

AFRICA

# Living with Christ

GROWING UP DAILY WITH THE GOOD NEWS

Weekly LWCA

9<sup>th</sup> Week in Ordinary  
Time

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#### **Liturgical texts:**

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**On our cover:** The Most Holy Trinity

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# Editorial

June 2023



Rev. Fr. François Nzanzu, a.a. Nairobi-Kenya

## God's Revelation as "Trinitarian"

Each year on the first Sunday after Pentecost the Church celebrates the Solemnity of the Most Holy Trinity, also known as Trinity Sunday. Trinity Sunday celebrates the Christian doctrine of the Trinity, the three Persons of God: The Father, the Son, and the Holy Spirit.

The mystery of the Holy Trinity has been the pulse of the Church's life since the very beginning. The Trinity is "the central mystery of Christian faith and life and the source of all the other mysteries of faith" (CCC, n. 234). The whole of the Church's life flows from the central belief that the one true God exists as three divine Persons: Father, Son and Holy Spirit. Since the very beginning of time, God has gradually revealed and communicated the truth of who He is as "Trinitarian". Although God gradually revealed himself throughout different stages of the Old Testament period of salvation history, mankind had no way of knowing the full truth of God's inner life of the Trinity.



## The Pope's Prayer Intention

***For the abolition of torture:*** We pray that the international community may commit in a concrete way to ensuring the abolition of torture and guarantee support to victims and their families.

Other papal intentions and videos can be found on: <http://apostleshipofprayer.org/>

### **The Liturgy of the Word** (*second part*)

**A**fter the reading of the Gospel, the priest or the deacon gives the homily. According to the Constitution on the Sacred Liturgy (*Sacrosanctum Concilium*, 52), *the homily is to be highly esteemed as part of the liturgy itself; in fact, at those Masses which are celebrated with the assistance of the people on Sundays and feasts of obligation, it should not be omitted except for a serious reason.* In general, a homily is an explanation of the readings. It can also be an explanation of any other liturgical text like the collect, the prayer over the offerings, the preface, the prayer after Communion, etc.

In light of the above, the homily should not be substituted with a meeting during which the celebrant invites the faithful to fund some Parish projects. The homily cannot be considered as an exercise of fraternal correction or a message addressed to a particular person in the assembly. Such deviations must be avoided.

It is important to know that the homily must be given by a priest or a deacon, but never by a layperson. It is important to clarify this liturgical rule. Saying that the

homily cannot be given by a layperson does not mean that a lay person cannot intervene in some contexts. Sometimes it happens that the priest or the deacon cannot give the homily due to a language barrier. In this case, a well-prepared layperson like a catechist can share the word of God. In liturgy, the context must be taken into account in order to avoid some exaggerations.

After the homily, a moment of silence should be observed in order to give the faithful an opportunity to internalise the message that they have heard and to pray that the Lord may give them the grace to put into practice what they have heard. That moment of silence is also meant to let the Holy Spirit continue teaching the faithful since the celebrant cannot exhaust God's Word.

After the moment of silence, it is time for the profession of Faith or Creed. According to the General Instruction of the Roman Missal, *the purpose of the Creed is that the congregation may respond to the Word of God as proclaimed. The congregation also honors and confess the great mysteries of faith by pronouncing the rule of faith in a formula approved for liturgical use and before the*

*celebration of these mysteries in the Eucharist begins.* There are two formulas that can be used: The Niceno-Constantinopolitan Creed which is longer and the Apostles' Creed which is shorter.

After the profession of faith, there is the Universal Prayer or the Prayer of the Faithful. The assembly responds to the Word of God and offer prayers to God. Petitions are offered for the needs of the Church, for the public authorities, for the burdened by any kind of difficulty and for the local community. The celebrant begins the Prayer of the Faithful with an introduction and concludes it with prayer.

***Rev. Fr. Jérôme K. M. Kombi,***  
*Kinshasa, D.R. Congo*



# Sunday June 4

## The Holy Trinity, Solemnity

*Exodus 34: 4b-6. 8-9 / Daniel 3: 52. 53. 54. 55. 56 (52b) /  
2 Corinthians 13: 11-13 / John 3: 16-18*



For God so loved the world that he gave his only-begotten Son, that whoever believes in him should not perish but have eternal life.  
(John 3:16)



## *Holiness*

**T**he death of Jesus on the cross is both a gift and a task: a gift, an undeserved gift of God, who “so loved the world that he gave his only begotten Son,” and a task, because only “he who believes in him is not judged, but he who does not believe is already judged.” This means that it is necessary to believe to obtain eternal life: the death of Christ would remain fruitless without my correspondence.

The Catechism of the Catholic Church states: “The ultimate end of the whole divine economy is the entry of God’s creatures into the perfect unity of the Blessed Trinity. But even now we are called to be a dwelling for the Most Holy Trinity: ‘If a man loves me’, says the Lord, ‘he will keep my word, and my Father will love him, and we will come to him, and make our home with him.’” (CCC, 260).

