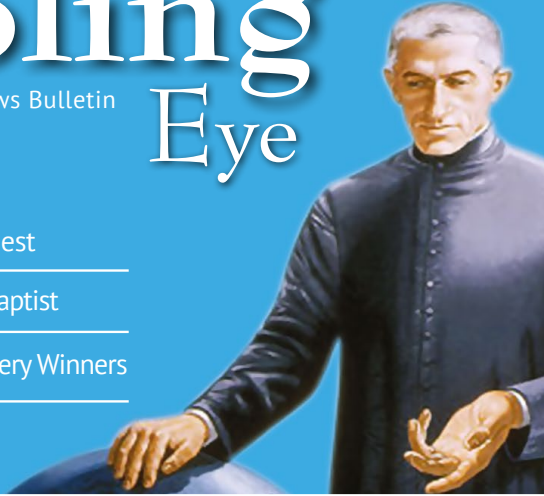
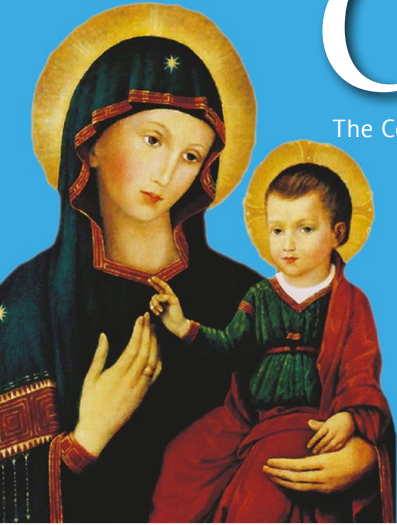


June 2017

# The Consoling Eye

The Consolata Shrine Parish Monthly News Bulletin



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**Because  
He Is Man,  
The Grace  
Jesus  
Obtained  
For Us  
Accrues To  
The Benefit  
Of All  
Mankind**

**Because  
He is God,  
The Power  
And  
Efficacy  
Of That  
Grace Is  
Infinite  
And  
Eternal**



Consolata Shrine, Westlands, Nairobi



@ConsoShrine

# Our Lady Consolata is with us

*Dear brothers and sisters,*

**May the Consolation of Christ through the intercession of Our Lady Consolata come upon each and everyone of you!**

We are celebrating the great Feast of our Mother, of Our Lady Consolata. On behalf of all the pastoral team, Happy Feast to all of you!

In many families, the Feast for the mother, becomes a real feast for the children and for the whole family. We are not exempt of this reality. It is our feast!

In our lives, despite of all what we might be going through, we can always be sure that God is with us! That is the real sign of His goodness and fidelity. At the same time, we can also be sure that Our Lady is with us too! It has never been known that anyone who fled to her protection was left unaided. She is the mother of Christ, the true Consolation. He is the true Consolation because he came to save the world by being one of us, by putting himself in our shoes kabisa!

It is something that we all experience, passively and actively. We are refreshed and consoled when somebody stands by our side, particularly in moments of need. We also know how happy we are when we are

able to support somebody in need. Our Lady Consolata has been experienced as that Mother who cannot close her eyes to the needs of her children.

I invite you to take a nice picture of Our Lady Consolata, which is a very beautiful icon... hold it in your hands and contemplate it! Are you at home? Or being driven somewhere? Sitting somewhere? Or almost going to sleep and paying a look at this Consoling Eye? Whatever it is, just pay a look at this icon and relax.

Look at Our Lady with her meditative face and know that she knows what you are going through. The joys in your heart and the challenges that you face. Look at her right hand which takes everything to her heart and presents them to Jesus. On that same hand, see that ring, which is the sign of a covenant, the covenant that God sealed between Himself and humanity, between Himself and you! Look at her stars, one on the forehead, one on the right shoulder and imagine a third on the left shoulder (since in icons symmetry is important) talking about the graces that she received from God keeping her a Virgin before, during and after the birth of Jesus.

You and I too, receive special graces. In her dark blue garment, we understand that she belongs to a Heavenly reality, she has been

chosen and given to us by God; and she can lead us to Him.

Look at Jesus, with his face of an elderly person, symbolizing wisdom... He is the Wisdom of the Father. Tell Him that you will go to Him at all times, He is the one to provide you with the Divine Wisdom and Knowledge. His right hand has two fingers together representing the two natures of Jesus, fully human and fully divine. He knows what you are going through because as a human he also went through all that you go through. He also gives you all what you need because He is truly God. The other three fingers remind us that he is part of the Holy Trinity, Father, Son and Holy Spirit.

Mary's aureole or hail (the luminous crown around her head) represents her holiness. Jesus has his too. In Jesus' hail, instead, you can see a cross... he will voluntarily accept death on a cross to save you and me and the whole humanity. The little white cloth on Jesus represents his purity, the unblemished lamb. The red represents the blood that he will pour out for our salvation. The green is the sign of life, he is life and the giver of life. He died for us, he took our sins upon himself. He is the giver of the true life, life in abundance, life that lasts and nobody can take away it from you!

As the left hands of both Jesus and Mary are together, we realize that whatever we ask Jesus through Our Mother, he will grant to us. Present to Him all what is in your heart, don't hide anything from Him! Give thanks to Jesus,



give thanks to Mary! And to our Mother, like the disciples did at the wedding of Cana, present all your joys and your needs. She will definitely present them to Jesus. It will be a great consoling experience!

At the same time, ask Our Lady Consolata to give you the grace to learn from her and to have her attitude in the way of searching always for God's will, in doing it, in the way in which she was a mother and serving at her family that you may too serve always your family; in the way

of becoming mother and protector of others that you may too become a care taker of other brothers and sisters. Above all that attitude of keeping things in your heart as a way of reflecting, meditating and discovering God's plans for you and your family.

We entrust to her protection your family, our Parish, our Country as we move towards the elections, the Allamano Centre Project. In a special way, let us entrust to her Fr James Lengarin, our former Parish Priest, who has just been chosen to be the Vice General Superior of the Consolata Missionaries, that is the direct assistant to the main person in charge of the whole activities of the Consolata Missionaries in the world.

Once more... Blessed Feast to you all, as you become a sign of Consolation, particularly towards the poor and needy, in your family and beyond! ☩

**Fr Daniel Berteau**  
**Father In-charge**

## Pope's Prayers Intentions for June 2017

**General intention: National Leaders**

That national leaders may firmly commit themselves to ending the arms trade, which victimizes so many innocent people.



