



CONSOLATA SHRINE
30TH SUNDAY IN ORDINARY TIME
25TH OCTOBER 2026



FIRST READING

Exodus 22:21-27

If you afflict any widow or orphan, my wrath will burn against you.

A reading from the Book of Exodus

Thus says the LORD:

“You shall not wrong a stranger or oppress him, for you were strangers in the land of Egypt. You shall not afflict any widow or orphan. If you do afflict them, and they cry out to me, I will surely hear their



cry; and my wrath will burn, and I will kill you with the sword, and your wives shall become widows and your children fatherless. “If you lend money to any of my people with you who is poor, you shall not be to him as a creditor, and you shall not exact interest from him. If ever you take your neighbour’s garment in pledge, you shall restore it to him before the sun goes down; for that is his only covering, it is his mantle for his body; in what else shall he sleep? And if he cries to me, I will hear, for I am compassionate.”

The Word of the Lord

**RESPONSORIAL PSALM Psalm 18:2-3a. 3bc-4. 47 and
51ab (R. 2)**

R. I love you, Lord, my strength.

I love you, LORD, my strength;
O LORD, my rock, my fortress, my saviour. **R.**

My God, my rock where I take refuge,
my shield, my saving strength, my stronghold.
I cry out, Praised be the LORD!”
and see, I am saved from my foes. **R.**

The LORD lives, and blest be my Rock!
May the God of my salvation be exalted.
The LORD gives great victories to his king,
and shows merciful love for his anointed. **R.**

SECOND READING

1 Thessalonians 1:5c-10

You turned from idols to serve God and to wait for his Son.

A reading from the first Letter of Saint Paul to the Thessalonians



Brethren:

You know what kind of men we proved to be among you for your sake. And you became imitators of us and of the Lord, for you received the word in much affliction, with joy inspired by the Holy Spirit; so that you became an

example to all the believers in Macedonia and in Achaia. For not only has the word of the Lord sounded forth from you in Macedonia and Achia, but your faith in God has gone forth everywhere, so that we need not say anything. For they themselves report concerning us what a welcome we had among you, and how you turned to God from idols, to serve a living and true God, and to wait for his Son from heaven, whom he raised from the dead, Jesus who delivers us from the wrath to come.

The word of the Lord

ALLELUIA

Alleluia

If a man loves me, he will keep my words, says the Lord; and my Father will love him, and we will come to him.

John 14:23



Alleluia.

GOSPEL

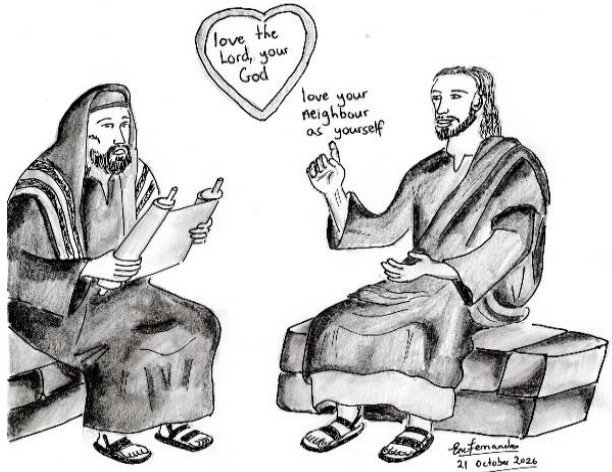
Matthew 22:34-40

“You shall love the Lord your God and your neighbour as yourself.”

A reading from the holy Gospel according to Matthew

At that time:

When the Pharisees heard that Jesus had silenced the Sadducees, they came together. And one of them, a lawyer, asked him a question, to test him. “Teacher, which is the great commandment in the law?” And he said to him, “You shall love the Lord



your God with all your heart, and with all your soul, and with all your mind. This is the great and first commandment. And a second is like it, You shall love your neighbour as yourself. On these two commandments depend all the law and the prophets.

The gospel of the Lord.

Reflection: Love Commands by Scott Hahn, Ph. D

Jesus told His disciples that He came “not to abolish” the Old Testament Law “but to fulfill” it (Matthew 5:17). And in today’s Gospel, He reveals that love—of God and of neighbor—is the fulfillment of the whole of the law (see Romans 13:8–10). Devout Israelites were expected to keep all 613 commands found in the Pentateuch, the first five books of the Bible. Jesus says today that all these, and all the teachings of the prophets, can be boiled down to just two verses of this Law (see Deuteronomy 6:5; Leviticus

