



# CATHEDRAL

## Weekly

21st July. 2019

PRICE: Kshs. 30/=

SIXTEENTH SUNDAY

### DUTY SCHEDULE FOR JULY 2019

#### TODAY

07:00 AM ST. CHARLES LWANGA.  
 08:00 AM ST. RITA.  
 09:00 AM YOUNG CATHOLIC ADULTS.  
 10:30 AM ST. BRIDGET & BIKIRA MARIA.  
 12:30 PM ST. ANTHONY & ST. FRANCIS  
 05:30 PM ST. KIZITO & ST. BAKHITA.

**CLEANING OF THE CHURCH: ST. CHARLES LWANGA & ST. RITA.**

#### 28TH JULY

07:00 AM MARRIAGE ENCOUNTER.  
 08:00 AM ST. MATTHIAS MULUMBA.  
 09:00 AM ST. ANNE.  
 10:30 AM ST. JUDE.  
 12:30 PM ST. BENEDICT.  
 05:30 PM CHARISMATIC RENEWAL.

**CLEANING OF THE CHURCH: CHARISMATIC RENEWAL, ST. JUDE.**

#### CLEANING THE CHURCH

Every Saturday 7:30am - Jumuiya /Associations

Brooms for sweeping the floor in the sacristy

Cloths for wiping the benches without water  
**DO NOT USE WATER**

Please do not use this newsletter during the readings.  
 Kindly listen to the readings.

PARISH OFFICE  
 0735 112 288

**M-PESA PAYBILL**  
 8 2 1 8 7 0



"refer to Genesis 18:1-10a"

## Reflection

### THE BETTER PART

Today, in our first reading, we see Abraham, our father in faith take on an extraordinary step: "he ran" (Gn 18:2) to strangers, bowed down before them with: "his face touching the ground" (Gn 18:2) and invited them not to pass his home but to come in, refresh themselves and then have a meal saying: "I will also bring a bit of food; it will give you strength to continue your journey" (Gn 18:5). Unlike in the present age whereby a majority of us see strangers as bother, Abraham saw it as an opportunity to serve needy passers-by; he saw it as a great honour and indeed it is God that he welcomed to his home thereby fulfilling the part of the Gospel that says: "I was hungry and you fed me" (Mt 25:35). And the well fed Jesus answered to Abraham's burning desire saying: "I will surely return to you about this time next year, and Sarah will then have a son" (Gn 18:10). His greatest desire was responded to in favour after an act of mercy and living the Gospel or ideally what we would call ~ faith with works. How many blessings could you and I have missed as a result of disregarding the needy in society? How many blessings could we have missed for mistreating strangers, visitors, orphans and the widows in our midst? It is no wonder that Jesus in today's Gospel is affirming Mary as having chosen: "the better part" (Lk 10:42) for there is simply nothing better than knowing and fulfilling the will of God.

### A GUIDE TO THE DAILY READINGS

MONDAY 22nd JULY 2019

SATURDAY 27th JULY 2019

Monday 22nd July 2019  
 St Mary Magdalene  
 Sng 3:1-4a (or: 2 Cor 5;14-17)  
 Ps 15  
 Col 1:24-28  
 Lk 10:38-42



Tuesday 23rd July 2019  
 St Bridget  
 Ex 14:21-15:1  
 Ps Ex 15  
 Mt 12:46-50

Wednesday 24th July 2019  
 St Sharbel Makhluf  
 Ex 16:1-5.9-15  
 Ps 78  
 Mt 13:1-9

Thursday 25th July 2019  
 St James, Apostle  
 2 Cor 4:7-15  
 Ps 125  
 Mt 20:20-28

Friday 26th July 2019  
 Ss Joachim and Anne,  
 Parents of the B.V. Mary  
 Ex 20:1-17  
 Ps 19  
 Mt 13:18-23

Saturday 27th July 2019  
 Ex 24:3-8  
 Ps 50  
 Mt 13:24-30

Conts. on Pg 4


**FORTHCOMING FEASTS**

Monday 22nd July 2019  
St Mary Magdalene

Thursday 25th July 2019  
St James, Apostle

Friday 26th July 2019  
Ss Joachim and Anne,  
Parents of the B.V. Mary

**MWANZO. 18 : 1-10a**

Bwana alimtokea Ibrahimu karibu na mialoni ya Mamre, alipokuwa ameketi mlangoni pa hema yake mchana wakati wa hari. Akainua macho yake akaona, na tazama, watu watatu wamesimama mbele yake. Naye alipowaona alipiga mbio kuwalaki kutoka mlangoni pa hema, akainama mpaka nchi, akasema, Bwana wangu, kama nimeona fadhili machoni pako nakuomba usinipite sasa mimi mtumwa wako. Na yaletwe basi maji kidogo mkanawe miguu. mkapumzike chini ya mti huu. Nami nitaleta chakula kidogo, mkaburudishe moyo, baadaye mwendelee, iwapo mmemjia mtumwa wenu.