# Devotion to the Sacred Heart of Jesus

Devotion to the Sacred Heart is one of the most widely practiced forms of Catholic devotion worldwide. But what is it and what are its historical roots and appendages?

In devotion to the sacred heart, Christ's physical heart is taken as the representation of his divine love for humanity. It deems to be the longsuffering love and compassion of the heart of Christ towards humanity.

It came to be after a French Roman Catholic nun, Saint Margaret Mary Alacoque said she learned the devotion from Jesus during a series of apparitions to her between 1673 and 1675.

In her "heavenly visitations," St Margaret was shown the need for reception of Holy Communion on the first Friday of each month, Eucharistic adoration during a "Holy hour" on Thursdays, and the celebration of the Feast of the Sacred Heart. She said that in her vision she was instructed to spend an hour every Thursday night to meditate on Jesus' Agony in the Garden of Gethsemane.

### But how did Catholics become so engrained in this devotion?

There was a revival of religious life and intense love for Christ after the activity of Saint Bernard of Clairvaux and Saint Francis of Assisi in the 12<sup>th</sup> and 13<sup>th</sup> centuries.

Crusaders returning from the Holy Land added further strength to the love for a pious life.

You see the 11<sup>th</sup> century was replete with waves of Turkish Muslim attacks. The breakdown of the Carolingian Empire in the late 9th century, combined with the relative stabilization of local European borders after the Christianization of the Vikings, Slavs, and Magyars, had produced a large class of armed warriors whose energies were misplaced fighting one another and terrorizing the local populace.

The Church tried to stem this violence with the Peace and Truce of God movements, which was somewhat successful, but trained warriors always sought an outlet for their skills, and opportunities for territorial expansion were becoming less attractive for large segments of the nobility.

Christians it would seem wanted more devotion to the Passion of Jesus Christ and particularly to practices in honour of the Sacred Wounds.

This gave rise to devotion to the Passion of Jesus Christ and particularly to practices in honour of the Sacred Wounds.

Devotion to the Sacred Heart developed out of the devotion to the Holy Wounds, in particular to the Sacred Wound in the side of Jesus. The first indications of devotion to the Sacred Heart are found in the eleventh and twelfth centuries in the fervent atmosphere of the Benedictine or Cistercian monasteries.

But it is impossible to say with certainty what

its first texts were or who its first devotees were.

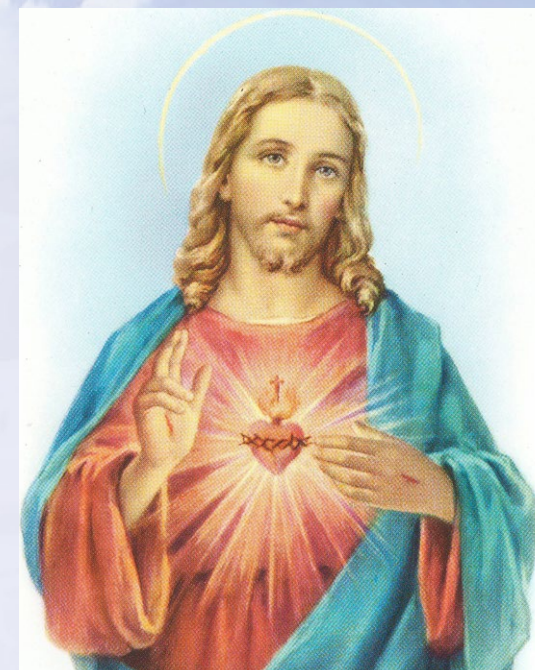
### What does it promise?

Margaret Mary Alacoque said that in her apparitions Jesus promised these blessings to those who practice devotion to his Sacred Heart. The list was tabulated in 1863.

1. I will give them all the graces necessary for their state of life.
2. I will give peace in their families.
3. I will console them in all their troubles.
4. I will be their refuge in life and especially in death.
5. I will abundantly bless all their undertakings.
6. Sinners shall find in my Heart the source and Infinite Ocean of mercy.
7. Tepid souls shall become fervent.
8. Fervent souls shall rise speedily to great perfection.
9. I will bless those places wherein the image of My Sacred Heart shall be exposed and venerated.
10. I will give to priests the power to touch the most hardened hearts.
11. Persons who propagate this devotion shall have their names eternally written in my Heart.
12. In the excess of the mercy of my Heart, I promise you that my all powerful love will grant to all those who will receive Communion on the First Fridays, for nine consecutive months, the grace of final repentance: they will not die in my displeasure, nor without receiving the sacraments; and my Heart will be their secure refuge in that last hour.

### How can one secure these blessings?

Devote more prayer time to the sacred heart. If possible, do it daily. If even more possible, set up a devoted prayer centre in your house



and pray from there daily devoting attention to the heart of Jesus. Here are the dates for the feast of the sacred heart of Jesus in 2017-2019: June 23<sup>rd</sup> 2017, June 8 2018 and June 28, 2019. Attend mass on these and other ordained days.

### But isn't this a kind of naturalism? A sort of break from God's laws?

Pope Pius XII's encyclical *Haurietis aquas*, in response to these criticisms, said that the Sacred Heart is venerated as belonging to the Divine Person of the Eternal Word and as "a symbolic image of his love and a witness of our redemption." Devotion to the Sacred Heart of Jesus, by its very nature is a worship of the love with which God, through Jesus, loved us, and at the same time, an exercise of our love by which we are related to God and to other men. **CE**

By **RICHARD KITHEKA**

## The Nativity of John the Baptist



The birthday of John the Baptist is celebrated on 24th June. With the celebration of his birthday we cannot help but notice that Christmas is just six months away. He was born to be the forerunner of Jesus Christ, to prepare a way for him. This makes his nativity of great significance to us as he was chosen by God.

There are only three birthdays that are celebrated in the church's liturgical calendar and these are the birthdays of Mary, Jesus and St. John the Baptist. Out of all the holy men and women in heaven these are the three

people that have their birthdays celebrated, this re-enforces the significance of our subject of discussion, the nativity of John the Baptist.

It began with a prophesy made by prophet Isaiah. He foretold of a person who would be sent to prepare in the wilderness a road for the Lord and clear the way in the desert for our God. He was referring to John, the scripture further reveals to us in the first chapter of the book of John that "God sent his messenger, a man named John who came to tell people the message and believe". John's birth had been foretold, he was chosen by God. Meaning



that the timing of his birth was calculated to ensure that the prophesy would come to pass and that God's plan was fulfilled.

