



Reflection

A JOURNEY TOWARDS VICTORY AND SALVATION

On Ash Wednesday we began our journey with Christ. As a journey that will last for about six and half weeks, the Lenten season presents us with the opportunity of re-enacting and re-living the Paschal mystery of Christ. It exposes us to other dimensions of life, and thus, equips us for the glory of Easter. This first Sunday of Lent therefore, starts on a joyful note by the readings bringing to our minds concepts like salvation and victory over sin. These remind us of the need to praise God for the great wonders he worked for our fathers in faith, and for his outstretched arms which through our participation this lent will be extended to us.

The first reading from *Deut. 26, 4-10*, begins with a very brief account by Moses of how God delivered their ancestors from bondage in the land of Egypt. This therefore reminds us of our own salvific journey. We are on a journey this lent to our salvation and the hope of this salvation should be our anchor and sustenance.

The second reading from *Rom10, 8-13* presents another dimension to this journey towards salvation. It presents faith as a necessary tool which must be manifested through our confession. Without faith therefore, it becomes practically impossible to get to the end of the journey. Faith in this case could be likened to the energy that motivates us as we march on. If along this journey this season we become weary, turning to Jesus is the only option available to us. Calling upon him in faith, we shall find the strength to continue. We cannot prevail in this journey by our own strength alone. An Igbo adage says: "Ngwele hapu osisi aka akpara ya" (if the lizard neglects the tree it will be captured).

This season therefore, we are to be mindful of the fact that temptations abound, just as our lord was tempted today by the devil in *Luke 4, 1-13*. It is significant to note that the tempter is always looking for a point of contact or weakness. He cannot succeed if no avenues are opened to him. Once the devil realized that Jesus was hungry he felt it was an opportunity to get him, but he misfired. We must not give the devil any chance this season.

Therefore let us close all avenues in the course of this journey by bearing the sign: **ROAD CLOSED! Or NO VACANCY!** The avenues that must be closely guarded this season as the temptation of Christ teaches us include: hunger and thirst for sin; cheap popularity; vain glory, pride, and unnecessary show of oneself. They are obstacles to salvation and victory.

Finally, as Paul writes: "the weapons of our warfare are not carnal they are mighty through God for pulling down Strongholds (2 Cor. 10:4).

CONTD. PG 4

Mon. 7th Mar. 2022

Lv 19:1-2.11-18;

Ps 19

Mt 25:31-46.

Tue. 8th March 2022

Is 55:10-11;

Ps 34

Mt 6:7-15.

Wed. 9th March 2022

Jon 3:1-10;

Ps 51

Lk 11:29-32.

Thur. 10th March 2022

Est 14:1.3-4.11.13-14;

Ps 138

Mt 7:7-12.

Fri. 11th March 2022

Ez 18:21-28;

Ps 13.

Mt 5:20-26.

Sat. 12th March 2022

Dt 26:16-19;

Ps 119

Mt 5:43-48.

DUTY SCHEDULE FOR MARCH 2022

TODAY

07:00 AM ST RITA / ST. MICHAEL
08:00 AM ST FRANCIS OF ASSISI
09:00 AM CMA
11:00 AM HGWCA
12:30 PM ST. CHARLES LWANGA
5:30PM ST PAUL / ST. PETER

CLEANING OF THE CHURCH:
6TH MARCH
ST. MONICA

13th March. 2022

07:00AM ST JOHN
THE BAPTIST
0:800 AM ST JOSEPH
09:00 AM ST MONICA
11:00 AM HOLY SPIRIT
12:30 PM YOUTH
5:30PM CHRIST THE KING

CLEANING OF THE CHURCH:
12TH MARCH 2022
CHARISMATIC

**Kumbukumbu la Torati 26:4-10**

Musa aliwaambia watu: “Naye kuhani atakipokea kikapu mkononi mwako atakiweka chini mbele ya altare ya BWANA Mungu wako. Nawe utasema maneno haya mbele ya BWANA Mungu wako: ‘Baba yangu alikuwa Mwaramu aliyetangatanga huko na huko akashuka Misri, na kukaa huko, akiwa na watu wachache, lakini huko akageuka kuwa taifa kubwa lenye nguvu na watu wengi. Halafu Wamisri wakatutenda vibaya, wakatudhulumu na kututumikisha utumwa mgumu.

