



CONSOLATA SHRINE

19th SUNDAY IN ORDINARY TIME

9th August 2026



FIRST READING

1 Kings 19:9a, 11-13a

“Stand upon the mount before the Lord.”

A reading from the first Book of Kings

In those days:

When Elijah came to [Horeb the mount of God,] he lodged in a cave; and behold, the word of the LORD came to him. And he said, “Go forth, and stand upon the mount before the LORD.”

And behold, the LORD

passed by, and a great and strong wind tore the mountains, and broke in pieces the rocks before the LORD, but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake; and after the earthquake a fire, but the LORD was not in the fire; and after the fire a still small voice. And when Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave.

The word of the Lord.



RESPONSORIAL PSALM

**Psalm 85:9ab and 10, 11-12,
13-14 (R. 8)**

**R. Let us see, O Lord, your mercy, and grant us your
Salvation.**

I will hear what the LORD God speaks;
he speaks of peace for his people and his faithful.
His salvation is near for those who fear him,
and his glory will dwell in our land. **R.**

Merciful love and faithfulness have met;
justice and peace have kissed.
Faithfulness shall spring from the earth,
and justice look down from heaven. **R.**

Also the LORD will bestow his bounty,
and our earth shall yield its increase.
Justice will march before him,
and guide his steps on the way.. **R.**

SECOND READING

Romans 9:1-5

"I would willingly be condemned if it would help my brother."

A reading from the Letter of Saint Paul to the Romans

Brethren:

I am speaking the truth in Christ, I am not lying; my conscience bears me witness in the Holy Spirit, that I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my brethren, my kinsmen according to the flesh. They are Israelites, and to them belong the sonship, the glory, the covenants, the giving of the law, the worship, and the promises; to them belong the patriarchs, and of their race, according to the flesh, is the Christ, who is God over all, blessed forever. Amen.

The word of the Lord



ALLELUIA

Psalms 130:5

Alleluia

I long for you O Lord,
my soul longs for his word.

Alleluia.



GOSPEL

Matthew 14:22-33

"Bid me to come to you on the water."

A reading from the holy Gospel according to Matthew

[After the crowd was satisfied,] Jesus made the disciples get into the boat and go before him to the other side, while he dismissed the crowds.

And after he had dismissed the crowds, he went up into the hills by himself to pray. When evening came, he was there alone, but the boat

by this time was many

furlongs distant from the land, beaten by the waves; for the wind was against them. And in the fourth watch of the night he came to them, walking on the sea.

But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out for fear. But immediately he spoke to them, saying, "Take heart, it is I; have no fear." And Peter answered him, "Lord, if it is you, bid me come to you on the water." He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus; but when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me." Jesus immediately reached out his hand and caught him, saying to him, "O you of little faith, why did you doubt?" And when they got into the boat, the wind ceased. And those in the boat worshiped him, saying, "Truly you are the Son of God."

The gospel of the Lord.



Reflection: Sinking Fear by Scott Hahn, Ph. D

How do we find God in the storms and struggles of our lives, in the trials we encounter in trying to do His will? God commands Elijah in today's First Reading to stand on the mountain and await His passing by. And in the Gospel, Jesus makes the disciples set out across the waters to meet Him. In each case, the Lord makes Himself present amid frightening tumult—heavy winds and high waves, fire and earthquakes. Elijah hides his face. Perhaps he remembers Moses, who met God on the same mountain, also amid fire, thunder, and smoke (see Deuteronomy 4:10–15; Exodus 19:17–19). God told Moses no one could see His face and live, and He sheltered Moses in the hollow of a rock, as He shelters Elijah in a cave (see Exodus 33:18–23). The disciples, likewise, are too terrified to look on the face of God. Today's Gospel is a revelation of Jesus' divine identity. Only God treads across the crest of the sea (see Job 9:8) and rules the raging waters (see Psalm 89:9–10). And the words of assurance that Jesus speaks—"It is I"—are those God used to identify Himself to Moses (see Exodus 3:14; Isaiah 43:10). Even Peter is too overcome by fear to imitate his Lord. His fears, Jesus tells him, are a sign of his lack of faith. And so it often is with us. Our fears make us doubt, make it hard to see His glory dwelling in our midst. Yet, we should know, as we sing in today's Psalm, that His salvation is near to those who hope in Him. By faith we should know, as Paul asserts in today's Epistle, that we are heirs to the promises made to His children, Israel. We must trust that He whispers to us in the trials of our lives—that He who has called us to walk along the way of His steps—save us whenever we begin to sink

Announcements

1. 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 candle lit

procession and Rosary after the 5pm mass. All are welcome.

2. The Catholic Women Association group (CWA) group will animate the Rosary on Saturday 15th August, after the 5.00pm Mass. All are welcome.
3. All youth from grade 9 to form 4 are invited to register for formation on the DIGNITY OF THE HUMAN LIFE and preparation for the upcoming MYM Kabete deanery sports day. The program will begin on Monday 10th to Saturday 15th August 2026. For more information, kindly visit their desk outside the church.
4. 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.
5. 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 Blessed Virgin Mary, on Saturday 15th August from 1:30pm in the Auditorium at the Allamano Centre. All are welcome.
6. We thank Rev. Deacon Vincent Tibishubwamu for his service at the Shrine as he goes to prepare for his priestly ordination which will be held on 22nd October 2026 at Kigamboni Parish, Dar es salaam, Tanzania.

Wedding Bans:

There is a promise of marriage between:

1. ***Stephen Rufus Ndemi Maina and Tracie Irene Kimani (1st 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
(2nd 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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