The first Chapter of Luke narrates to us beautifully the events that led to the conception and subsequent birth of John the Baptist. His parents Zechariah and Elizabeth had been childless for years, but still hoped and prayed for God to bless them despite their old age. There came a time while Zechariah was going about his priestly duties in the sanctuary, an angel appeared to him. The angel told Zechariah that God had heard his prayers and that his wife would bear a son and they shall name him John. The angel who identified himself as Gabriel, went on to tell Zechariah that his son will turn many back to the path of righteousness and that he will be a joy and delight of many. Zechariah doubted the message of the angel for his wife was now past child bearing age. Due to him expressing his doubt in the message of angel Gabriel, Gabriel took away his speech making him dumb. He then told him that he will regain his power of speech once the message of the birth and naming of his son came to pass.

Soon thereafter Elizabeth conceived a child and kept to herself. Now when Elizabeth was

six months pregnant, angel Gabriel revealed to Mary that Elizabeth in her old age had conceived a son and she whom people called barren is now six months pregnant. As soon as the angel had announced to Mary that Elizabeth was pregnant, she went to visit her. This was around the time Mary had conceived Jesus. The child in Elizabeth's womb leapt with joy and Elizabeth was filled with the Holy Spirit.

Mary stayed with Elizabeth for about three months and then returned to her home. Now time had come for Elizabeth to give birth. She brought forth a son. Her neighbours and relatives heard how merciful God had been to her and came to rejoice with her. On the eighth day, when it came to the circumcision of the child, they were also to name the child. Elizabeth chose the name John which astounded many for as per tradition the child was to be named Zechariah just like his father. They then sought the opinion of Zechariah who being dumb was given a writing tablet and he scribbled down the name John. Immediately after doing so his power of speech came back. Many of their neighbours witnessed this and talked about it as they were filled with awe.

The name John has a several translations such as gift of God, graced by God and God is gracious. Indeed God was gracious to the childless couple therefore a miracle when people least expected.

Truly the birth of John the Baptist is one to be celebrated. **CE**

**Benah Mukobi, Youth Group, Consolata Shrine**

## The Langata Women's Prison: A Visit by the Consolata Youth Group and the Charities Committee

Sunday the 14th day of May 2017 was the day in which both the Consolata Youth Group and the Charities Committee paid a visit to Lang'ata Women's Maximum Prison. We had carried with us an official letter, which we had received earlier, from the Priest in charge of the prison, allowing us to visit. This would be our entrance ticket into the prison.

The two groups working hand in hand through its officials were able to get monetary donations from their members to buy non-perishable items as well as donations in kind from the list of items that were acceptable as donations.

Our scheduled time of arrival at the prison was 9am which we had no problem fulfilling. We had already been told in advance that time was of essence since they had to adhere to a strict time schedule to be followed by the prisoners with little room for flexibility in their timetable.

We had gone to visit the prison with an intention to have mass together and exchange a few words of encouragement with the women there. Before we could enter the area, we were briefed by the warden and the catechist of the decorum to maintain while with the remands, and warned not to exchange phone numbers with them.

Once in the remand section our first order of business was mass. The remands animated the mass by singing while Consolata youth did the first reading the psalm and second reading. The ladies sung with such joy and energy, energy of which most of us were astonished to see and feel from their voices and dancing. Their singing was an inspiration for despite their conditions they knew that they could always channel their energy to God as their hope and consolation.

After mass as the visitors, we introduced ourselves each member saying their name as well as any word of encouragement to the ladies. The women were then given a chance to speak through their chosen representatives. It is through them that we got to know that the remand section is where they're confined while their cases were pending in court as they waited for the final determination.




**A Consolata Shrine youth member, presenting donations to the inmates on behalf of the group**

They spoke with so much hope and told us that the next time we pay them a visit we would not find them there for their cases would have been concluded to their favour and they would be released from confinement. One of the ladies was very familiar with Consolata Shrine and even told us that before her misfortune she would come for mass at Consolata once in a while with her children. She said that some of them could even identify their sons and daughters in us, for they had families despite their present situation. The next lady gave advice to the youth she told us to be careful especially with our friends because they can make or break us. She told them that they should be careful as life in prison is difficult and conditions in which nobody should desire to live.

They thanked the Consolata Shine fathers for allowing the youth and the charities committee to go and visit them and sent their heart felt gratitude and greetings to them for such kindness.

Everything good has an ending and so did our time with them, we were ushered out of the remand section by a few of the remands accompanied by a prison warden and catechist who would then receive the donations we had carried with us on behalf of the other inmates.

The ladies were happy and grateful for our presence they were encouraged by the fact that as the youth we took our time to go and visit them. 

**Benah Mukobi, Youth Group, Consolata Shrine**

## Lenten Campaign

Charities committee Lenten campaign was focused on the Education program of St Joseph Deep-sea, to assist the famine stricken community of Lodwar through the bishop of Lodwar. We also visited Faith home a children home in Huruma Nairobi. The home is managed by Gloria assisted by well-wishers Alexis foundation who supports most of the budget of running the institution. The home has 72 children aged from 1 to 18 years.

Alexis foundation Pays school fees for 5 children in high school assisted by Charity's committee. We are happy to report that the children perform very well. Most of them top their class we do pray they continue to perform well so that they are able to get admission to public universities. Alexis foundation also ensures that

Alexis Foundation also donates food to the needy of the parish every fortnight and Charity's committee is forever grateful for their assistance.

Charity's committee also donated clothing to the Homeless of Nairobi. The Homeless of Nairobi takes care of some street boys. We also donated clothes to St. Joseph through Fr. Eugene of Kangemi. The bulk of the clothes were donated to St. Joseph Deep-sea.

The Charities Committee members also visited the Lang'ata women's prison together with the youth.

### About Charities Committee

The Charities committee focuses on the needy, the sick, the orphans, the street children and families, the prisoners and the slum dwellers.

The committee also responds to emergency cases of disasters in the country and the world at large.

The charities committee is rooted in the Sacred Scripture, the practice of the church, the teaching of the church Fathers and the general humane acts that call for goodness to be done and evil to be avoided.

In the Holy Bible, there is a great connection between morality with the will of God, benevolence and charity towards the poor with the service of God the Most High. (Lev. 19.1-3, 13-14)

Christ himself put it even clearer 'Whatever you do for the least of my brothers and sisters that you do unto me.' (Matt 25:31-45).

In brief, the Charities Committee draws from this background of Sacred Scripture and the teaching authority of the church in fostering the care and support of the needy in Consolata Shrine.