Believing is not just a “state of mind” but a task that occupies the whole of life and embraces all acts: it is a “vital state”, a way of living, not only a way of thinking. It is therefore not enough to “say” that one is a Christian; it is not even enough to “feel” Christian. To think so would be a sad deception, because judgment looks at works.



**Sunday June 4**

In the end, the task that Jesus asks of each of us from the cross - that task of believing in the name of the only begotten Son of God - is identified with my struggle to be holy. I therefore have to try to make my works, my whole life, to be according to God, seeking to fulfil the will of God.

Jesus Christ has told us that He is the light of the world and that He has come to heal the sick. For this reason, my failures should not keep me far from Christ. When sometimes my works are not what they should be, I am tempted to make up my own theory to be more at ease: I am one of the “normal” ones; what I do is enough, compared to others..., etc. If I were to listen to this kind of reasoning, I will lose the clarity I had when I was closer to Christ; I will move farther and farther away from Him. I will not be honouring the Trinity who dwells in me.

***Rev. Fr. Silvano Ochuodho, Nairobi-Kenya***



## Entrance Antiphon

**Blest be God the Father, and the Only Begotten Son of God, and also the Holy Spirit: for he has shown us his merciful love.**

## The Gloria in excelsis is said.

### Collect

God our Father who by sending into the world the Word of truth and the Spirit of sanctification made known to the human race your wondrous mystery; grant us, we pray, that in professing the true faith, we may acknowledge the Trinity of eternal glory, and adore your Unity, powerful in majesty. 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.**

### *First Reading (Exodus 34:4b-6.8-9)* —————

#### **A reading from the Book of Exodus**

In those days: Moses rose early in the morning and went up on Mount Sinai as the Lord had commanded him, and took in his hand two tables of stone. And the Lord descended in the cloud and stood with him there, and proclaimed the name of the Lord. The Lord passed



Sunday June 4

before him, and proclaimed, “The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness.” And Moses made haste to bow his head towards the earth and worshipped. And he said, “If now I have found favour in your sight, O Lord let the Lord I beg you, go in the midst of us although it is a stiff necked people and pardon our iniquity and our sin and take us for your inheritance.” The word of the Lord. **Thanks be to God.**

***Responsorial Psalm*** —————  
***(Daniel 3:29-30.31.33.32.34 (R. cf. 29b))***

Glo - ry and praise for ev - er!

**R. You are to be praised and highly exalted forever.  
or: Alleluia.**

Blessed are you, O Lord, God of our fathers, and to be praised and highly exalted forever; and blessed is your



glorious, holy name and to be highly praised and highly exalted forever. R.

Blessed are you in the temple of your holy glory and to be extolled and highly glorified forever. R. Blessed are you upon the throne of your kingdom and to be extolled and highly exalted forever. R.

Blessed are you, who sit upon cherubim and look upon the deeps, and to be praised and highly exalted forever. R.

Blessed are you in the firmament of heaven and to be sung and glorified forever. R.

***Second Reading (2 Corinthians 13:11-13)*** —————

**A reading from the second Letter of Saint Paul to the Corinthians**

Brethren, rejoice. Mend your ways, heed my appeal, agree with one another, live in peace, and the God of love and peace will be with you. Greet one another with a holy kiss. All the saints greet you. The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all. The word of the Lord. **Thanks be to God.**



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**Acclamation** (*Revelation 1:8*)

**Alleluia. Alleluia.** Glory be to the Father and to the Son and to the Holy Spirit: to God who is, who was, and who is to come. **Alleluia.**

**Gospel** (*John 3:16-18*)

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**A reading from the holy Gospel according to John**

God so loved the world that he gave his only-begotten Son, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world, not to condemn the world, but that the world might be saved through him. He who believes in him is not condemned; he who does not believe is condemned already, because he has not believed in the name of the only-begotten Son of God. The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

**The Creed is said.**

**Prayer of the Faithful**

*The following intentions are suggestions only.*

℟. **Lord, hear our prayer !**

For our Church in its mission to further the reign of God in the world with the power of the Holy Spirit, we pray to the Lord: ℟.



For children, parents and families all over the world, we pray to the Lord: R.

For strength and comfort for all who are suffering physically, spiritually or emotionally, we pray to the Lord: R.

For our parishes and communities, challenged to see the face of Christ in everyone, we pray to the Lord: R.

### **Prayer over the Offerings**

Sanctify by the invocation of your name, we pray, O Lord our God, this oblation of our service, and by it make of us an eternal offering to you. Through Christ our Lord.  
**Amen.**

### **Preface:** The Mystery of the Most Holy Trinity.

It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God. For with your Only Begotten Son and the Holy Spirit you are one one God, Lord not in the unity of a single person, but in a Trinity of one substance. For what you have revealed to us of your glory



**Sunday June 4**

we believe equally of your Son and of the Holy Spirit, so that, in the confessing of the true and eternal Godhead, you might be adored in what is proper to each Person, their unity in substance, and their equality in majesty. For this is praised by Angels and Archangels, Cherubim, too, and Seraphim, who never cease to cry out each day, as with one voice they acclaim: **Holy, Holy, Holy Lord...**

### **Communion Antiphon** (*Gal 4:6*)

**Since you are children of God, God has sent into your hearts the Spirit of his Son, the Spirit who cries out: Abba, Father.**

### **Prayer after Communion**

May receiving this Sacrament, O Lord our God, bring us health of body and soul, as we confess your eternal holy Trinity and undivided Unity. Through Christ our Lord. **Amen.**



# Monday June 5

9<sup>th</sup> Week in Ordinary Time

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## **Memorial**

**St Boniface, bishop, martyr**

### **Entrance Antiphon**

(Sir 15:5) spirit of wisdom and understanding and clothed him in a robe of glory.

