



# CATHEDRAL

## Weekly

28th July. 2019

PRICE: Kshs. 30/=

SEVENTEENTH SUNDAY

### DUTY SCHEDULE FOR JULY 2019

#### TODAY

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.

#### 4TH AUGUST

07:00 AM ST. PAUL & ST. PETER  
 08:00 AM ST. LUCY & ST. MICHAEL  
 09:00 AM C.M.A  
 10:30 AM H.G.C.W.A  
 12:30 PM MARRIAGE ENCOUNTER.  
 05:30 PM ALLIANCE OF TWO HEARTS.

**CLEANING OF THE CHURCH: C.M.A**

#### 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



The banner of the Pontifical Missionary Children being displayed in front of the Cathedral with the theme " Baptized and sent"

### A GUIDE TO THE DAILY READINGS

MONDAY 29TH JULY 2019

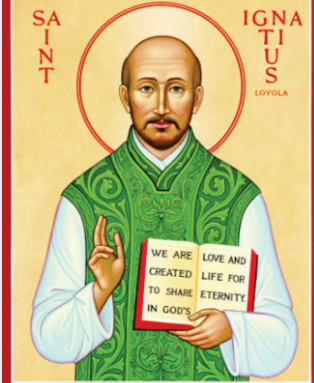
SATURDAY 3RD AUGUST 2019

Monday 29th July 2019

St Martha  
 1 Jn 4:7-16  
 Ps 34  
 Jn 11:19-27 (or Lk 10:38-42)

Tuesday 30th July 2019

St Peter Chrysologus  
 St Justin De Jacobs  
 Ex 33:7-11;34:5b-9.28  
 Ps 103  
 Mt 12:36-43



Wednesday 31st July 2019

St Ignatius of Loyola, priest  
 Ex 34:29-35  
 Ps 99  
 Mt 13:44-46

Thursday 1st August 2019

St Alphonsus Liguori  
 Ex 40:16-21.34-38  
 Ps 84  
 Mt 13:47-53

Friday 2nd August 2019

St Eusebius of Verceli  
 St Peter Julian Eymard  
 Lv 23:1.4-11.15-16.27.34b-37  
 Ps 81  
 Mt 14:1-12

Saturday 3rd August 2019

Lv 25:1.8.17  
 Ps 67  
 Mt 14:1-12

## Reflection

### WHY PRAYER?

Brethren God know exactly what you need, who you need, how much you need and when you need it. You have only to pray and trust in him. Every prayer need not to be long and eloquent, but should be from one's heart. The world today is faced by various crisis such as water scarcity, terrorism, murders, sicknesses, disparity in life, unemployment and the list goes on .In such situations, life become miserable and can produce dilemmas where we have no solutions to these problems. Here is where we need to be strong and remain firm through prayer. We must stand upright and face all odds of life with the weapon called prayer. Fortunately, today's readings give an insight in how's and why's of prayer in the first reading we hear Abraham making a beautiful prayer to God by pleading interceding and bargaining for innocent people of Sodom and Gomorrah. The second reading from St Paul's letter to Colossians we hear the wage of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. We can receive that gift if we are connected with God through prayer. In the gospel Jesus teaches his disciples and including us about how to pray and why to pray

Conts. on Pg 4


**MWANZO. 18:20-22**

Bwana alisema, Kwa kuwa kilio cha Sodoma na Gomora kimezidi, na dhambi zao zimeongezeka sana. basi, nitashuka sasa nione kama wanayotenda ni kiasi cha kilio kilichonijia; na kama sivyo, nitajua. Basi wale watu wakatoka huko wakaelekea Sodoma; lakini Ibrahimu alikuwa akali akisimama mbele za

Bwana. Ibrahimu akakaribia, akasema, Je! utaharibu mwenye haki pamoja na mwovu? Huenda wakawapo wenye haki hamsini katika mji, utaharibu, wala hutauacha mji kwa ajili ya hao hamsini wenye haki waliomo? Hasha, usifanye hivyo, ukamwue mwenye haki pamoja na mwovu, mwenye haki awe kama mwovu. Hasha; Mhukumu ulimwengu wote asitende haki? Bwana akasema, Nikiona katika Sodoma wenye haki hamsini mjini, nitapaacha mahali pote kwa ajili yao. Ibrahimu akajibu, akasema, Basi, nimeshika kusema na Bwana, nami ni mavumbi na majivu tu.