### The Mission of Charities Committee

The Charities Committee has the following areas of operation:

1. To assist the needy in the Parish and informal settlement through St. Vincent de Paul for general giving Christmas and Easter giving's.
2. To help the sick, with prayer offerings and sacramental life, basic needs (food and clothing) Medicine regular visits at home and in hospitals.
3. To help the old people (especially those with nobody to look after them).
4. To visit prisoners for prayer and spiritual nourishment, offering of essential commodities and counselling services.
5. To receive donations of clothes, food, cash and to source for support.
6. To help in cases of emergencies such as drought, floods, fire and earthquakes.
7. To assist strangers (refugees and abandoned children)
8. To assist Self-help group with its mission to Increase membership, provide loans to its members educate members and aim to help the needy.

The Charities Committee in Consolata Shrine has in the past achieved and performed the following:

1. Received clothes and other household goods which are used for Jumble sale while some are donated freely to the needy. The money gotten from sale is used for buying food and other essentials for the needy.
2. During Easter and Christmas, the Charities Committee requests for donations, which are then given to the needy.
3. Charities Committee in conjunction with the social workers has been able to provide care, Medication to the sick and pay school fees for the needy.
4. The Charities Committee has in the past engaged in projects that generate funds to boost our kitty i.e. Annual Flower Sales, Upendo Day etc.
5. The Self-help group has accumulated total assets of Kshs 13,120,355.00 and is advancing various loans to its members.

Charities Committee would like to thank you for your continued support. New members and well-wishers are most welcome. Kindly register at the Parish office. We hold regular meetings once every month.

**Hellen Shiundu  
Convener Charities Committee**

# Reflection of Our Lady Consolata

from the perspective of Mariological study in the prayer of Hail Mary

To all parishioners of the Consolata Shrine, I wish the consolation of Our Lady CONSOLATA is with you and your families. And congratulations to all "Happy Feast of Our Lady CONSOLATA"

I felt pain while I was preparing this article. Because I was worried that it is theological study about Mary, so it can be difficult to understand. Besides, I was worried to help you in understanding about connection between Mariology and Consolata with my talent for writing. In fact, the topic of Mary is still a hot issue in our church and with other churches. So I tried to write carefully. I hope my article becomes an instrument to improve your faith and love for Mary.

**Intro**

I would like to mention how Vatican Council II premises on Mariology. The Vatican Council II talks about Mariology in Lumen Gentium no. 54; "it does not, however, intend to give a complete doctrine on Mary, nor does it wish to decide on those questions which the work of theologians has not yet fully clarified. Those opinions therefore may be lawfully retained and are propounded in Catholic schools concerning her, who occupies a place in the church which is the highest after Christ and also close to us".

The Vatican Council opens a dispute about Mary. In fact, many of dogmas about Mary, i.e. Eternal Virginity, Immaculate Conception, Assumption and so on, were proclaimed as dogmatic beliefs. Otherwise, it is possible to raise a dispute on Mary, and it is true that there are many topics for the dispute. It is the reason that Mariology is a part of theology for studying. So

this paper which I have done is to understanding Mary's characters which Mariology portrays through a prayer 'Hail Mary' which we recite every day.

This paper uses a letter of Pope John Paul II, "The Mother of The Redeemer" basically, but it is not a summary. This book implies the main point of "Theotokos". And this paper tries to look at many characters of Mary through each part of Hail Mary. So sometimes the same topic is repeated. But it helps to understand something about Mary, because each part helps each other.

In the letter, "The Mother of The Redeemer", Pope John Paul II considered many aspects of virgin Mary's heroic faith, and Mary's faith is the key which opens and shows us Her existence through meditation about Elizabeth's profession and proclamation, "Blessed is she who believed"(Lk. 1, 45). So we can study Mary from Her faith.

**1. The Mother of Faith  
"Hail Mary full of Grace"**

Pope's letter uses "fullness of time" in understanding "full of grace". Because we can know that Mary is "full of grace" through Jesus' conception.

God who is full of all, and over it with time which is always full, came to us as human through Mary. It means that unlimited God came in a limited human that is Mary. In other words, unlimited being comes in the limited being. When unlimited being that is the source of grace comes in to a limited being, then limited being is filled inevitable though it is too big. Reversely, limited being is overflowed after being

filled. In this reason, Mary became the being who was overflowed by grace. In other words, she conformed completely with God.

In fact, grace is the supernatural gift, and this gift is given by God's choice. But something that is claimed from us with His choice is to open ourselves to the grace which is from His choice, namely, attitude that accommodates grace. After God's choice, an accommodation of Mary is possible in faith, and on the base of this faith, Mary answered "FIAT".

God took human flesh though Mary's answer and Mary became a cooperater with a revelation of God who wanted to come as human for salvation through "FIAT". The "FIAT" means that Mary became the mother of God by Her answer, and she became to exist as the most superior human. Otherwise, Mary's answer which was filled in the faith gave her true joy that is becoming the mother of the redeemer. This joy was proclaimed and known in public through profession of Elizabeth, "She cried out with a loud voice and said 'Most blessed are you among women, and blessed is the fruit of your womb' (Lk. 1, 42). We can know that this joy was not only to Mary, but also to baby who was in Elizabeth's womb through Luke chapter 1, verse 41. **CE**

**Deacon Bernardo KIM**  
**Bellado2000@naver.com**

**20 June: Feast of Our Lady Consolata**

We beseech you, Almighty God,  
may the intercession of her,  
whom you have chosen Virgin and Mother of your Son  
obtain for our Congregation and for all its members  
integrity of faith,  
perseverance in vocation,  
missionary ardour for evangelization,  
and fruitfulness in the apostolate.

Assist, sanctify and guide  
our Father General and all superiors.  
With your grace, sustain us your servants,  
sustain the houses and the missionary works,  
reward those who do good to us,  
our parents, relatives and friends.

Preserve us in peace and in unity of spirit,  
grant serenity and strength to our sick brothers and  
sisters  
support the weak and the vacillating,  
welcome into your kingdom those who have died.

With the grace of your Spirit,  
increase the missionary activity of our Congregation  
so that the Gospel may spread  
and all peoples may know you, the one true God,  
and him whom you have sent,  
Jesus Christ your son  
born of the Virgin Mary.

Amen.

**PRAYER TO OUR LADY CONSOLATA**

O God, through the Virgin Mary you gave your people the true consolation, Jesus Christ. Grant that we, who venerate her as Consolata, may cooperate, together with her, in the work of the redemption. Our Lady Consolata, intercede for our families and for our nation. We ask this through our Lord Jesus Christ, Your Son, who lives and reigns with you and the Holy Spirit, One God forever and ever. Amen.

