God when all of creation will be transfigured and filled with light.

A Glimpse of Heavenly Glory

The Transfiguration also offers us a foretaste of heaven, where we will behold God face to face in all of His glory. In

our earthly journey, we often struggle to grasp the fullness of God's presence and the reality of the afterlife. However, the Transfiguration reminds us that one day, in heaven, we will experience the radiant splendor of God's divine presence. Like the apostles on Mount Tabor, we too will witness the glory of the Risen Christ, which will surpass anything we can currently comprehend.

The Feast of the Transfiguration calls us to embrace the call to holiness. As we contemplate the glorified Christ, we are invited to renew our commitment to living lives of virtue and grace. Just as the apostles were transformed by their encounter with the transfigured Christ, we are called to be transfigured by our encounter with Him in the Eucharist and through prayer. This transformation is an ongoing process, as we seek to become more like Christ and reflect His light to the world.

The Feast of the Transfiguration is a profound celebration of Jesus' divine nature and His ultimate triumph over sin and death. As we meditate on this event, we are reminded of the heavenly glory that awaits us and the transformative power of encountering Christ in our lives. Let us strive to follow the example of Peter, James, and John, embracing the call to holiness and allowing Christ's light to shine through us, so that others may also catch a glimpse of the glory that awaits those who faithfully follow Him. May the Feast of the Transfiguration inspire us to draw closer to Christ and become bearers of His love and light in the world. ☒

***Jennifer Wamaita,
Communications Committee***



Consolata Shrine New Adoration Chapel Project



In order to house the Consecrated Eucharist Host in a modern and quiet ambience for peaceful and dedicated prayers to Jesus, Consolata Shrine intends to put up a modern Iconic Adoration Chapel next to the Shrine.

The estimated cost of the project is **Kshs 25,000,000 (twenty five million)** which is divided into **25,000 units**, each **costing Kshs 1,000**.

The estimated completion time for the project is December 2023.

The Allamano Centre Board which is spearheading the project is appealing to the parishioners to buy as many units of Kshs 1,000 as possible, according to one's ability.

Still, **Kshs 1,000** can be paid in installments depending on individuals capabilities.

Deadline for contributions is August 31st 2023.

Payments to be made via;

**M-PESA: Paybill Number 508702 (A/c - Adoration Chapel)
Cheques to be written to Consolata Fathers - Consolata Shrine**



CONSOLATA
SHRINE

YOUTH

MENTORSHIP PROGRAM

Age: 12yrs - 22yrs

1000/-
/ per Person
per day



Theme

Whose shoes are
you wearing? Come,
Ready for the
Encounter...



Date & Time

4 Days of Mentorship
15th - 18th August
8:00am - 4:00pm



Registration

Done @ the Parish Office
Deadline for Registration
is 13th August

PAYBILL NO. 508702
ACC: YOUTH WORKSHOP



Venue

Consolata Shrine - Westlands
Allamano - Auditorium

For More Info:

CALL: +254-722-615-105

CONSOLATA SHRINE

PMC HOLIDAY

ACTIVITIES

Bible Study

TUES 15 - THUR 17 AUG

FORMATION AND SPORTS

FRI 18 AUG

TRIP 😊

Outdoor Games!

SATURDAY 19 AUG

DEANERY BIBLE DAY

Board Games

REGISTRATION AND INFORMATION AT THE PMC OFFICE AND GAZEBO (After Sunday Mass)



WHAT IS A PILGRIMAGE?



A Journey of Faith.

A pilgrimage is a very special journey. Every journey has a beginning (home) and an end (destination).

What makes a pilgrimage special is the **reason** for the journey. Pilgrimages are not holidays or school trips: they are **Journeys of Faith**, made people who are looking for God. The destination is very important. It is usually a place linked with prayer.

The search for God must begin as soon as the pilgrim leaves their home. Although the destination is a big part of a pilgrimage, the actual traveling to the destination is also very important. This

is usually done by praying, meditating (thinking about God) and even fasting, during the journey. It is good to prepare by focusing on God throughout. In this way, the Spirit is ready to listen and talk to God.

Destinations can be famous because miracles have occurred there or due their peaceful distant location. Famous centres for pilgrimage include the Holy Land (where the Lord was born, lived, died and ascended to the Father), Fatima in Portugal and Lourdes in France (Our Lady appeared to young children in both places) and Namugongo in Uganda (the famous Shrine of the Martyrs).



