



CONSOLATA SHRINE
FOURTH SUNDAY ORDINARY TIME
1ST FEBRUARY 2026



FIRST READING

Zephaniah 2:3; 3:12-13

“I will leave in the midst of you a people humble and lowly.”

A reading from the Book of Prophet Zephaniah

Seek the LORD, all you
humble of the land, who do
his commands; seek
righteousness, seek
humility; perhaps you may
be hidden on the day of the
wrath of the LORD. “For I
will leave in the midst of
you a people humble and
lowly. They shall seek
refuge in the name of the
LORD, those who are left in
Israel; they shall do no
wrong and utter no lies, nor
shall there be found in their
mouth a deceitful tongue. For they shall pasture and lie down, and
none shall make them afraid.”



The Word of the Lord.

RESPONSORIAL PSALM**Psalm 146:6c-7, 8-9a, 9bc-10**
(R. see Isaiah 35:4)**R. Come, Lord, and save us.**

It is the LORD who preserves fidelity forever,
who does justice to those who are oppressed.
It is he who gives bread to the hungry,
the LORD Who sets prisoners free. **R.**

It is the LORD Who opens the eyes of the blind,
It is the LORD Who loves the just,
the LORD Who raises up those who are bowed down.
the LORD Who protects the stranger. **R.**

The LORD upholds the orphan and the widow,
but thwarts the path of the wicked.
The Lord will reign forever;
the God of Sion from age to age. **R.**

SECOND READING

1 Corinthians 1:26-31

“God chose what is weak in the world.”

A reading from the Letter of Saint Paul to the Corinthians



Consider your call, brethren: not many of you were wise according to the flesh not many were powerful, not many were of noble birth; but God chose what is foolish in the world to shame the wise, God chose what is weak in the world to shame the strong, God chose what is low and

despised in the world, even things that are not, to bring to nothing things that are, so that no flesh might boast in the presence of God. He is the source of your life in Christ Jesus, whom God made our wisdom, our righteousness and sanctification and redemption; therefore, as it is written, “Let him who boasts, boast of the Lord.”

The word of the Lord

ALLELUIA



Alleluia

Rejoice and be glad, for your reward is great in heaven.

Alleluia.

Matthew 5:12a



“Blessed are the poor in spirit.”

A reading from the holy Gospel according to Mathew

At that time:

Seeing the crowds, Jesus went up on the mountain, and when he sat down his disciples came to him. And he opened his mouth and taught them, saying:



“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

“Blessed are those who mourn, for they shall be comforted.

“Blessed are the meek, for they shall inherit the earth.

“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

“Blessed are the merciful, for they shall obtain mercy.

“Blessed are the pure in heart, for they shall see God.

“Blessed are the peacemakers, for they shall be called sons of God.

“Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.

“Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven.”

The gospel of the Lord.

Reflection: The Blessed Path by Scott Hahn, Ph. D

In the readings since Christmas, Jesus has been revealed as the new royal son of David and Son of God.

He is sent to lead a new exodus that brings Israel out of captivity to the nations and brings all the nations to God. As Moses led Israel from Egypt through the sea to give them God's law on Mount Sinai, Jesus too has passed through the waters in baptism. Now, in today's Gospel, He goes to the mountain to proclaim a new law—the law of His Kingdom. The Beatitudes mark the fulfillment of God's covenant promise to Abraham—that through his descendants all the nations of the world would receive God's blessings (see Genesis 12:3; 22:18). Jesus is the son of Abraham (see Matthew 1:1). And through the wisdom He speaks today, He bestows the Father's blessings upon "the poor in spirit." God has chosen to bless the weak and lowly, those foolish and despised in the eyes of the world, Paul says in today's Epistle. The poor in spirit are those who know that nothing they do can merit God's mercy and grace. These are the humble remnant in today's First Reading, taught to seek refuge in the name of the Lord. The Beatitudes reveal the divine path and purpose for our lives. All our striving should be for these virtues—to be poor in spirit; meek and clean of heart; merciful and makers of peace; seekers of the righteousness that comes from living by the law of Kingdom. The path the Lord sets before us today is one of trials and persecution. But He promises comfort in our mourning and a great reward. The Kingdom we have inherited is no earthly territory but the promised land of heaven. It is Zion where the Lord reigns forever. And, as we sing in today's Psalm, its blessings are for those whose hope is in the Lord.

Announcements

1. Today, we will have the blessing of your tithe and family. Kindly pick an envelope at the entrance of the Church.
 - The Rosary will be prayed in front of the Blessed Sacrament after 1 p.m. Mass
2. Tomorrow is the Feast of The Presentation of the Lord. There will be Rosary and candle lit procession after the

5.30 pm Mass animated by The Proclaimers.

- 3. St. Theresa of the Child Jesus SCC will animate the rosary on Saturday 7th February, after the 5.00pm mass. All are welcome.
- 4. The 'Life in the Spirit' Seminar continues today at the Parish hall at 2.00pm. For more information, kindly contact Grace on 0722609518.
- 5. The Christian Education Committee invites you to an interactive session on the Church doctrines (topic: Seasons of Lent) today at 9.30am, at the Auditorium in the Allamano Centre. All are welcome
- 6. Young Catholic Adults invites all members and youth aged 27 - 35 years for the St. Luke Kabete Deanery opening Mass to be held on Saturday 7th February from 9.00am at the Auditorium, Allamano Centre. The theme is '*Ignite the flame; overcome spiritual fatigue*'.
- 7. Consolata Lay Missionaries meeting will be held on 8th February at 11.00 am in Room 3E at the Allamano Centre.
- 8. Youth Serving Christ of St. Joseph Deepsea will be holding an Act of Charity on Sunday 15th February 2026. Parishioners from Consolata Shrine and St. Joseph Deepsea are invited to support needy Parishioners from Deepsea by donating dry foods and other essentials. Donations may be dropped off at the Catechist's office in Deepsea or at Consolata Shrine.
- 9. All Consolata Shrine and Deepsea Small Christian Communities (Jumuiyas) are recruiting new members. To join, Parishioners are invited to scan the QR code on the banners around the Church or visit the desk in the blue tent outside the Church for more information.
- 10. The Catholic Men Association (CMA) is recruiting new members. All interested men are invited to register by scanning the QR code on the flyer or poster on the notice board or visit the Parish Office during the week.
- 11. Following the sad news of the death of Fr. Angelo

Riboli, former Assistant Parish Priest at Consolata Shrine, we are all invited to the Requiem Mass on Tuesday 3rd February at 4.00 pm at the Auditorium, Allamano Centre. May his soul rest in eternal peace. Amen

12. The Daughters of St. Paul are celebrating 50 years of their presence in Kenya. The Eucharistic celebration will take place on Sunday 15th February at the 7.00am Mass at Consolata Shrine. The main celebrant will be His Grace, the Archbishop of Nairobi, Most Rev. Philip Anyolo. All are invited to join them in thanksgiving to God and to support them in the mission.

Wedding Bans:

There is a promise of marriage between:

1. ***Josephine Wanga and Arthur George Ogema (2nd 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:**

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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; Mass Intentions (text messages): 0111376737 Bookshop: 0113681608; Parish office: 0722 615105