Hail Mary...  
Our Lady Consolata, **pray for us.**  
Blessed Joseph Allamano, **pray for us.**

# Pictorial

# Pictorial

Pictures courtesy of Eric Fernandes



Celebrating the feast of Corpus Christi. The Eucharist is the basis of our faith, Jesus is truly present in the Blessed Sacrament! 18th June 2017.



The Feast of Pentecost, the proclaimers renewed their vows during this special feast day. 4th June 2017.



Celebrating the Feast of Ascension, the CWA members were present to offer this mass for the group. 28th May 2017.



Construction of the Allmano Centre is ongoing, and we can now see the progress of the work. We continue to request prayers and support to help complete construction of this project.



Mrs. Margaret Pette, winner of the Kwid Renault in ongoing Allamano Centre raffle is presented with a one year Insurance cover, courtesy of Pacis Insurance, by Fr Joseph Ceasar and Dr. Samuel Kiruthu, Chairman of Allamano Centre Finance Committee.



Left: Hellen Shiundu, Convenor of the Charities Committee during their recent visit to Faith Childrens home, Huruma in Nairobi, where they presented Lenten gifts



Right: Ms Sheila Indasi, winner of the Kwid car stands next to the car after it was officially presented to her.



Nyrabarenzi Pelagie of Our Lady Queen of Peace, South B, who won a 6Kva Aksa Generator in ongoing Allamano Centre raffle.



# The Feast of Corpus Christi

## (Sunday June 18th) (Body and Blood of Christ)

The feast of Corpus Christi, is always celebrated on the Thursday following Trinity Sunday. This year, the feast falls on Sunday June 18<sup>th</sup>. It is a time when Our Lord in the Blessed Sacrament is exposed not just to faithful Catholics, but to the whole world. This is a time when Catholics show their love for the Real Presence of Christ in the Blessed Sacrament by honoring Him in public in a very special way it is also a wonderful time, in which we can show our love for our neighbor by bringing Our Lord and Savior closer to them. This is the feast at the very centre and heart of the Catholic Church, the centre and heart of our faith, and the centre and heart of parish, the centre and heart of the lives of each of us, Jesus in the Blessed Sacrament. This day was designated as the Holy Thursday, because it is the day Jesus instituted the Holy Eucharist.

### A Consecrated Host Became Flesh and Blood

At Seven o'clock in the evening on August 18<sup>th</sup>, 1996, Fr Alejandro Pezet was celebrating Holy Mass at a Catholic Church in the Commercial Centre of Buenos Aires. As he was finishing distributing Holy Communion, a woman came up to tell him that she had found a discarded host on a candleholder at the back of the church, on going to the spot indicated, Fr Alejandro saw a defiled Host. Since he was unable to consume it, he placed in a container of water and put it away in the tabernacle of the chapel of the Blessed Sacrament. On Monday, August 26<sup>th</sup>, upon opening the tabernacle, he saw to his amazement that the host had turned into a bloody substance.

He informed the Auxiliary Bishop at that time Jorge Bergoglio, who later became a Cardinal (now Pope Francis), and who took all the necessary steps, leading to a thorough investigation, with the result that the substance (the discarded host), had actually turned into a human flesh, and was a piece of a human heart. A full account was published, and could be found in the website [www.Miracleof](http://www.Miracleof)

Buenos Aires. Or by googling the Absolute Primacy of Christ.

### What is God Trying to tell us?

Another Miracle has recently taken place in Poland, 2014, April 17<sup>th</sup>, Bishop Zbigniew Kiernikowski of Legnica, Poland announced the approval of a Eucharistic miracle in his Diocese. The miracle happened about two years ago when "a consecrated Host fell to the floor (during the distribution of Communion and) was picked up and placed in a container with water. Soon after, red stains appeared on the host" This host, like the one in the case of Argentina is of all of the same pattern after the rigorous scientific test. The question is what is God trying to tell us? Is there something we are not doing right with regard to the handling of the Most Blessed Eucharist? (Ref. Legnica, Poland, April 18<sup>th</sup>, 2016 / 02:59 PM (CAN / EWTN News).

### The Genesis of Eucharistic Adoration in the Church.

In the Mass we express our faith in the Real Presence of Christ under the species of bread and wine by, among other ways, genuflecting or bowing deeply as a sign of adoration of the Lord. The Church has always encouraged devotion to the Eucharist, not only during Mass, but also outside of Mass, reserving consecrated Hosts with utmost care, exposing them to the solemn veneration of the faithful, and carrying them in procession. It was faith in the Real Presence of Christ that led to devotion to Jesus in the Blessed Sacrament outside of Mass. In the first centuries of the Church the sacred species was reserved so that Communion could be taken to the sick and to those in prison awaiting martyrdom because they had confessed their faith. Gradually the faith of the people caused them to see the great treasure in the reservation of the Blessed Eucharist. The Church has since been untiring in establishing and investing in the Blessed Sacrament with more and more solemnity, homage, and devotion. As a consequence, many

parishes have been encouraging opening of Adoration Chapels for the faithful to have an opportunity of staying with Jesus in the Blessed Sacrament, to adore and give Him honor.

### What is Adoration?

Adoration is a quiet time spent in prayer before Jesus present in the Eucharist. A Consecrated Host is placed in the centre of a sacred vessel called a Monstrance. The word Monstrance means "to show". The Monstrance is then set in a very special place for all to see and worship. Jesus truly is present body, blood, soul and divinity in the Consecrated Host or "Blessed Sacrament"

### Why we have Perpetual Eucharistic Adoration

Jesus asked His disciples, "Could you not watch one hour with Me" (Matthew 26:40)

Jesus wants us to remain with Him. But we too have needs, hurts, joys and sorrows that we can share only with Our Lord and savior. By coming to Adoration we give Jesus great honor and act with humility by acknowledging our need for, and dependence upon Him- our Creator.

### Why you should go to Adore Jesus in the Blessed Sacrament.

To deepen our personal relationship with Jesus and to grow in faith, hope and love, we need to be in constant touch with our Eucharistic Lord, really present in the Blessed Sacrament, body, blood, soul and divinity. St. Peter Julian Eymard, one of the greatest Eucharistic Saints, said that every time you look at Jesus in the Blessed Sacrament your place in heaven is raised. Besides that future goal, right now, here on earth, Jesus will give you His peace within you as you spend time with Him. Just as you can't be exposed to the sun without receiving its rays, neither can you come into the Light and Presence of Jesus in the Blessed Sacrament without receiving the divine rays of His grace, His love, His peace.

