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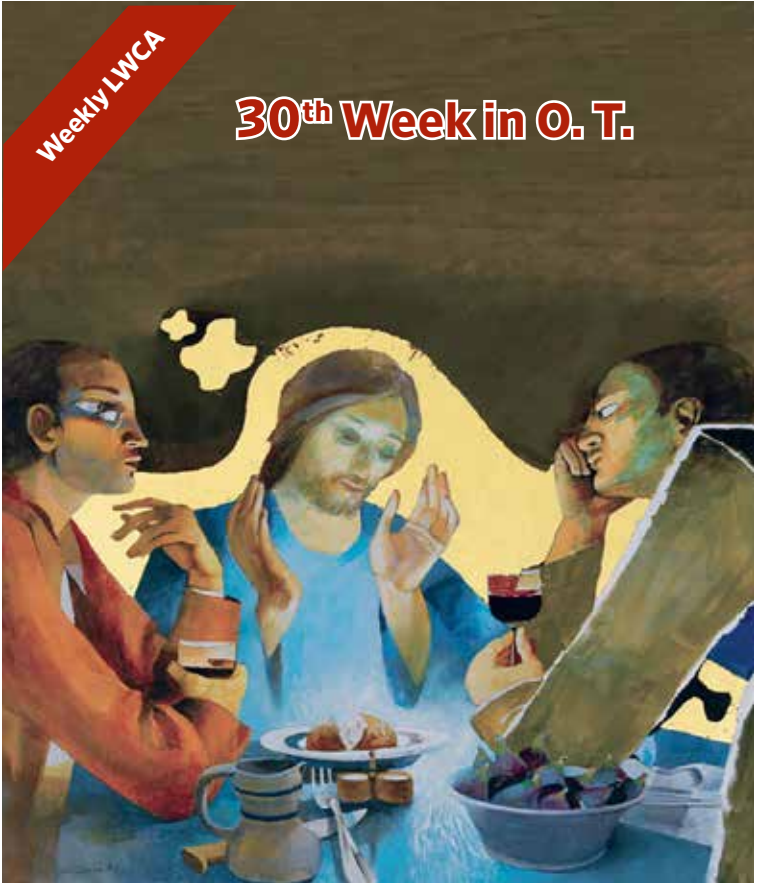
Living with Christ

GROWING UP DAILY WITH THE GOOD NEWS

Weekly LWCA

30th Week in O. T.

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AFRICA ● 23-29 October 2022 ● Digital n°04

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Liturgical texts:

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On our cover: Disciples of Emmaus / 2022 World Mission Week Logo : See

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New Editorial Direction !

On January 23, 2014, Pope Francis called on Catholics to be “digital citizens”. ***Living With Christ Africa*** has been working for years mainly through printing to make available to a large number of African readers the riches of the Word of God.

We then wanted to announce to our dear readers a new editorial direction in order to also respond to the call of our bishops “to use communication technologies (...) to nourish our prayers and celebrations. This is a historical change, to bring the Word of God as far as possible. The present and future generations are and will be more and more in the digital space, where they act, beyond the borders, to access information.

Thus, effective October 2022, ***Living With Christ Africa*** will be committed to spreading the Word of God only through digital means. You are therefore invited to join us on our **Website : <https://www.livingwithchrist.africa>**, **Facebook: (Living with Christ Africa)**, **TiKtoK (Living with Christ Africa)**, **Whatsapp: +2250594797568 / +254727074304**, **Youtube (Living with Christ Africa)**. Together let us use digital means to read, listen and spread the Word of God ! The Lord be with You !



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

Editorial October 2022



The Pope's Prayer Intention

For a Church open to everyone: We pray for the Church; ever faithful to, and courageous in preaching the Gospel, may the Church be a community of solidarity, fraternity and welcome, always living in an atmosphere of synodality.

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

The Sacrament of the Eucharist

The sacrament of the Eucharist was instituted by Jesus Christ during the Last Supper. Before receiving the first Communion, the candidates must be well prepared so that they may be aware that the Eucharist is different from any other food. It is the body of Jesus Christ. He said: “He who eats my flesh and drinks my blood has eternal life, and I will raise him up on the last day (John 6,54).” Jesus Christ is truly present in the Eucharist. In the sacrament of the Eucharist, Jesus Christ offers himself as the bread of life and spiritual drink. The Eucharist is the sacrament of unity. Those who participate in it are invited to form one body in Christ. The conference of bishops in every country decides the age at which a baptized person can receive Holy Communion for the first time.

