



CONSOLATA SHRINE
14TH SUNDAY IN ORDINARY SUNDAY
05TH JULY 2026



FIRST READING

Zechariah 9:9-10

“Behold, your king comes to you, humble.”

A reading from the Book of the Prophet Zechariah

Thus says the LORD:

Rejoice greatly, O daughter of Zion! Shout aloud, O daughter of Jerusalem! Behold, your king comes to you; triumphant and victorious is he, humble and riding on a donkey, on a colt the foal of a donkey. I will cut off the chariot from Ephraim and the war horse from Jerusalem; and the battle bow shall be cut off, and he shall command peace to the nations; his dominion shall be from sea to sea, and from the River to the ends of the earth.

The Word of the Lord.



RESPONSORIAL PSALM

**Psalm 145: 1-2, 8-9, 10-11,
13cd-14 (R. see 1)**

R. I will bless your name forever, my king and my God.

I will extol you, my God and king,
and bless your name forever and ever.

I will bless you day after day,
and praise your name forever and ever. **R.**

The LORD is kind and full of compassion,
slow to anger, abounding in mercy.
How good is the LORD to all,
compassionate to all his creatures. **R.**

All your works shall thank you, O LORD,
and all your faithful ones bless you.
They shall speak of the glory of your reign,
and declare your mighty deeds. **R.**

The LORD is faithful in all his words,
and holy in all his deeds.
The LORD supports all who fall,
and raises up all who are bowed down. **R.**

SECOND READING

Romans 8: 9, 11-13

“If by the Spirit you put to death the deeds of the body you will live.”

A reading from the First Letter of Saint Paul to the Romans



Brethren:

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. 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. So then, brethren, we are debtors, not to the flesh, to live according to the flesh – for if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body you will live.

The word of the Lord

ALLELUIA

See Mathew 11:25

Alleluia

Blessed are you, Father, Lord of heaven and earth, that you have revealed to little ones the mysteries of the kingdom.

Alleluia



“I am gentle and lowly of heart.”

A reading from the holy Gospel according to Mathew

At that time Jesus declared,

“I thank you, Father,

Lord of heaven and
earth, that you have

hidden these things

from the wise and
understanding and

revealed them to
infants; yes, Father, for

such was your gracious
will. All things have

been delivered to me by
my Father; and no one

knows the Son except
the Father, and no one

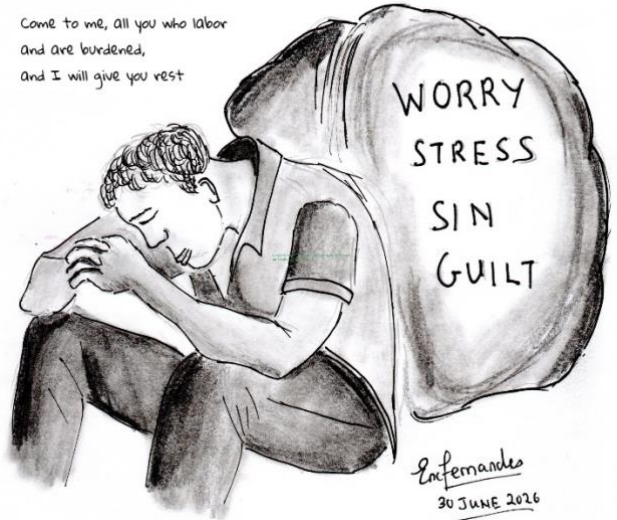
knows the Father except the Son and anyone to whom the Son

chooses to reveal him. Come to me, all who labour and are heavy

laden, and I will give you rest. Take my yoke upon you, and learn
from me; for I am gentle and lowly in heart, and you will find rest
for your souls. For my yoke is easy, and my burden is light.”

The gospel of the Lord.

Come to me, all you who labor
and are burdened,
and I will give you rest



Enfernanides
30 JUNE 2026

Reflection: A Yoke of the Childlike by Scott Hahn, Ph. D

Jesus is portrayed in today’s Gospel as a new and greater Moses.