Hapo tukamlilia BWANA Mungu wa baba zetu. Naye BWANA akasikia sauti yetu, akaona taabu zetu, masumbuko yetu na msiba wetu. BWANA akatutoa kutoka Misri kwa mkono wenye nguvu na kwa mkono ulionyoshwa, akitenda mambo a kutisha na miujiza; akatufikisha mahali hapa, akatupatia nchi hii nchi yenye kujaa maziwa na asali. Ewe BWANA, sasa nimeleta dimbuko ya mazao ya udongo uliyonipa.’ halafu utayaweka mbele ya BWANA Mungu wako na kumwangukia BWANA Mungu wako.”

Zaburi 91**K. Uwe pamoja nami, ee Bwana, katika taabu zangu.**

Akaaye katika ulinzi wake Aliye Juu, atapumzika katika kivuli cha Mwenyezi, nitamwambia Bwana, “Wewe kimbilio langu na ngome yangu! Mungu wangu, ninayemtumaini.” K.

Hakuna baya litakalokupata wewe, wala maangamizi hayatayakaribia makao yako. Maana Mungu amewaamuru malaika wake wakulinde katika njia zako zote. K.

Mikononi mwao watakuchukua, usijikwae mguu wako katika jiwe. Uwakanyaga simba na nyoka wa sumu, utawaponda kwa miguu mwanasimba na joka. K.

Kwa kuwa aliyeambatana nami, nitamwoko; nitamwinua yule anayelijua jina langu. Ataniita, nami nitamwitikia; nitakuwa pamoja naye katika taabu; nitamwoko na kumpa heshima. K.

Warumi 10:8-13

Ndugu zangu: Maandiko yasema nini? Yasema: “Neno liko karibu nawe, limo kinywani mwako na moyoni mwako” (yaani, neno la imani tunalolihubiri sisi), kwa maana ukiungama kwa kinywa chako: Yesu ni Bwana, na ukisadiki moyoni mwako Mungu amemfufua katika wafu, utaokoka. Kwa moyo mtu husadiki apate uadilifu, kwa kinywa huungama imani, apate wokovu. Kwa maana Maandiko yasema: “Kila amsadikiye hataaibishwa.” Ndiyo maana hakuna tofauti baina ya Myahudi na Mgiriki. Bwana wa wote ni mmoja huyu huyu, ni mkarimu kwa wote wamwitao. Maana kila anayeliita jina la Bwana ataokoka.

Sifa na utukufu kwako, ee Kristo.

*Mtu haishi kwa mkate tu, ila kwa kila neno litokalo kinywani mwa Mungu.
Sifa na utukufu kwako, ee Kristo.*

Luka 4:1-13

Wakati ule: Yesu hali amejaa Roho Mtakatifu, alirudi kutoka Yordani, akaongozwa na Roho nyikani muda wa siku arobaini, alijaribiwa na Shetani. Siku hizo zote hakula kitu chochote, zilipotimia mwisho Jiona njaa. Hapo Shetani akamwambia, “Kama ukiwa wewe ni Mwana wa Mungu, liambie jiwe hili liwe mkate.” Yesu akamjibu, “Imeandikwa, ‘Mtu haishi kwa mkate tu.’” Shetani akampandisha juu, akamwonyesha falme zote za ulimwengu kwa mpigo. Akamwambia, “Nitakupa wewe enzi juu ya falme hizi zote na fahari zake; kwa maana zimo mikononi mwangu, nami nitampa mtu wa hiari yangu.

Basi, ukiniabudu, yote yatakuwa ni yako.” Yesu akamjibu akasema, “Imeandikwa: ‘Umwabudu Bwana Mungu wako, umtumikie yeye peke yake.’” Kisha akampeleka Yerusalemu, akamweka juu ya mnara wa hekalu, akamwambia, “Ikiwa wewe ni Mwana wa Mungu, jitupe chini toka hapa, kwani imeandikwa: ‘Atakuagizia malaika wake wakulinde,’ nao: ‘Watakuchukua mikononi mwao usije ukajikwaa mguu wako kwenye jiwe.’” Yesu akamjibu akisema, “Imenenwa, ‘Usimjaribu Bwana Mungu wako.’” Baada ya kumaliza kila jaribio, Shetani akamwacha kwa muda.

