



CONSOLATA SHRINE
18TH SUNDAY IN ORDINARY TIME
2ND AUGUST 2026



FIRST READING

Isaiah 55:1-3

“Come and eat.”

A reading from the Book of Isaiah

Thus says the LORD:

“Ho, everyone who thirsts,
come to the waters; and he
who has no money, come, buy
and eat! Come, buy wine and
milk without money and
without price. Why do you
spend your money for that
which is not bread, and your
labour for that which does not
satisfy? Listen diligently to me,
and eat what is good, and
delight yourselves in rich food.
Incline your ear, and come to
me; hear, that your soul may
live; and I will make with you
an everlasting covenant, my
steadfast, merciful love for David.”

The Word of the Lord.



RESPONSORIAL PSALM

**Psalm 145:8-9, 15-16, 17-18
(R. see 16)**

R. You open your hand, Lord, and you satisfy us.

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.**

The eyes of all look to you,
and you give them their food in due season.
You open your hand and satisfy
the desire of every living thing. **R.**

The LORD is just in all his ways,
and holy in all his deeds.
The LORD is close to all who call him,
who call on him in truth. **R.**

SECOND READING

Romans 8:35, 37-39

“No creature can separate us from the love of God, which is in Christ.”

A reading from the Letter of Saint Paul to the Romans



Brethren:

Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?

No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

The word of the Lord

ALLELUIA

Matthew 4:4b

Alleluia

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

Alleluia.



GOSPEL

Matthew 14:13-21

“They all ate and were satisfied.”

A reading from the holy Gospel according to Matthew

At that time:

When Jesus heard [of the death of John the Baptist], he withdrew from there in a boat to a lonely place apart.



But when the

crowds heard it, they followed him on foot from the towns. As he went ashore he saw a great throng; and he had compassion on them, and healed their sick. When it was evening, the disciples came to him and said, “This is a lonely place, and the day is now over; send the crowds away to go into the villages and buy food for themselves.” Jesus said, “They need not go away; you give them something to eat.” They said to him, “We have only five loaves here and two fish” And he said, “Bring them here to me.” Then he ordered the crowds to sit down on the grass; and taking the five loaves and the two fish he looked up to heaven, and blessed, and broke and gave the loaves to the disciples, and the disciples gave them to the crowds. And they all ate and were satisfied. And they took up twelve baskets full of the broken pieces left over. And those who ate were about five thousand men, besides women and children.

The gospel of the Lord.

Reflection: Food in Due Season by Scott Hahn, Ph. D

In Jesus and the Church, Isaiah's promises in today's First Reading are fulfilled. All who are thirsty come to the living waters of Baptism (see John 4:14). The hungry delight in rich fare—given bread to eat and wine to drink at the Eucharistic table. This is the point, too, of today's Gospel. The story of Jesus' feeding of the 5,000 brims with allusions to the Old Testament. Jesus is portrayed as a David-like shepherd who leads His flock to lie down on green grass as He spreads the table of the Messiah's banquet before them (see Psalm 23). Jesus is shown as a new Moses, who likewise feeds vast crowds in a deserted place. Finally, Jesus is shown doing what the prophet Elisha did—satisfying the hunger of the crowd with a few loaves and having some left over (see 2 Kings 4:42–44). Matthew also wants us to see the feeding of the 5,000 as a sign of the Eucharist. Notice that Jesus performs the same actions in the same sequence as at the Last Supper—He takes bread, says a blessing, breaks it, and gives it (see Matthew 26:26). Jesus instructed His Apostles to celebrate the Eucharist in memory of Him. And the ministry of the Twelve is subtly stressed in today's account. Before He performs the miracle, Jesus instructs the Twelve to give the crowd “some food yourselves.” Indeed, the Apostles themselves distribute the bread blessed by Jesus (see Matthew 15:36). And the leftovers are enough to fill precisely 12 baskets—corresponding to each of the Apostles, the pillars of the Church (see Galatians 2:9; Revelation 21:14). In the Church, as we sing in today's Psalm, God gives us food in due season, opens His hands and satisfies the desires of every living thing. Now, as Paul reminds us in today's Epistle, nothing can separate us from the love of God in Christ Jesus.

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 1.00 p.m Mass
2. The Novena to the Nativity of the Blessed Virgin Mary is ongoing every Saturday and will continue until Saturday 5th September 2026. There will be a candlelit procession and Rosary after the 5:00 p.m Mass. All are welcome
3. St. John Marie Vianney SCC will animate The Rosary on Saturday 8th August after the 5.00pm Mass. All are welcome
4. Couples preparing for marriage between November 2026 and February 2027 are invited to register for pre-marital sessions at the Catechist's office during the week.
5. The Christian Education Committee invites you to an interactive session on the Church doctrines (*topic: Christian understanding of human development*), today at 9.30 am in the Auditorium, Allamano Centre. All are welcome
6. The Sacred Heart devotion is registering new members. Parishioners who wish to join the devotion are invited to register at the desk in the blue tent outside the Church or contact Joyce on telephone number 0722601107.
7. The Consolata Shrine Self Help Group invites you to the annual **Squirrel kids club day** on Saturday 8th August 2026 from 8.00am to 1.00pm at the old Parish hall. All are welcome
8. The Consolata Parish Choirs, together with guest choirs invite you to join them in song and worship during the celebration of the Solemnity of the Assumption of the Blessed Virgin Mary, on 15th August 2026 from 1.30 pm in the Auditorium at the Allamano Centre. All are welcome

Wedding Bans:

There is a promise of marriage between:

1. Rocco Klaus Reichelt and Nancy Njoki Ndungu (3rd Announcement)

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

Diaconate Bans:

The Consolata Missionaries have the pleasure to announce the Diaconate Ordination of:

1. Seminarian Arthur Martin Sie Yao Kra, IMC (1st Announcement)

Kindly visit the parish notice board for more information. If anyone has an objection, please notify the Father in Charge. The Ordination will be held on 4th September 2026 at 9.00am at The resurrection Garden – Archdiocese of Nairobi. All are welcome

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