



CONSOLATA SHRINE
5th SUNDAY IN ORDINARY TIME
YEAR A
5th FEBRUARY 2017



FIRST READING

Isaiah 58:7-10

“Your light shall break forth like the dawn.”

A reading from the Book of Isaiah

Thus says the Lord: “Share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, cover him, and do not hide yourself from your own flesh. Then shall your light break forth like the dawn, and your healing shall spring up speedily; your righteousness shall go before you, the glory of the Lord shall be your rear guard. Then you shall call and the Lord will answer; you shall cry, and he will say, Here I am. “If you take away from the midst of you the yoke, the pointing of the finger, and speaking wickedness, if you pour yourself out for the hungry and satisfy the desire of the afflicted, then shall your light rise in the darkness and your gloom be as the noonday.”

The word of the Lord

RESPONSORIAL PSALM

Psalm 112:4-9

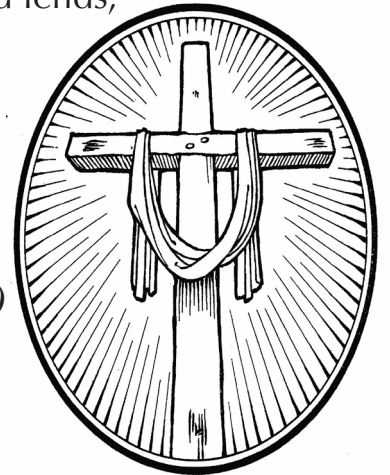
Response. A light rises in the darkness for the upright.

A light rises in the darkness for the upright;
he is generous, merciful and just.

It goes well for the man who deals generously and lends,
who conducts his affairs with justice. *(Response)*

He will never be moved;
forever shall the just be remembered.
He has no fear of evil news;
with a firm heart, he trusts in the Lord. *(Response)*

With a steadfast heart he will not fear.
Open-handed, he gives to the poor;
his justice stands firm forever.
His might shall be exalted in glory. *(Response)*



SECOND READING

1 Corinthians 2:1-5

“I have told you of the mystery of Christ crucified.”

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

When I came to you, brethren, I did not come proclaiming to you the testimony of God in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ and him crucified. And I was with you in weakness and in much fear and trembling; and my

speech and my message were not in plausible words of wisdom, but in demonstration of the Spirit and power, that your faith might not rest in the wisdom of men but in the power of God.

The word of the Lord



Alleluia

I am the light of the world, says the Lord;
he who follows me will have the light of life.



Alleluia

GOSPEL

Matthew 5:13-16

“You are the light of the world.”

A reading from the holy Gospel according to Matthew

At that time: Jesus said to his disciples, “You are the salt of the earth; but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trodden under foot by men. “You are the light of the world. A city set on a hill cannot be hidden. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven.”



The Gospel of the Lord

REFLECTION: LIGHT BREAKING FORTH - by Dr. Scott Hahn

Jesus came among us as light to scatter the darkness of a fallen world. As his disciples, we too are called to be “the light of the world,” he tells us in the Gospel this Sunday. All three images that Jesus uses to describe the Church are associated with the identity and vocation of Israel. God forever aligned his Kingdom with the Kingdom of David and his sons by a “covenant of salt,”

salt being a sign of permanence and purity. Jerusalem was to be a city set on a hill, high above all others, drawing all nations towards the glorious light streaming from her Temple. And Israel was given the mission of being a light to the nations, that God’s salvation would reach to the ends of the earth. The liturgy shows us this week that the Church, and every Christian, is called to fulfil Israel’s mission. By our faith and good works, we are to make the light of God’s life break forth in the darkness, as we sing in this week’s Psalm. This week’s readings remind us that our faith can never be a private affair, something we can hide as if under a basket. We are to pour ourselves out for the afflicted, as Isaiah tells us in the First Reading. Our

in the same way,
let your **Light** shine before others,
that they may see your good deeds and praise your Father in Heaven.
Matthew 5:16

light must shine as a ray of God's mercy for all who are poor, hungry, naked, and enslaved. There must be a transparent quality to our lives. Our friends and family, our neighbors and fellow citizens, should see reflected in us the light of Christ and through us be attracted to the saving truths of the Gospel. So let us pray that we, like St. Paul in the Epistle, might proclaim with our whole lives, "Christ and him crucified."

QUOTE FOR THE FAMILY

**It is easy to love the people far away. It is not always easy to love those close to us.
Bring love into your home for this is where our love for each other must start**

St. Theresa of Calcutta

PRAYER FOR PEACE

MAKE ME AN INSTRUMENT OF YOUR PEACE,

Lord, make me an instrument of Your peace.

Where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

where there is sadness, joy.

O, Divine Master,

grant that I may not so much seek to be consoled as to console;

to be understood as to understand;

to be loved as to love;

For it is in giving that we receive;

it is in pardoning that we are pardoned;

it is in dying that we are born again to eternal life. Amen

Saint Francis Prayer.

ANNOUNCEMENTS

1. Today is the first Sunday of the month. There is a second collection of St Vincent de Paul to assist the needy of the parish.
2. Today also, we will have the Rosary being prayed in front of the Eucharist after the twelve o'clock Mass.
3. The Self Help group is registering new members today. Please visit their desk outside the church for more information of how to submit your payment of shares and loan. All are welcome.
4. Catholic Women Association will have a Valentine Day Dinner on the 14th of February to raise funds for paying School fees for 2 needy children and also raise money to buy a Bus. Please stop by the desks outside and support CWA.

5. The annual celebration to mark the world Day of the sick, will take place next 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.
6. Friday 10th, we start the novena of Blessed Joseph Allamano with special reflection and prayers in all masses during the week.

WEEKLY MEETING

- Executive committee meets today at 10.30 am at the boardroom
- Apostolate on Monday 6th February at 6.15pm
- PEA committee on Tuesday 7th, February at 6.30pm. New members are welcome.
- Self-help Management Committee on 12th February at 10.30am
- Pastoral council will meet next Sunday at 10.30am

The Parish has organized the Pilgrimage to Holy Land during lent in preparation for Easter. For more information, please look at the posters outside the Church or pick a brochure from the tables outside the church.

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

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

DAILY READING

Monday: Gen 1:1-19; Ps 104: 1-2. 5-6. 10 & 12
24 & 35; Mk 6:53-56

Tuesday: Gen 2:20- 2:4; Ps 8:4-9; Mk 7:1-13

Wednesday: Gen 2:4b-9. 15-17; Ps 104: 1-2. 27-30;
Mk 7:14-23

Thursday: Gen 2:18-25; Ps 128:1-5; Mk 7:24-30

Friday: Gen 3:1-8; Ps 32:1-2.5-7; Mk 7:31-37

Saturday: Gen 3:9-24; Ps 90:2-6. 12-13 Mk 8:1-10 or
Is 66:10-14, Ps Jud 13:18-19; Jn 2:1-11

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**

Parish Website: www.consolatashrine.org • **Parish E-Mail:** info@consolatashrine.org

Parish Priest's E-Mail: parishpriest@consolatashrine.org

Parish Mpesa Business Number: **508702** • P.O. Box **14930 - Nairobi**

Cell Phone: **0722 615 105**