Pilgrimage must end in prayer.

The First Holy Communion Catechism Classes were pilgrims in July. They went to Kyumvi Shrine Machakos County.

It is a very interesting place with the Sorrowful Mysteries of the Holy Rosary distributed a very steep hill.

As they climbed and prayed, the pilgrims were reminded of the suffering of the Lord during His Passion.

Every day we are all pilgrims. We are the Pilgrim Church, on a Journey of Faith towards Heaven. We must remember that **how** we travel is important. This is how we prepare for Heaven (Destination).

Our faith grows if we pray and look for God in Holy Scripture and in each other. Let us ask the Saints in heaven to intercede for us. This month we remember St Maximillian Kolbe. When he was a boy, he decided to prepare for Heaven. He was a faithful pilgrim.

St Maximillian Kolbe, pray for us.
Mary, Assumed into Heaven, pray for us.

Jesus, Transfigured before the three apostles, have mercy on us.



Pilgrims from the First Holy Communion Catechism Class praying the Holy Rosary on the hill at Kyumvi Shrine.



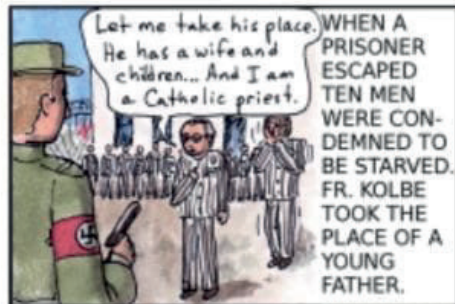
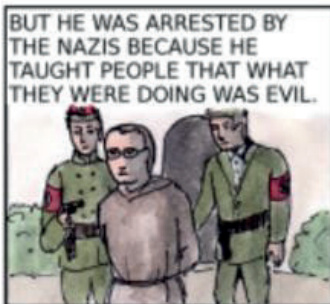
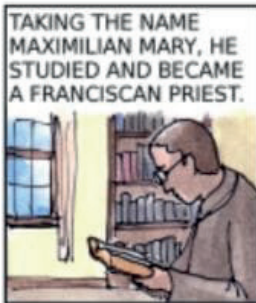
At the top of the hill at Kyumvi.



Pilgrims celebrating Holy Mass at Kyumvi Shrine.

Saint Maximilian Mary Kolbe

August 14



ST. MAXIMILIAN KNEW THAT DOING EVERYTHING FOR GOD WAS THE MOST IMPORTANT THING. HE HELPED PEOPLE TO COME TO GOD THROUGH MARY, AND WHEN THE NAZIS WERE WORKING AGAINST GOD HE RISKED HIS LIFE TO TELL PEOPLE THE TRUTH. ARE YOU COURAGEOUS ENOUGH TO ALWAYS TELL THE TRUTH?

thekidsbulletin@gmail.com

Infant Baptisms - June 2023

- 1) David Aurelio Odhiambo
- 2) Lucier Leonarah Muchude
- 3) John Paul Muchude
- 4) Nathan Njuguna CHege
- 5) Christinah Ariella
- 6) Bernadette Elonga Wanjiku
- 7) Caleb Kamau
- 8) Imani Naila Njeri
- 9) Isabella Ngima Irungu
- 10) Augustine Makana Owade
- 11) Kyle David Gichuki Nyoro
- 12) Andrea Kena Wanjiku Karungu
- 13) Emmanuel Hanns Hawi
- 14) Veronicah Syokau Kioko

Infant Baptisms - July 2023

- 1) Caleb Raini Orenge
- 2) Leah Bosibori Orenge
- 3) Teresiah Princess Bosibori
- 4) Stacy Mutheu
- 5) Epiphany Destine Tyra syomiti
- 6) Nathan Mbogo Igesa
- 7) Mark Warren Musyoki
- 8) Zita wambui
- 9) Nadia Asusa
- 10) Daliah Shighi Maria
- 11) Bakhita gia kabare
- 12) Francisca Ann Geno
- 13) Riella Maria CHERUTO
- 14) Kinaet Nathaniel Kosgey
- 15) Chetai Henrietta Kosgey
- 16) Liam Wasike Okwero
- 17) Roman Patrick Mulwa Mwangi
- 18) Enzo Peter Nyamai
- 19) Jewel Marina Amisi
- 20) Immanuella Wanjiku Mwalimu
- 21) Mbazira Samson Kiwanuka

