



# CONSOLATA SHRINE

## 30th Sunday

### In Ordinary Time

29th OCTOBER 2017 - YEAR A



#### FIRST READING

Exodus 22:20-26

***“If you afflict any widow or orphan, my wrath will burn against you.”***

**A reading from the Book of Exodus**

Thus says the Lord: “You shall not wrong a stranger or oppress him, for you were strangers in the land of Egypt. You shall not afflict any widow or orphan. If you do afflict them, and they cry out to me, I will surely hear their cry; and my wrath will burn, and I will kill you with the sword, and your wives shall become widows and your children fatherless. “If you lend money to any of my people with you who is poor, you shall not be to him as a creditor, and you shall not exact interest from him. If ever you take your neighbour’s garment in pledge, you shall restore it to him before the sun goes down; for that is his only covering, it is his mantle for his body; in what else shall he sleep? And if he cries to me, I will hear, for I am compassionate.

***The word of the Lord***

#### RESPONSORIAL PSALM

Psalm 18:2-4.47.51

**Response. I love you, Lord, my strength.**

I love you, Lord, my strength;

O Lord, my rock, my fortress, my savior. **(Response)**

My God, my rock where I take refuge;  
my shield, my saving strength, my stronghold.

I cry out, “Praised be the Lord!”

and see, I am saved from my foes. **(Response)**

The Lord lives, and blest be my Rock!  
May the God of my salvation be exalted?

The Lord gives great victories to his king,  
and shows merciful love for his anointed. **(Response)**

is my  
ROCK  
and my  
FORTRESS  
and my  
THE DELIVERER

#### SECOND READING

1Thessalonians 1:5-10

***“You turned from idols to serve God and to wait for his Son.”***

**A reading from the first Letter of Saint Paul to the Thessalonians**

Brethren: You know what kind of men we proved to be among you for your sake. And you became imitators of us and of the Lord, for you received the word in much

affliction, with joy inspired by the Holy Spirit; so that you became an example to all the believers in Macedonia and Achaia, but your faith in God has gone forth everywhere, so that we need not say anything. For they themselves report concerning us what a welcome we had among you, and how you turned to God from idols, to serve a living and true God, and to wait for his Son from heaven, whom he raised from the dead, Jesus who delivers us from the wrath to come.

### ***The word of the Lord***



#### **Alleluia**

If a man loves me, he will keep my word says the Lord; and my Father will love him, and we will come to him.



#### **Alleluia**

### **GOSPEL**

**Matthew 22:34-40**

***“You shall love the Lord your God and your neighbour as yourself.”***



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

**A**t that time: When the Pharisees heard that Jesus had silenced the Sadducees, they came together. And one of them, a lawyer, asked him a question, to test him. “Teacher, which is the great commandment in the law?” And he said to him, “You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the great and first commandment. And a second is like it, You shall love your neighbour as yourself. On these two commandments depend all the law and the prophets.

***The Gospel of the Lord***

### **REFLECTION**

**LOVE COMMANDED by Scott Hahn, Ph.D.**

Jesus came not to abolish the Old Testament law but to fulfill it (see Matthew 5:17) And in today's Gospel, He reveals that love - of God and of neighbor - is the fulfillment of the whole of the law (see Romans 13:8-10). Devout Israelites were to keep all 613 commands found in the Bible's first five books. Jesus says today that all these, and all the teachings of the prophets, can be summarized by two verses of this law (see Deuteronomy 6:5; Leviticus 19:18). He seems to summarize the

two stone tablets on which God was said to have engraved the ten commandments (see Exodus 32:15-16). The first tablet set out three laws concerning the love of God - such as the command not to take His name in vain; the second contained seven commands regarding love of neighbour, such as those against stealing and adultery. Love is the hinge that binds the two tablets of the law. For we can't love God, whom we can't see, if we don't love our neighbor, whom we can (see 1 John 4:20-22). But this love we are called to is far more than simple affection or warm sentiment. We must give ourselves totally to God - loving with our whole beings, with all our heart, soul and mind. Our love for our neighbour must express itself in concrete actions, such as those set out in today's First Reading. We love because He first loved us (see 1 John 4:19). As we sing in today's Psalm, He has been our deliverer, our strength when we could not possibly defend ourselves against the enemies of sin and death. We love in thanksgiving for our salvation. And in this become imitators of Jesus, as Paul tells us in today's Epistle - laying down our lives daily in ways large and small, seen and unseen; our lives offered as a continual sacrifice of praise (see John 15:12-13; Hebrews 13:15).

### MKIZIPENDA SHERIA ZANGU

***{Mkizipenda sheria zangu  
Nitawaombea kwa Baba yangu  
(na yeye) atamtuma Roho wa kweli  
(ndiye) atakaye wafariji mioyo} X 2***

1. Nyumbani mwa Baba kuna mengi,  
Kwa kweli atawapa makao X 2

2. Sitawaacha kama yatima,  
Nitamtuma Roho wa kweli X 2

3. Kwa kweli mkinipenda mimi, na  
Baba yangu atawapenda X 2

### ANNOUNCEMENTS

1. Today the Homeless of Nairobi are polishing shoes outside the Church. Support them in this venture of making a living for themselves.
2. Today there is a talk and open forum on the Challenges of single parenthood organised by Christian Education Committee at 10am in the Parish Hall. All are welcome!
3. 31st October is the feast day of Blessed Sr. Irene Stefani "Nyaatha". We shall have a candle lit procession after the 5:30pm mass. All are welcome.
4. The car stickers to support the construction of the Allamano Centre are already on sale, kindly get more detailed information about them outside the Church. Thank you for your continued support.
5. Next Friday, 3rd November is the first Friday of the Month. Night Vigil will start at 9.00pm and end up with a holy Mass at 5am.
6. Next Saturday 4th, there is the Marathon Rosary in the Prayer Garden to pray for the families and peace in the country from 10 am up to 5pm.
7. We shall have a second collection next Sunday, of St Vincent de Paul to assist

the needy of the parish.

8. Next Sunday after the 12 o'clock Mass we shall have the Eucharistic Rosary prayed before the Blessed Sacrament.
9. In November we remember all departed souls. Envelopes with the November Cards are available at the entrance of the Church for you to fill in and deposit them in the blue boxes. The departed will be remembered in all masses during the month.
10. On 5th November 2017, we will have Mass at Langata Cemetery in honour of all our faithfully departed at 3.00pm followed by the blessing of graves.
11. The Consolata Shrine Dispensary, Deepsea will hold the annual medical camp on 18th November 2017 in Deepsea. For more information, please read the posters on the notice board.
12. The annual Consolata Shrine rite of passage is back it will be from 12th -19th November for 8-4-4 students and 10th -17th Dec for IGCSE students. Kindly visit the parish office for booking and more details.
13. The Parishes of Nairobi have organized a MASS WEDDING on 25th November 2017 at Holy Family Basilica to facilitate the reception of the graces of the sacrament of marriage. Come forward to regularize your situation of marriage in a meaningful way. Approach the catechist's office for more information.
14. 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. We thank all those who donated towards the project by participating in the Raffle. May God bless you all! The pay bill number 804877 and USSD \*369\*2# remains open for donations.

### **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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