



# CONSOLATA SHRINE



## Fourteenth Sunday in Ordinary Time

9th JULY 2017 - YEAR A

### FIRST READING

Zechariah 9:9-10

*“Behold, your king comes to you, humble”*

**A reading from the Book of the Prophet Zechariah**

Thus says the Lord: Rejoice greatly, O daughter of Zion! Shout aloud O daughter of Jerusalem! Behold, your king comes to you; triumphant and victorious is he, humble and riding on a donkey, on a colt the foal of a donkey. I will cut off the chariot from Ephraim and the war horse from Jerusalem; and the battle bow shall be cut off, and he shall command peace to the nations; his dominion shall be from sea to sea, and from the River to the ends of the earth.

*The word of the Lord*

### RESPONSORIAL PSALM

Psalm 145:1-2,8-11, 13-14 (R1)

**Response. I will bless your name forever, my king and my God.**

I will extol you, my God and king,  
and bless your name forever and ever.

I will bless you day after day,

And praise your name forever and ever. *(Response)*



The Lord is kind and full of compassion,  
slow to anger, abounding in mercy.

How good is the Lord to all,  
compassionate to all his creatures. *(Response)*

All your works shall thank you, O Lord,  
and all your faithful ones bless you.

They shall speak of the glory of your reign,  
and declares your mighty deeds. *(Response)*



The Lord is faithful in all his words,  
and holy in all his deeds.

The Lord supports all who fall,  
and raises up all who are bowed down. *(Response)*

### SECOND READING

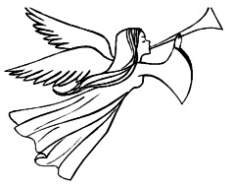
Romans 8:9, 11-13

*“If by the Spirit you put to death the deeds of the body you will live.”*

**A reading from the Letter of Saint Paul to the Romans**

Brethren: You are not in the flesh, you are in the Spirit, in the Spirit of God really dwells in you. Any one who does not have the Spirit of Christ does not belong to him. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will give life to your mortal bodies also through his Spirit who dwells in you. So then, brethren, we are debtors, not to the flesh, to live according to the flesh- for if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body you will live.

*The word of the Lord*



## Alleluia

Blessed are you, Father, Lord of heaven and earth,  
that you have revealed to little ones the mysteries of the  
kingdom.

## Alleluia



## GOSPEL

**Matthew 11:25-30**

*“I am gentle and lowly of heart.”*

**A reading from the holy Gospel according to Matthew**

**A**t that time Jesus declared, “I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to infants; yes, Father, for such was your gracious will. All things have been delivered to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and any one to whom the Son chooses to reveal him. Come to me, all who labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

***The Gospel of the Lord***



## REFLECTION

**A Yoke For The Childlike by Scott Hahn, Ph.D.**

Jesus is portrayed in today's Gospel as a new and greater Moses. Moses, the meekest man on earth, was God's friend. Only he knew God "face to face". And Moses gave Israel the yoke of the Law, through which God first revealed himself and how we are to live. Jesus too is meek and humble. But He is more than God's friend. He is the Son who alone knows the Father. He is more also than a law-giver, presenting himself today as the yoke of a new Law, and as the revealed Wisdom of God. As Wisdom, Jesus was present before creation as the firstborn of God, the Father and Lord of heaven and earth. And He gives knowledge of the holy things of the kingdom of God. In the gracious will of the Father, Jesus reveals these things only to the "childlike"—those who humble themselves before Him as little children. These alone can recognize and receive Jesus as the just savior and meek king promised to daughter Zion, Israel, in today's First Reading. We too are called to childlike faith in the Father's goodness, as sons and daughters of the new kingdom, the Church. We are to live by the Spirit we received in baptism, putting to death our old ways of thinking and acting, as Paul exhorts in today's Epistle. Our "yoke" is to be His new law of love, by which we enter into the "rest" of His kingdom. As we sing in today's Psalm, we joyously await the day when we will praise His name forever in the kingdom that lasts for all ages. This is the Sabbath rest promised by Jesus—first anticipated by Moses, but which still awaits the people of God.

## ANNOUNCEMENTS

1. Today Charity committee have a jumble sale at the basketball court parking.
2. Today being the second Sunday of the month, we are praying for the sick and their care-givers. To enable organisation of Pastoral visits, please register unwell family members and friends at the table outside the church.

3. The Charismatic group has organized a Life in the Spirit Seminar that will start today to 17th September 2017. The seminar will be conducted every Sunday from 2pm to 5pm in the tent behind the nursery School. The Seminar is open for everyone. All are welcome.
4. Couples planning to get married are asked to register at the catechist's office for premarital counseling sessions. Session has already begun which usually take place on Thursday at 6.15pm.
5. On Thursday 13th, we commemorate the third apparition of Our Lady in Fatima. Her Icon will be placed in the church all day and after the evening Mass there will be a candlelit Rosary procession in Her honor. All are welcome.
6. Novena of 9 Saturdays for Festival of Prayer Garden started last week. The rosary with a candle lit procession we be prayed every Saturday after the 5:30pm mass.
7. The Construction of the Allamano Centre to build a new block of pastoral offices, hall and parking is on-going. We kindly request you to stop by the tables at the entrances of the church and get detailed information about the project. We also invite you to give your contribution or make a pledge towards the project.
8. Last week, 4 parishioners got the 4 prizes. Two smartphones and two Fuel Vouchers. New prizes are won every week! DONATE and WIN is still ongoing Consolata Shrine Raffle. Every Monday we announce the winners and tomorrow might be you. The more you participate the more chances of winning! Remember the code is \*369\*2# or M-pesa Pay Bill 804877 and Account WIN.
9. We remind you to return the blue forms to register according to your professions, so we can start the proper activities.
10. Those who registered for their Parish Cards are now available at the desk outside the church or in the parish office. Kindly pick your card.
11. Parishioners who live in Kikuyu, Kinoo and Uthiru are request to meet on 16th July at the tent behind the nursery School after 12 o'clock mass.