Baptism for Adults

- 1) Angel Wavinya
- 2) Elizabeth Wandia Janet Matendechere Okumu
- 3) Sheliya Wamaitha Njenga
- 4) Danielle Angel Nyakio
- 5) Dilma Awino Meso

- 6) Liam Amihanda Amateya
- 7) Laura Tabitha
- 8) Cindy Joss Awuor
- 9) Peter Ochieng Masiwe
- 10) Brandon Wayne Mwaura Njoroge
- 11) Peter Kuria Ndirangu

Weddings - June 2023

- 1) Mark Muriithi & Belinda Njoki
- 2) Victor Ochieng & Victoria Akinyi

Deceased of the Parish - July

- 1) Anna Mungalbha Mendes
- 2) David Okungu
- 3) Guillaume Durang
- 4) Lucy Waithera Gabriel

Prayer For Departed

O God,
The Creator and Redeemer
Of all the Faithful,
Grant to the Souls
Of Thy Servants departed
The remission of all their sins;
That through pious supplications
They may obtain the pardon
Which they have always desired
Who livest and reignest
World without end. Amen.

Prayer for the Faithful Departed
(From the Mass for the Dead)

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May their souls and the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.

AUGUST

	<p>THE HOLY FATHER'S INTENTION: For World Youth Day <i>We pray that World Youth Day in Lisbon will help young people to live and witness the Gospel in their own lives.</i></p>
Fri 4	<p>FIRST FRIDAY St John Mary Vianney, Priest</p>
	<p>ARCHDIOCESE Choirs: Bronze and Silver ARCHDIOCESE CJPd: Plenary meeting, Cardinal Otunga Plaza YOUTH: Deanery Cultural Day, Don Bosco, Upper Hill Catechism: Baptism/Reception into the Church Mass, 10 am. Term 2 closure for First Holy Communion and Confirmation Candidates</p> <p>1st Saturday of the Month. Prayers in honour of the Immaculate Heart of Mary. Rosary recitation from 9.30 am to 4.30pm at the Prayer Garden, led by various groups.</p> <p>Novena for the Nativity of the Blessed Virgin Mary (5). Candle lit procession and Rosary after the 5 pm Mass</p>
Sun 6	<p>THE TRANSFIGURATION OF THE LORD Children's Mass, 9 am PEA: Recitation of the Holy Rosary before Blessed Sacrament after 1pm Mass Charities Committee: Jumble Sale Catechism: Adult Catechumens Class closes Term 2 YSC: Choir Practise SIJYSC: Tea Sale Charismatic Group: Life in the Spirit 3 St Joseph's OLOF SSC: Seminar/Retreat</p>
Tue 8	St Dominic SCC: Feast Day
Wed 9	Charities Committee: Distribution of clothes
Thu 10	St Lawrence, Deacon, Martyr
Fri 11	St Clare, Virgin
Sat 19	<p>MYM CENTRAL DEANERY: Rosary Hike, Ngong Hills</p>
Sun 20	<p>20th SUNDAY ORDINARY TIME SCC Mass, 11am Christian Education Committee: Teachings on Church Doctrine CSSHG: Management meeting: Recruitment exercise Formation for the parents and sponsors of Infant Baptism, 2.30pm Charities Committee: Monthly Meeting Charismatic Group: Life in the Spirit 5 St Joseph's YSC: Patron Bonding session, Allamano Centre CJPd: Meeting St Joseph SCC: Charity Day St Jude SCC: Visit a Jumuia at Deep Sea</p>
Tue 22	<p>Our Lady Mother and Queen. Candle Lit Rosary procession after the evening Mass MYM: Visit from neighbouring Parish MYM group</p>
Thu 24	<p>SAINT BARTHOLOMEW, APOSTLE, Feast ARCHDIOCESE MYM: Work of Mercy Day Catechists: ARCHDIOCESE Catechists AGM, Kikuyu Deanery</p>
Sat 26	<p>ARCHDIOCESE CJPd: Rev. Fr. John Anthony Kaiser Memorial, DEWOPA ARCHDIOCESE CWA: St Monica's Day, St Mary's Msongari PEA: Meeting and Recollection, 9.30 am - 1pm Ongoing formation for children who received First Holy Communion in 2021 and 2022 Infant Baptism, 2.30 pm Consolata Professionals: Charity (26-27 August) Novena for the Nativity of Our Lady (8) Candlelit procession and Rosary after the 5 pm Mass</p>