



CONSOLATA SHRINE THIRD SUNDAY OF LENT



23RD MARCH 2025

FIRST READING

Exodus 3:1-8a, 13-15

“I am’ has sent me to you”.

A reading from the book of Exodus

In those days:

Moses was keeping the flock of his father – in – law, Jethro, the priest of Midian; and he led his flock to the west side of the wilderness, and came to Horeb, the mountain of God. And the angel of the Lord appeared to him in a flame of fire out of the midst of a bush; and he looked, and behold, the bush was burning, yet it was not consumed. And Moses said, “ I will turn aside and see this great sight, why the bush is not burnt.” When the Lord saw that he turned aside to see, God called to him out of the bush, “Moses, Moses!” And he said, “Here am I.” Then he said, “Do not come near; put off your shoes from your feet, for the place on which you are standing is holy ground.” And he said, “ I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob.” And Moses hid his face, for he was afraid to look at God. Then the Lord said, “I have seen the affliction of my people who are in Egypt, and have heard their cry because of their taskmasters; I know their sufferings, and I have come down to deliver them out of the hand of the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey.” Then Moses said to God, “If I come to the sons of Israel and say to them, ‘The God of your fathers has sent me to you,’ and they ask me, ‘What is his name?’ what shall I say to them?” God said to Moses, “ I AM WHO I AM.” And he said, “Say this to the sons of Israel, ‘I AM has sent me to you.’” God also said to Moses, “Say this to the sons of Israel, ‘The Lord, the God of your fathers, the God of Abraham, the God of Isaac,

and the God of Jacob, has sent me to you': this is my name for ever, and thus I am to be remembered throughout all generations."

The Word of the Lord.

RESPONSORIAL PSALM

Psalm 103:1-2,3-4,6-7,8 & 11 (R.8a)

R. The Lord is compassionate and gracious.

Bless the Lord, O my soul,
and all within me, his holy name.

Bless the Lord, O my soul,
and never forget all his benefits. **R.**

It is the Lord who forgives all your sins,
Who heals every one of your ills,
Who redeems your life from the grave,
Who crowns you with mercy and compassion. **R**

The lord does just deeds,
gives full justice to all who are oppressed.
He made known his ways to Moses,
and his deeds to the children of Israel. **R**

The LORD is compassionate and gracious,
slow to anger and rich in mercy.
For as the heavens are high above the earth,
so strong his mercy for those who fear him. **R**

SECOND READING

1 Corinthians 10:1-6, 10-12

"These things that happened to the people with Moses in the desert were written down for our instructions."

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

I want you to know, brethren, that our fathers were all under the cloud, and all passed through the sea, and all were baptized into Moses in the cloud and in the sea, and all ate the same supernatural food and all drank

the same supernatural drink. For they drank from the supernatural Rock which followed them, and the Rock was Christ. Nevertheless with most of them God was not pleased; for they were overthrown in the wilderness. Now these things are warnings for us, not to desire evil as they did, nor grumble, as some of them did and were destroyed by the Destroyer. Now these things happened to them as a warning, but they were written down for our instructions, upon whom the end of the ages has come. Therefore let any one who thinks that he stands take heed lest he fall.

The word of the Lord.

Glory and praise to you, O Christ. **Mathew 4:17**
Repent, says the Lord,
For the kingdom of heaven is at hand.
Glory and praise to you, O Christ.

GOSPEL

Luke 13:1-9

“Unless you repent you will all likewise perish.”

A reading from the holy Gospel according to Luke.

There were some present at that very time who told Jesus of the Galileans whose blood Pilate had mingled with their sacrifices. And he answered them, “Do you think that these Galileans were worse sinners than all the other Galileans, because they suffered thus? I tell you, No; but unless you repent you will all likewise perish. Or those eighteen upon whom the tower in Siloam fell and killed them, do you think that they were worse offenders than all the other who dwelt in Jerusalem? I tell you, No; but unless you repent you will all likewise perish.” And he told this parable: “A man had a fig tree planted in his vineyard; and he came seeking fruit on it and found none. And he said to the vinedresser, ‘Behold, these three years I have come seeking fruit on this fig tree, and I find none. Cut it down; why should it use up the ground?’” “And he answered him, ‘Let it alone, sir, this year also, till I dig about it and put some manure. And if it bears fruit next year, well and good; but if not, you can cut it down.’”