### **Collect**

May the Martyr Saint Boniface be our advocate, O Lord, that we may firmly hold the faith he taught with his lips and sealed in his blood and confidently profess it by our deeds. Through Christ our Lord. **Amen.**

### **Reading**

**(Tobit 1:3; 2:1-8)**

**The beginning of the Book of Tobit**

I, Tobit, walked in the ways of truth and righteousness all the days of my life, and I performed many acts of charity to my brethren and countrymen who went with me into the land of the Assyrians, to Nineveh. When I arrived home and my wife Anna and my son Tobias were restored to me, at the feast of Pentecost, which is the sacred festival



Monday June 5

of the seven weeks, a good dinner was prepared for me and I sat down to eat. Upon seeing the abundance of food I said to my son, "Go and bring whatever poor man of our brethren you may find among the exiles in Nineveh, who is mindful of the Lord, and he shall eat together with me. I will wait for you until you come back." So Tobias went out to look for some poor person of our people. When he came back, he said, "Father!" And I replied, "Here I am, my child." Then he went on to say, "Look, Father, one of our people has been murdered and thrown into the market place, and now he lies there strangled." So before I tasted anything I sprang up and removed

the body to a place of shelter until sunset when I might bury it. And when I returned I washed myself and ate my food in sorrow. Then I remembered the prophecy of Amos, how he said against Bethel, "Your feasts shall be turned into mourning, and all your songs into lamentation." And I wept. When the sun had set I went and dug a grave and buried the body. And my neighbours laughed at me and said, "He is still not afraid; he has already been hunted down to be put to death for doing this, and he ran away, yet here he is burying the dead again!" The word of the Lord. **Thanks be to God.**



**Responsorial Psalm**—  
*(Psalm 112:1b-2.3-4.5-6*  
*(R.1b)*

**R.** Blessed the man who  
 fears the Lord.

**Or:** Alleluia.

Blessed the man who  
 fears the Lord, who  
 takes great delight in  
 his commandments. His  
 descendants shall be  
 powerful on earth; the  
 generation of the upright  
 will be blest. **R.**

Riches and wealth are  
 in his house; his justice  
 stands firm forever. A light  
 rises in the darkness for  
 the upright; he is generous,  
 merciful and just. **R.**

It goes well for the man  
 who deals generously  
 and lends, who conducts

his affairs with justice.  
 He will never be moved;  
 forever shall the just be  
 remembered. **R.**

**Acclamation**  
*(Revelation 1:5ac)*

**Alleluia. Alleluia.** Jesus  
 Christ, you are the faithful  
 witness, the first-born of  
 the dead; you have loved us  
 and washed away our sins in  
 your blood. **Alleluia.**

**Gospel** —————  
*(Mark 12:1-12)*

**A reading from the holy  
 Gospel according to Mark**

At that time: Jesus began  
 to speak to the chief  
 priests and the scribes and  
 the elders in parables. “A  
 man planted a vineyard,  
 and set a hedge around it,  
 and dug a pit for the wine

press, and built a tower, and leased it to tenants, and went into another country. When the time came, he sent a servant to the tenants, to get from them some of the fruit of the vineyard. And they took him and beat him, and sent him away empty-handed. Again he sent to them another servant, and they wounded him in the head, and treated him shamefully. And he sent another, and him they killed; and so with many others, some they beat and some they killed.” He had still one other, a beloved son; finally he sent him to them, saying; ‘They will respect my son.’ But those tenants said to one another; ‘This is the heir; come, let us kill him, and

the inheritance will be ours.’ And they took him and killed him, and cast him out of the vineyard. “What will the owner of the vineyard do? He will come and destroy the tenants, and give the to others. Have you not read this Scripture: ‘The very stone which the builders rejected has become the head of the corner; this was the Lord’s doing, and it is marvellous in our eyes?’” And they tried to arrest him, but feared the multitude, for they perceived that he had told the parable against them; so they left him and went away. The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

### **Prayer over the Offerings**

May the sacrifice which we gladly present on the feast day of blessed Boniface, be pleasing to you, O God, for taught by him, we, too, give ourselves entirely to you in praise. Through Christ our Lord. **Amen.**

### **Communion Antiphon**

*(Lk 12:42)* **Behold a wise and faithful servant to distribute their allowance of food in due time.**

### **Prayer after Communion**

Through Christ the teacher, O Lord, instruct those you feed with Christ, the living

Bread, that on the feast day of blessed Boniface, they may learn your truth

and express it in works of charity. Through Christ our Lord. **Amen.**

## Spiritual Direction

## Commentary

Mark 12: 1-12

Sometimes I make the excuse of not wanting intermediaries in my spiritual life: I want to do things on my own, directly with God. I do not allow myself to be helped or directed spiritually.

