



CATHEDRAL *Weekly*

20th Feb 2022

PRICE: Kshs. 40/=

**A GUIDE TO THE
DAILY READINGS**

21st FEBRUARY 2022

26TH FEBRUARY 2022

SEVENTH SUNDAY IN ORDINARY TIME



Some of St. Benedict Jumuiya members moments after serving mass. They meet every wednesday from 5:30pm at the parish hall

Mon. 21st Feb. 2022
Or: St Peter Damian
(optional memorial)
Jas 3:13-18;
Ps 19
Mk 9:14-29.

Tue. 22nd Feb. 2022
The Chair of St Peter,
the Apostle, feast
1 Pt 5:1-4;
Ps 23
Mt 16:13-19.

Wed. 23rd Feb. 2022
St Polycarp, bishop and
martyr, memorial
Jas 4:13-17;
Ps 49
Mk 9:38-40.

Thur. 24th Feb. 2022
Jas 5:1-6;
Ps 49
Mk 9:41-50.

Fri. 25th Feb. 2022
Jas 5:9-12;
Ps 103
Mk 10:1-12.

Sat. 26th February
St Alexander of Alexandria
(optional memorial)
Or: Saturday Mass of
the B. V. Mary
Jas 5:13-20;
Ps 141
Mk 10:13-16.

DUTY SCHEDULE FOR FEB 2022

TODAY
07:00 AM CHRIST THE KING
08:00 AM HOLY SPIRIT
09:00 AM ST. ANNE.
11:00 AM ALLIANCE OF
TWO HEARTS
12:30 PM YOUNG CATHOLIC ADULTS
5:30PM ST. LUCY & BIKIRA MARIA
CLEANING OF THE CHURCH: 19TH FEB. 2022
CHOIR (7AM, 8AM & MAIN CHOIR)

27TH FEB. 2022

07:00 AM CHARISMATIC
08:00 AM ST. KIZITO & ST. BRIGIT
09:00 AM ST. MATHIAS MULUMBA
11:00 AM ST. JUDE
12:30 PM ST. GABRIEL
5:30PM ST. JOSEPH

CLEANING OF THE CHURCH:
27TH FEB. YOUTH / YCA

Reflection

ESSENTIAL VIRTUES AND ELEMENTS OF OUR CHRISTIAN LIFE

On this seventh Sunday, the Church reminds us of the essential virtues and elements of our Christian life. They include: Mercy and compassion, love of God and neighbor, self-control and appreciation of values, moral responsibility, awareness of sin and, the sense of the sacred. These are marks of our spiritual progress and Christian growth. These also form part of the church's social doctrine.

Today's first reading is very dramatic. David had the death warrant of his enemies in his hands, yet he refused to pronounce it. Rather, he left it for God to pronounce in his own way, and at his appropriate time. He heeded God's word: "Do not repay anyone evil for evil. Do not take revenge. Vengeance is mine" (Rom 12: 17-19; Deut 32:35).

In today's Gospel Jesus gave a very important sermon on these essential virtues and elements that must guide our lives and actions as Christians. It is a new commandment because, it over rules the Old Testament law of reprisal attack or retributive justice. There is no doubt that, humanly speaking, it is a very difficult one. However, it demands a lot of sacrifice and courage.

So, how do we reconcile our constant quest for justice with the virtues of mercy and compassion? Is there any common ground between them? This is especially, in our world where we constantly speak of mercy, and at the same time advocate for the strictest sense of justice. The is, maximum punishment (even death penalty), for our offenders.

Paul reminds us in our second reading that, we derived our body and way of life from the earthly man (Adam). While we derived the spirit that gives life and animates our body from the heavenly man (Christ).

Hence, those who have received Christ are guided by his spirit. They are born of the Spirit. Though, Christ's new commandment may seem difficult, His spirit and grace will enable us to live these essential virtues and elements of our Christian life.

There are so many lessons for us from today's readings. First, we must learn to leave vengeance for God. So, we must not take every opportunity for revenge against our offenders. Forgiveness heals all wounds, and wipes all scars away.

Second, we must not always bow to pressures from circumstance, or from our colleagues in order to do evil. This is because, two wrongs can never make one right. Reprisal attack or revenge may hurt one even more than it will hurt one's offender. In this case, we may win the war but not the peace, the love and, the friendship.

CONTD. PG 4


**FORTHCOMING
FEASTS /
MEMORIALS**

Mon. 21st Feb. 2022
St Peter Damian
(optional memorial)

Tue. 22nd Feb. 2022
The Chair of St Peter,
the Apostle, feast



Wed. 23rd Feb. 2022
St Polycarp, bishop and
martyr, memorial

Sat. 26th February
St Alexander of
Alexandria
(optional memorial)
Or: Saturday Mass of
the B. V. Mary

1 Samueli 26:2, 7-9, 12-13, 22-23

Siku zile: Sauli alifunga safari akashuka hata jangwani Zifu pamoja na watu elfu tatu wateule katika Israeli, ili kumtafuta Daudi katika jangwa la Zifu.