There are two ways of receiving holy Communion: on the tongue or in the hands. What matters is the awareness and the reverence with which the body of Christ must

Focus on the Sacraments

be received. If one cannot kneel down while receiving the Communion, he or she is invited to make a gesture of reverence to welcome Jesus Christ. Some circumstances like the pandemic may oblige the conference of bishops of a given country and the local bishop to give practical indications that will help the faithful to avoid the spreading of the pandemic. For instance, communion on the tongue is forbidden these days because of the Covid-19.

Communion creates an intimate relationship between Christ and the faithful who receive it. In John's Gospel, Jesus Christ says: "He who eats my flesh and drinks my blood abides in me, and I in him." In the Catholic Church, any baptized person without mortal sin can receive Holy Communion. It is important to know that the Holy Communion is not given to children under the age of reasoning or to people who, through illness, do not have the ability to reason.

The minister of the sacrament of the Eucharist is the priest. He celebrates the Eucharist in the name of Jesus Christ. A deacon cannot celebrate the Eucharist because

he is not ordained to the priesthood. After receiving the Holy Eucharist, the Christian is invited to pray silently. Here is one of the prayers that one can do:

My Jesus, I believe that You are present in the Most Blessed Sacrament.

I love You above all things,

and I desire to receive You into my soul.

*Since I cannot now receive you sacramentally,
come at least spiritually into my heart.*

*I embrace You as if you were already there,
and I unite myself wholly to You.*

Never permit me to be separated from You.

(Saint Alphonsus Liguori)

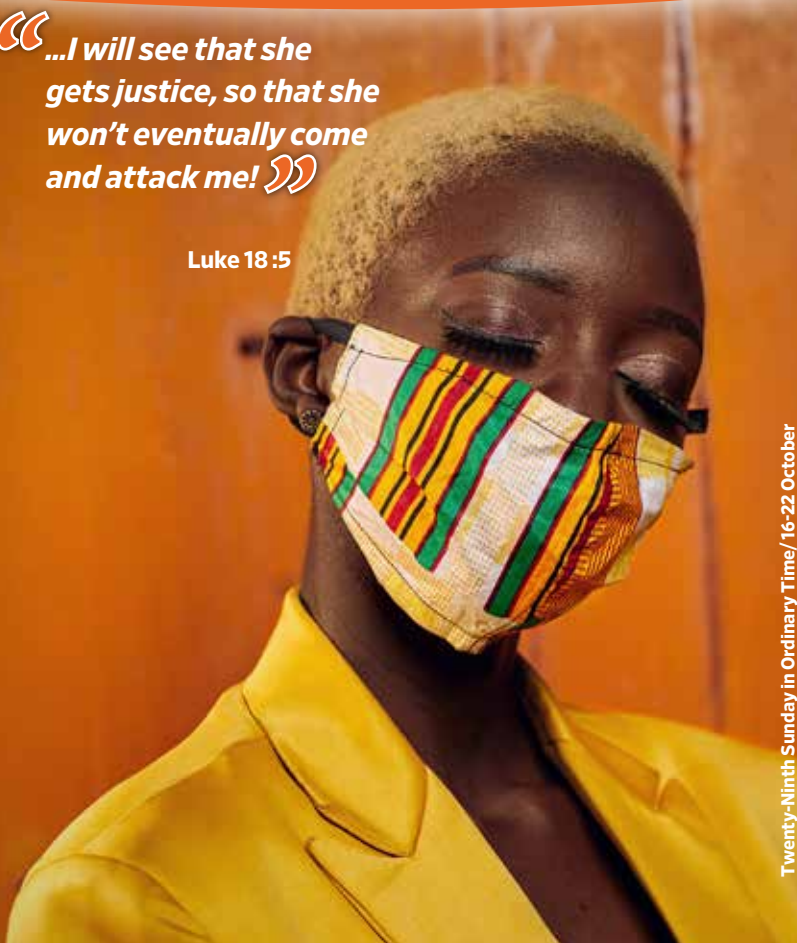
The ordinary ministers of the distribution of the Holy Communion are the bishop, the priest, and the deacon. On some occasions, like during big celebrations, extraordinary ministers can distribute Holy Communion. The extraordinary ministers are the acolyte or any other faithful provided that they are allowed by the competent authorities.

