

The Sunday Emmaus

Series: 8th Sunday In Ordinary Time, Year C;

1st March 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 Deut 26:4-10

Psalms 91:1-2,10-15

2nd Reading Romans 10:8-13

Gospel Luke 4:1-13

ADORATION

Tuesday & Thursday 4.30pm



OUR SUNDAY REFLECTION ...



Leading from the store of our hearts

In Luke 6:45 good person out of the store of goodness in his heart produces good, but an evil person out of a store of evil produces evil; for from the fullness of the heart the mouth speaks.



Today's readings

The first reading from Sirach and Gospel are concerned with the manifestations of the inner state of our life in speech and action. *A person's speech shows the bent of his or her heart (Sirachi 27:6)*. And Jesus is concerned that before we purport to guide or correct others we must check what is in the store of our hearts.

If it is evil, it will blind us and render useless our attempt at guiding others since a blind person cannot guide another blind person. Similarly, our attempt to correct others will be absurd as it will look like a person with a whole beam in the eye trying to remove a speck from another person's eye. What must we do then?



Self examination

First, check the contents of our hearts by submitting to a thorough self examination, and examination of conscience as it were. Do we have moral blindness? What do we think about that inadvertently spills out in our speeches? Hatred? Greedy? Selfishness? Lust? Divisiveness? Pessimism? Pride? Malice? Or goodness? Love?



Victory through Christ

Secondly, we take it to Jesus that he may cleanse us and clothe us with mercy. We can be victorious over sin and drain the filthiness of our hearts with the help of God. As St. Paul puts it in the second reading, *The sting of death is sin, and the power of sin is the law. But thanks be to God who gives us the victory through our Lord Jesus Christ (1Corinthians 15:56-57)*. We have the sacrament of penance to help us.

Thirdly, then reach out with love and humility to offer guidance and correction to others. When our actions springing from good hearts we are able to influence others and by extension have moral authority to lead and correct them.

(Reflection by Rev Fr Benard Didacus Opiyo)



Prayer

Let us pray: Grant us, O Lord, we pray, that the course of our World may be directed by your peaceful rule and that your Church may rejoice, untroubled in her devotion. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever... **Amen.**

Reconciliation



Ash
Wednesday



The Mass

ENTRANCE ANTIPHON

The Lord became my protector. He brought me out to a place of freedom; he saved me because he delighted in 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

We are reminded as followers of Jesus Christ to bear fruits that are in tandem with our Christian calling. In the process, we should avoid hypocrisy that leads to judgement of others. We acknowledge that we're all blind and request the Lord Jesus to lead us.



FIRST READING | Sirach 27:4-7

“Do not praise a man before you hear him speak.”

When a sieve is shaken, the refuse remains; so a man’s filth remains in his thoughts. The kiln tests the potter’s vessels; so the test of just men is in tribulation. The fruit discloses the cultivation of a tree; so the expression of a thought discloses the cultivation of a man’s mind. Do not praise a man before you hear him speak, for this is the test of men.

The word of the Lord
All: Thanks be to God.

RESPONSORIAL PSALM 92:2-3,13-14, 15-16

[R] **It is good to give thanks to you, O Lord.**

1. It is good to give thanks to you, O Lord. to make music to your name, O Most High, to proclaim your loving mercy in the morning, and your truth in the watches of the night [R]
2. The just will flourish like the palm tree, and grow like a Lebanon cedar. Planted in the house of the Lord, they will flourish in the courts of our God. [R]

3. They will still bear fruit when they are old, still full of sap, still green, to proclaim that the Lord is upright. In him, my rock, there is no wrong [R]



SECOND READING | 1 Cor 15: 54-58

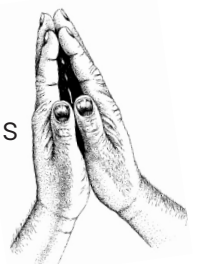
“He gave the victory to us through Jesus Christ.”

Brethren: When the perishable puts on the imperishable, and the mortal puts on immortality, then shall come to pass the saying that is written: “Death is swallowed up in victory.” “O death, where is your victory? O death, where is your sting?” The sting of death is sin, and the power of sin is the law. But thanks be to God, who gives us the victory through our Lord Jesus Christ. Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labour is not in vain.

The word of the Lord
All: Thanks be to God.

Gospel Acclamation

Alleluia, alleluia! You will shine as lights in the world, holding fast the word of life **Alleluia!**





GOSPEL | Luke 6:39-45

"Out of the abundance of the heart his mouth speaks."

At that time: Jesus told his disciples a parable: "Can a blind man lead a blind man? Will they not both fall into a pit? A disciple is not above his teacher but every one when he is fully taught will be like his teacher. Why do you see the speck that is in your brother's eye, but do not notice the log that is in your own eye? Or how can you say to your brother, 'Brother, let me take out the speck that

is in your eye,' when you yourself do not see the log that is in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take out the speck that is in your brother's eye. "For no good tree bears bad fruit, nor again does a bad tree bear good fruit; for each tree is known by its own fruit. For figs are not gathered from thorns, nor are grapes picked from a bramble bush. The good man out of the good treasure of his heart produces good, and the evil man out of his evil treasure produces evil; for out of the abundance of the heart his mouth speaks."

The Gospel of the Lord

All: Praise to you, Lord Jesus Christ.



Parish Announcements

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

2. Tite Sunday: Today we receive the tithe. We thank all those who bring their tithe to the Church.

3. Archdiocese Lenten campaign
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. Catechisis (Lenten season)

- Coming Sunday is first Sunday of Lent, we will have Rite of Election and Enrolment of names of catechumens for Easter sacraments.
- Lent is a liturgical season of joyful pilgrimage towards Holy Easter. The beginning of this liturgical period is marked with the blessing and imposition of ashes on Ash Wednesday. The act of putting on ashes symbolizes our mortality and the need of God's mercy.
- During Lent we acknowledge the mercy of God and share it through fasting. Fasting for Christians is a way of checking on those virtues in ourselves that need rediscovery and strengthening in order to gain mastery over our instincts. Christian fasting is always associated with prayer and sharing (Alms giving).
- Playing of musical instrument is discouraged and liturgical dancers. Between Ash Wednesday and good Friday, the mood of liturgy is one of subdued joy because of heightened awareness of our

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Requests your contribution towards our
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sinfulness before God and our desperate need for his mercy.

5. Ash Wednesday Masses ·

(i) 7.00a.m (ii) 1.00pm (iii) 6.00pm

Friday March 7th, 2025 the Stations of the cross will be facilitated by Students community starting at 5.30pm followed by mass. Those selected to lead to be in the sacristy by 5.00pm for preparation and vesting.

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