The gospel of the Lord.

Reflection: by Scott Hahn, Ph. D

In the Church, we are made children of the God of Abraham, Isaac, and Jacob—the God who makes known His name and His ways to Moses in today’s First Reading.

Mindful of His covenant with Abraham, God came down to rescue His people from the slave drivers of Egypt. Faithful to that same covenant, He sent Jesus to redeem all lives from destruction, as today’s Psalm tells us.

Paul says in today’s Epistle that God’s saving deeds in the Exodus were written down for the Church, intended as a prelude and foreshadowing of our own Baptism by water, our liberation from sin, our feeding with spiritual food and drink.

Yet the events of the Exodus were also given as a “warning”—that being children of Abraham is no guarantee that we will reach the promised land of our salvation.

At any moment, Jesus warns in today’s Gospel, we could perish, not as God’s punishment for being “greater sinners” but because, like the Israelites in the wilderness, we stumble into evil desires, fall into grumbling, forget all His benefits.

Jesus calls us today to “repentance”—not a one-time change of heart, but an ongoing, daily transformation of our lives. We’re called to live the life we sing about in today’s Psalm, blessing His holy name, giving thanks for His kindness and mercy.

The fig tree in His parable is a familiar Old Testament symbol for Israel. As the fig tree is given one last season to produce fruit before it is cut down, so too Jesus is giving Israel one final opportunity to bear good fruits as evidence of its repentance.

Lent should be for us like the season of reprieve given to the fig tree, a grace period in which we let “the gardener,” Christ, cultivate our hearts, uprooting what chokes the divine life in us, strengthening us to bear fruits that will last into eternity.

LENTEN CAMPAIGN 2025

LENTEN CAMPAIGN 2025 Week Three: YOUTH: THE UNTAPPED RESOURCE

Article 260 of the Constitution defines youth as persons aged between 18 and 35. Some 37 million Kenyans or 75 per cent of the country’s approximated population of 47 million, according to the 2019 population

census, are under the age of 35. This segment is expected to grow even further in the foreseeable future, up to approximately 80 percent presenting Kenya with unique social and economic opportunities but equally enormous challenges such as mass unemployment. The Kenya Youth Development Policy of 2019 recognises constitutional provisions under Article 55 that obliges the state to take measures, including affirmative action programmes, to ensure that the youth access relevant education and training and have opportunities to associate, be represented, and participate in political, social economic and other spheres of society. As in the case of Moses, we learn how God waits on a person in this or that desert of their life and prepares His servant for the mission He has for them. He shows them the great potential they have inside that He wants to use. In the same way, there is immense potential in our young people, and we often ignore the great prospects in ourselves. Young people are a limitless source of innovative energy and engaging them now will inspire a generation of lifelong changemakers. So why don't we invite them to join the team today? Let's encourage youth to start their own social ventures and give them the support they need to be successful. And perhaps more importantly, let's invite them to the decision-making table where their voices will truly be heard. Young people deserve the chance to explore and address the problems they see around them – and their contribution is an opportunity the world can't afford to miss. We must always endeavour to make the youths more aware of their great potential in shaping society through participation in democratic processes. For instance, despite being the Majority, the youths failed to bring in youthful leadership who would best represent their interest by not registering as voters as well as participating in the electoral process. The youth allowed, all potential but without the moral safeguards of spirituality, can end up causing harm. In all these, the important component of spirituality among youth should not be discarded. Pope Francis told the closing Mass for the 2019 World Youth Day in Panama City that: "You, dear young people, are not the future but the now of God." In Conclusion, we have the greatest resource in the young people in our society and the biggest role we need to play is help them understand their value by creating opportunities, encouraging them to take these opportunities. We must always support them to grow as all round persons who always live to do Gods work, keep fidelity to Gods commands, acts of loving sacrifice, and surrender to Gods providence. Each Christian is called upon to reflect and examine their conscience by asking oneself the