### What you should do during Holy Hour

You may spend the time with Jesus in the Blessed

Sacrament any way you want. You may bring your own prayer books, read the Bible, pray the Rosary, or just sit, relax and enjoy the peace that comes from being in His Presence. You may feel you can't pray well. Don't let this discourage you. The fact that you came to spend time with Jesus in the Blessed Sacrament pleases Him very much, and is in itself a profession of faith in Him.

### O COME LET US ADORE HIM.

Are you addicted to the noise of the world? Here's one simple solution Whether you only have five minutes or an hour, sitting in adoration in front of the Eucharist brings peace.

"No dictatorship can do anything against a silent man. You cannot steal a man's silence from him" - Robert Cardinal Sarah - The strength of Silence: Against the Dictatorship of Noise.

Jesus needs you to come and watch at least one hour with Him, as He told Peter, "So you could not keep watch with me for one hour?" (Mat .25: 40). Come and sign up for a holy hour. You will greatly honor Jesus and console Him by your visit to the Adoration Chapel.

Just by your coming to the Adoration Chapel, quietly and with reverence, bowing while kneeling on both knees, before going to take your place in the pews, by keeping still as you and other adorers pray and watch in silence, by trying to lift your mind and heart to Jesus during Adoration, you give Him a guard of honor. Try thinking about His sufferings and believe that He suffered all He did because you are very precious and worth everything to Him! "Essential commitment in life is to grow spiritually in the climate of the Holy Eucharist."- St John-Paul 11.

**CHARLES PETER OTIENO**  
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Twitter- [@charlesotiesh](https://twitter.com/charlesotiesh)





**Name:** Sheila Indasi Makongo  
**Occupation:** House help in Kinoo.  
**Do you have a family?** Single  
**Where do you go to Church?**

I am a registered Parishioner of St Peter's Catholic Church, Kinoo. How did you hear about Allamano Centre? I was listening to songs on Radio Waumini when I heard about the donation.

**How many times did you participate?**

I had 59/- in my M-pesa, I wanted

to buy credit but something was blocking me. I kept trying to buy credit but something was stopping me, so I decided to donate it Consolata instead of keeping it. So it was just once.

**How did it feel when you won the Renault KWID?**

It was on Monday when I got the call that I won a car. It was unbelievable since I had only donated 50/-. I had to come to Consolata with a friend to avoid being conned. I got to see the car but it was still unbelievable. I could not even tell my boss that I have won. My boss insisted I tell her what happened in Consolata. I laughed and told her what had happened. She insisted that Consolata Shrine does not lie, I should trust them. I came to terms with it when Fr. Daniel announced I was the winner in Church the following Sunday.

**What's your plan for your blessing?**

I do not need a car right now, so I plan to take a cash equivalent and get my life on a positive track.

**Were you planning to win?**

I was not planning to win. I just wanted to assist the Church project.

**What's your take on gambling?** Gambling is not good for Christians. We do not know for sure where the money gambled goes. Many people have ruined their lives in gambling.

**Were you gambling?**

No. I was giving unto God.

**What would you tell others who are donating and have not won?**

Giving to Gods work is not about winning but about sharing your blessings with others.

*By Dennis Maina, Communications Committee*



First ever winner of the grand prize, Kwid Renault car, Ms Sheila Indasi Makongo is congratulated by Fr. Daniel Bertea in front of the car. Others are representatives from the Renault, Allamano Centre steering Committee and Pacis Insurance.

**Name:** Mrs Margaret Pette  
**Occupation:** Retired Banker who is into business.

**Do you have a family?**

Married with three sons and resides in Loresho.

**Where do you go to Church?**

I am a registered Parishioner of Consolata Shrine.

**How did you hear about Allamano Centre?**

I am regular so I heard the frequent announcements on Sundays.

**How many times did you participate?**

I do not have the count before, since I am still giving. I thought it was the only way to give.

**How did it feel when you won the Renault KWID?**

I was in my business place when I got the call. I did not quite hear who was calling so I disconnected. The phone rang again but I was in a meeting so my house help picked. I heard her give her details and asked her who it was. On learning that it was Consolata Shrine, I called back. On being informed I have won a car, I got very excited. I must have been talking loudly since everyone who was with me started screaming in excitement. I later came over to Consolata and was announced in Church as a winner.

**What's your plan for your blessing?**

I will keep my car for personal use as a testimony of God's blessings to His faithful people.

**Were you planning to win?**

I was not planning to win. I was doing my due diligence of assisting the work of God.

**What's your take on gambling?**

Gambling is not good for Christians. I was involved in gambling before I became a good Christian. Since then I have never gambled.

**Were you gambling?**

This is not gambling. Consolata Shrine is raising money for a good course, building the Allamano centre. I was giving not to win but as a service to God.

**What would you tell others who are donating and have not won?**

We do not give to God to be lucky. God gives us blessings anyway. There are many ways to be blessed of God like long life and health. God will reward you in many different ways. In fact when I pray I do not ask God for something, I just ask for blessings. He has given me a car and I am grateful.

*By Dennis Maina, Communications Committee*



Mrs Margaret Pette, winner of the Kwid Renault car is helped into the car she won by Renault's Managing Director and Fr Joseph Caesar of Consolata Shrine. Looking on is Dr Samuel Kiruthu, Chairman, Allamano Centre Finance subcommittee.