**Deuteronomy 26:4-10**

Moses said to the people, "The priest shall take the basket [of first fruits] from your hand, and set it down before the altar of the LORD your God. And you shall make response before the LORD your God, 'A wandering Aramean was my father; and he went down into Egypt and sojourned there, few in number; and there he became a nation, great, mighty, and populous. And the Egyptians treated us harshly, and afflicted us, and laid upon us hard bondage. Then we cried to the LORD the God of our fathers, and

the LORD heard our voice, and saw our affliction, our toil, and our oppression; and the LORD brought us out of Egypt with a mighty hand and an outstretched arm, with great terror, with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. And behold, now I bring the first of the fruit of the ground, which you, O LORD, have given me.'

And you shall set it down before the LORD your God, and worship before the LORD your God."

PSALM 91***R. Be with me, O Lord, when I am in distress.***

He who dwells in the shelter of the Most High, and abides in the shade of the Almighty, says to the Lord, "My refuge, my stronghold, my God in whom I trust!" R.

Upon you no evil shall fall,
no plague approach your tent.
For you has he commanded his angels
to keep you in all your ways. R.

They shall bear you upon their hands,
lest you strike your foot against a stone.
On the lion and the viper you will tread,
and trample the young lion and the serpent. R.

Since he clings to me in love, I will free him,
protect him, for he knows my name.
When he calls on me, I will answer him;
I will be with him in distress;
I will deliver him, and give him glory. R.

Romans 10:8-13

Brethren: What does the Scripture say? The word is near you, on your lips and in your heart (that is, the word of faith which we preach); because, if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For man believes with his heart and so is justified, and he confesses with his lips and so is saved. The Scripture says, "No one who believes in him will be put to shame." For there is no distinction between Jew and Greek; the same Lord is Lord of all and bestows his riches upon all who call upon him. For, "every one who calls upon the name of the Lord will be saved."

Glory and praise to you, O Christ.

*Man does not live on bread alone, but on every word that comes from the mouth of God.
Glory and praise to you, O Christ.*

Luke 4:1-13

At that time, Jesus, full of the Holy Spirit, returned from the Jordan, and was led by the Spirit for forty days in the wilderness, tempted by the devil. And he ate nothing in those days; and when they were ended, he was hungry. The devil said to him, "If you are the Son of God, command this stone to become bread." And Jesus answered him, "It is written, 'Man shall not live by bread alone.'"

And the devil took him up, and showed him all the kingdoms of the world in a moment of time, and said to him, "To you I will give all this authority and their glory; for it has been delivered to me, and I give it to whom I will.

If you, then, will worship me, it shall all be yours." And Jesus answered him, "It is written, 'You shall worship the Lord your God, and him only shall you serve.'"

And he took him to Jerusalem, and set him on the pinnacle of the temple, and said to him, "If you are the Son of God, throw yourself down from here; for it is written, 'He will give his angels charge of you, to guard you,' and 'On their hands they will bear you up, lest you strike your foot against a stone.'" And Jesus answered him, "It is said, 'You shall not tempt the Lord your God.'"

And when the devil had ended every temptation, he departed from him until an opportune time.

1. What is #Hashtag Sunday

Hashtag Sunday is an awareness campaign by CJPC Holy Ghost Cathedral chapter to sensitize parishioners on the CJPC mandate.

2. What is CJPC (Background)

The Catholic Justice and Peace Commission (CJPC) was formed in 1988 as the executive arm of the Kenya Conference of Catholic Bishops (KCCB) on matters of peace and justice. The CJPC works to fulfill one of KCCB objectives, that is, to promote justice and challenge oppressive structures in society.

3. What is the difference between CJPC and CJPD

Its basically the same thing but a move from a Commission to a department under the big Umbrella of Integral Human Development mandated to promote Justice and challenge oppressive structures in society.

4. What are the objectives of CJPC

CJPC's broad aim is to sensitise individuals, communities, and the whole nation on justice, peace issues and their respective roles and duties in addressing peace development, human advancement and human rights.

5. What informed the formation of CJPC

The divine need to eradicate issues of Injustices in society.

