



CONSOLATA SHRINE
4th SUNDAY IN ORDINARY TIME
YEAR A
29th JANUARY 2017



FIRST READING

Zephaniah 2:3; 3:12-13

“I will leave in the midst of you a people humble and lowly.”

A reading from the Book of the Prophet Zephaniah

Seek the Lord, all you humble of the land, who do his commands; seek righteousness, seek humility; perhaps you may be hidden on the day of the wrath of the Lord. “For I will leave in the midst of you a people humble and lowly. They shall seek refuge in the name of the Lord, those who are left in Israel; they shall do no wrong and utter no lies, nor shall there be found in their mouth a deceitful tongue. For they shall pasture and lie down, and none shall make them afraid.

The word of the Lord

RESPONSORIAL PSALM

Psalm 146:6c-7.8-9a.9bc-10

Response. Blessed are the poor in spirit for theirs is the kingdom of heaven.

It is the Lord who preserves fidelity forever,
who does justice to those who are oppressed.
It is he who gives bread to the hungry,
the Lord who sets prisoners free. **(Response)**

It is the Lord who opens the eyes of the blind,
the Lord who raises up those who are bowed down.
It is the Lord who loves just,
the Lord who protects the stranger. **(Response)**

The Lord upholds the orphan and the widow,
but thwarts the path of the wicked.
The lord will reign forever;
the God of Sion is from age to age. **(Response)**

SECOND READING

1 Corinthians 1:26-31

“God chose what is weak in the world.”

A reading from the first Letter of Saint Paul to the Corinthians

Consider your call, brethren; not many of you were wise according to the flesh, not many were powerful, not many were of noble birth; but God chose what is foolish in the world to shame the wise, God chose what is weak in the world to shame the strong, God chose what is low and despised in the world, even things that are not, to bring to nothing that are, so that no

flesh might boast in the presence of God. He is the source of your life in Christ Jesus, whom God made our wisdom, our righteousness and sanctification and redemption; therefore, as it is written, "Let him who boasts, boast of the Lord."

The word of the Lord



Alleluia

Rejoice and be glad, for your reward is great in heaven.

Alleluia



GOSPEL

Matthew 5:1-12a

"Blessed are the poor in Spirit."

A reading from the holy Gospel according to Matthew



At that time: Seeing the crowds, Jesus went up on the mountain, and when he sat down his disciples came to him. And he opened his mouth and taught them, saying: "Blessed are the poor in spirit for theirs is the kingdom of heaven. "Blessed are those who mourn, for they shall be comforted. "Blessed are the meek, for they shall inherit the earth. "Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. "Blessed are the

merciful, for they shall obtain mercy. "Blessed are the pure in heart, for they shall see God. "Blessed are the peacemakers, for they shall be called sons of God. "Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. "Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven."

The Gospel of the Lord

REFLECTION: THE BLESSED PATH - by *Dr. Scott Hahn*

In the readings since Christmas, Jesus has been revealed as the new royal son of David and Son of God. He is sent to lead a new exodus that brings Israel out of captivity to the nations and brings all the nations to God. As Moses led Israel from Egypt through the sea to give them God's law on Mount Sinai, Jesus too has passed through the waters in baptism. Now, in today's Gospel, He goes to the mountain to proclaim a new law—the law of His Kingdom.

The Beatitudes mark the fulfillment of God's covenant promise to Abraham—that through his descendants all the nations of the world would receive God's blessings.

Jesus is the son of Abraham. And through the wisdom He speaks today, He bestows the Father's blessings upon "the poor in spirit." God has chosen to bless the weak and lowly, those foolish and despised in the eyes of the world, Paul says in today's Epistle. The poor in spirit are those who know that nothing they do can merit God's mercy and grace. These are the humble remnant in today's First Reading—taught to seek refuge in the name of the Lord. The Beatitudes reveal the divine path and purpose for our lives. All our striving should be for these virtues—to be poor in spirit; meek and clean of heart; merciful and makers of peace; seekers of the righteousness that comes from living by the law of Kingdom. The path the Lord sets before us today is one of trials and persecution. But He promises comfort in our mourning and a great reward. The Kingdom we have inherited is no earthly territory, but the promised land of heaven. It is Zion where the Lord reigns forever. And, as we sing in today's Psalm, its blessings are for those whose hope is in the Lord.