Basi, usiku ulipofika Daudi na Abishai wakaenda kwenye jeshi. wakamkuta Sauli amelala usingizi kambini, na mkuki wake umechomekwa chini karibu na kichwa chake. Abneri na jeshi wamelala kandokando kumzunguka yeye.

Abishai akamlong'onezea Daudi akisema, "Mungu amekupa leo adui yako mikononi mwako. Haya uniache nimpigilie chini kwa mkuki wake kwa pigo moja, wala sitampiga mara ya pili!"

Lakini Daudi akamwambia Abishai, "Usimdhuru, maana nani awezaye kutia

mkono wake juu ya masiya wa BWANA, naye asiadhibiwe?" Basi Daudi akachukua ule mkuki kichwani pa Sauli, na lile gudulia la maji, nao wakaenda zao, wala hakuna mtu aliyewaona. wala kujua tukio hili, wala hakuna aliyeamka; maana walikuwa wamelala usingizi mzito ambao BWANA aliwaangushia. Kisha Daudi akavuka ng'ambo ya pili, akasimama juu ya kilima, akiwa mbali kwa nafasi kubwa kutoka alipokuwepo Abneri, mwana wa Neri na jeshi lake.

Naye Daudi akasema, "Huu hapa mkuki wa mfalme. Umtume kijana wako, aje kuutwaa. BWANA atamlipa kila mtu kadiri ya haki na uaminifu wake. Leo, ingawa BWANA alikutia mkononi mwangu, mimi sikutaka kuuweka mkono wangu juu ya masiya wa Bwana."

Zaburi 103
K. Bwana ni mwenye huruma na neema.

Umsifu Bwana, ee nafsi yangu;
na yote yaliyo ndani yangu, yalisifu jina lake takatifu!
Umsifu Bwana, ee nafsi yangu;
wala usizisahau fadhili zake zote. K.

Yeye anasamehe dhambi zako zote,
anaponya magonjwa yako yote;
Yeye anaukomboa uhai wako na kaburi,
anakuvika taji la fadhili na rehema. K.

Bwana ni mwenye huruma na neema,
hakasiriki upesi, ni mwingi wa fadhili.
Hatutendi kadiri ya dhambi zetu,
wala hatulipi kadiri ya makosa yetu. K.

Kama mashariki ilivyo mbali na magharibi,
ndivyo alivyoweka dhambi zetu mbali nasi.
Kama vile baba awahurumiavyo watoto wake,
ndivyo Bwana anavyowahurumia wale wamchao. K.

1 Wakorintho 15:45-49

Ndugu zangu: Mtu wa kwanza, Adamu, alikuwa kiumbe mwenye uhai; lakini Adamu wa mwisho ni roho awapaye watu uhai. Mtu wa roho si wa kwanza, bali wa kwanza ni mtu wa kawaida; baadaye wa roho. Mtu wa kwanza anatoka katika udongo, ni wa udongo. Mtu wa pili anatoka mbinguni. Kama alivyo yeye wa udongo, ndivyo wote wa duniani; na kama alivyo yeye wa mbinguni, ndivyo wote walio wa mbinguni. Kama vile tulivyoichukua sura ya yule wa udongo, tutaichukua pia sura yake aliye wa mbinguni.

Aléluya!

Amri mpya nawapeni: mpendane, asema Bwana. Kama mimi nilivyowapenda, nanyi pia mpendane. Aléluya.

Luka 6:27-36

Wakati ule: Yesu aliwambia wafuasi wake, "Lakini kwenu mnaosikiliza, nasema, wapendeni adui zenu, watendeeni mema wenye kuwachukua, wabarikini wenye kuwalaani, waombeeni wenye kuwahuzunisha. Akupigaye shavu moja, mgeuzie la pili. na mwenye kukunyang'anya joho lako, usimkatalie na kanzu. Kila akuombaye mpe; na akunyang'anyaye mali yako, usim dai. Na mpendavyo kutendewa na watu, watendeeni kadhalika.

Maana mkiwapenda wale tu wawapendao ninyi, mwastahili shukrani gani? Kwa maana hata wakosefu huwapenda wale wawapendao. Na mkiwatendea mema wale tu wawatendea mema. mwastahili shukrani gani? Hata wakosefu hufanya hivyo.

Na mkiwakopesha tu watu mnaowaamini kurudishiwa nao, mwastahili shukrani gani? Hata wakosefu huwakopesha wakosefu, ili warudishiwe sawa. Bali, wapendeni adui zenu, tendeni mema, na kukopesha pasipo matumaini ya kurudishiwa kitu; hivyo thawabu yenu itakuwa kubwa, nanyi mtakuwa wana wa yule aliye juu, aliye mwema hata kwa wenye kukosa shukrani na kwa wabaya.

