



CONSOLATA SHRINE
5th SUNDAY OF LENT
22nd MARCH 2026



FIRST READING

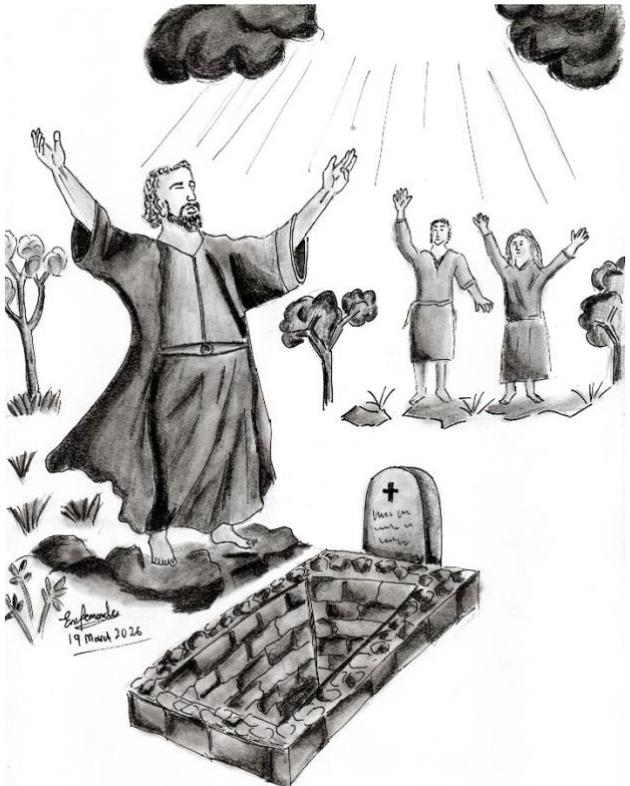
Ezekiel 37:12-14

“I will put my spirit within you, and you shall live.”

A reading from the Book of Prophet Ezekiel

Thus says the Lord GOD:

Behold, I will open your graves, and raise you from your graves, O my people; and I will bring you home into the land of Israel. And you shall know that I am the LORD, when open your graves, and raise you from your graves, O my people. And I will put my Spirit within you, and you shall live, and I will place you in your own land: then you shall know that I, the LORD, have spoken, and I have done it, says the LORD.



The Word of the Lord.

**RESPONSORIAL PSALM Psalm 130:1-2, 3-4, 5-7a, 7b-8
(R. 7bc)**

R. With the Lord there is mercy, in him is plentiful redemption.

Out of the depths I cry to you, O LORD;
Lord, hear my voice!
O let your ears be attentive
to the sound of my pleading. **R.**

If you, O LORD, Should mark iniquities,
Lord, who could stand?
But with you is found forgiveness,
that you may be revered. **R.**

I long for you, O LORD,
my soul longs for his word.
My soul hopes in the Lord
more than watchmen for daybreak.
More than watchmen for daybreak,
let Israel hope for the LORD. **R.**

For with the LORD there is mercy,
in him is plentiful redemption.
It is he who will redeem Israel
from all its iniquities. **R.**

SECOND READING

Romans 8:8-11

“The Spirit of him who raised Jesus from the dead dwells in you.”

A reading from the Letter of Saint Paul to the Romans



Brethren:

Those who are in the flesh cannot please God. But you are not in the flesh, you are in the Spirit, if the Spirit of God really dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, although your bodies are dead because of sin, your spirits are alive

because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will give life to your mortal bodies also through his Spirit who dwells in you.

The word of the Lord

VERSE BEFORE THE GOSPEL

John 11:25a, 26

R. Glory and praise to you, O Christ.

I am the resurrection and the life, says the Lord:
he who believes in me shall never die.

Glory and praise to you, O Christ.

GOSPEL

John 11:1-45

"I am the resurrection and the life."

A reading from the holy Gospel according to John

At that time:

A certain man was ill, Lazarus of Bethany, the village of Mary and her sister Martha. It was Mary who anointed the Lord with ointment and wiped his feet with her hair, whose brother Lazarus was ill. So the sisters sent to him, saying, "Lord, he whom you love is ill." But when Jesus heard it he said, "This illness is not unto death; it is for the glory of God, so that the Son of God may be glorified by means of it." Now Jesus loved Martha and her sister and Lazarus. So when



he heard that he was ill, he stayed two days longer in the place where he was. Then after this he said to the disciples, "Let us go into Judea again." The disciples said to him, "Rabbi, the Jews were but now seeking to stone you, and are you going there again?" Jesus answered, "Are there not twelve hours in the day? But if any one walks in the day, he does not stumble, because he sees the light of this world. But if any one walks in the night, he stumbles, because