Jesus, in this parable you reproach the Jews for not having listened to the prophets, not even to you, the “beloved Son” of God. May I realise that your Father’s reaction is just (“he will destroy the tenants and give the vineyard to others”) and allow you to intervene always.

***Rev. Fr. Silvano Ochuodho, Nairobi-Kenya***



# Tuesday June 6

9<sup>th</sup> Week in Ordinary Time

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## **Ferial**

*Or: Saint Norbert, Optional Memorial*

### **Entrance Antiphon**

*(Psalm 24:16.18)* **Turn to me and have mercy on me, O Lord, for I am alone and poor. See my lowliness and suffering, and take away all my sins, my God.**

### **Collect**

O God, whose providence never fails in its design, keep from us, we humbly beseech you, all that might harm us and grant all that works for our good. Through Christ our Lord. **Amen.**

### **Reading**

***(Tobit 2:9-14)***

**A reading from the Book of Tobit**

On [Pentecost] night I, Tobit, returned from burying the dead, I went into my courtyard and slept by the wall of the courtyard, and my face was uncovered because of the heat. I did not know that there were sparrows on the wall and their fresh droppings fell into my open eyes and white films formed on my eyes.

I went to physicians to be healed, but the more they treated me with ointments, the more my vision was obscured by the white films, until I became completely blind. For four years I remained unable to see. All my kindred were sorry for me, and Ahikar took care of me for two years until he went to Elymais. Then my wife Anna earned money at women's work. She used to send the product to the owners, and they paid her wages. One day, the seventh of Dystrus, when she cut off a piece she had woven and sent it to the owners, they paid her full wages and they also gave her a kid. When she returned to me it began to bleat. So I called her

and said to her, "Where did you get the kid? It is not stolen, is it? Return it to the owners; for it is not right to eat what is stolen." And she said, "It was given to me as a gift in addition to my wages." But I did not believe her, and told her to return it to the owners; and I blushed for her. Then she replied to me, "Where are your charities and your righteous deeds? You seem to know everything!" The word of the Lord. **Thanks be to God.**

**Responsorial Psalm** —  
*(Psalm (111) 112:1b-2.7-8.9)*

**R.** With a firm heart, the  
 just man trusts in the Lord.

**Or: Alleluia**

Blessed the man who fears the Lord, who takes great delight in his commandments. His descendants shall be powerful on earth; the generation of the upright will be blest. **R.**

He has no fear of evil news; with a firm heart, he trusts in the Lord. With a steadfast heart he will not fear; he will see the downfall of his foes. **R.**

Open-handed, he gives to the poor; his justice stands firm forever. His might shall be exalted in glory. **R.**

**Acclamation**  
*(Ephesians 1:17-18)*

**Alleluia. Alleluia.** May the Father of our Lord Jesus Christ enlighten the eyes of our hearts that we might know what is the hope to which he has called us. **Alleluia.**

**Gospel** —  
*(Mark 12:13-17)*

**A reading from the holy Gospel according to Mark**

At that time: They sent to Jesus some of the Pharisees and some of the Herodians, to entrap him in his talk. And they came and said to him, “Teacher, we know that you are true, and care for no man; for you do not regard the position of men, but truly teach the way of God. Is it lawful

to pay taxes to Caesar, or not? Should we pay them, or should we not?” But knowing their hypocrisy, he said to them, “Why put me to the test? Bring me a coin, and let me look at it.”

And they brought one. And he said to them, “Whose likeness and inscription is this?” They said to him, “Caesar’s.” Jesus said to them, “Render to Caesar the things that are Caesar’s, and to God the things that are God’s.” And they were amazed at him. The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

### **Prayer over the Offerings**

Trusting in your compassion, O Lord, we come eagerly

with our offerings to your sacred altar, that, through the purifying action of your grace, we may be cleansed by the very mysteries we serve. Through Christ our Lord.. **Amen.**

### **Communion Antiphon**

*(Psalm 16:6)* **To you I call; for you will surely heed me, O God. Turn your ear to me; hear my words.**

*Or: (Mk 11:23.24)*

**Amen, I say to you: Whatever you ask for in prayer, believe you will receive it, and it will be yours, says the Lord.**

### Prayer after Communion

Govern by your Spirit, we pray O Lord those you feed with the Body and Blood of your Son, that, professing you not just in word or in

speech, but also in works and in truth, we may merit to enter the Kingdom of Heaven. Through Christ our Lord. **Amen.**

## Our Duties

### Commentary

John 19:25-34

You and I must contribute to society with our work, with our taxes, respecting just laws. We also have duties to God: if we belong to God, if we have his image imprinted in us by grace, is it not logical that we should strive to give to God what is his, always and in everything seeking the glory he deserves?

As Christians, we need to realise that we all have the right and the duty to positively influence society, the environment around us, at all levels: family, neighbourhood, city, country.