## To all my Catholic friends and dear ones:

Etiquette is not only about behaviour at a party or formal meeting. There is also Mass Etiquette which is neglected:

## 20 Things to remember at Mass:

1. One must fast for at least 1 hour before receiving Holy Communion. The only exceptions are medicine, water or unless someone is ill and needs to eat sooner.
2. Don't pack a snack basket for kids. It's no picnic. The only exceptions would be milk for infants, water for the priest or choir and sick.
3. Don't bite your nails, it indicates nervousness. Don't shake your legs, it indicates tension. Don't fidget with your hair, it indicates distraction. You may haven't been taught this when you were young, that it is wrong to focus on any other person or object, when the focus should be on God alone.
4. Never chew gum in Church. It breaks your fast.
5. Cross yourself with Holy Water on entering and leaving the church. This is a reminder of our Baptism, which made us members of Christ's Church.
6. Dress modestly, the mass is not a fashion show. And Christmas and Easter masses are not a part of Milan Fashion Week. Dress in a way that gives witness to your faith not to seduce anyone. Don't go for mass to check out who is hot in the parish.
7. Come early and be as close to the altar as possible. Don't walk in when half the mass is over. Don't stand outside the Church. One shouldn't go for mass for the heck of it or to be noticed or to avoid uncomfortable questions.
8. Cell phones should never be used during Mass for checking messages, making calls or texting. Keep them on silent mode. No call is more important than mass.
9. Youngsters should offer their seats to the pregnant, sick or aged who are standing.
10. When we enter and leave Church, genuflect (bow your knee) toward the Tabernacle. Christ is present for our sake. By allowing our right knee to hit the floor, we acknowledge He is our Lord and God. If someone is physically unable to genuflect, then a bow is sufficient. During Mass, if you pass in front of the altar or tabernacle, bow reverently.
11. Sit quietly in Church. Don't talk or comment on what others wear. You don't go there to judge anyone's dressing style, make-up or accessories.
12. Take loud children behind. Sometimes the baby will be restless. Parents with young kids should sit at the end of a pew, so that you can take the kid behind quickly. Don't joke with them & disturb others during Mass. Stop them from playing with hymn books and reading material. Don't joke or play with toddlers during mass.
13. Prepare your offering before Mass. Christ tells us not to let your left hand know what your right hand is doing when you make your offering. Keeping the basket while you get your wallet out can be quite a scene. Digging the basket for change is wrong. Come to mass with your offering prepared.
14. No sleeping, day-dreaming, bulletin reading or saying the rosary during mass. Pay attention to God's Word.
15. Respect the worship. Stand during the gospel reading and other set time during worship. Kneel at the consecration, it is part of worship. The only exceptions are for the sick, people with knee problems, aged and those with infants. If you can't kneel occupy a pew that does not obstruct the view of the Lord from those who do kneel.
16. Bow before receiving Holy Communion,

- you are before God.
17. Say Amen and bow before receiving Communion. Do not drop the host, or play with it with your tongue or bite it.
  18. Do not leave early. We should stay to the end of the final blessing and the recessional hymn that accompanies it, if there is one. Remember who left the Last Supper early (Judas).
  19. Pray after Mass, thanking God for His abundant blessings.
  20. Leave quietly. We encourage you to visit others especially your pastors as a part of Christian fellowship, but once you are outside of the main sanctuary of the church so you won't disturb others who want to stay and pray.

Don't say 'Thank God mass is over,' when you come out. You will sound as if you were forced to attend or as if it is a weekly punishment. We may have not always behaved well during mass, but it's never too late to learn.

## **\*Twelve quotes that will change the way you attend Holy Mass\* in words of \*Saints.\***

1. When the Eucharist is being celebrated, the sanctuary is filled with countless angels who adore the divine victim immolated on the altar.\*  
~ St. John Chrysostom
2. \*The angels surround and help the priest when he is celebrating Mass.\*  
~ St. Augustine
3. \*The best time to ask and obtain favors from God is the time of the Elevation.\*\*  
~St. John Bosco
4. \*The celebration of Holy Mass is as valuable as the death of Jesus on the cross.\*  
~ St Thomas Aquinas

5. \*St. Teresa was over whelmed with God's Goodness and asked Our Lord "How can I thank you?" Our Lord replied, "ATTEND ONE MASS.\*\*"

6. \*\*"My Son so loves those who assist at the Holy Sacrifice of the Mass that, if it were necessary He would die for them as many times as they've heard Masses.\*\*" Our Lady to Blessed Alan.

7. \*When we receive Holy Communion, we experience Extraordinary Joy, Fragrance, Well-being that thrills the whole body & causes it to exalt\*  
~St John Vianney

8. \*There is nothing so great as the Eucharist. If God had something more precious, He would have given it to us.\*  
~ Saint John Vianney

9. \*Be eager to go to Mass on weekdays also, even if it costs a sacrifice. Our Lord will reward you with His Blessings and make you succeed in your undertakings\*  
~Don Bosco

10. \*When we have been to receive Holy Communion, the balm of love envelops the soul as the flower envelops the bee.\*  
St John Vianney

11. \*It would be easier for the world to survive without the sun than to do without Holy Mass.\*  
~ St. Pio of Pietrelcina

12. \*If we really understood the Mass, we would die of joy.\*  
~ Saint John Vianne

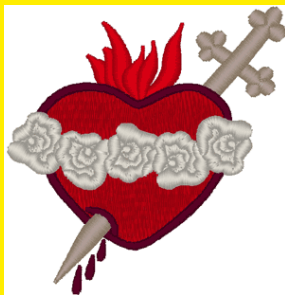
**Nancy Kameri**  
**Former Convenor of Social Committee**

**TWO BEAUTIFUL HEARTS FULL OF LOVE AND CONSOLATION**

On Friday we celebrated the Solemnity of the Sacred Heart of Jesus. This meant that the following Saturday, yesterday, was dedicated to the Immaculate Heart of Mary. All over the world the heart represents Love. By showing us their hearts, Our Lord Jesus and His Mother Mary are reaching out to us with great love and tenderness.



Why must we consider the hearts of Jesus and Mary? Jesus is Our Lord and Saviour. His Heart must be adored. When we look at the Sacred Heart as described by Sr. Mary Margaret Alacoque, we see a Heart surrounded with thorns and bleeding from a deep wound. It is not an attractive sight. In fact, we feel sad when we look at this Heart. The thorns represent our sins cruelly piercing the Heart that loves us so much. We know of this Love because of the Fire of Love burning above the Heart and the Blood willingly shed for our salvation.



But what of the Heart of Mary? She is not God. She is the Mother of Our Lord. Her beautiful heart is not to be adored but venerated. That means, she must be given as much respect and honour as possible without being worshipped. This heart is surrounded by white roses representing the purity of Mary. However, the children of Fatima saw the Immaculate Heart also surrounded by thorns. These are our sins. Mary is also asking us to ease her pain by praying sincerely to her Son, Jesus. She does not want us to go to Hell. But how can she help us if we ignore her words and continue on our own way? Are you praying Rosary every day?

Today, during the feast of Our Lady Consolata, we are honouring the great love Mary has for her Son. We benefit from this love because it includes us. We can see the fire of her love for us also burning above her heart. Mary is our Mother and pleads for our salvation before her son. This is why her Immaculate Heart is often shown pierced by a sword. The wounds show us that she understands the pains of this world. Her heart is strong enough to comfort us when our hearts are broken.