### PRAYER FOR THE SICK

Watch, O Lord, with those who wake, or watch, or weep tonight, and give your angels charge over those who sleep. Tend your sick ones, O Lord Christ. Rest your weary ones. Bless your dying ones. Soothe your suffering ones. Pity your afflicted ones. Shield your joyous ones. And for all your love's sake. Amen

### TO CONFESS OUR SINS AT LEAST ONCE A YEAR.

"Those who approach the sacrament of Penance obtain pardon from God's mercy for the offense committed against him, and are, at the same time, reconciled with the Church which they have wounded by their sins and which by charity, by example, and by prayer labours for their conversion." (Catechism of the Catholic Church –CCC- 1422)

The precept to confess at least once a year is a reminder to receive the Sacrament of Penance [Reconciliation] on a regular basis. Confession is of great value; it makes us more deeply conformed to Christ and most submissive to the voice of the Spirit. Reconciliation is a personal encounter with Jesus Christ represented by the priest in the confession. The penitent admits to God that he/she has sinned, makes an act of sorrow, accepts a penance [prayers, acts of self-denial, or works of service to others], and resolves to do better in the future.

The interior penance of the Christian can be expressed in many and various ways. Scripture and the Fathers insist above all on three forms, fasting, prayer, and almsgiving, which express conversion in relation to oneself, to God, and to others. Alongside the radical purification

brought about by Baptism or martyrdom they cite as means of obtaining forgiveness of sins: effort at reconciliation with one's neighbor, tears of repentance, concern for the salvation of one's neighbor, the intercession of the saints, and the practice of charity "which covers a multitude of sins." (CCC 1434)

Conversion is accomplished in daily life by gestures of reconciliation, concern for the poor, the exercise and defense of justice and right, by the admission of faults to one's brethren, fraternal correction, revision of life, examination of conscience, spiritual direction, acceptance of suffering, endurance of persecution for the sake of righteousness. Taking up one's cross each day and following Jesus is the surest way of penance. (CCC 1435)

Eucharist and Penance. Daily conversion and penance find their source and nourishment in the Eucharist, for in it is made present the sacrifice of Christ which has reconciled us with God. Through the Eucharist those who live from the life of Christ are fed and strengthened. "It is a remedy to free us from our daily faults and to preserve us from mortal sins." (CCC 1436)

Reading Sacred Scripture, praying the Liturgy of the Hours and the Our Father - every sincere act of worship or devotion revives the spirit of conversion and repentance within us and contributes to the forgiveness of our sins. (CCC 1437)

The seasons and days of penance in the course of the liturgical year (Lent, and each Friday in memory of the death of the Lord) are intense moments of the Church's penitential practice. These times are particularly appropriate for spiritual exercises, penitential liturgies, pilgrimages as signs of penance, voluntary self-denial such as fasting and almsgiving, and fraternal sharing (charitable and missionary works). (CCC 1438)

The process of conversion and repentance was described by Jesus in the parable of the prodigal son, the center of which is the merciful father: The fascination of illusory freedom, the abandonment of the father's house; the extreme misery in which the son finds himself after squandering his fortune; his deep humiliation at finding himself obliged to feed swine, and still worse, at wanting to feed on the husks the pigs ate; his reflection on all he has lost; his repentance and decision to declare himself guilty before his father; the journey back; the father's generous welcome; the father's joy - all these are characteristic of the process of conversion. The beautiful robe, the ring, and the festive banquet are symbols of that new life - pure, worthy, and joyful - of anyone who returns to God and to the bosom of his family, which is the Church. Only the heart of Christ Who knows the depths of his Father's love could reveal to us the abyss of his mercy in so simple and beautiful a way. (CCC 1439)

#### **DAILY READING**

**Monday:** Zec 9:9-10; Ps 145: 1-2.8-14; Rom 8:9.11-13;  
Mt. 11:25-30

**Tuesday:** Gn 32:22-32; Ps 17:1-3.6-8. 15; Mt 9:32-38

**Wednesday:** Gn 41:55-57; 42:5-7. 17-24; Ps 33:2-3.  
10-11. 18-19; Mt 10:1-7

**Thursday:** Gn 44:18-21.23-29; 45:1-5; Ps 105:16-21;  
Mt 10:7-15

**Friday:** Gn 46:1-7.28-30; Ps 37:3-4. 18-19.27-28.39-40;  
Mt 10:16-23

**Saturday:** Gn 49:29-32; go:15-26a; Ps 105:1-4.6-7;  
Mt 10:24-33

#### **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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