**Rev. Fr. Silvano Ochuodho, Nairobi-Kenya**



# Wednesday June 7

9<sup>th</sup> Week in Ordinary Time

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## Entrance Antiphon

*(Psalm (23) 24:16.18)* **Turn to me and have mercy on me, O Lord, for I am alone and poor. See my lowliness and suffering, and take away all my sins, my God.**

## Collect

O God, whose providence never fails in its design, keep from us, we humbly beseech you, all that might harm us and grant all that works for our good. Through Christ our Lord. **Amen.**

## Reading --- *(Tobit 3:1-11a.16-17a)*

**A reading from the Book of Tobit**

In those days: in my grief I wept, and I prayed in anguish, saying, “Righteous are you, O Lord; all your deeds are just and all your ways are mercy and truth, and you render true and righteous judgement for ever. And now, O Lord, remember me and look favourably upon me; do not punish me for my sins and for my unwitting offences and those which my fathers committed before you.

For we disobeyed your commandments, and you gave us over to plunder, captivity, and death; you made us the talk, the byword, and an object of reproach in all the nations among which you have dispersed us. And now your many judgements are true in exacting penalty from me for my sins and those of my fathers, because we did not keep your commandments. For we did not walk in truth before you. And now deal with me according to your pleasure; command my spirit to be taken up, that I may be released from the face of the earth and become dust. For it is better for me to die than to live, because I have heard false reproaches, and great is the sorrow within

me. Command that I now be released from my distress; release me to go to the eternal abode; and do not, O Lord, turn your face away from me. For it is better for me to die than to see so much distress in my life and to listen to such insults.” On the same day, at Ecbatana in Media, it also happened that Sarah, the daughter of Raguel, was reproached by her father’s maids, because she had given to seven husbands, and the evil demon Asmodeus had slain each of them before he had been with her as his wife. So the maids said to her, “You are the one who kills your husbands! See, you already have had seven and have had no benefit from any of them. Why do you beat

us? Because your husbands are dead? Go with them! May we never see a son or daughter of yours!" On that day she was deeply grieved in spirit and wept. When she had gone up to her father's upper room, she intended to hang herself. But she thought it over and said, "Never shall they reproach my father, saying to him, 'You only had one beloved daughter but she hanged herself because of her distress.' And I shall bring his old age down in sorrow to the grave. It is better for me not to hang myself, but to pray the Lord that I may die and not listen to these reproaches any more." At that same time, with hands outstretched

towards the window, she prayed and said, "Blessed are you, O Lord, merciful God, and blessed is your holy and honoured name." At that very moment, the prayer of both was heard in the presence of the glory of the great God. And Raphael was sent to heal the two of them. The word of the Lord. **Thanks be to God.**

***Responsorial Psalm —  
(Psalm (24) 25:2-3.4-  
5ab.6 and 7bc.8-9)***

***R. To you, O Lord, I lift my  
soul.***

In you, O my God, I have trusted; let me not be put to shame; let not my enemies exult over me. Let none who hope in you be

put to shame; but shamed are those who wantonly break faith. R

O Lord, make me know your ways. Teach me your paths. Guide me in your truth, and teach me; For you are the God of my salvation. R

Remember your compassion, O Lord, and your merciful love, for they are from of old. In your merciful love remember me, because of your goodness, O Lord. R

Good and upright is the Lord; he shows the way to sinners. He guides the humble in right judgment; To the humble he teaches his way. R

## Acclamation

*(John 11:25a.26)*

**Alleluia. Alleluia.** I am the resurrection and the life, says the Lord; he who believes in me shall never die. **Alleluia.**

## Gospel

*(Mark 12:18-27)*

**A reading from the holy Gospel according to Mark**

At that time: Sadducees came to Jesus, who say that there is no resurrection; and they asked him a question, saying, “Teacher, Moses wrote for us that if a man’s brother dies and leaves a wife, but leaves no child, the man must take the wife, and raise up children for his brother. There were seven brothers; the first took a

wife, and when he died left no children; and the second took her, and died, leaving no children; and the third likewise; and the seven left no children. Last of all the woman also died. In the resurrection whose wife will she be? For the seven had her as wife.” Jesus said to them, “Is not this why you are wrong, that you know neither the Scriptures nor the power of God? For when they rise from the dead, they neither marry nor are given in marriage, but are like angels in heaven. And as for the dead being raised, have you not read in the book of Moses, in the passage about the bush, how God said to him, ‘I am the God of Abraham, and the God of Isaac, and the God of Jacob’? He is not God of the dead,

but of the living; you are quite wrong.” The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

### **Prayer over the Offerings**

Trusting in your compassion, O Lord, we come eagerly with our offerings to your sacred altar, that, through the purifying action of your grace, we may be cleansed by the very mysteries we serve. Through Christ our Lord. **Amen.**

### **Communion Antiphon**

*(Psalm (15) 16:6)* **To you I call; for you will surely heed me, O God. Turn your ear to me; hear my words.**

### Prayer after Communion

Govern by your Spirit, we pray, O Lord, those you feed with the Body and Blood of your Son, that, professing you not just in word or in

speech, but also in works and in truth, we may merit to enter the Kingdom of Heaven. Through Christ our Lord. **Amen.**

## Doing the Will of God

### Commentary

Mark 12: 18-27

There are situations in which the problem we may have is not understanding “the power of God.” We sometimes rebel against God, for example in those situations where something unforeseen, painful or unjust happens to us. We fail to understand that, when God permits what to men are evils, He does it because they can do some greater good.