Huenda wakapunguka watano katika wale hamsini wenye haki, Je! utaharibu mji wote kwa kupungua watano? Akasema, Sitauharibu, nikiona humo arobaini na watano. Akazidi tena kusema naye, akinena, Huenda wakaonekana humo arobaini? Akasema, Sitafanya kwa ajili ya hao arobaini. Akasema, Bwana asiwe na hasira, nami nitasema, Huenda wakaonekana huko thelathini? Akasema, Sitafanya, nikiona humo thelathini. Akasema, Tazama, nimeshika kusema na Bwana, huenda wakaonekana huko ishirini? Akasema, Sitaharibu kwa ajili ya hao ishirini. Akasema, Bwana asiwe na hasira, nami nitasema mara hii tu, Huenda wakaonekana huko kumi? Akasema, Sitaharibu kwa ajili ya hao kumi.

**ZABURI. 137**

Nitashukuru kwa moyo wangu wote,  
Mbele ya miungu nitakuambia zaburi.  
Nitasujudu nikilikabili hekalu lako takatifu,

**(K) Siku ile niliyokuita uliniitikia,  
Ukanifariji nafsi kwa kunitia nguvu.**

Nitalishukuru jina lako,  
Kwa ajili ya fadhili zako na uaminifu wako,  
Kwa maana umekuza ahadi yako,  
Kuliko jina lako lote.  
Siku ile niliyokuita uliniitikia,  
Ukanifariji nafsi kwa kunitia nguvu. **(K)**

Ingawa Bwana yuko juu, amwona mnyenyekevu,  
Naye amjua mwenye kujivuna tokea mbali.  
Nijapokwenda kati ya shida utanihuisha,  
Utanyosha mkono juu ya hasira ya adui zangu. **(K)**

Na mkono wako wa kuume utaniokoa.  
Bwana atanitimizia mambo yangu;  
Ee Bwana, fadhili zako ni za milele;  
Usiziache kazi za mikono yako. **(K)**

**WAKOLOSAI. 2:12-14**

Mlizikwa pamoja naye katika ubatizo; na katika huo mkafufuliwa pamoja naye, kwa kuziamini nguvu za Mungu aliyemfufua katika wafu. Na ninyi mlipokuwa mmekufa kwa sababu ya makosa yenu na kutokutahiriwa kwa mwili wenu, aliwafanya hai pamoja naye. akiisha kutusamehe makosa yote; akiisha kuifuta ile hati iliyoandikwa ya kutushitaki kwa hukumu zake, iliyokuwa na uadui kwetu; akaiondoa isiwepe tena, akaigongomea msalabani.

**Aleluya**

***Mtu akinipenda, atashika neno langu, na Baba yangu atampenda; nasi tutakuja kwake.***

**LUKA 11:1-13**

Yesu alipokuwa mahali fulani akiomba, alipokwisha, mmoja katika wanafunzi wake alimwambia, Bwana, tufundishe sisi kusali, kama vile Yohana alivyowafundisha wanafunzi wake. Akaawambia, Msalipo, semeni, Baba [yetu uliye mbinguni]. Jina lako litakaswe, Ufalme wako uje, [Mapenzi yako yatimizwe, hapa duniani kama huko mbinguni.] Utupe siku kwa siku riziki yetu. Utusamehe dhambi zetu, kwa kuwa sisi nasi tunamsamehe kila tumwiaye. Na usitutie majaribuni [lakini tuokoe na yule mwovu]. Akawaambia, Ni nani kwenu aliye na rafiki, akamwendea usiku wa manane, na kumwambia, Rafiki yangu, nikopeshe mikate mitatu, kwa sababu rafiki yangu amefika kwangu, atoka safarini, nami sina kitu cha kuweka mbele yake; na yule wa ndani amjibu akisema, Usinitaabishe; mlango umekwisha fungwa, nasi tumelala kitandani