ANNOUNCEMENTS

1. Today the Homeless of Nairobi are having a shoe shining activity outside the church to support them with their needs. Kindly support them.
2. Registration for Baptism and first Holy Communion for children and adults is closing this week. Children have to be 8 years and in class three. Kindly bring the original baptism card and a registration fee of Kshs 200/-. Adults who were baptized in other Christian churches and wish to become fully Catholics are also asked to register. Classes for children will start on Saturday 4th February, and adults on Sunday 5th February 2017.
3. Family Calendar and the Bible Diaries 2017 which include daily reflection are available at the desk outside the Church and in the bookshop.
4. On 2nd February, is the feast of the Presentation of the Lord, which is the feast of the Consecrated Life. Let us pray for all the Religious Fathers, Brothers and Sisters and consecrated laity working in the Parish
5. Friday 3rd, is memorial of St Blaise, Bishop & Martyr protector of all sickness. Throats will be blessed with blessed candles in all masses.
6. On Friday 3rd, is the first Friday of the Month. Night Vigil will start at 9.00pm and end up with a holy Mass at 5.00am. All are welcome.
7. Saturday 4th, The Marathon Rosary will be prayed in the prayer garden from 10.am to 5pm. All are welcome.
8. Next Sunday 5th February the Children Sunday service will resume during 9.am, 10.30am and 12 O'clock masses. All children from 3 to 8 years are welcome.
9. Next Sunday is the first Sunday of the month there is second collection of St Vincent de Paul to assist the needy of the parish.
10. Next Sunday also, we will have the Rosary being prayed in front of the Eucharist after the twelve o'clock Mass.
11. The annual celebration to mark the world Day of the sick, will take place on Sunday 12th February at 3pm. The sick and elderly who wish to attend but are limited by transport are invited to register at the desk outside the church or contact the Parish Office for assistance. All are welcome.

WEEKLY MEETINGS

- Ecumenism on Monday 30th at 6.15pm
- Liturgy Committee on 1st February at 12.30pm

PRAYER FOR THE CONSECRATED MEN AND WOMEN

We thank you, heavenly Father, for calling from among the faithful consecrated men and women to serve in your Kingdom. May their lives of poverty help us recognize that all we have and are comes from you, O Lord. May their example of chastity teach us to open ourselves more fully to your love and to share it with others. May their lives of obedience show us all how to stand ready to respond to your will wherever it is expressed. Throughout this celebration of their consecration, renew our knowledge and love of you, and send your Holy Spirit to help us all bring good news and healing to your people. All this we ask through your Son Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.

QUOTE FOR THE FAMILY

Honor widows who are truly widows. But if a widow has children or grandchildren, let them first learn to show godliness to their own household and to make some return to their parents, for this is pleasing in the sight of God.

1 Timothy 5:3-4

CONSOLATA SHRINE ON SOCIAL MEDIA

Let's use social media to spread God's word.

Remember to "follow" and "like" us.

 @ConsoShrine

 Consolata Shrine, Westlands, Nairobi

IEBC are currently conducting registration from 16th of January to 14th February 2017.
Please refer to the notice board for polling stations and dates.

DAILY READING

Monday: Heb 11:32-40; Ps 31:20-24; Mk 5:1-20

Tuesday: Heb 12:1-4; Ps 22:26-28. 30-32; Mk 5:21-43

Wednesday: Heb 12:4-7.11-15; Ps 103: 12.13-14.17-18;
Mk 6:1-6

Thursday: Mal 3:1-4; Ps 24:7-10; Heb 2:14-18; Lk 2:22-40
(or Lk 2:22-32)

Friday: Heb 13:1-8; Ps 27:1.3.5. 8-9; Mk 6:14-29

Saturday: Heb 13:15-17. 20-21; Ps Lk 1:69-75; Mk 4:35-41

SCHEDULES FOR MASSES:

Sunday: 7.30 am **Kiswahili**

9.00 am, 10.30 am, 12.00 noon
and 5.30 pm **English**

Saturday: English 7.00 am, 9.00 am
and 5.30 pm

Monday to Friday: English 7:00 am
and 1.15 pm, 5.30 pm **Kiswahili**

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