

The Sunday Emmaus

Series: 7th Sunday In Ordinary Time, Year C;

23rd February 2025

St. Pauls Catholic Parish &
University of Nairobi Chaplaincy

MASS SCHEDULE

Monday – Friday:

Morning: 7.00am

Evening: 5.30pm

Wednesday 6.00pm

Saturday:

Evening: 5.45pm

Sunday Mass:

7.30am – Community

8.00am – State House Girls

8.30am – Nairobi Primary

9.00am – Students Mass

9.00am – State House Mass

11.30am – Community Mass

– PMC Mass

– Youth Mass

5.30pm – Community Mass

CONFESSION

Monday – Friday 5.00pm

Wednesday 5.30pm

Saturday 5.15pm

MINISTERS

- Rev. Fr. John Wamuti,
Parish priest In-charge
- Rev. Fr. Stephen Gaitho,
Assistant Parish Priest
- Rev. Fr. Peter Kaigua,
The Chaplain –Students
- Rev. Fr. Gerald Wanjara
The Chaplain–Police.

NEXT SUNDAY READINGS

1st Reading Sirach 27:4–7

Psalms 92:2–3, 13–16

2nd Reading 1 Cor 15:54–58

Gospel Luke 6:39–45

ADORATION

Tuesday & Thursday 4.30pm



OUR SUNDAY REFLECTION ...



The Christian Life

The ordinary time as always teaches us different seasons. As a farmer takes stock of what he is cultivating, to see the progress or growth of his produce we should not wait till the last day to check our progress in christian life.

Today's readings are calling us to reflect on the same. What progress or growth have we achieved overtime and seasons.

The Gospel of the day is inviting us to leave our normal life and ascend to a more profound and ideal Christian life.



A difficult Invitation

The invitation is leading us to leave a very difficult life. A life of loving your enemy, blessing those who curse you, praying for those who abuse you. Its not easy.

As the disciples said in ... ((John 6: 60) This teaching is hard who can accept it?

This is where we would say, if this is what will be used, as a yardstick who then would be saved?



Christ our Master

But Christ is our master and teacher par excellent. He was with those who wanted to crucify him, he preached to them, he fed them, on the cross he prayed for their forgiveness, and at the end of it all he saved them. By doing all that he didn't become lesser God. He remained to be God and he never lost his focus of announcing the kingdom of God and saving humanity.



Dauids' act

Some would say after all he was God, that's why he was able to do that. To clear this mistaken idea, the mother church gave us an example from the first reading, the act of David is unfathomable. How can you be in the battlefield and when you meet your enemy you let him free knowingly that he is looking for you. For a military personnel, whoever shoot first wins the battle.

David who is a human being had gone to that other

level. He had God's grace and had wisdom to understand that; the Lord rewards every man for his righteousness and faithfulness.

Count your blessings

The moment we allow God to use us, we will defeat our enemies in love and charitable works. We will be able to forgive even those that are so hard to forgive, we will be able to withstand the tribulations we receive from our enemies. We will go to that other higher level of Christian life. We will be genuine and true followers of Christ.

May our Lord grant us the grace that we require.

(Reflection by Rev Fr Gerald Wanjara – Police Chaplain)



Prayer

Let us pray: Grant, we pray, almighty God, that, always pondering spiritual things, we may carry out in both word and deed that which is pleasing to you. Through our Lord Jesus Christ.... **Amen.**



BELOVED,
"DO NOT **AVENGE**
YOURSELVES, BUT RATHER
GIVE PLACE TO **WRATH**;
"FOR IT IS WRITTEN,"
VENGEANCE
IS MINE,
"I WILL REPAY,"
SAYS THE LORD.
ROMANS 12:19

The Mass

ENTRANCE ANTIPHON

O Lord, I trust in your merciful love. My heart will rejoice in your salvation. I will sing to the Lord who has been bountiful with me

THE GLORIA

Glory to God in the highest, And on earth peace to people of goodwill.

We praise you, we bless you, We adore you, we glorify you, We give you thanks for your great glory, Lord God, heavenly King,

O God, almighty Father, Lord Jesus Christ, only begotten Son, Lord God, Lamb of God, son of the father, You take away the sins of the world, Have mercy on us.

You take away the sins of the world, Receive our prayer .

You are seated at the right hand of the Father, Have mercy on us.

For you alone are the Holy One, You alone are the Lord, You alone are the most High, Jesus Christ, with the Holy Spirit, In the God the Father. **Amen.**

“

THEME

Every person is made in the image and likeness of God. We must try to look upon our neighbours as friends and not enemies. They are brothers and sisters in Christ. In this way we will become holy as God wants us to be.

”



FIRST READING | 1 Sam 26:2.7–9.13

“The Lord gave you into my hand today, and I would not put forth my hand against the Lord’s anointed.”