mimi na watoto wangu; siwezi kuondoka nikupe? Nawaambia ya kwamba, ijapokuwa haondoki ampe kwa kuwa ni rafiki yake, lakini kwa vile asivyoacha kumwomba, ataondoka na kumpa kadiri ya haja yake. Nami nawaambia, Ombeni, nanyi mtapea; tafuteni, nanyi mtaona; bisheni, nanyi mtafunguliwa. Kwa kuwa kila aombaye hupokea; naye atafutaye huona; naye abishaye atafunguliwa. Maana ni yupi kwenu aliye baba, ambaye mwanawe akimwomba mkate, atampa jiwe? au samaki, badala ya samaki atampa nyoka? au akimwomba yai, atampa nge? Basi, ikiwa ninyi mlilo waovu mnajua kuwapa watoto wenu vipawa vyema, je! Baba aliye mbinguni hatazidi sana kuwapa Roho Mtakatifu hao wamwombao?

**FORTHCOMING FEASTS/ MEMORIALS**

Monday 29th July 2019  
St Martha

Wednesday 31st July 2019  
St Ignatius of Loyola, priest

Thursday 1st August 2019  
St Alphonsus Liguori

Friday 2nd August 2019  
St Eusebius of Vercelli  
St Peter Julian Eymard

Monday 5th August 2019  
The Dedication of the  
Basilica of St Mary Major

Tuesday 6th August 2019  
Transfiguration of the Lord

### GENESIS 18:20-32

In those days: The LORD said, "Because the outcry against Sodom and Gomorrah is great and their sin is very grave, I will go down to see whether they have done altogether according to the outcry which has come to me; and if not, I will know." So the men turned from there, and went towards Sodom; but Abraham still stood before the LORD. Then Abraham drew near, and said, "Will you indeed destroy the righteous with the wicked? Suppose there are fifty righteous within the city; will you then destroy the place and not spare it for the fifty righteous who are in it? Far be it from you to do such a thing, to slay the righteous with the wicked, so that the righteous fare as the wicked! Far be that from you! Shall not the Judge of all the earth do right?" And the LORD said, "If I find at Sodom fifty righteous in the city, I will spare the whole place for their sake."

Abraham answered, "Behold, I have taken upon myself to speak to the Lord, I who am but dust and ashes. Suppose five of the fifty righteous are lacking? Will you destroy the whole city for lack of five?" And he said, "I will not destroy it if I find forty-five there." Again he spoke to him, and said, "Suppose forty are found there." He answered, "For the sake of forty I will not do it." Then he said, "Oh let not the Lord be angry, and I will speak. Suppose thirty are found there." He answered, "I will not do it, if I find thirty there." He said, "Behold, I have taken upon myself to speak to the Lord. Suppose twenty are found there." He answered, "For the sake of twenty I will not destroy it." Then he said, "Oh let not the Lord be angry, and I will speak again but this once. Suppose ten are found there." He answered, "For the sake of ten I will not destroy it."

### PSALM 138

**R. On the day I called, you answered me, O Lord.**

I thank you, LORD, with all my heart;  
you have heard the words of my mouth.  
In the presence of the angels I praise you.  
I bow down towards your holy temple. **R.**

I give thanks to your name  
for your merciful love and your faithfulness.  
You have exalted your name and your promise over all.  
On the day I called, you answered me;  
you increased the strength of my soul. **R.**

The LORD is high, yet he looks on the lowly,  
and the haughty he knows from afar.  
You give me life though I walk amid affliction;  
you stretch out your hand against the anger of my foes. **R.**

With your right hand you save me;  
the LORD will accomplish this for me.  
O LORD, your merciful love is eternal;  
discard not the work of your hands. **R.**

### COLOSSIANS 2:12-14

Brethren: You were buried with Christ in baptism, in which you were also raised with him through faith in the working of God, who raised him from the dead. And you, who were dead in trespasses and the uncircumcision of your flesh, God made alive together with him, having forgiven us all our trespasses, having cancelled the bond which stood against us with its legal demands; this he set aside, nailing it to the cross.

