



# CATHEDRAL *Weekly*

28th Nov. 2021

PRICE: Kshs. 40/=

**A GUIDE TO THE  
DAILY READINGS**

29th NOVEMBER  
4th December 2021

FIRST SUNDAY OF ADVENT



Children's procession around the church compound to celebrate the Feast of Christ the King last Sunday after their 9:00 o'clock mass.

## Reflection

First Sunday of Advent, Year C

### United in Prayer as a Family this Advent

For us Christians and Catholics in particular, it means a time of expectation and preparation for the Lord's birth. So, the prophecy of John the Baptist: "a voice of one calling in the desert, prepare a way for the Lord ..." (Mk 1, 3), echoes loudly to us this season.

Advent is a time when we expect mercy and liberation because our Lord, the King of the universe whose solemnity we celebrated last Sunday comes with power to reign over his people. This Advent is special because it marks the beginning a special year dedicated to the family.

The first reading from Jeremiah reminds us that we expect the fulfillment of God's promises to us this season. The promise is about our deliverance, and the restoration of our lost integrity which has been stifled by fear of the unknown. It is equally a time of restoration of our hope and faith. Jesus comes also to liberate us from shame and sorrows.

How do we begin this preparation? Paul gives us a clue in our second reading when he says: "May he so confirm your hearts in holiness that you may be blameless in the sight of our God...when our Lord Jesus comes with all his saints."

Holiness of life in our world today appears to have lost its meaning or perhaps is one concept that sounds so abstract or even relative.

In other words, it is believed by many, even Christians, to be unattainable. Yet, it is a necessary condition for seeing and meeting the Lord when he comes because, "without holiness no man can see the Lord" (Heb 12, 14).

In spite of the difficulties we face in attaining holiness, this season Paul admonishes us to "conduct ourselves in the way that please God." This is a call to strive for perfection. If it were not possible, Christ would not have demanded it from us.

So, this season, let us endeavor to avoid greed, licentiousness, inordinate ambitions, anger, malice, backbiting, gossips, abortion, drunkenness, immodesty, and all sorts of vices. We must prepare and equip ourselves with good virtues like a bride waiting for her groom.

Today's gospel reminds us of something very important in our Christian journey. It calls us to be awake and watchful. Therefore, this is a call for us to intensify and strengthen our prayer life. This is because prayer purifies the soul and casts away all fears. It prepares and strengthens us in joyful hope.

Contd. on Pg 3

Mon. 29th Nov. 2021

Is 2:1-5;

Ps 122

Mt 8:5-11.

Tue. 30th Nov. 2021

St Andrew,  
Apostle, feast

Rom 10:9-18;

Ps 19

Mt 4:18-22.

Wed. 1st Dec 2021

Bl. Clementine Anuarite  
(optional memorial)

Is 25:6-10a;

Ps 23

Mt 15:29-37.

Thur. 2nd Dec. 2021

Is 26:1-6;

Ps 118

Mt 7:21.24-27.

Fri. 3rd Dec. 2021

St Francis Xavier,  
priest, memorial

Is 29:17-24;

Ps 27

Mt 9:27-31.

Sat. 4th Dec. 2021

Or: St John Damascene  
(optional memorial)

Is 30:19-21.23-26

Ps 147

Mt 9:35 - 10:1.5a.6-8.

### DUTY SCHEDULE FOR NOV. 2021

#### TODAY

07:00 AM HOLY SPIRIT

08:00 AM ST. ANTHONY & ST. MARY MAGDALENE

09:00 AM ST. ANNE.

11:00 AM ST. CHARLES LWANGA.

12:30 PM ST. GABRIEL & ST KIZITO

5:30PM ST. JUDE

CLEANING OF THE CHURCH: YOUTH & YCA

#### 4th DECEMBER


**UPCOMING  
FEAST DAYS &  
MEMORIALS**

**Tue. 30th Nov. 2021**  
St Andrew, Apostle,  
feast

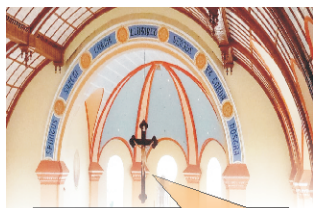


**Wed. 1st Dec.**  
Bl. Clementine Anuarite  
(optional memorial)

**Fri. 3rd Dec. 2021**  
St Francis Xavier,  
priest, memorial

**Sat. 4th Dec. 2021**

Or: St John Damascene  
(optional memorial)


**Previous  
Bible Trivia**
**Answers:**

Anna and Joakim were the  
parents of Mary Mother of  
Jesus?