In those days: Saul arose and went down to the wilderness of Ziph, with three thousand chosen men of Israel, to seek David in the wilderness of Ziph. So David and Abishai went to the army by night; and there lay Saul sleeping within the encampment, with his spear stuck in the ground at his head; and Abner and the army lay around him. Then said Abishai to David, “God has given your enemy into your hand this day; now therefore let me pin him to the earth with one stroke of the spear, and I will not strike him twice.” But David said to Abishai, “Do not destroy him; for who can put forth his hand against the Lord’s anointed, and be guiltless?” So David took the spear and the jar of water from Saul’s head; and they went away. No man saw it, or knew it, nor did any awake; for they were all asleep, because a deep sleep from the Lord had fallen upon them. Then David went over to the other side, and stood afar off on the top of the mountain, with a great space between them. And David said, “Here is the spear, O king! Let one of the young men come over and fetch it. The Lord rewards every man for his righteousness and his faithfulness; for the Lord gave you into my hand today, and I would not put forth my hand against the Lord’s anointed.”

The word of the Lord

All: Thanks be to God.

RESPONSORIAL PSALM

1:1–2.3.4 and 6 (R. Psalm 40:4ab)

[R] **The Lord is compassionate and gracious.**

1. Bless the LORD, O my soul, and all within me, his holy name.
Bless the Lord, O my soul, and never forget all his benefits [R]
2. It is the Lord who forgives all your sins, who heals every one of your ills, who redeems your life from the grave, who crowns you with mercy and compassion [R]
3. The Lord is compassionate and gracious, slow to anger and rich in mercy.
He does not treat us according to our sins, nor repay us according to our faults [R]



SECOND READING | 1 Cor 15:45–49

“Just as we have borne the image of the man of dust, we shall also bear the image of the man of heaven.”

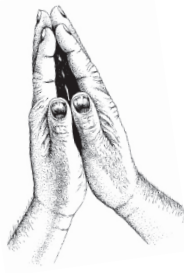
Brethren: “The first man Adam became a living soul”; the last Adam became a life-giving spirit. But it is not the spiritual which is first but the physical, and then the spiritual. The first man was from the earth, a man of dust; the second man is from heaven. As was the man of dust, so are those who are of the dust; and as is the man of heaven, so are those who are of heaven. Just as we have borne the image of the man of dust, we shall also bear the image of the man of heaven.

The word of the Lord

All: Thanks be to God.

Gospel Acclamation

Alleluia, alleluia! A new commandment I give to you, says the Lord, that you love one another, even as I have loved you **Alleluia!**



GOSPEL | Luke 6:27-38

"Be merciful, even as your Father is merciful."

At that time: Jesus said to his disciples, "I say to you that hear, Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. To him who strikes you on the cheek, offer the other also; and from him who takes away your cloak do not withhold your coat as well. Give to every one who begs from you; and of him who

takes away your goods do not ask them again. And as you wish that men would do to you, do so to them. "If you love those who love you, what credit is that to you? For even sinners love those who love them. And if you do good to those who do good to you, what credit is that to you? For even sinners do the same. And if you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners, to receive as much again. But love your enemies, and do good, and lend, expecting nothing in return; and your reward will be great, and you will be sons of the Most High; for he is kind to the ungrateful and the selfish. Be merciful, even as your Father is merciful. "Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven; give, and it will be given to you; good measure, pressed down, shaken together, running over, will be put into your lap. For the measure you give will be the measure you get back.

The Gospel of the Lord

All: Praise to you, Lord Jesus Christ.

Parish Announcements

1. Mass animation: We thank **PMC** for their good service today. Next Sunday's 11.30am mass will be animated by **St. Mary Magdalene SCC**.

2. Infant Baptism: Infant Baptism Classes will be today **23rd February 2025** after the 11.30am mass at St. Thomas Hall, parents and Godparents are requested to attend. Baptism will be on **Saturday 1st March at 11.00am**. Lectors and Choir Members are welcome

3. National & Diocesan Lenten campaign Launch: The National Lenten Campaign Launch 2025 will be hosted by Archdiocese of **Mombasa** on **Friday, 28th February, 2025** at Mama Ngina waterfront, Mombasa. This year's theme is "The Kenya We Desire".

Archdiocese of Nairobi Lenten Campaign Launch will take place on **Saturday, 8th March, 2025** at **Blessed Sacrament Parish**, Buruburu. You are all invited to attend this launch, liaise with Catholic Justice and Peace - St Paul's (CJPD) through their Secretary Noela 0723696022

4. Tite Sunday

Next Sunday, March 2nd, 2025 will be our tithe Sunday.



**St. Paul's
Catholic Parish &
University Chaplaincy**

Requests your contribution towards our

CHAPLAINCY HALL RENEWAL

M-PESA PAYBILL 247247 ACCOUNT 001028

CHEQUES PAYABLE TO: **St. Paul's Catholic Chapel**



**St. Pauls Catholic Parish &
University of Nairobi Chaplaincy**

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