



CONSOLATA SHRINE
FIFTH SUNDAY ORDINARY TIME
8TH FEBRUARY 2026



FIRST READING

Isaiah 58: 7-10

“Your light shall break forth like the dawn.”

A reading from the Book of Isaiah

Thus says the Lord:

“Share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, cover him, and do not hide yourself from your own flesh. Then shall your light break forth like the dawn, and your healing shall spring up speedily; your righteousness shall go before you, the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; you shall cry, and he will say, Here I am. If you take away from the midst of you the yoke, the pointing of the finger, and speaking wickedness, if you pour yourself out for the hungry and satisfy the desire of the afflicted, then shall your light rise in the darkness and your gloom be as the noonday.”

The Word of the Lord.



RESPONSORIAL PSALM**Psalm 112: 4-5, 6-7, 8a and 9
(R. 4a)****R. A light rises in the darkness for the upright.**

A light rises in the darkness for the upright;
he is generous, merciful and just.

It goes well for the man who deals generously and lends,
who conducts his affairs with justice. **R.**

He will never be moved;
forever shall the just be remembered.

He has no fear of evil news;
with a firm heart, he trusts in the Lord. **R.**

With a steadfast heart he will not fear.

Open-handed, he gives to the poor;
his justice stands firm forever.
His might shall be exalted in glory. **R.**

SECOND READING

1 Corinthians 2: 1-5

"I have told you of the mystery of Christ crucified"

A reading from the Letter of Saint Paul to the Corinthians



When I came to you, brethren, I did not come proclaiming to you the testimony of God in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ and him crucified. And I was with you in weakness and in much fear and trembling; and my speech and my

message were not in plausible words of wisdom, but in demonstration of the Spirit and power, that your faith might not rest in the wisdom of men but in the power of God.

The word of the Lord

ALLELUIA



Alleluia

I am the light of the world, says the Lord;
he who follows me will have the light of life.

Alleluia.

John 8:12



GOSPEL

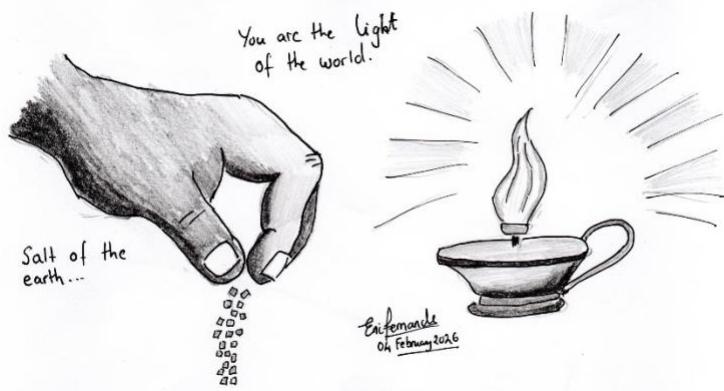
Mathew 5: 13-16

“You are the light of the world.”

A reading from the holy Gospel according to Mathew

At that time:

Jesus said to his disciples, “You are the salt of the earth; but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except



to be thrown out and trodden under foot by men. “You are the light of the world. A city set on a hill cannot be hidden. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven.”

The gospel of the Lord.

Reflection: Light Breaking Forth by Scott Hahn, Ph. D

Jesus came among us as light to scatter the darkness of a fallen world.