the light is not in him.” Thus he spoke, and then he said to them. “Our friend Lazarus has fallen asleep, but I go to awake him out of sleep.” The disciples said to him, “Lord, if he has fallen asleep, he will recover.” Now Jesus had spoken of his death, but they thought that he meant taking rest in sleep. Then Jesus told them plainly, “Lazarus is dead; and for your sake I am glad that I was not there, so that you may believe. But let us go to him.” Thomas, called the Twin, said to his fellow disciples, “Let us also go, that we may die with him.” Now when Jesus came, he found that Lazarus had already been in the tomb four days. Bethany was near Jerusalem, about two miles off, and many of the Jews had come to Martha and Mary to console them concerning their brother. When Martha heard that Jesus was coming, she went and met him, while Mary sat in the house. Martha said to Jesus, “Lord, if you had been here, my brother would not have died. And even now I know that whatever you ask from God, God will give you.” Jesus said to her, “Your brother will rise again.” Martha said to him, “I know that he will rise again in the resurrection at the last day.” Jesus said to her, “I am the resurrection and the life; he who believes in me, though he die, yet shall he live, and whoever lives and believes in me shall never die. Do you believe this?” She said to him, “Yes, Lord; I believe that you are the Christ, the Son of God, he who is coming into the world.” When she had said this, she went and called her sister Mary, saying quietly, “The Teacher is here and is calling for you.” And when she heard it, she rose quickly and went to him. Now Jesus had not yet come to the village, but was still in the place where Martha had met him. When the Jews who were with her in the house, consoling her, saw Mary rise quickly and go out, they followed her, supposing that she was going to the tomb to weep there. Then Mary, when she came where Jesus was and saw him, fell at his feet, saying to him, “Lord, if you had been here, my brother would not have died.” When Jesus saw her weeping, and the Jews who came with her also weeping, he was deeply moved in spirit and troubled; and he said, “Where have you

laid him?” They said to him, “Lord, come and see.” Jesus wept. So the Jews said, “See how he loved him!” But some of them said. “Could not he who opened the eyes of the blind man have kept this man from dying?” Then Jesus, deeply moved again, came to the tomb; it was a cave, and a stone lay upon it. Jesus said, “Take away the stone.” Martha, the sister of the dead man, said to him, “Lord, by this time there will be an odour, for he has been dead four days.” Jesus said to her, “Did I not tell you that if you would believe you would see the glory of God?” So they took away the stone. And Jesus lifted up his eyes and said, “Father, I thank you that you have heard me. I knew that you always hear me, but I have said this on account of the people standing by, that they may believe that you have sent me.” When he had said this, he cried with a loud voice, “Lazarus, come out.” The dead man came out, his hands and feet bound with bandages, and his face wrapped with a cloth. Jesus said to them, “Unbind him, and let him go.” Many of the Jews therefore, who had come with Mary and had seen what he did, believed in him.

The gospel of the Lord.

Reflection: At Lazarus’s Tomb by Scott Hahn, Ph. D

As we draw near to the end of Lent, today’s Gospel clearly has Jesus’ passion and death in view. That’s why John gives us the detail about Lazarus’ sister, Mary—that she is the one who anointed the Lord for burial (see John 12:3, 7). His disciples warn against returning to Judea; Thomas even predicts they will “die with Him” if they go back. When Lazarus is raised, John notices the tombstone being taken away, as well as Lazarus’ burial cloths and head covering—all details he later notices with Jesus’ empty tomb (see John 20:1, 6, 7). Like the blind man in last week’s readings, Lazarus represents all humanity. He stands for “dead men”—for all those Jesus loves and wants to liberate from the bands of sin and death. John even recalls the blind man in his account today (see John 11:37). Like the man’s birth in blindness, Lazarus’ death is used by Jesus to reveal “the glory of God” (see John 9:3). And again like last week, Jesus’ words

and deeds give sight to those who believe (see John 11:40). If we believe, we will see—that Jesus loves each of us as He loved Lazarus, that He calls us out of death and into new life. By His Resurrection Jesus has fulfilled Ezekiel’s promise in today’s First Reading. He has opened the graves that we may rise, put His Spirit in us that we may live. This is the Spirit that Paul writes of in today’s Epistle. The same Spirit that raised Jesus from the dead will give life to we who were once dead in sin. Faith is the key. If we believe as Martha does in today’s Gospel—that Jesus is the resurrection and the life—even if we die, we will live. “I have promised and I will do it,” the Father assures us in the First Reading. We must trust in His word, as we sing in today’s Psalm—that with Him is forgiveness and salvation.

LENTEN CAMPAIGN 2026

WEEK FIVE: Building a Just, Peaceful and United Kenya: Upholding Equity and Human Dignity

Lenten Campaign Week 5 Summary: Response to The Cry Of The Earth

This week's theme calls us to listen to the "Cry of the Earth", and the communities suffering from environmental destruction. When forests vanish and rivers dry up, both creation and human dignity are wounded.

In Kenya, we face a "tragedy of the commons"—exploiting resources while neglecting their care. While government initiatives like Jaza Miti are vital, true restoration requires local action.

Pope Francis reminds us in *Laudato Si'* that protecting our "common home" is a spiritual imperative inseparable from justice for the poor. Our scriptures offer a powerful message of resurrection. Just as God brought life to dry bones in Ezekiel and Jesus called Lazarus from the tomb, God desires to heal our wilting ecosystems. We are called to be the hands of Christ, moving from passive concern to active stewardship.