Basi, iweni na huruma, kama Baba yenu alivyo na huruma. Msihukumu, nanyi hamtahukumiwa. Msilaumu, nanyi hamtalaumiwa. Sameheni, nanyi mtasamehewa. Toeni, nanyi mtapewa; kipimo chema kilichoshindiliwa, kutikiswa na kujazwa hata kumwagika, watawatilia pindoni mwenu. Kwa maana kipimo kile mpimacho ndicho mtapimiwa."

**1 Samuel 26:2.7-9.12-13.22-23**

In those days: Saul arose and went down to the wilderness of Ziph, with three thousand chosen men of Israel, to seek David in the wilderness of Ziph. So David and Abishai went to the army by night; and there lay Saul sleeping within the encampment, with his spear stuck in the ground at his head; and Abner and the army lay around him. Then said Abishai to David, "God has given your enemy into your hand this day; now therefore let me pin him to the earth with one stroke of the spear, and I will not strike him twice." But David said to Abishai, "Do not destroy him; for who can put forth his hand against the LORD'S anointed, and be guiltless?"

So David took the spear and the jar of water from Saul's head; and they went away. No man saw it, or knew it, nor did any awake; for they were all asleep, because a deep sleep from the LORD had fallen upon them. Then David went over to the other side, and stood afar off on the top of the mountain, with a great space between them. And David said, "Here is the spear, O king! Let one of the young men come over and fetch it.

The LORD rewards every man for his righteousness and his faithfulness; for the LORD gave you into my hand today, and I would not put forth my hand against the LORD'S anointed."

PSALM 103**R. The Lord is compassionate and gracious.**

Bless the LORD, O my soul,
and all within me, his holy name.
Bless the LORD, O my soul,
and never forget all his benefits. R.

It is the Lord who forgives all your sins,
who heals every one of your ills,
who redeems your life from the grave,
who crowns you with mercy and compassion. R.

The LORD is compassionate and gracious,
slow to anger and rich in mercy.
He does not treat us according to our sins,
nor repay us according to our faults. R.

As far as the east is from the west,
so far from us does he remove our transgressions.
As a father has compassion on his children,
the LORD'S compassion is on those who fear him. R.

1 Corinthians 15:45-49

Brethren: "The first man Adam became a living soul"; the last Adam became a life-giving spirit. But it is not the spiritual which is first but the physical, and then the spiritual. The first man was from the earth, a man of dust; the second man is from heaven. As was the man of dust, so are those who are of the dust; and as is the man of heaven, so are those who are of heaven. Just as we have borne the image of the man of dust, we shall also bear the image of the man of heaven.

Alleluia

*A new commandment I give to you, says the Lord,
that you love one another, even as I have loved you.
Alleluia.*

Luke 6:27-38

At that time: Jesus said to his disciples, "I say to you that hear, Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. To him who strikes you on the cheek, offer the other also; and from him who takes away your cloak do not withhold your coat as well. Give to every one who begs from you; and of him who takes away your goods do not ask them again. And as you wish that men would do to you, do so to them.

"If you love those who love you, what credit is that to you? For even sinners love those who love them. And if you do good to those who do good to you, what credit is that to you? For even sinners do the same.

And if you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners, to receive as much again. But love your enemies, and do good, and lend, expecting nothing in return; and your reward will be great, and you will be sons of the Most High; for he is kind to the ungrateful and the selfish. Be merciful, even as your Father is merciful.

"Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven; give, and it will be given to you; good measure, pressed down, shaken together, running over, will be put into your lap. For the measure you give will be the measure you get back."



Contd from pg 1

Reflection

Finally, no matter our situation or circumstance, we must not lose the sense of the sacred. We must guard against sin. Also, let us remember that we cannot help God in his judgement. He knows what to do, how to do it, and the best time to do it. So, we must let God be God "Lord is merciful and kind."

Spot the difference



There are 10 differences between these two pictures. Can you spot them



Some of St. Benedict Jumuiya members

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HOLY GHOST CATHEDRAL - MOMBASA
ASSOCIATIONS CHURCH COLLECTION SCHEDULE
RATIBA YA UKUSANYAJI MCHANGO BAADA YA MISA

DATE (ALL MASSES)	ASSOCIATION	ACTIVITIES
20TH FEB 2022	HOLY GHOST WOMEN ASSOCIATION	Raffle Tickets
13TH MAR	CATHOLIC MEN ASSOCIATION	Proforma Forms for collection outside the church
27TH MAR	ST ANNE	Head Scarfs Sales outside the church
24TH APRIL	ST. MONICA	(Internal) Individual contribution 100/- challenge

FRIDAY 29TH APRIL 2022 - CENTENARY DINNER FOR THE WHOLE CHURCH

ANNOUNCEMENTS

ARCHBISHOP ANNIVERSARY

On Monday 21st February 2022 the Archbishop will be celebrating the 7th anniversary since he was installed as the Archbishop of Mombasa and also his 70th birthday which was on 10th February 2022.

He will celebrate the 1:00pm Holy Mass. After Mass there will be cutting of the cake. Gifts will be highly appreciated and they are necessary to show our Archbishop that we are together with him as he continues to serve us