***Rev. Fr. Jérôme K. M. Kombi,
Rome-Italy***

Image & Verse of the Week

“*...I will see that she gets justice, so that she won't eventually come and attack me!*”

Luke 18 :5





Sunday October 23

30th Sunday in Ordinary Time

Sirach 35:12-14. 16-18 / Psalm (33) 34:2-3. 17-18. 19. 23 (7a)/ 2
Timothy 4:6-8. 16-18 / Luke 18:9-14



“God, be merciful to me a sinner!”



“God of Mercy and Justice”

The Lord delivers the souls of his servants; those who hope in him will not be lost”. This passage from this Sunday’s Psalm confirms the meaning of God’s mercy to all those who put their trust in the Lord. Indeed, the first reading from chapter 35 of the Book of Sirach gives an understandable list of those who deserve God’s mercy. It is about the oppressed, the poor, the orphans, and the widows. However, according to the exegesis of this text, it is not enough to belong to this class to obtain God’s mercy. A primordial condition is required for this purpose and one must also be a seeker of God. He is a believer who acts in simplicity and humility of heart. He must be a man of justice from every point of view.

This is the example of Saint Paul in the second reading. He made himself poor with the poor and was the Apostle of the Gentiles in humility because he is aware that they are also children of God. St. Paul was just announcing to them the Good News of salvation, and that is why God showed him mercy by granting him the crown of a holy life (2 Timothy 4,8).



Sunday October 23

Moreover, the Gospel of Saint Luke presents us with the figure of the prayers of the publican and the Pharisee in the temple of God. God answers the prayer of the publican who was humble in his request for forgiveness with a poor heart, while the Pharisee, full of himself and his ego, have not obtained the Lord's grace. For Lord justifies the humble and the righteous and humbles the arrogant and the unjust. They will obtain what they have sown. St. Paul does not hesitate to quote Alexander who did him a lot of harm. He says: "The Lord will give him what he deserves. We must understand that only the merciful will obtain mercy. So let us be just and humble for it is the only way to obtain mercy from the Lord.

Rev. Fr. Jean-Paul Sakoto – Nairobi-Kenya



Entrance Antiphon (*Cf. Psalm (104) 105:3-4*)

Let the hearts that seek the Lord rejoice; turn to the Lord and his strength; constantly seek his face.

Collect

Almighty ever-living God, increase our faith, hope and charity, and make us love what you command, so that we may merit what you promise. Through our Lord... **Amen.**

First Reading (*Sirach 35:12c-14.16-18b*)

A reading from the Book of Sirach

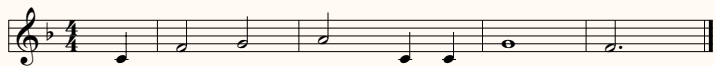
The Lord is the judge, and with him is no partiality. He will not show partiality in the case of a poor man; and he will listen to the prayer of one who is wronged. He will not ignore the supplication of the fatherless, nor the widow when she pours out her story. He whose service is pleasing to the Lord will be accepted, and his prayer will reach to the clouds. The prayer of the humble pierces the clouds, and he will not be consoled until it reaches the Lord; he will not desist until the Most High visits him, and the just judge executes judgement. And the Lord will not delay, neither will he be patient with them.

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



Sunday October 23

Responsorial Psalm (Psalm ⁽³³⁾ 34:2-3.17-18.19.23)—



The poor one called and the Lord heard.



R. The lowly one called, and the Lord heard him.

I will bless the Lord at all times,
praise of him is always in my mouth.
In the Lord my soul shall make its boast;
the humble shall hear and be glad. **R.**

The Lord turns his face against the wicked
to destroy their remembrance from the earth.
When the just cry out, the Lord hears,
and rescues them in all their distress. **R.**

The Lord is close to the broken-hearted;
those whose spirit is crushed he will save.



The Lord ransoms the souls of his servants.
All who trust in him shall not be condemned. R.

Second Reading (2 Timothy 4:6-8.16-18) —————

A reading from the second Letter of Saint Paul to Timothy

Beloved: I am already on the point of being sacrificed; the time of my departure has come. I have fought the good fight, I have finished the race, I have kept the faith. From now on there is laid up for me the crown of righteousness, which the Lord, the righteous judge, will award to me on that Day, and not only to me but also to all who have loved his appearing. At my first defence no one took my part; all deserted me. May it not be charged against them! But the Lord stood by me and gave me strength to proclaim the word fully, that all the Gentiles might hear it. So, I was rescued from the lion's mouth. The Lord will rescue me from every evil and save me for his heavenly kingdom. To him be the glory for ever and ever. Amen.
The word of the Lord. **Thanks be to God.**



Sunday October 23

Gospel Acclamation (*2 Corinthians 5:19*)

Alleluia. Alleluia. God was in Christ reconciling the world to himself, and entrusting to us the message of reconciliation. **Alleluia.**

Gospel (*Luke 18:9-14*)

A reading from the holy Gospel according to Luke

At that time: Jesus told this parable to some who trusted in themselves that they were righteous and despised others: “Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee stood and prayed thus with himself, ‘God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week, I give tithes of all that I get.’ “But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying ‘God, be merciful to me a sinner!’ “I tell you; this man went down to his house justified rather than the other; for everyone who exalts himself will be humbled, but he who humbles himself will be exalted.”
The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**



Prayer of the Faithful

The following intentions are suggestions only.