Moses, the meekest man on earth (see Numbers 12:3), was God’s

friend (see Exodus 34:12, 17). Only he knew God “face to face” (see

Deuteronomy 34:10). And Moses gave Israel the yoke of the Law,

through which God first revealed Himself and how we are to live (see Jeremiah 2:20; 5:5). Jesus, too, is meek and humble. But He is more than God's friend. He is the Son who alone knows the Father. He is more also than a law-giver, presenting Himself today as the yoke of a new Law and as the revealed Wisdom of God. As Wisdom, Jesus was present before creation as the firstborn of God, the Father and Lord of heaven and earth (see Proverbs 8:22; Wisdom 9:9). And He gives knowledge of the holy things of the kingdom of God (see Wisdom 10:10). In the gracious will of the Father, Jesus reveals these things only to the "childlike"—those who humble themselves before Him as little children (see Sirach 2:17). These alone can recognize and receive Jesus as the just savior and meek king promised to daughter Zion, Israel, in today's First Reading. We, too, are called to childlike faith in the Father's goodness as sons and daughters of the new kingdom, the Church. We are to live by the Spirit we received in Baptism (see Galatians 5:16), putting to death our old ways of thinking and acting, as Paul exhorts in today's Epistle. Our "yoke" is to be His new law of love (see John 13:34), by which we enter into the "rest" of His kingdom. As we sing in today's Psalm, we joyously await the day when we will praise His name forever in the kingdom that lasts for all ages. This is the sabbath rest promised by Jesus—the rest first anticipated by Moses (see Exodus 20:8-11), but which still awaits the people of God (see Hebrews 4:9).

Announcements

1. St. Benedict SCC will animate The Rosary on Saturday 11th July after the 5.00pm Mass. All are welcome.
2. 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 1.00 p.m Mass

3. Parents and guardians of children in boarding schools who have not received the Sacraments of Baptism, First Holy Communion or confirmation are invited to register for Catechesis in the Catechist's office during the week.
4. The Christian Education Committee invites you to an interactive session on the Church doctrines (*topic: Clergy – Laity collaborative role for evangelization*), today at 9.30 am in the Auditorium, Allamano Centre. All are welcome
5. Young Catholic Adults (YCA) have organized a Watch party for the World Cup Finals on Sunday 19th July in the Auditorium, Allamano Centre at a cost of Ksh 300 per head. The funds will support youth activities. During the watch party, all parishioners are welcome to cheer their team and players on the big screen. To make a reservation, please visit the desk in the blue tent outside the Church.
6. The Youth of the Consolata Parishes invite you to join them for the first Njambini to Tuthu Pilgrimage – preparation hike to Kilimambogo on 18th July 2026 as part of the St. Joseph Allamano centenary celebrations. To register, please pay Ksh 500 via paybill no. 4140603 (Account: Name/ Hike) by 14th July 2026 or contact the Parish office.
7. The Charismatic Prayer Group invites all Christians who have completed the Life in the Spirit Seminars and have been commissioned to attend the '*Growth in the Spirit*' seminar on 19th July 2026 and will run for eight weeks in the Parish Hall from 2.00pm to 4.00pm. For more information, please contact Grace on 0722609518
8. The Ministry of Proclamation of the Word of God is inviting interested and committed Parishioners to join them. To register, kindly scan the QR code available on the notice board or contact the Vice Secretary Makalusi Araka, on 0757438598 for more information.
9. The Catholic Justice and Peace Department (CJPD) extends a heartfelt appreciation to all parishioners who participated in the World Environment Day and Laudato S's activities. To keep this mission growing, we invite you to visit their desk at the blue tent after Mass to purchase a seedling to plant at home and support the CJPD's ongoing initiatives.

10. Consolata School, Nairobi invites Parents and guardians to the following events:

- The 2027 Grade 1 Interview on Saturday, 4th July 2026 from 8.00am;
- Pre-School Entry Assessment on Saturday, 11th July 2026 from 8.30am;
- Cambridge Curriculum Open Day for the 2026/2027 Academic Year on Saturday, 18th July 2026 from 9.00am.
- Primary, Junior secondary and Senior school interviews on 6th November 2026

All interested parents and prospective learners are welcome to attend. For more information, please contact: ☎ 0114 533 169 / 0739 499 018 or the see posters on the notice board.

Wedding Bans:

There is a promise of marriage between:

1. *Peter Mugane Kamau Kionga and Elsie Nadia Okello* (**3rd Announcement**)
2. *Brian Musyoka Alex and Abigael Mariettah Mumbua* (**2nd Announcement**)

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

PARISH WEBSITE: ; **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;1 P.O. Box 14930 - Nairobi; Mass

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