Help me, then, Lord, to come to You, and to accept Your Will without fear, even in those situations where there is pain and tears involved.

***Rev. Fr. Silvano Ochuodho, Nairobi-Kenya***



# Thursday June 8

9<sup>th</sup> Week in Ordinary Time

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## Entrance Antiphon

*(Psalm (23) 24:16.18)* **Turn to me and have mercy on me, O Lord, for I am alone and poor. See my lowliness and suffering, and take away all my sins, my God.**

## Collect

O God, whose providence never fails in its design, keep from us, we humbly beseech you, all that might harm us and grant all that works for our good. Through Christ our Lord. **Amen.**

## Reading

***(Tobit 6:9-12; 7:1cde.9-12.16; 8:1.4-9a)***

**A reading from the Book of Tobit**

In those days: when he entered Media and was already approaching Ecbatana, Raphael said to the youngman, “Brother Tobias!” “Here I am,” he answered.

Then Raphael said to him, “We must stay this night in the home of Raguel. He is your relative, and he has a daughter named Sarah. He has no male heir and no daughter except Sarah

only, and you, as next of kin to her, have before all other men a hereditary claim on her. Also, it is right for you to inherit her father's possessions. Moreover, the girl is sensible, brave and very beautiful, and her father is a good man." And they found Raguel sitting beside the courtyard door. They greeted him first, and he replied, "Joyous greetings, brothers; welcome and good health!" Then he brought them into his house. Then Raguel killed a ram from the flock and received them very warmly. When they had bathed and washed themselves and had reclined to dine, Tobias said to Raphael, "Brother Azarius, ask Raguel to give me my kinswoman Sarah."

But Raguel overheard it and said to Tobias, "Eat, drink, and be merry; for no one except you, brother has the right to marry my daughter Sarah. Likewise, I am not at liberty to give her to any other man than yourself, because you are my nearest relative. But let me explain the true situation to you. I have given my daughter to seven men of our kinsmen, and when each came to her he died in the night. But for the present, my child, eat and drink, and the Lord will act on behalf of you both." But Tobias said, "I will eat nothing here until you make a binding agreement with me." So Raguel said, "I will do so. She is given to you in accordance with the decree in the book

of Moses, and it has been decreed from heaven that she be given to you. Take your kinswoman; from now on you are her brother and she is your sister. She is given to you from today and for ever. May the Lord of heaven, my child, guide and prosper you both this night and grant you mercy and peace.” And Raguel called his wife Edna and said to her, “Sister, make up the other room and take her into it.” When they had finished eating and drinking they wanted to retire; so they took the young man and brought him into the bedroom. When the door was shut and the two were alone, Tobias got up from the bed and said, “Sister, get up, and let us pray and implore

our Lord that he grants us mercy and safety.” And they began to say, “Blessed are you, O God of our fathers, and blessed be your holy and glorious name for ever. Let the heavens and all your creatures bless you. You made Adam and gave him Eve his wife as a helper and support. From them the race of mankind has sprung. You said, ‘It is not good that the man should be alone; let us make a helper for him like himself.’ And now, O Lord, I am not taking this sister of mine because of lust, but with sincerity. Grant that I may find mercy and may grow old together with her.” And they both said, “Amen, amen.” Then they both went to sleep for



the night. The word of the Lord. **Thanks be to God.**

prosper all the days of your life! *R.*

***Responsorial Psalm —  
(Psalm (127) 128:1-2.3.4-5)***

*R.* **Blessed are all who fear the Lord.**

Blessed are all who fear the Lord, and walk in his ways! By the labour of your hands you shall eat. You will be blessed and prosper. *R.*

Your wife like a fruitful vine in the heart of your house; your children like shoots of the olive around your table. *R.*

Indeed thus shall be blessed the man who fears the Lord. May the Lord bless you from Sion. May you see Jerusalem

**Acclamation**

*(2 Timothy 1:10)*

**Alleluia. Alleluia.** Our Saviour Christ Jesus abolished death brought life and immortality to light through the Gospel. **Alleluia.**

***Gospel —  
(Mark 12:28b-34)***

**A reading from the holy Gospel according to Mark**

At that time: One of the scribes came up and asked Jesus, “Which commandment is the first of all?” Jesus answered, “The first is, ‘Hear, O Israel: The Lord our God,

the Lord is one; and you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.' The second is this, 'You shall love your neighbour as yourself.' There is no other commandment greater than these." And the scribe said to him, "You are right, Teacher; you have truly said that he is one, and there is no other but he; and to love him with all the heart, and with all the understanding, and with all the strength, and to love one's neighbour as oneself, is much more than all whole burnt offerings and sacrifices." And when Jesus saw that he answered wisely, he said to him, "You are not

far from the kingdom of God." And after that no one dared to ask him any question. The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

### **Prayer over the Offerings**

Trusting in your compassion, O Lord, we come eagerly with our offerings to your sacred altar, that, through the purifying action of your grace, we may be cleansed by the very mysteries we serve. Through Christ our Lord. **Amen.**

### **Communion Antiphon**

*(Psalm (15) 16:6)* **To you I call; for you will surely heed me, O God. Turn your ear to me; hear my words.**

### Prayer after Communion

Govern by your Spirit, we pray, O Lord, those you feed with the Body and Blood of your Son, that, professing you not just

in word or in speech, but also in works and in truth, we may merit to enter the Kingdom of Heaven. Through Christ our Lord.