Wakasema, Haya, fanya kama ulivyosema. Basi Ibrahimu akaenda hima hemani kwa Sara, akasema, Himiza vipimo vitatu vya unga safi, uukande, ufanye mikate. Ibrahimu akapiga mbio kwenda kundini, akaleta ndama wa ng'ombe aliye laini, mzuri, akampa mtumishi, naye akahimiza kuiandaa. Akatwaa siagi na maziwa, na ndama aliyoandaa, akawaandikia mbele yao, akasimama karibu nao chini ya mti, nao wakala. Wakamwambia, Yu wapi Sara mkeo? Akasema, Yumo hemani. Akamwambia, Hakika nitakurudia wakati uu huu mwakani. na tazama, Sara mkeo atapata mwana wa kiume.

**ZABURI 15**

Bwana, ni nani atakayefanya maskani yake  
Katika kilima chako kitakatifu?  
Ni yeye aendaye kwa ukamilifu,  
Na kutenda haki;  
Asemaye kweli kwa moyo wake,  
Asiyesingizia kwa ulimi wake.

**(K) Bwana, ni nani atakayekaa katika hema yako?**

Yeye ambaye hakumtenda mwenziwe mabaya,  
Wala hakumsengenywa jirani yake.  
Machoni pake mtu asiyefaa hudharauliwa,  
Bali huwaheshimu wamchao Bwana. **(K)**

Yeye ambaye hakutoa fedha yake apate kula  
riba,  
Hakutwaa rushwa amwangamize asiye na  
hatia.  
Mtu atendaye mambo hayo  
Hataondoshwa milele. **(K)**

**WAKOLOSAI 1 : 24-28**

Sasa nayafurahia mateso niliyo nayo kwa ajili yenu; tena nayatimiliza katika mwili wangu yale yaliyopungua ya mateso ya Kristo, kwa ajili ya mwili wake, yaani, kanisa lake, ambalo nimefanywa mhu- dumu wake, sawasawa na uwakili wa Mungu, niliopewa kwa faida yenu, nilitimize neno la Mungu; siri ile iliyofichwa tangu zamani zote na tangu vizazi vyote, bali sasa imefunuliwa kwa watakatifu wake; ambao Mungu alipenda kuwajulisha jinsi ulivyo utajiri wa utukufu wa siri hii katika Mataifa, nao ni Kristo ndani yenu; tumaini la utukufu; ambaye sisi tunamhubiri habari zake, tukimwonya kila mtu, na kumfundisha kila mtu katika hekima yote, tupate kumleta kila mtu mtimilifu katika Kristo.

*Alleluia.*

*Mtu akinipenda, atalishika neno langu; Na Baba yangu atampenda; Nasi tutakuja kwake.*

**LUKA. 10:38-42**

Ikawa katika kuenenda kwao aliingia katika kijiji kimoja; mwanamke mmoja jina lake Martha aka- mkaribisha nyumbani kwake. Naye alikuwa na umbu lake aitwaye Mariamu, aliyeketi miguuni pake Yesu, akasikiliza maneno yake. Lakini Martha alikuwa akihangaika kwa utumishi mwingi;

akamwendea, akasema, Bwana, huoni vibaya hivyo ndugu yangu alivyoniacha nitumike peke yangu? Basi mwambie anisaidie. Bwana akajibu akamwambia, Martha, Martha, unasumbuka na kufadhaika kwa ajili ya vitu vingi; lakini kinatakiwa kitu kimoja tu; na Mariamu amelichagua fungu lililo jema, ambalo hataondolewa.

### GENESIS 18:1-10a

In those days: The LORD appeared to Abraham by the Oaks of Mamre, as he sat at the door of his tent in the heat of the day. He lifted up his eyes and looked and behold, three men stood in front of him. When he saw them, he ran from the tent door to meet them, and bowed himself to the earth, and said, "My lord, if I found favour in your sight, do not pass by your servant. Let a little water be brought, and wash your feet, and rest yourselves under the tree, while I fetch a morsel of bread, that you may refresh yourselves, and after that you may pass on

– since you have come to your servant." So they said, "Do as you have said." And Abraham hastened into the tent to Sarah, and said, "Make ready quickly three measures of fine meal, knead it, and make cakes." And Abraham ran to the herd, and took a calf, tender and good, and gave it to the servant, who hastened to prepare it. Then he took curds, and milk, and the calf which he had prepared, and set it before them; and he stood by them under the tree while they ate. They said to him, "Where is Sarah your wife?" And he said, "She is in the tent." The LORD said, "I will surely return to you in the spring, and Sarah your wife shall have a son."