By planting trees, managing waste, and conserving water, we help raise our environment from the "tomb" of pollution and neglect.

The theme invites us all, young and old, to reflect and examine, through the lens of faith, the environmental challenges in our area and our divine role as a caretaker.

- Do I treat the environment as a gift from God or a right to be exploited?

- Do I plant trees to restore what you take?

- Do I use water sparingly, mindful of the future?

Let us commit to cleaning water sources, planting indigenous trees, and teaching the next generation to respect creation.

By healing the land, we honor the Creator and secure a hopeful future. As Jesus said, "I am the resurrection and the life" (John 11:25)—may our actions today bring new life to all of creation.

Join us this Tuesday, March 24 from 7.30 PM as we discuss more on the theme. The link is available through the church Whatsapp group. [RSVP Here](#)

Buy some tree seedlings at the tent outside the church, in response to care of our environment. Today, we are inviting all who are interested in becoming members of CJPD, to kindly register at the tent outside the church.

May this Lenten season strengthen us to be faithful citizens and good caretakers of mother earth, a precious gift from God and ultimately build a Just, Peaceful and United Kenya: Upholding Equity and Human Dignity.

Thank you, and may God bless our Lenten journey.

Announcements

1. Today is the 5th Sunday of Lent. The 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.
2. Wednesday 25th March is the **Solemnity of the Annunciation**. There will be Rosary and candle lit procession after the 5.30 pm Mass animated by St. Cecilia Choir.

3. Consolata Sacred Heart of Jesus movement will animate the Rosary on Saturday 28th March, after the 5.00pm mass. All are welcome.
4. Next Sunday 29th March is **Palm Sunday**. Palms will be available at the Church during all Masses.
 - The Children's Sunday Service will start after the Palm Sunday procession. We are all encouraged to take part in the procession with the children.

PALM SUNDAY PROGRAMME

DATE	TIME	ROUTE
SATURDAY 28 TH MARCH	4.40PM	SCHOOL GATE ADJACENT TO THE PRAYER GARDEN
SUNDAY 29 TH MARCH	6.40AM	SCHOOL GATE ADJACENT TO THE PRAYER GARDEN
SUNDAY 29 TH MARCH (DEEPSEA)	8.30AM	BETWEEN PRESIDENTIAL ESCORT AND ST. JOSEPH CHURCH
SUNDAY 29 TH MARCH	8.40AM	SCHOOL GATE ADJACENT TO THE PRAYER GARDEN
SUNDAY 29 TH MARCH	10.30AM	INFRONT OF DELTA HOUSE THROUGH MAIN GATE
SUNDAY 29 TH MARCH	12.30PM	FROM THE SCHOOL
SUNDAY 29 TH MARCH	4.40PM	SCHOOL GATE ADJACENT TO THE PRAYER GARDEN

5. 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 Good Friday 3rd April, the collection will go towards preserving the Holy places where Jesus lived and taught. All are welcome to support this course.

6. The Marriage Life Department has organized a Christian Life programme for married couples and couples preparing for marriage. The programme began on Sunday 22nd February and will continue every Sunday until 26th April 2026 in room 3F, Allamano centre from 11.00am to 12.30pm. All welcome to join
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. Bible study classes continue on Wednesday 25th March at 11.00am (Morning session) and 7.00pm (Evening Session) at the Children's hall, Allamano Centre. All are welcome
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. Consolata School, Nairobi, invites all alumni to a meeting on Saturday 11th April 2026 from 10.30am at Consolata School, Westlands. To register, kindly scan the QR code on the posters displayed on the Church notice board.

Wedding Bans

There is a promise of marriage between:

1. *Ibrahim Otieno Onyango & Janefrances Mutio Mutisya (3rd Announcement)*
2. *Nelson Githuka Muthama & Dorcas Mutio Ndimbei (3rd Announcement)*
3. *Michael Sagini Mbaka & Teddy Sharon Mumbi (3rd Announcement)*
4. *John Mburu Kabunyi & Jamila Liwali Mkali (3rd Announcement)*
5. *Joseph Vincent Gichamba & Elizabeth Wangechi Ndungu (2nd Announcement)*

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

ECCLESIAL ELECTIONS

Members of these Ecclesial groups are requested to attend and participate in these elections.

ITEM NO.	ECCLESIAL GROUP	ROOM ALLOCATION
A	THURSDAY 26TH TIME: 6.30 PM	
1.	Proclaimers	Auditorium
B	SUNDAY 29TH TIME: 9.00AM	
1.	Sacred Heart	M-02
2.	Consolata Lay Missionaries	3E
3.	Charities & Socials	3D
4.	Charismatic	M-01
5.	Rosary Group	3F
6.	Perpetual Eucharistic Group	Auditorium
7.	Divine Mercy Group	Auditorium
	1.00PM	
1.	C.W.A	Auditorium
2.	C.M.A	3F
	SUNDAY 29TH TIME: 11.00AM	

1.	Deepsea	
	C.W.A	
	C.M.A	

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