



CONSOLATA SHRINE
1ST SUNDAY OF LENT
22ND FEBRUARY 2026



FIRST READING

Genesis 2:7-9; 3:1-7

Creation of our first parents, and their sin.

A reading from the Book of Genesis

The LORD God formed man of dust from the ground, and breathed into his nostrils the breath of life: and man became a living soul. And the LORD God planted a garden in Eden, in the east; and there he put the man whom he had formed. And out of the ground the LORD God made to grow every tree that is pleasant to the sight and good for food, the tree of life also in the midst of the garden, and the tree of the knowledge of



good and evil. Now the serpent was more subtle than any other wild creature that the LORD God had made. He said to the woman, "Did God say, You shall not eat of any tree of the garden?" And the woman said to the serpent, "We may eat of the fruit of the trees of the garden; but God said, You shall not eat of the fruit of the tree which is in the midst of the garden, neither shall you touch it, lest you die." But the serpent said to the woman, "You will not die. For God knows that when you eat of it your eyes will be opened, and

you will be like God, knowing good and evil.” So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves aprons.

The Word of the Lord.

**RESPONSORIAL PSALM Psalm 51:3-4, 5-6ab, 12-13, 14 and 17
(R. see 3a)**

R. Have mercy, O Lord, for we have sinned.

Have mercy on me, O God,
according to your merciful love;
according to your great compassion,
blot out my transgressions.

Wash me completely from my iniquity,
and cleanse me from my sin. **R.**

My transgressions, truly I know them;
my sin is always before me.
Against you, you alone, have I sinned;
what is evil in your sight I have done. **R.**

Create a pure heart for me, O God;
renew a steadfast spirit within me.
Do not cast me away from your presence;
take not your holy spirit from me. **R.**

Restore in me the joy of your salvation;
sustain in me a willing spirit.

O Lord, open my lips
and my mouth shall proclaim your praise. **R.**

SECOND READING

Romans 5:12-19

"Where sin has abounded, grace has abounded all the more."

A reading from the Letter of Saint Paul to the Romans



Brethren:
As sin came
into the world
through one
man and death
through sin,
and so death
spread to all
men because
all men

sinned- sin indeed was in the world before the law was given, but sin is not counted where there is no law. Yet death reigned from Adam to Moses, even over those whose sins were not like the transgression of Adam, who was a type of the one who was to come. But the free gift is not like the trespass. For if many died through one man's trespass, much more have the grace of God and the free gift in the grace of that one man Jesus Christ abounded for many. And the free gift is not like the effect of that one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of one man's trespass, death reigned through that one man, much more will those who receive the abundance of grace

and the free gift of righteousness reign in life through the one man Jesus Christ.

Then as one man's trespass led to condemnation for all men, so one man's act of righteousness leads to acquittal and life for all men. For as by one man's disobedience many were made sinners, so by one man's obedience many will be made righteous.

The word of the Lord

VERSE BEFORE THE GOSPEL

Mathew 4:4b

R. Glory and praise to you, O Christ.

Man shall not live by bread alone,
but by every word that proceeds from the mouth of God.

Glory and praise to you, O Christ.

GOSPEL

Mathew 4:1-11

Jesus fasted forty days and was tempted.

A reading from the holy Gospel according to Mathew

At that time:

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And he fasted forty days and forty nights, and afterward he was hungry. And the tempter came and said to him,



“If you are the Son of God, command these stones to become loaves

of bread.” But he answered, “It is written, ‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.’” Then the devil took him to the holy city, and set him on the pinnacle of the temple, and said to him, “If you are the Son of God, throw yourself down; for it is written, ‘He will give his angels charge of you,’ and ‘On their hands they will bear you up, lest you strike your foot against a stone’” Jesus said to him “Again it is written, ‘You shall not tempt the Lord your God.’” Again, the devil took him to a very high mountain, and showed him all the kingdoms of the world and the glory of them: and he said to him, “All these I will give you, If you will fall down and worship me” Then Jesus said to him, “Begone, Satan! for it is written, ‘You shall worship the Lord your God and him only shall you serve.’” Then the devil left him, and behold, angels came and ministered to him.

The gospel of the Lord.

Reflection: Tale of Two Adams by Scott Hahn, Ph. D

In today’s Liturgy, the destiny of the human race is told as the tale of two “types” of men—the first man, Adam, and the new Adam, Jesus (see 1 Corinthians 15:21–22; 45–59). Paul’s argument in the Epistle is built on a series of contrasts between “one” or “one person” and “the many” or “all.” By one person’s disobedience, sin and condemnation entered the world, and death came to reign over all. By the obedience of another one, grace abounded, all were justified, and life came to reign for all. This is the drama that unfolds in today’s First Reading and Gospel. Formed from the clay of the ground and filled with the breath of God’s own Spirit, Adam was a son of God (see Luke 3:38), created in His image (see Genesis 5:1–3). Crowned with glory, he was given dominion over the world and the protection of His angels (see Psalms 8:6–8; 91:11–13). He was made to worship God—to live not by bread alone but in obedience to every word that comes from the mouth of the Father. Adam, however, put the Lord his God to the test. He gave in to the serpent’s temptation, trying to seize for himself all that God had already promised him. But in His hour of temptation, Jesus prevailed where

Adam failed—and drove the devil away. Still, we sin after the pattern of Adam’s transgression. Like Adam, we let sin in the door (see Genesis 4:7) when we entertain doubts about God’s promises, when we forget to call on Him in our hours of temptation. But the grace won for us by Christ’s obedience means that sin is no longer our master. As we begin this season of repentance, we can be confident in His compassion, that He will create in us a new heart (see Romans 5:5; Hebrews 8:10). As we do in today’s Psalm, we can sing joyfully of our salvation, renewed in His presence.