### PSALM 15

#### **R. Lord, who may abide in your tent?**

Whoever walks without fault;  
who does what is just,  
and speaks the truth from his heart.  
Who does not slander with his tongue. **R.**

Who does no wrong to a neighbour,  
who casts no slur on a friend,  
who looks with scorn on the wicked,  
but honours those who fear the LORD. **R.**

Who lends no money at interest,  
and accepts no bribes against the innocent.  
Such a one shall never be shaken. **R.**

### COLOSSIANS 1:24-28

Brethren: Now I rejoice in my sufferings for your sake, and in my flesh I complete what is lacking in Christ's afflictions for the sake of his body, that is, the Church, of which I became a minister according to the divine office which was given to me for you, to make the word of God fully known, the mystery hidden for ages and generations but now made manifest to his saints. To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the hope of glory. Him we proclaim, warning every man and teaching every man in all wisdom, that we may present every man mature in Christ.

#### *Alleluia.*

*Blessed are those who, hearing the word, hold it fast in an honest and good heart,  
and bring forth fruit with patience.*

### LUKE 10:38-42

At that time: Jesus entered a village; and a woman named Martha received him into her house. And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. But Martha was distracted with much serving; and she went to him and said, "Lord, do you not care that my sister has left me to serve alone?"

Tell her then to help me." But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things; one thing is needful. Mary has chosen the good portion, which shall not be taken away from her."

*Contd. from Pg 1*

# Reflection

Abraham too chose: "the better part" by loving his neighbours as himself and the benefits are obvious as God is ever faithful to His Word. Unfortunately, many a time, rather than listen to what God wants of us like Mary and implement, we choose to be activists like Martha who instead try to command God on what to do: "Lord, don't you care that my sister has left me to do all the work by myself? Tell her to come and help me!" (Lk 10:40). Jesus redirected Martha and indeed is directing us to focus more on what matters most, that is, knowing and living in accordance to God's holy will.

He had advised: "Martha, Martha, you are anxious and worried about many things. There is need of only one thing. Mary has chosen the better part and it will not be taken from her" (Lk 10:41-42). Everyday things are important yes, but they are just for a time and should never be a hindrance to earnestly seeking, knowing and living the Word of God.

The response to the Psalm: "He who does justice will live in the presence of the Lord" (Ps 15:1) affirms the importance of justice and good works in line with the divine Word of God. Even in suffering and trials, we are called to remain in the goodness of the Lord as St. Paul reminds us in the second reading saying: "And now I am happy about my sufferings for you, for by means of my physical sufferings I am helping to complete what still remains of Christ's sufferings on behalf of his body, the church" (Col 1:24). Paul reminds us that his task and indeed the task of every baptised Christian is to proclaim God's message regardless of our circumstances; proclaim God's Word, the secret truth now revealed, that is: "Christ is in you, which means that you will share in the glory of God" (Col 1:27). The purpose of this revelation is to help you and me mature in our spirituality and relationship with the living God; the purpose is to make us better every day so as to always chose: "the better part" like Martha and Abraham and thus always reap the benefits of remaining in the presence of God. The purpose of the Word of God is to: "warn and teach them (us) in order to bring each one into God's presence as a mature individual in union with Christ" (Col 1:28). We are not meant to remain spiritually crying babies but mature individuals who sit at the feet of Jesus to learn His will and most importantly obey it. That is: "the better part," the rewarding part that will unlock enormous blessings and protection too for you and me as it happened to Abraham, our father in faith. Choose: "the better part."

## ANNOUNCEMENTS

### WALK CONTRIBUTIONS Sh.1,221,015.

Please return all the proforma and money to the Parish office

### ARCHDIOCESAN FUND

Next Archdiocesan collection 4th August 2019 organized by youth and children

**Collection to date Sh.1,386,884/-**

### SUNDAY SERVICE- PARENTS

are reminded to take their children to the hall for the children's service .Jumuiya leaders are to assist to take the children to the hall, and parents to meet their children after the Mass

**Time 8:00am , 9:00am and 10:30am**

### SUBUKIA NATIONAL PILGRIMAGE 5 OCTOBER 2019 -SATURDAY

Prepare to book by bus  
Departure Friday 4 October 2019  
Return Saturday 5 October 2019  
Fare-Sh.4,000/- return  
Please book early

### DONATIONS

All donors please inquire at the Parish office for what is needed in our Cathedral Please do not take items directly to the sacristy, or decide to donate items which may not be needed

**LIFE IN THE SPIRIT SEMINAR** ongoing at the H.G. Cathedral or Church hall for 9 consecutive Sundays 2:00pm-4:30pm

### CALLING ALL WIDOWS/ WIDOWERS AND SINGLE PARENTS

The above named are urged to form their association or reinforce the association already existing. Please seek further information in the parish office



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your business on the  
**Cathedral Weekly**  
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