**Amen.**

## God's Commandments

### Commentary

Mark 12: 28-34

Nobody rebels against the safety barriers on the side of a highway even though they seem to “restrict” our freedom to go wherever we want. May we therefore always see the commandments for what they are: aids, pointers to the road that leads to the “Kingdom of God”, to joy here on earth and then to eternal joy in Heaven.

Thank you, Jesus, for giving us the commandments, for showing us so clearly the limits of the road that leads to life! We are freer when we follow the commandments than when we act against them.

**Rev. Fr. Silvano Ochuodho, Nairobi-Kenya**



# Friday June 9

9<sup>th</sup> Week in Ordinary Time

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## **Ferial**

*Or: St Ephrem of Syria, optional memorial*

### **Entrance Antiphon**

*(Psalm (23) 24:16.18)* **Turn to me and have mercy on me, O Lord, for I am alone and poor. See my lowliness and suffering, and take away all my sins, my God.**

### **Collect**

O God, whose providence never fails in its design, keep from us, we humbly beseech you, all that might harm us and grant all that works for our good. Through Christ our Lord. **Amen.**

### **Reading**

***(Tobit 11:5-15)***

**A reading from the Book of Tobit**

In those days: Anna sat looking intently down the road for her son. And she caught sight of him coming, and said to his father, “Behold, your son is coming and so is the man who went with him!” Raphael said to Tobias, before they approached his father, “I know that his eyes will be opened. Smear the gall of

the fish on his eyes, and the medicine will cause the white films to fall away. And your father will regain his sight and see the light.” Then Anna ran to meet them, and embraced her son, and said to him, “I have seen you, my child; now I am ready to die.” And she wept. Tobit got up, and came stumbling out through the courtyard door. But his son ran to him with gall of the fish in his hand, and holding him firmly, he blew into his eyes, saying, “Take courage, Father.” With this he applied the medicine on his eyes. Next with both his hands, he peeled off the white films from the corners of his eyes. Then he saw his son, the light of my eyes!” Then he said, “Blessed be God, and blessed be his great name, and blessed be all his

holy angels. May his holy name be blessed throughout all the ages. Though he afflicted me, he has had mercy on me. Now I see my son Tobias!” The word of the Lord. **Thanks be to God.**

**Responsorial Psalm —**  
**(Psalm (145) 146:1b-2. 6c.7.8- 9a.9bc-10)**

**R. My soul, give praise to the Lord!**

**or: Alleluia.**

My soul, give praise to the Lord; I will praise the Lord all my life, sing praise to my God while I live. **R.**

It is the Lord who preserves fidelity forever, Who does justice to those who are oppressed. It is he who gives bread to the

hungry, the Lord who sets prisoners free. R.

It is the Lord who opens the eyes of the blind, The Lord who raises up those who are bowed down. It is the Lord who loves the just, the Lord who protects the stranger. R.

The Lord upholds the orphan and the widow, but thwarts the path of the wicked. The Lord will reign forever, the God of Sion from age to age. R.

### **Acclamation** (*John 14:23*)

**Alleluia. Alleluia.** If a man loves me, he will keep my word, says the Lord; and my Father will love him, and we will come to him. **Alleluia.**

### **Gospel** ————— (*Mark 12:35-37*)

#### **A reading from the holy Gospel according to Mark**

At that time: As Jesus taught in the temple, he said, “How can the scribes say the Christ is the son of David? David himself, inspired by the Holy Spirit, declared, ‘The Lord said to my Lord, Sit at my right hand, till I put your enemies under your feet.’ David himself calls him Lord; so how is he his son?” And the great throng heard him gladly. The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

#### **Prayer over the Offerings**

Trusting in your compassion,  
O Lord, we come eagerly

with our offerings to your sacred altar, that, through the purifying action of your grace, we may be cleansed by the very mysteries we serve. Through Christ our Lord. **Amen.**

### **Communion Antiphon**

*(Psalm (15) 16:6)* **To you I call; for you will surely heed me, O God. Turn your ear to me; hear my words.**

### **Prayer after Communion**

Govern by your Spirit, we pray, O Lord, those you feed with the Body and Blood of

your Son, that, professing you not just in word or in speech, but also in works and in truth, we may merit

to enter the Kingdom of Heaven. Through Christ our Lord. **Amen.**

## Commentary

### In Him and through Him

Mark 12: 35-37

The Jews do not understand that Jesus can be both “son of David” - his descendant - and his Lord because it is not easy to understand that Jesus can be both God and true man. In fact, it is impossible to understand it in all its depth: the Incarnation is a mystery of faith.

