



# CATHEDRAL *Weekly*

23rd Jan 2022

PRICE: Kshs. 40/=

**A GUIDE TO THE  
DAILY READINGS**

24th JANUARY 2022

29th JANUARY 2022

THIRD SUNDAY IN ORDINARY TIME



PPC members on a tour around the church compound in a bid to inspect & gather feedback / reactions on the earmarked projects & those already underway during their first meeting this year.

Mon. 24<sup>th</sup> Jan.2022

St Francis De Sales,

2 Sm 5:1-7.10;

Ps 89, Mk 3:22-30.

Tues. 25<sup>th</sup> Jan. 2022

The Conversion of  
St Paul, the Apostle, feast

Acts 22:3-16 (or: Acts 9:1-22);

Ps 117.

Mk 16:15-18

Wed. 26<sup>th</sup> Jan. 2022

Sts Timothy and Titus,  
bishops, memorial

2 Tm 1:1-8 (or: Ti 1:1-5);

Ps 96, Lk 10:1-9.

Thur. 27<sup>th</sup> Jan. 2022

Or: St Angela Merici  
(optional memorial)

2 Sm 7:18-19.24-29;

Ps 132, Mk 4:21-25.

Fri. 28<sup>th</sup> Jan. 2022

St Thomas Aquinas,  
priest and doctor,  
memorial

2 Sm 11:1-4a.5-10a.

13-17; Ps 51

Mk 4:26-34.

Sat. 29<sup>th</sup> Jan. 2022

Or: Saturday Mass of  
the B. V. Mary

2 Sm 12:1-7a.10-17;

Ps 51. Mk 4:35-41.

## Reflection

### THE WORD OF GOD

**M**y dear brothers and sisters in Christ today we are celebrating the Word of God which gives us life. We are being reminded to embrace it and give it ample time in our busy schedules. **DO YOU HAVE A BIBLE AND IF SO DO YOU READ IT? DO YOU CREATE TIME TO ATTEND SPIRITUAL SEMINARS, RETREATS, WORKSHOPS and learn more?**

In the first reading we see people wept when they heard the Word of God because it touched their souls and reminded them what was expected from them by their creator. *What about us today, does the word of God touch your soul? Does it change your way of thinking and doing things? Do you let it guide your steps in life?*

Today is the Sunday of the Word of God whereby we are being reminded how important the Word of God is in our lives and we ought to give it the first priority by having it (bible), reading it, listening to it and living it. We are also being reminded that the joy of the lord is our strength which brings in a question; what is the source of your strength? Is it from your money, wealth, education e.t.c. If we strive to get our strength from people and material things then it can never be long-lasting since material things do not last and can also walk away from your life. Seek your joy from the Lord since He can never change and His love for us is constant.

The psalmist is also reminding us how powerful the word of god is and how much we should give it time and internalize it coz without it there is no life. Our God is a just God even though sometimes we feel like He is not especially when we are going through trials and tribulations in life.

The second reading reminds us that we are the body of Christ (church) and just as our body parts need each other and work in harmony for the betterment of the whole body, we too need each other in life and more so in serving God and taking care of the body of Christ. In so many words through saint Paul, God is reminding us that unity is paramount for our growth spiritually and even physically. In our church we have different groups, associations and jumuiyas with different mandates; we are reminded to remain in unity among us and never feel superior to others because we need each other. There things that can cause disunity among us e.g. *PRIDE, HATRED, UNFORGIVINESS, IMPATIENCE, LACK OF COMMITTEMENT etc.*

CONTD. PG 4

#### DUTY SCHEDULE FOR JAN 2022

##### TODAY

07:00 AM CHARISMATIC

08:00 AM ST. RITA &  
ST. MICHAEL

09:00 AM ST. ANNE.