19:18). In this distillation, He seems to summarize the two stone tablets on which God was said to have engraved the Ten Commandments (see Exodus 32:15–16): The first tablet set out three laws concerning the love of God, such as the command not to take His name in vain; the second contained seven commands regarding love of neighbor, such as those against stealing and adultery. Love is the hinge that binds the two tablets of the Law. We can't love God, whom we can't see, if we don't love our neighbor, whom we can (see 1 John 4:20–22). But this love we are called to is far more than simple affection or warm sentiment. We must give ourselves totally to God—loving with our whole beings, with all our heart, soul, and mind. Our love for our neighbor must express itself in concrete actions, such as those set out in today's First Reading. "We love because he first loved us" (1 John 4:19). As we sing in today's Psalm, He has been our deliverer, our strength when we could not possibly defend ourselves against the enemies of sin and death. Grateful for our salvation, we show others the love that God has shown us. In this we become imitators of Jesus, as Paul relates in today's Epistle—laying down our lives in ways large and small, seen and unseen, our daily living offered as a continual "sacrifice of praise" (see John 15:12–13; Hebrews 13:15).

Announcements

1. Blessed Sr. Irene Stefani SCC will animate the Rosary on Saturday 31st October, after the 5.00 pm mass. All are welcome
2. The month of October is the month of the Rosary. It is a time of prayer for the intentions and mission of the Church throughout the world. We also invite you to intensify the Rosary prayer, offering your prayers to God for His blessings, protection and guidance upon our families. Parishioners who wish to have the Icon of Our Lady Consolata and Mass (**Marian Pilgrimage**) in their homes are kindly invited to register at the Parish office during the week.

3. Next Sunday 1st November we will have the blessing of your tithe and family. Kindly pick an envelope at the entrance of the Church.
 - Children's Mass will be at 9:00 a.m. There will be no Sunday school.
 - The Rosary will be prayed in front of the Blessed Sacrament after 1 p.m. Mass
4. Sunday 1st November is the Solemnity of All Saints, a day of obligation. You are encouraged to attend Mass.
5. Consolata Shrine CJPD invites all Persons living with disabilities to attend Mass on 1st November at 1.00pm. This initiative aims to enhance the full and active participation of everyone in the Liturgy. We wish to remind all Parishioners that designated seats are reserved for the elderly and persons living with disabilities.
6. In November, we remember all the departed souls. November envelopes are available at the Church entrance, please fill the forms with your offering and drop them in the blue boxes. Mass and blessing of graves will be held on 2nd November at 3.00pm at Langata cemetery. All are welcome
7. The Christian Education Committee invites you to an interactive session on ***'Marriage as gift, not weapon: Indicators of misuse of power and the Church's response'*** on Sunday 1st November 2026, at 9.30am, at the Auditorium, Allamano Centre. All are welcome
8. The Consolata Shrine Professionals' group invites all Parishioners to a **Free Medical Camp** today from 9.00am to 4.00pm. All are welcome
9. In Line with The World Mental Health day's theme "Lived experiences heard: real voices, real change," Consolata Shrine CJPD invites you, your family, and caregivers to an Online Webinar on Trauma and Recovery on **Tuesday October 27th**

at 7.30 pm. Details and the link will be shared on the Parish WhatsApp platforms.

10. The Catholic Women Association (CWA) are recruiting new members. Ladies who are baptised and are 18 years old and above are encouraged to register at the tent outside the Church.
11. All Parish groups are requested to submit their 2027 calendar of events to the Parish Secretary via WhatsApp (telephone number 0723 678125) by latest 31st October 2026.
12. The **Harambee** for the gate and gatehouse project will be held on 15th November 2026. The following groups will animate;
 1. 9:00am –The Allamano board and professional group.
 2. 11:00am- Jumuiya and CWA
 3. 1:00pm-CMA and Youth

We warmly invite you to contribute towards the successful completion of this project.

13. The construction of **New Gate and Gatehouse Project** is on - going. This project is intended to enhance the safety and security of our Parish community. We humbly appeal for your generous financial support towards our project. To pledge or contribute, kindly visit the desk in the blue tent, outside the Church, or send your contribution via the Allamano paybill **804877**; Account: ***‘Gate project’***. We appreciate your continued support
14. Our Parish has a **WhatsApp group** created to help us share important Parish announcements, updates, and information about upcoming activities. Parishioners who wish to join the group are kindly requested to visit the Parish office
15. The Camissasa Fundraising Committee invites all Parishioners, students and friends to the 2026 Camissasa Missionary walk on Saturday 31st October starting at 7.00am at Consolata Shrine. Our theme is ***‘One in Christ, United in Mission’*** commemorating 100 years of World Mission Sunday. The t-shirts are green to signify Africa, as the place of the first

Consolata Mission globally. To purchase a t-shirt and to register kindly visit their desk at the tent outside the church.

16. Consolata School, Nairobi invites Parents and guardians to register their children for 2027 Pre- school, Grades 1-5, and Years 7-8, 10 and 11 interviews. For more information, please see the posters on the notice board.

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