LENTEN CAMPAIGN 2026

WEEK ONE: LEADERSHIP AND INTEGRITY

Genesis 2:7-9; 3: 1-7; Romans 5: 12-19; Matthew 4: 1-11

Reality of systemic failure: In Kenya there is a crisis of leadership. There is a huge contrast between the luxury enjoyed by the political class and the systematic neglect of the common citizen. Public funds mandated by law for essential services like health care, education, clean water, roads among many, are diverted for personal enrichment. Impunity is the major driver of this decay which has driven many Kenyans into desperation. Despite a robust legal framework, Article 10 (National value) and chapter 6 (Leadership and integrity), the constitution enforcement remains weak. Institutions like the Ethics and Anti-Corruption Commission (EACC) and Independent Electoral and Boundaries Commission (IEBC), often struggle with political influence. They allow unprincipled leaders to gain and retain power without facing consequences for their actions.

The Moral and Spiritual Battle: Leadership is not just a political role but a spiritual fight. It draws parallel to the temptations of Christ as leaders are constantly tempted. The lure of riches, pursuit of popularity and thirst for power many times make leaders succumb to temptations. They fail to maintain integrity which results in the suffering of the entire country. Leaders should make

Christ their ultimate model as he was able to say no to the devil in the desert.

Path to Transformation: Despite these temptations, change is possible through integrity and perseverance. The approach involves: awareness and education to empower people to understand their civil rights, transparency to break the silence that protects corrupt officials and institutional reforms for strong Anti-Corruption agencies and accountability.

Individual Role: Every Kenyan citizen is challenged to shift from the mindset of nothing ever changes. Integrity is not just a concept but a way of life. One can do this by rejecting bribery, attending public participation forums for active oversight. Studying auditor general's report to track how billions of tax payers money is wasted and conscientious voting to choose leaders who embody the ethos of service.

A Shared Responsibility: We should hold leaders accountable where good leadership is aligned with the needs of the people. This is our Christian duty. Kenya can thrive if we choose leaders who understand their primary role is to serve. When the public remains vigilant and informed the broken system can be mended. Achieving integrity is a continuous journey and requires both the strength of the law and conviction of the heart.

Each Christian is called upon to reflect and examine their conscience by asking oneself the following questions.

- What contributes to poor leadership?
- What role are you playing as an individual to promote good leadership?
- How do you maintain integrity in the face of pressure or temptation as a Christian?
- What are the consequences of a leader who lacks integrity?
- How have I responded to leadership and integrity issues in my area?
- Have I benefited from any corrupt dealings?

- Have I effectively promoted values and principles of integrity?

In the spirit 2026 Lenten campaign, we are reminded as Christian; to make Personal Commitment and to ensure we continuously take action to ensure leaders are of high integrity and responsible through the following actions within the communities we operate in.

- Holding our leaders accountable.
- Regular & continuous civic education and action.
- Participating actively to eradicate any form of corruption in our society.
- Attend and actively take part in all public participation forums.

For more information, refer to the Lenten Campaign booklet shared on the different groups.

Announcements

1. St. John, Apostle and Evangelist SCC will animate the Rosary on Saturday 28th February, after the 5.00pm mass. All are welcome.
2. Next Sunday 1st March, we will have the blessing of your tithe and family. Kindly pick an envelope at the entrance of the Church.
 - Children's Mass will be at 9:00 a.m. There will be no Sunday school.
 - The Rosary will be prayed in front of the Blessed Sacrament after 1 p.m. Mass
3. The meeting for parents of children preparing to receive First Holy Communion and confirmation will be held next Sunday 1st March at 2.30 pm in the Auditorium, Allamano Centre.
4. This year's Lenten campaign contributions will go towards purchasing pews and kneelers for our elderly and physically challenged parishioners. We kindly invite you to support this project by picking an envelope from the blue boxes at the entrance of the Church.
5. St. Joseph Allamano Centenary Feast day Eucharistic

- celebration will take place on 28th February 2026 at the Consolata School, Westlands grounds, starting at 10.00am. The Main Celebrant will be His Excellency, Most Rev. Hubertus Matheus Maria Van Megan – Apostolic Nuncio to Kenya. All are welcome
6. The *'Life in the Spirit'* Seminar continues today at the Parish hall at 2.00pm. For more information, kindly contact Grace on 0722609518.
 7. Bible study classes resume on Wednesday 25th February at 11.00am (Morning session) and 7.00pm (Evening Session) at the Children's hall, Allamano Centre. All are welcome
 8. The Christian Education Committee, in collaboration with the Catholic Justice and Peace Department (CJPD), wish to invite all Parishioners for a sensitization forum on the 2026 Lenten Campaign. The session will be held on 1st March 2026 in the Auditorium of the Allamano Centre, facilitated by Fr. Makau, starting at 9.00am. Let us all come and learn how we can contribute effectively cascading the voice of the Kenya Conference of Catholic Bishops on the issues affecting us in the society.
 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.

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