11:00 AM ALLIANCE OF TWO HEARTS

12:30 PM ST. PETER & ST. PAUL  
5:30PM ST. LUCY & BIKIRA MARIA

CLEANING OF THE CHURCH : 22ND JANUARY  
ST. RITA / ST. MICHAEL / ST. GABRIEL

##### 30TH JAN. 2022

07:00 AM ST. CHARLES LWANGA

08:00 AM HOLY SPIRIT

09:00 AM ST. MONICA / ST. ANNE/  
ST. MATILDA / HGCWA

11:00 AM ST. BENEDICT

12:30 PM YOUTH & YCA

5:30PM ST. MATHIAS MULUMBA

CLEANING OF THE CHURCH : 29TH JANUARY  
ST. KIZITO / ST. BHAKITA / ST. MATILDA

HAPPY NEW YEAR


**Nehemia 8:2 – 4a, 5-6,8-10**

**S**iku zile: Ezra kuhani akailleta Torati mbele ya mkutano ulioja wanawake na wanaume na wengine wote waliofahamu, katika siku ya kwanza ya mwezi wa saba. Akiwa amesimama upande mmoja wa mahali pa wazi, akikabili Lango la Maji, Ezra alisoma kutoka humo kitabu tokea alfajiri hadi adhuhuri, mbele ya wanaume na wanawake, na watoto walio wakubwa kuelewa: na watu wote walisikiliza kwa makini, yote yaliyosomwa kutoki kitabu cha Torati. Naye Ezra kuhani akasimama juu ya jukwaa la miti iliyojengwa kwa kusudi hilo. Ezra alifungua kitabu mbele ya macho ya watu wote, maanu alisimama mahali pa juu zaidi kuliko watu wote. Watu hao wakasimama wima mara tu alipokifunua kitabu. Ezra

akamtukuza Bwana, Mungu mkuu, na watu wote huku wakiwu wameinua mikono yao juu, wakitikia, “Amina, amina!” Halafu wakainama chini na kumsujudu Bwana kifudufudi. Naye Ezra akasoma kutoka kitabu cha Sheria ya Mungu, akiitafsiri ili watu waweze kuelewa kilichosomwa. Halafu Nehemia, yaani gavana, na Ezra kuhani-mwandishi na Walawi waliokuwa wakifahamika na watu waliwaambia watu wote, “Leo ni siku takatifu kwa Bwana Mungu wetu. Hivyo msiwe na huzuni na wala msilie” – maana watu wote walikuwa wanalia. walipoyasikia maneno ya sheria. Akaendelea, “Nendeni mkale chakula bora na vinywaji vitamu, na kutenga sehemu kwa wale watu ambao hawakutayarisha chochote; kwani leo ni siku takatifu kwa Bwana wetu. Msisitike leo, kwa kuwa furaha ya Bwana ndiyo nguvu yenu!”

**Zaburi 19**
**K. Maneno yako, ee Bwana, ni roho pia ni uzima.**

Sheria ya BWANA ni kamilifu, yautuliza moyo. Maagizo ya Bwana ni imara, yamletea mjinga hekima. K.

Amri za Bwana ni za haki, zaufurahisha moyo, agizo la Bwana ni safi, layatia macho mwangaza. K.

Uchaji wa Bwana ni safi, hudumu hata milele. Hukumu za Bwana ni kweli, zote ni za haki kamili. K.

Maneno ya kinywa changu yakupendeze wewe, nayo mawazo ya moyo wangu, yaliyo mbele yako, ee Bwana, mwamba wangu na Mkombozi wangu. K.

**1 Wakorintho 12:12-30**

**N**dugu zangu: Kristo ni kama mwili: mwili ni mmoja wenye viungo vingi. Lakini viungo vyote vya mwili huo, ijapo ni vingi, huunda mwili mmoja. Kwa maana sisi sote tumebatizwa kwa Roho mmoja kuwa mwili mmoja bila tofauti baina ya Wayahudi na Wagiriki, au baina ya vatumwa na watu huru. Nasi sote tumenyweshwa Roho mmoja.

Basi, mwili si kiungo kimoja, bali ni viungo vingi. Kama mguu ungesema, “Mimi si mkono, basi si sehemu ya mwili,” je, hivyo mguu ungeacha kuwa sehemu ya mwili? Na kama sikio lingesema, “Mimi si jicho, basi si sehemu ya mwili je, hivyo lingecha kuwa sehemu ya mwili? Kama mwili wote ungekuwa jicho, ungewezaje kusikia? Na kama mwili wote ungekuwa sikio, ungewezaje kunusa? Kumbema Mungu ameweka viungo hivyo vyote na kila kimoja katika mwili kwa kadiri ya azimio lake. Kama vyote vingekuwa kiungo kimoja tu, mwili ungepatikanaje” Basi, viungo ni vingi, lakini mwili ni mmoja. Hapo jicho haliwezi kuuambia mkono, “Sikuhitaji,” wala kichwa hakiwezi kuiambia miguu, “Siwahitaji ninyi.” Zaidi ya hayo, viungo vya mwili vinavyoonekana kuwa vinyonge vinahitajika zaidi. Tena tunazidi kuvihifadhi viungo vya mwili vinavyoonekana machoni mwetu kuwa hafifu. Hivyo viungo vyetu vya haya huvishwa kwa njia isiyotakiwa na viungo vyetu maalum. Katika kupanga mwili, Mungu amevijalia zaidi viungo hafifu ili kuepusha mabishano mwilini na kuviwezesha viungo vyote kuitikiana vizuri. Basi, kiungo kimoja kikiumwa, viungo vyote huvumiliana nacho, na kiungo kimoja kikitukuzwa, viungo vyote hufurahi pamoja nacho. Lakini ni ninyi mlio mwili wa Kristo na viungo vyake kiungo kwa kiungo. Na wengine Mungu amewaweka katika Kanisa kuwa mitume mahali pa kwanza; manabii, mahali pa pili; walimu, mahali pa tatu, na baada ya hao wafanya miujiza, tena wenye kipaji cha kuponya, wasaidizi, viongozi, na wenye kusema lugha za kiroho. Je, hao wote ni mitume? Au wote ni manabii? Au wote ni walimu? Au wote ni wafanya miujiza? Je, hao wote wana kipaji cha kuponya? Au wote wamejaliwa kusema lugha za kiroho? Au wote waweza kufafanua lugha hizo?