*Alleluia.*

*You have received the spirit of sonship; in him we cry, "Abba! Father!"*

### LUKE 11:1-13

Jesus was praying in a certain place, and when he ceased, one of his disciples said to him, "Lord, teach us to pray, as John taught his disciples." And he said to them, "When you pray, say: "Father, hallowed be your name.

Your kingdom come. Give us each day our daily bread; and forgive us our sins, for we ourselves forgive every one who is indebted to us; and lead us not into temptation."

And he said to them, "Which of you who has a friend will go to him at midnight and say to him, 'Friend, lend me three loaves; for a friend of mine has arrived on a journey, and I have nothing to set before him'; and he will answer from within, 'Do not bother me; the door is now shut, and my

children are with me in bed; I cannot get up and give you anything'? I tell you, though he will not get up and give him anything because he is his friend, yet because of his importunity he will rise and give him whatever he needs. And I tell you, Ask, and it will be given you; seek, and you will find; knock, and it will be opened to you. For every one who asks receives, and he who seeks finds, and to him who knocks it will be opened. What father among you, if his son asks for a fish, will instead of a fish give him a serpent; or if he asks for an egg, will give him a scorpion? If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!"

# Reflection

Contd. from Pg 1

## HOW TO PRAY

The prayer of our father consists of two parts

### Prayer of Praise

We start our prayer by praising God saying Our Father in heaven, your kingdom come, your will be done

### Prayer of Petition

We ask for our various needs stating give us our daily bread ,forgive us our sins ,lead us not into temptation and to deliver us from evil. Do our prayer include both these?

## WHY TO PRAY

Prayer protects us from all tension, sickness, dangers, accidents, natural calamities and all that is evil in our lives.

It changes things i.e sincere prayer of St Monica changed the life of St Augustine. In the same way our prayer can change the impossible to possible.

Prayer also makes us humble. The disciples approached Jesus filled with humility asking him to teach them how to pray. In the same way we need to humble ourselves before God when we ask for the needs.

Dear friends as we reflect on the theme prayer let us reflect on our own prayer life. How strong is our life? Do we praise God in all situations and in all times . Let our prayer be, O Lord teach us how to pray, give us the grace that we may not take for granted the privilege and the power of prayer

# ANNOUNCEMENTS

## ARCHDIOCESAN FUND

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

## 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

## MEETING ALL WIDOWS/ WIDOWERS AND SINGLE PARENTS

On 4th August 2019-Sunday at 10:30am- Fashion and Design Kibanda

## REGISTRATION FOR THE SACRAMENT OF CONFIRMATION -2020

PRIMARY :CLASS VII and VIII and ADULTS  
Register at the parish office with the Baptismal Card.

## FOR ALL PARENTS

Kindly allow your children to come on Tuesday, Thursday and Saturday for Christian formation at 9:00am-11:30am during the August holiday

## CURRENCY NOTES

A reminder - do not fold, crumple currency notes on Sundays and weekdays as they eventually tear when counted. Please place the notes gently into the bag.

## MARRIAGE PREPARATION

All those registered for the Sacrament of Marriage July to December are requested to meet on Monday at 6:00pm on 29 July 2019.

Additionally another meeting will be held on the 4th August 2019-Sunday at 10:30am

## PROTECTING THE ENVIRONMENT

We discourage eating, chewing gum and drinking in the Church. The wrapping are then thrown down on the floor and bottles strewn all over the floor .

Bins are located outside the Church for the disposal of wrappings and bottles.

Please keep the environment in and outside the Church clean and tidy.

**Motorists no hooting please.**

## NEW JUMUIYA'S

KPA High Level / Shimanzi  
1ST Avenue Nyal  
Please stand by for further communication

## VARIETY SALE on 4th August 2019

## MARRIAGE ENCOUNTER WEEKEND

All married couples are invited for a weekend at Diani Forest Lodge -Ukunda from 2nd -4th August 2019. Registration fee is 6000/- per couple. Forms are available with Kenneth Onukho - 0721513377



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