6. How is CJPC related to our Catholic faith.

The authority of the Catholic Church relies on three pillars of faith, The Sacred Scriptures, Sacred Traditions and the Magisterium. The scriptures are clear on peaceful coexistence. We are reminded in Ephesians 4:3 to "Make every effort to keep the unity of the Spirit through the bond of peace." Jesus also encouraged us to be peaceful in John 14:27 "Peace I leave with you; My peace I give to you; not as the world gives do I give to you..."

7. How is CJPC helpful to Parishioners

Apart from offering transformative civic education. CJPC undertakes programs on Governance And Democracy, Peace Building and Conflict Resolution, Lenten Campaign, Voter Education, Election Observation and Inter-religious Dialogue. Most importantly CJPC handles justice issues that affects parishioners.

8. How do CJPC handle sensitive and private matters in the society

Sensitive and confidential information remain a major part of CJPC's responsibility. No personal/sensitive information is shared around. Cases are handled with utmost confidentiality. Depending on the nature of the information and the process it may need to get a solution, we advice the aggrieved to accept the fact that some information no matter how sensitive and confidential may need the intervention of people like police, children's department, lawyers, psychologist or psychiatrist. However, consent must be given by the disgruntled party before proceeding.

9. What are the avenues to get help

People can channel their issues through our CJPC help desk at the tent or by visiting the office to notify the need to share issues with CJPC for assistance.

10. How can parishioners join the commission and be of help.

All parishioners in the jumuiya or not but must be members of HGC is allowed to join CJPC. We meet every 4th Sunday of the month after 9am mass at the chapel. Join our meeting or just make your intentions known through the parish office or CJPC help desk every Sunday to get more details.

11. Do you have to be a registered member of CJPC to get help

All needy cases are cases eligible for help by the parish. CJPC does investigation on the cases, gives a report and the Parish Priest decides on the case.

12. Are there any financial obligations before you get help from CJPC?

CJPC is a volunteer group that help the less fortunate to get Justice. That means we do not charge for our service however partnering with other institutions/professionals may incur charges on service delivery for example paid counseling services, court proceedings etc.

13. Can I participate in CJPC through my Jumuiya?

YES, through supporting the CJPC initiatives. Encourage aggrieved members going through injustices seek help through parish CJPC channels. Be a brother's keeper, choose peace over rift. Report issues of injustices, speak out when needed to. Support peace initiative and be the change you want to see.

ASH
Wednesday



BURA PILGRIMAGE / ORDINATION TO HOLY ORDERS





Contd from pg 1

Reflection

Our weapons must include faith, prayer, uprightness, and the word of God because *“we do not fight this season against flesh and blood but, against powers of this dark age...the spiritual forces of evil in the heavenly realm” (Eph 6, 10-12).*

Above all, we must allow the Holy Spirit to be in charge by being docile to Him. Trusting in the arm of our own flesh will not help us because it will definitely fail us. Let us therefore pray with the psalmist: *“Be with me, O Lord in my distress” (Ps.90, 15)* and he will do for us through Christ what he did for our fathers in faith.

Sunday Gospel Activities - COLOURING



Neves Cafe

BREAKFAST

- Black Tea - 20/-
- White Tea - 30/-
- Mahamri - 5/-
- Chapati - 20/-
- Maragwe - 30/-
- Omelette (2 eggs) - 100/-
- 2 Eggs + Chapati - 80/-
- 2 Eggs fry - 60/-
- Mbahazi - 50/-

LUNCH

- 1/4 Chicken - 250/-
- Small Ugali - 30/-
- Big Ugali - 50/-
- Samaki Wet Fry - 200/-
- Meat Karanga - 120/-
- Pilau - 150/-
- Pilau Special - 200/-
- White Rice - 60/-
- Matumbo - 80/-
- Greens - 30/-
- Mutton Biryani - 350/-

DRINKS

- Soda - 40/-
- Mineral Water 300ml - 30/-
- Mineral Water 1.5ltr - 50/-









HOLY GHOST CATHEDRAL - MOMBASA

ASSOCIATIONS CHURCH COLLECTION SCHEDULE
RATIBA YA UKUSANYAJI MCHANGO BAADA YA MISA

DATE (ALL MASSES)	ASSOCIATION	ACTIVITIES
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