Prophet Jeremiah  
complained that he was  
too young to  
be a prophet

**Today's Bible Trivia**
**Question 1.**

Which of the following is not  
a gift of the Holy Spirit?

- A) Speakig in tongues
- B) Humility
- C) Faith
- D) Knowledge

**Question 2**

Who was named the rock

- A) Peter
- B) John
- C) James
- D) Thaddeaus

Find out  
the Answers  
in our next  
issue.

Trivia Questions by:  
Jannis - Loreto

**Yeremia 33: 14 -16**

**T**azama, siku zitakuja - asema  
Bwana - nitakapotimiza neno  
njema nililotangaza juu ya nyumba  
ya Israeli na juu ya nyumba ya Yuda.  
Katika siku zile na wakati ule,  
nitamwoteshea Daudi mzao mtakatifu,

naye atatenda hukumu na haki katika nchi.  
Siku zile Yuda ataokolewa na Yerusalemu  
utakaa salama.

Na mji utaitwa jina hili:  
"Bwana - haki - yetu."

**K. Ee Bwana,  
nakuinulia roho yangu.**

Ee Bwana, unionyeshe njia zako,  
unijulishe mapito yako.  
Uniongoze katika uaminifu wako,  
unifundishe,  
maana wewe ndiwe Mungu mwokozi  
wangu. K.

**Zaburi 25**

Bwana ni mwema, tena mwenye haki,  
kwa hiyo huwajulisha wakosefu njia zake.  
Huwaongoza wanyenyekevu katika haki,  
na kuwafundisha njia yake. K.

Mapito yote ya Bwana ni uaminifu na kweli  
kwa wale washikao agano na amri zake.  
Bwana ni msiri wa wamchao,  
naye huwajulisha hao agano lake. K.

**1 Wathesaionike 3:12-4:2**

**N**dugu zangu: Bwana awazidishie na kuwajaza mapendo, mpate kupendana ninyi  
kwa ninyi na kuwapenda watu wote, kama na sisi tunavyowapenda ninyi. Naye  
aimarishe mioyo yenu iwe bila hitilafu katika utakatifu mbele ya Mungu, Baba  
yetu, wakati Bwana wetu Yesu atakapokuja pamoja na watakatifu wake wote.

Tena ndugu, tunawaomba na kuwashauri kwa jina la Bwana Yesu, pangeni maisha yenu  
kwa kadiri ya mafundisho mliyoyapata kwetu ili kumpendeza Mungu, hivyo mwenende  
sawa, mpate kukamilika. Kwa kuwa mnajua ni maagizo gani tuliyowapa kwa Bwana Yesu.

**Aleluya!**

*Utunyeshe wema wako, ee Bwana; utuletee wokovu wako.  
Aleluya.*

**Luka 21:25-28, 34-36**

**W**akati ule: Yesu aliwaambia  
wafuasi wake: "Kutakuwa na  
ishara katika jua, mwezi na  
nyota. Na duniani mataifa yatahangaishwa  
na kuona wasiwasi kwa sababu ya uvumi  
wa bahari na mawimbi yake.

Watu watazirai kwa hofu, wakingojea  
mambo yatakayoipata dunia, kwa maana  
nguvu za ulimwengu zitatikiswa.

Hapo watamwona Mwana wa Mtu akija  
katika wingu kwa nguvu na utukufu  
mwingu.

Hayo yanapoanza kutendeka, simameni,  
inueni vichwa vyenu, kwa maana ukombozi  
wenu unakaribia.

Basi, jiangalieni, mioyo yenu isije ikalemewa  
na anasa na ulevi na shughuli za maisha, na  
siku ile ikawajia ghafla, maana kama tanzi  
itawapata wote wanaoishi duniani kote.

Basi, kesheni na kusali daima, mpate nguvu  
ya kuepuka matukio hayo yote yatakayokuja,  
na kusimama wima mbele ya Mwana wa Mtu."