following questions. • What is your understanding of the roles and opportunities of youth in Kenya? • What emerging threats are hindering the youth from realising their potential? Version1 • What opportunities have the state and non-state actors offered to support the youth to explore their potential? • What can be done to promote youth participation in the democratic processes? • Has the Church responded to youth issues adequately? • Does the family support the youth spiritually? • How have I responded to the plight of youth in my community? • Do I involve youths in decision-making processes in all spheres? • Do I participate in the democratic processes at all levels? In the spirit Lenten campaign and to ensure we continuously engage the youth and provide them an opportunity in decision making and participation in building the society, We are reminded as Christian, to make Personal Commitment to ensure youth engagement is achieved. This can be achieved by putting into practice some of the below actions within the communities we operate in. • Organise a youth sensitisation forum on democracy at the family, parish, community, or national level. • Establish a parish resource database for youth and a youth friendly centre. • Initiate a youth-led income-generating project in the community. • Address social, economic, spiritual, and emotional needs of the youth. • The Church should address youth needs and evangelise to them. More information, refer to the Lenten Campaign booklet shared on the different groups.

Announcements

1. Today is the 3rd Sunday of Lent; this year's Lenten campaign contributions will be channeled to support the Church projects and activities in Campi Garba Mission in Isiolo Diocese. Kindly pick an envelop from the blue boxes and return with your offering
2. There will be the Way of the Cross on all Fridays of Lent after 1.15pm Mass in the Prayer garden, 4.00 pm in the Prayer garden and after the 5.30 pm Mass in the Church. All are welcome
3. Tuesday 25th March will be the Solemnity of the Annunciation. There will be a candle lit procession animated by the Parish Pastoral Council after the 5.30pm Mass.
4. St. Thomas Aquinas SCC will animate The Rosary on Saturday 29th March after 5.00pm Mass. All parishioners are invited to attend.
5. Ongoing formation for children who received their First Holy Communion in 2023 and 2024, will resume on Saturday 29th March from 10.00am to 1.00pm.

6. Couples planning to get married are requested to register for pre – marital classes at the Catechist’s office. Couples who wish to renew their marriage vows are also requested to register.
7. Next Sunday, CJPD will be selling fruits and shade trees as part of Action to care for our mother earth, CJPD is encouraging each parishioner to buy and plant at least two trees during this long rain period. Kindly support this initiative of protecting the environment.
8. The Pastoral team and Parish Pastoral Council takes this opportunity to sincerely thank all Parishioners for supporting and participating in the activities that led to the Episcopal Consecration of Bishop Jackson Murugara. We thank you for volunteering your time and resources towards this great event. May God bless you
9. The Pastoral Team wishes you all a fruitful Lenten period.

Wedding Bans

There is a promise of marriage between:

1. *Christopher Charles Kiragu Ndegwa and Mariah Gabriella Mumbi (2nd Announcement)*
2. *Victor Kyalo Nthusi and Jane Wanjiru Macharia (1st Announcement)*
3. *Clive Connie Anthony Desouza and Heather – Gail Dominique Desouza (1st Announcement)*

Kindly visit the parish notice board for more information. If anyone has an objection, please notify the Father in Charge.

PARISH WEBSITE: www.consolatashrine.org; PARISH E-MAIL: info@consolatashrine.org;
communications@consolatashrine.org; PARISH PRIEST’S E-MAIL: parishpriest@consolatashrine.org; Tithe Account No:
002215001004856 – ABC Bank: A/C Name: Consolata Fathers –Shrine; Allamano Project Account No.
002215001004394.: ABC Bank: Consolata Father-Shrine Project; PARISH MPESA NUMBER: 508702, Account Reason for
payment; ALLAMANO PROJECT MPESA NUMBER: 804877; P.O. Box 14930- Nairobi;