As His disciples, we too are called to be “the light of the world,” He tells us in the Gospel this Sunday (see John 1:4–4, 9; 8:12; 9:5). All three images that Jesus uses to describe the Church are associated with the identity and vocation of Israel. God forever aligned His kingdom with the kingdom of David and his sons by a “covenant of salt,” salt being a sign of permanence and purity (see 2 Chronicles

13:5, 8; Leviticus 2:13; Ezekiel 43:24). Jerusalem was to be a city set on a hill, high above all others, drawing all nations toward the glorious light streaming from her Temple (see Isaiah 2:2; 60:1–3). And Israel was given the mission of being a light to the nations, that God's salvation would reach to the ends of the earth (see Isaiah 42:6; 49:6). The liturgy shows us this week that the Church, and every Christian, is called to fulfill Israel's mission. By our faith and good works we are to make the light of God's life break forth in the darkness, as we sing in this week's Psalm. This week's readings remind us that our faith can never be a private affair, something we can hide as if under a basket. We are to pour ourselves out for the afflicted, as Isaiah tells us in the First Reading. Our light must shine as a ray of God's mercy for all who are poor, hungry, naked, and enslaved. There must be a transparent quality to our lives. Our friends and family, our neighbors and fellow citizens, should see reflected in us the light of Christ and through us be attracted to the saving truths of the Gospel. So let us pray that we, like St. Paul in the Epistle, might proclaim with our whole lives "Christ, and him crucified."

Announcements

1. Wednesday 11th February is the Feast of Our Lady of Lourdes. There will be Rosary and candle lit procession after the 5.30 pm Mass animated by Our Lady of Lourdes SCC.
2. St. Joseph Allamano SCC will animate the Rosary on Saturday 14th February, after the 5.00pm mass. All are welcome.
3. The Annual Mass for the World day of the sick, will take place next Sunday 15th February at 3.00pm. We are all encouraged to support our sick and elderly to come and receive the Sacrament of the Anointing of the sick. Parishioners in need of transport for those in their care are invited to register at the Parish Office during the week.
4. In the month of February, Infant Baptism will be on Saturday 21st February. Preparation class for parents and god parents will be on Sunday 15th February at

2.30pm in the Parish hall.

5. As we prepare to begin the Holy Season of Lent on Ash Wednesday, the Church invites us to take part in the 2026 Lenten Campaign, *themed “Building a Just, Peaceful and United Kenya: Upholding Equity and Human Dignity.”* Lent is a time of Prayer, fasting, almsgiving and repentance, a period we are called upon to renew our relationship with God and live out faith through justice, peace, unity and respect for human dignity. On 22nd February, Consolata Catholic Justice and Peace Department (CJPD) will lead the official launch of the Lenten Campaign during all Masses while the sensitization will run through the period in Jumuiya and Church group levels as well as during the Christian Education Committee sessions on 1st March 2026 at the Auditorium. These sessions will help us reflect more deeply on the theme and its relevance to our lives, communities and nation. We encourage all Parishioners to participate actively in this Lenten journey. May God bless our Lenten season.
6. The Archdiocese of Nairobi remains committed to foster unity with the Holy See and to support the mission of the universal church. In light of this, there will be a second collection on Ash Wednesday 18th February as part of a national appeal to promote Justice and Peace activities and express solidarity with the less privileged. All are welcome to support this course.
7. The *‘Life in the Spirit’ Seminar* continues today at the Parish hall at 2.00pm. For more information, kindly contact Grace on 0722609518.
8. Consolata Lay Missionaries meeting will be held today at 11.00 am in Room 3E at the Allamano Centre.
9. On Saturday 14th February, all children (13years and below) are invited for the annual Archdiocese Children’s Mass to be presided over by His Grace the Most Reverend Philip Anyolo. The celebrations will take place at the St. Mary’s School grounds. Please

collect the registration details today, outside the Children's Hall, Allamano Centre.

10. The ongoing Divine Mercy Formation class will be held on Sunday 15th February starting at 2.00pm in room 3F, Allamano Centre. All are welcome
11. 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
12. 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.
13. The Catholic Men Association is inviting all those who have registered for 2026 formation class to an orientation session on Sunday 15 February at the Auditorium, Allamano Centre from 10.30am. Men who are still interested to join the CMA are also invited to this meeting or contact any of the CMA members.
14. 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.
15. The Daughters of St. Paul are celebrating 50 years of their presence in Kenya. The Eucharistic celebration will take place next 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 (3rd 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;
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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