**SHANGILIO LA INJILI**
**Aleluya!**

*Bwana amenituma niwahubirie maskini habari njema, kuwatangazia wafungwa kufunguliwa.*

**Aleluya.**
**Luka 1:1-4; 4:14-21**

**K**wa kuwa watu wengi wamejaribu kuyaratibisha masimulizi ya mambo yaliyotendeka kati yetu, kama walivyoyapokea kwa wale waliokuwa mashahidi wa macho na watumishi wa neno tokea mwanzo, sasa nami naona afadhali, baada ya uchunguzi makini wa mambo hayo yote, toka mwanzo, nikuandikie wewe, mheshimiwa Theofilo, habari zake hatua kwa hatua, upate kujua ya kuwa mafundisho uliyoyapata yana msingi thabiti.

Wakati ule: Katika nguvu ya Roho, Yesu alirudi Galilaya na sifa yake ikaenea katika nchi yote ya jirani. Alifundisha katika masinagogi naye akasifiwa na watu wote.

Akaenda Nazareti, ndiko alikolelewa, na siku ya Sabato akaingia katika sinagogi kama ilivyokuwa desturi yake. Akasimama asome, wakampa kitabu cha nabii Isaya, akakifungua, akakuta mahali palipoandikwa: “Roho wa Bwana yu juu yangu, kwa maana amenipaka mafuta niwahubirie maskini habari njema.

Amenituma kuwatangazia wafungwa kufunguliwa, vipofu kuona tena, kuwaletea wafungwa uhuru, na kutangaza mwaka uliokubalika kwa Bwana.” Akakifunga kitabu, akamrudishia mtumishi, akaketi, na macho ya wote katika sinagogi yakamkazia. Akaanza kuwaambia, “Leo andiko hili limetimia masikioni mwenu.”





**Nehemiah 8:2-4a.5-6.8-10**

In those days: Ezra the priest brought the law before the assembly, both men and women and all who could hear with understanding, on the first day of the seventh month. And he read from it facing the square before the Water Gate from early morning until midday, in the presence of the men and the women and those who could understand; and the ears of all the people were attentive to the book of the law. And Ezra the scribe stood on a wooden pulpit which they had made for the purpose.

And Ezra opened the book in the sight of all the people, for he was above all the people; and when he opened it all the people stood. And Ezra blessed the LORD, the great God; and all the people answered, "Amen, Amen," lifting up their

hands; and they bowed their heads and worshipped the LORD with their faces to the ground. And Ezra and the Levites read from the book, from the law of God, clearly; and they gave the sense, so that the people understood the reading. And Nehemiah, who was the governor, and Ezra the priest and scribe, and the Levites who taught the people said to all the people, "This day is holy to the LORD your God; do not mourn or weep."

For all the people wept when they heard the words of the law. Then he said to them, "Go your way, eat the fat and drink sweet wine and send portions to him for whom nothing is prepared; for this day is holy to our Lord; and do not be grieved, for the joy of the LORD is your strength."

**R. Your words, O Lord, are Spirit and life.**

**PSALM 19:8.9.10.15**

The law of the LORD is perfect; it revives the soul. The decrees of the LORD are steadfast; they give wisdom to the simple. R.

The precepts of the LORD are right; they gladden the heart. The command of the LORD is clear; it gives light to the eyes. R.

The fear of the LORD is pure, abiding forever. The judgements of the LORD are true; they are, all of them, just. R.

May the spoken words of my mouth, the thoughts of my heart, win favour in your sight, O LORD, my rock and my redeemer! R.