**CROSSWORDS**

G	A	B	R	H	E	S	U	O	H
A	J	O	S	T	N	O	S	T	A
B	A	R	R	E	N	N	E	M	N
R	C	E	E	R	D	B	D	A	D
I	O	C	J	A	A	I	A	Y	M
E	B	H	O	Z	S	L	V	R	A
L	N	I	I	A	E	U	I	A	I
O	S	L	C	N	G	O	S	M	D
R	E	D	E	N	A	N	G	E	L
D	A	V	I	H	P	E	S	O	J

ANGEL	GABRIEL	JOSEPH
MARY	REJOICE	SON
LORD	JESUS	CHILD
ELIZABETH	BARREN	HANDMAID



**Jeremiah 33:14-16**

“Behold, the days are coming, says the LORD, when I will fulfil the promise I made to the house of Israel and the house of Judah. In those days and at that time I will cause a righteous Branch to spring forth for David; and he shall execute justice and righteousness

in the land. In those days Judah will be saved and Jerusalem will dwell securely. And this is the name by which it will be called: “The LORD is our righteousness.”

**R. To you, O Lord, I lift up my soul.**

O LORD, make me know your ways.  
Teach me your paths.  
Guide me in your truth, and teach me;  
for you are the God of my salvation. R.

**PSALM 25**

Good and upright is the LORD; he shows the way to sinners. He guides the humble in right judgement; to the humble he teaches his way. R.

All the LORD’S paths are mercy and faithfulness, for those who keep his covenant and commands. The LORD’S secret is for those who fear him; to them he reveals his covenant. R.

**1 Thessalonians 3:12-4:2**

Brethren: May the Lord make you increase and abound in love to one another and to all men, as we do to you, so that he may establish your hearts unblamable in holiness before our God and Father, at the coming of our Lord Jesus with all his saints. Finally, brethren, we beg and exhort you in the Lord Jesus, that as you learned from us how you ought to walk and to please God, just as you are doing, you do so more and more. For you know what instructions we gave you through the Lord Jesus.

**Alleluia**

*Show us your merciful love, O Lord, and grant us your salvation.  
Alleluia.*

**Luke 21:25-28.34-36**

At that time: Jesus said to his disciples, “There will be signs in sun and moon and stars, and upon the earth distress of nations in perplexity at the roaring of the sea and the waves, men fainting with fear and with foreboding of what is coming on the world; for the powers of the heavens will be shaken. And then they will see the Son of man coming in a cloud with power and great glory. Now when these things begin to take place, look up and

raise your heads, because your redemption is drawing near. But take heed to yourselves lest your hearts be weighed down with dissipation and drunkenness and cares of this life, and that day come upon you suddenly like a snare; for it will come upon all who dwell upon the face of the whole earth. But watch at all times, praying to have strength to escape all these things that will take place, and to stand before the Son of man.”

Contd from pg 1

**Reflection**

Importantly, prayer provides us the spiritual energy, courage and confidence to stand firm. Therefore, as a family, this Advent offers us the opportunity to unite in prayers as we wait for the Lord. So, rather than engage ourselves only with mundane preparations, let us engage ourselves in intensive prayers. We must prepare together as a family through prayer. May our Lord find us awake and ready when he comes in glory. So, with the psalmist let us proclaim: “To you, O Lord I lift up my soul.”



*Liturgy ministry meeting with the YCA & senior Youth in a very productive session .*

new jumuiya...  
**CHRIST THE KING JUMUIYA**  
Meeting every Thursday at the hall from 6pm. Those Not in any Jumuiya can join since its open to all. Has no limitations of area of residence... Contact the chairman **Simon Mukiri+254 725 459920**



from our gallery..

# Images of the week

(photos by F. Wambua)



PPC chairman Mr. Orangi stressing a point during a recent PPC meeting with all ministry heads and their members which was organized to give reports on the progress of the ministries and their scorecards. A lot has been achieved and a lot more needs to be done.



Visitors & Priests from Poland joined our parishioners for the 11am mass during the Solemnity of Our Lord at Holy Ghost Cathedral.

They were very much impressed!



## ANNOUNCEMENTS

### 1. STREET FAMILY CHRISTMAS PARTY

On 22nd of December the church will host a Christmas party for the street families. Christians are requested to donate either cash, food stuffs or clothes to the parish office for the success of the event.

### 2. MARRIAGE ENCOUNTER

We are inviting all married couples, religious men and women to a Marriage Encounter Original Weekend at Diani Forest Lodge- Ukunda from 3rd December to 5th December 2021, check in time 6:00pm. Charges will be Ksh 7,000 per couple, priest & Religious Ksh 3,500. For more information, contact 0722686249



Ms. Perpetua being officially received in the Catholic Church just a day before her wedding.