These three days remind us of the Suffering of the Sacred Heart of Jesus and the Loving Perseverance of the Immaculate Heart which results in the Consolation of Our Mother Mary. All this Love is directed at us. We do not have to work for it. We are just loved. Let us stop hurting the Hearts of Jesus and Mary.

Immaculate Heart of Mary, pray for us.  
Our Lady Consolata, pray for us.  
Sacred Heart of Jesus, have mercy on us.

Christian Education Committee

**June Saints and Feast Days Word Search**



Find all of the words or phrases in the puzzle that are in **BOLD** in the word bank below.

- |                                 |   |  |
|---------------------------------|---|--|
| St. <b>Justin</b>               | St. <b>Barnabas</b>                     | St. <b>Cyril</b> of Alexandria             |
| <b>Sacred Heart</b> of Jesus    | St. <b>Anthony</b> of Padua             | St. <b>Peter</b>                           |
| <b>Immaculate</b> Heart of Mary | St. <b>Aloysius Gonzaga</b>             | St. <b>Paul</b>                            |
| St. <b>Norbert</b>              | <b>Nativity</b> of St. John the Baptist | First <b>Martyrs</b> of the Church of Rome |
| St. <b>Ephrem</b>               |   |  |

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DONATE and WIN every week for a great cause! With as little as **50 bob** you could help raise funds for the construction of the Allamano Centre at Consolata Shrine and stand a chance to win great prizes including Brand New Renault Kwid cars.

**DIAL \*369 \*2# or PAYBILL 804877 account "WIN".**  
Remember the more the entries, the more your chances of winning.

FOR AS LITTLE AS  
50 BOB STAND TO

**WIN**  
THIS  
Renault  
kwid



**DIAL \*396\*2# TO DONATE OR USING PAYBILL 804877, ACCOUNT: "WIN"**



SIMBA CAETANO FORMULA  
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## Baptisms in May

1. Raguell Khajia of Njeri Manga and Kevin Atibu
2. Ariana Maya of Stella Njagi and Abel A. Smith
3. Samuel Ngalaka of Philomena Angela and Vincent Muinde Mulinge
4. Vincent Muinde of Philomena Angela and Vincent Muinde Mulinge
5. Imanda Jakinda of Edelquin Atieno and Alphonse Tengeles
6. Benedict Kiguta of Veledinah Muvenyi and Kizito Wamunyu Kiguta
7. Josephine Wanjiku of Lucy Wanjira and Joseph Mungai
8. Janmarie Njeri of Lucy Nyawira and Domisiano Marigi
9. Jayden Wainaina of Lucy Nyawira and Domisiano Marigi
10. Jesse Karimi of Susan Njoki and George Ndegwa
11. Elisha Anyango Mutoni of Caroline Kariuki and Thierry Ian Tumsifu
12. Elia Wanjugu of Judith Kahure and David Wachira
13. Leo Ndirangu of Jayne Watheri and Dennis Miano
14. Emmanuel Klaus Mbochi of Nancy Wanjiku and Paul Mungai
15. Joseph Mwita Njunge of Evalyne Nyahiri and Vincent Njunge
16. Coby Wachira of Florence Kimani and Francis Muriithi
17. Joyleen Njeri of Peris Micere and Elizaphan Karanja
18. Mitchel Njeri of Susan Maureen Gathoni and Antony Kamau
19. Emmanuel Mwenda of Dorothy Gatwiri and Eliud Mwiti
20. Shernice Angel Mukiri of Margaret Wanjiru and Moses Njue

## Marriage Banns in July 2017

**There is a promise of marriage between:**

1. Lolita Kozyreva and Yury Kozyrev
2. Agnes Wangui Mwai and Francis Mwangi Irungu
3. Phyllis Njahira Thuku and Timothy Nyaga Mwaniki
4. Victoria Atieno Owiti and Collins Omondi Kamol
5. Loise Wanjiku Njenga and Isaac Kaaria Mutuma
6. Susan Wangui Wanjiku and Raphael Muiruri Githae

**Note: If anyone knows of any particular reason why the above ceremony cannot take place, please report immediately to the Parish Priest.**

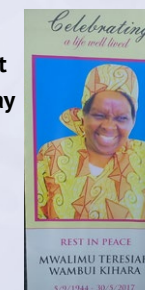
## Weddings in May/ June 2017

1. Annastancia Wangoi Viginier and James Mbuvi Mule
2. Nyoike Wanjiku Mugo and Joseph Benjamin Mwendwa Kiswili
3. Regina Clare Akhaabi and James Kimando Waithanji

Name of deceased	date of death
Julius Eshuchi	21/5/2017
Manuel Marcus	18/5/2017
Agnes Auma	10/5/2017
George Clive Mzilikazi	2/5/2017
Mwalimu Teresiah Wambui Kihara	30/5/2017

**Eternal rest grant unto them. And let perpetual light shine upon them. May their souls rest in peace. Amen.**

*By Sammy Kakai,  
Catechist, Consolata Shrine*



# EVENTS OF THE PARISH FOR JUNE 2017

## MISSIONARY INTENTION: Universal: National Leaders.

That national leaders may firmly commit themselves to ending the arms trade, which victimizes so many innocent people.

Archdiocese Youth environmental week  
A.Y.E.P. Youth leaders at Holy Family Basilica

Sat 24	<p><b>THE BIRTHDAY OF SAINT JOHN THE BAPTIST</b> <i>Solemnity</i> On going formation for children who received first Holy communion.</p> <p>9th of the 9th Saturdays of the preparation of Our Lady Consolata. Candle lit rosary procession after mass at the grotto. Ongoing formation for children who received first holy communion Infant baptism 2.30pm Youth choir animation of the Infant Baptisms Sacred Heart Day at Resurrection Garden Choir Class C &amp; D Festivals Ecumenism: A talk-church and politics, a Channel of reconciliation (invitation of religious leaders for discussion, 2:30-4:30pm)</p>
Sun 25	<p><b>12TH SUNDAY IN ORDINARY TIME</b> <b>SOLEMNITY OF OUR LADY CONSOLATA – PATRONESS</b> Charities annual Flower sale Children Mass at 9am Youth participation in the Consolata Feast Recollection for confirmation candidates (Resurrection Garden) St Jude SCC visit New Life Children Home</p>
Thu 29	<p><b>SAINTS PETER AND PAUL, APOSTLES</b> <i>Solemnity</i></p>
Fri 30	<p><b>First Martyrs of the See of Rome</b></p>