**1 Corinthians 12:12-30**

Brethren: Just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For by one Spirit we were all baptised into one body – Jews or Greeks, slaves or free – and all were made to drink of one Spirit. For the body does not consist of one member but of many. If the foot should say, "Because I am not a hand, I do not belong to the body," that would not make it any less a part of the body. And if the ear should say, "Because I am not an eye, I do not belong to the body," that would not make it any less a part of the body. If the whole body were an eye, where would be the hearing? If the whole body were an ear, where would be the sense of smell? But as it is, God arranged the organs in the body, each one of them, as he chose. If all were a single organ, where would the body be? As it is, there are many parts, yet one body. The eye cannot say to the hand, "I have no need of you," nor again the head to the feet, "I have no need of you." On the contrary, the parts of the body which seem to be weaker are indispensable, and those parts of the body which we think less honourable we invest with the greater honour, and our unpresentable parts are treated with greater modesty, which our more presentable parts do not require. But God has so adjusted the body, giving the greater honour to the inferior part, that there may be no discord in the body, but that the members may have the same care for one another. If one member suffers, all suffer together; if one member is honoured, all rejoice together. Now you are the body of Christ and individually members of it. And God has appointed in the Church first apostles, second prophets, third teachers, then workers of miracles, then healers, helpers, administrators, speakers in various kinds of tongues. Are all apostles? Are all prophets? Are all teachers? Do all work miracles? Do all possess gifts of healing? Do all speak with tongues? Do all interpret?

**Alleluia**

*The Lord has sent me to preach good news to the poor, to proclaim release to the captives. Alleluia.*

**Luke 1:1-4; 4:14-21**

In as much as many have undertaken to compile a narrative of the things which have been accomplished among us, just as they were delivered to us by those who from the beginning were eyewitnesses and ministers of the word, it seemed good to me also, having followed all things closely for some time past, to write an orderly account for you, most excellent Theophilus, that you may know the truth concerning the things of which you have been informed. At that time: Jesus returned in the power of the Spirit into Galilee, and a report concerning him went out through all the surrounding country. And he taught in their synagogues, being glorified by all. And he came to Nazareth,

where he had been brought up; and he went to the synagogue, as was his custom, on the sabbath day. And he stood up to read; and there was given to him the Book of the Prophet Isaiah. He opened the book and found the place where it was written: "The Spirit of the Lord is upon me, because he has anointed me to preach good news to the poor. He has sent me to proclaim release to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the acceptable year of the Lord." And he closed the book, and gave it back to the attendant, and sat down; and the eyes of all in the synagogue were fixed on him. And he began to say to them, "Today this Scripture has been fulfilled in your hearing."



Contd from pg 1

**Reflection THE WORD OF GOD**

In the gospel today is evident that we may be captives in one way or the other and Jesus knows and is His work to set us free if we surrender ourselves to Him. Some are captives of drinking, adultery, pride, ungodly cultures, greed etc. Though we have physical sight, we may be blind in other ways and ought to give Jesus time and space to heal us through His word. My dear brothers and sisters in Christ, God loves all of us equally without measure and has good plans for us just as He reminds us in His word *Jeremiah 29:11*. The Word of God is God Himself, if we give it time in our lives it shall heal us, direct and guide us in all our steps.

The question is *DO YOU HAVE A BIBLE? DO YOU READ IT?* Why have all the time to read your novel, newspaper, watch your favorite programme, watch football matches till very late but lack time to read the Word of God.

*Let us all change positively and embrace the Word of God in our lives.*

**Spot the difference**



There are 12 differences between these two pictures. Can you spot them?

**JOB VACANCY**

An auto spares shop is looking for 2 sales persons.



**Qualifications:-**

- \* Form IV certificate with an aggregate of C Plain.
- \* College qualifications in Sales & Marketing or business management.

Kindly send your Application & CV to

**robstarautocare@gmail.com**

by 31st January 2022

**FORTHCOMING FEASTS / MEMORIALS**

- Mon. 24th Jan. 2022 St Francis De Sales
- Tue. 25th Jan. 2022 The Conversion of St Paul, the Apostle, feast
- Wed. 26th Jan. 2022 Sts Timothy and Titus, bishops, memorial
- Thur. 27th Jan. 2022 Or: St Angela Merici (optional memorial)
- Fri. 28th Jan. 2022 St Thomas Aquinas, priest and doctor, memorial
- Sat. 29th Jan. 2022 Mass of the B. V. Mary

**ANNOUNCEMENTS**

- 23rd January 2022 – Sunday of the Word of God
- 23rd January 2022 – Unveiling of the fundraiser first phase – all Christians
- 5th February 2022 – Rite of Election & Admission to Catechumens & Candidates of First Holy Communion

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✉ info@holyghostcathedral.org 🌐 www.holyghostcathedral.org