The Resurrection is the final proof of his divinity: “My Lord and my God” (John 20:28), Thomas exclaims upon seeing Christ risen; true God, the Son of the Father. Jesus expects me to live with Him, in Him and through Him.

***Rev. Fr. Silvano Ochuodho, Nairobi-Kenya***



# Saturday June 10

9<sup>th</sup> Week in Ordinary Time

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## **Ferial**

*Or: Saturday mass of B.V. Mary*

### **Entrance Antiphon**

*(Psalm (23) 24:16.18)* **Turn to me and have mercy on me, O Lord, for I am alone and poor. See my lowliness and suffering, and take away all my sins, my God.**

### **Collect**

O God, whose providence never fails in its design, keep from us, we humbly beseech you, all that might harm us and grant all that works for our good. Through Christ our Lord. **Amen.**

### **Reading** \_\_\_\_\_

***(Tobit 12:1.5-15.20)***

**A reading from the Book of Tobit**

In those days: Tobit called his son Tobias and said to him, “My son, see to the wages of the man who went with you; and he must also be given more.” So he called the angel and said to him, “Take for your wages half of all that you two have brought back, and farewell.” Then the angel called the

two of them privately and said to them: “Praise God and give thanks to him; exalt him and give thanks to him in the presence of all the living for what he has done for you. It is good to praise God and to exalt his name, worthily declaring the works of God. Do not be slow to give him thanks. It is good to guard the secret of a king, but gloriously to reveal the works of God, and with fitting honour to acknowledge him. Do good, and evil will not overtake you. Prayer is good when accompanied by fasting, almsgiving, and righteousness. A little with righteousness is better than much with wrongdoing. It is better to give alms than to treasure up gold. For almsgiving delivers from

death, and it will purge away every sin. Those who perform deeds of charity and of righteousness will have fulness of life; but those who commit sin are the enemies of their own lives. I will now declare the whole truth to you and I will not conceal anything from you. I have said, ‘It is good to guard the secret of a king, but gloriously to reveal the works of God.’ And so, when you and your daughter-in-law Sarah prayed, I brought a reminder of your prayer before the Holy One; and when you buried the dead, I was likewise present with you. When you did not hesitate to rise and leave your dinner in order to go and lay out the dead, I was sent to test you. So now God sent me to heal you and your

daughter in-law Sarah. I am Raphael, one of the seven holy angels who present the prayers of the saints and enter into the presence of the glory of the Lord. And now bless the Lord upon the earth and give thanks to God, for I am ascending to him who sent me. Write in a book everything that has happened to you.” The word of the Lord. **Thanks be to God.**

***Responsorial Psalm —  
(Tobit 13:1b and 2.3-4a.6efgh.6ij.8)***

**R. Blessed is God, who lives forever.**

Blessed be God, who lives forever. For he afflicts, and he shows mercy; he leads down to Hades, and

brings up again, and there is no one who can escape his hand. R.

Acknowledge him before the nations, / O sons of Israel; for he has scattered us among them. Make his greatness known there. R.

But see what he will do with you; give thanks to him with your full voice. Praise the Lord of righteousness, and exalt the King of the ages. R.

I give him thanks in the land of my captivity, and I show his power and majesty to a nation of sinners. R.

Bless the Lord, all you his chosen ones, All of you, praise his glory. Celebrate days of joy. And give thanks to him. R.

## Acclamation

*(Matthew 5:3)*

**Alleluia. Alleluia.** Blessed are the poor in spirit, for theirs is the kingdom of heaven. **Alleluia.**

## Gospel --- *(Mark 12:38-44)*

### A reading from the holy Gospel according to Mark

At that time: In his teaching Jesus said, “Beware of the scribes, who like to go about in long robes, and to have salutations in the market places and the best seats in the synagogues and the places of honour at feasts, who devour widows’ houses and for a pretence make long prayers. They will receive the greater

condemnation.” And he sat down opposite the treasury, and watched the multitude putting money into the treasury. Many rich people put in large sums. And a poor widow came, and put in two copper coins, which make a penny. And he called his disciples to him, and said to them, “Truly, I say to you, this poor widow has put in more than all those who are contributing to the treasury. For they all contributed out of their abundance; but she out of her poverty has put in everything she had, her whole living.” The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

### **Prayer over the Offerings**

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in word or in speech, but  
also in works and in truth,  
we may merit to enter

the Kingdom of Heaven.  
Through Christ our Lord.  
**Amen.**

## Serving Others

### Commentary

Mark 12: 38-44

It is not wrong to desire to occupy high positions or to reach the places of greatest influence. What is wrong is to seek these human goals in themselves, and not as a means for us in Christ to enlighten, to serve others more and better.

God knows the interior of our hearts and knows perfectly well what the true motive of our actions is, for which we shall be judged. May we therefore not be afraid of aspiring to jobs of responsibility as that would be comfort, lack of education, or lack of character on our part.

***Rev. Fr. Silvano Ochuodho, Nairobi-Kenya***



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