R. Lord, hear us!

For our Church in its mission to further the reign of God in the world, we pray to the Lord: R.

For charity, mercy and justice in our communities and societies, 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 parish community, challenged to see the face of Christ in everyone, we pray to the Lord: R.

Prayer over the Offerings

Look, we pray, O Lord, on the offerings we make to your majesty, that whatever is done by us in your service may be directed above all to your glory. Through Christ our Lord. **Amen.**



Sunday October 23

Communion Antiphon (*Psalm (19) 20:6*)

We will ring out our joy at your saving help and exult in the name of our God.

Or

Ephesian. 5:2

Christ loved us and gave himself up for us, as a fragrant offering to God.

Prayer after Communion

May your Sacraments, O Lord, we pray, perfect in us what lies within them, that what we now celebrate in signs we may one day possess in truth. Through Christ our Lord. **Amen.**



Monday October 24

30th Week in Ordinary Time

Entrance Antiphon

(Psalm (104) 105:3-4) **Let the hearts that seek the Lord rejoice; Turn to the Lord and his strength; constantly seek his face.**

Collect

Almighty ever-living God, increase our faith, hope and charity, and make us love what you command, so that we may merit what you promise. Through Christ our Lord. **Amen.**

Reading

(Ephesians 4:32-5:8)

A reading from the Letter of Saint Paul to the Ephesians.

Brethren: Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you. Therefore, be imitators of God, as beloved children. And, walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God. But immorality and all impurity or covetousness must not even be named among you, as is fitting among saints. Let

there be no filthiness, nor silly talk, nor levity, which are not fitting; but instead, let there be thanksgiving. Be sure of this, that no immoral or impure man, or one who is covetous (that is, an idolater), has any inheritance in the kingdom of Christ and of God. Let no one deceive you with empty words, for it is because of these things that the wrath of God comes upon the sons of disobedience. Therefore, do not associate with them, for once you were darkness, but now you are light in the Lord; walk as children of light.

The word of the Lord.
Thanks be to God.

***Responsorial Psalm—
(Psalm 1:1-2.3.4 and 6)***

***R. Let us be imitators of
God, as beloved children.***

Blessed indeed is the man who follows not the counsel of the wicked, nor stands in the path with sinners, nor abides in the company of scorners, but whose delight is the law of the Lord, and who ponders his laws day and night. *R.*

He is like a tree that is planted beside the flowing waters, that yields its fruit in due season, and whose leaves shall never fade; and all that he does shall prosper. *R.*

Not so are the wicked, not so! For they, like winnowed

chaff, shall be driven away by the wind. For the Lord knows the way of the just, but the way of the wicked will perish. R.

Acclamation

(John 17:17ba)

Alleluia. Alleluia. Your word, O Lord, is truth; sanctify us in the truth.
Alleluia.

Gospel _____

(Luke 13:10-17)

A reading from the holy Gospel according to Luke

At that time: Jesus was teaching in one of the synagogues on the sabbath. And there was a woman who had had a spirit of infirmity for eighteen years; she was bent over and could not fully straighten herself.

And when Jesus saw her, he called her and said to her, “Woman, you are freed from your infirmity.” And he laid his hands upon her, and immediately she was made straight, and she praised God. But the ruler of the synagogue, indignant because Jesus had healed on the sabbath, said to the people, “There are six days on which work ought to be done; come on those days and be healed, and not on the sabbath day.” Then the Lord answered him, “You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to water it? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen years, be loosed from this bond

on the sabbath day?” As he said this, all his adversaries were put to shame; and all the people rejoiced at the glorious things that were done by him.

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

Prayer over the Offerings

Look, we pray, O Lord, on the offerings we make to your majesty, that

whatever is done by us in your service may be directed above all to your glory. Through Christ our Lord. **Amen.**

Communion Antiphon

(Psalm (19) 20:6) **We will ring out our joy at your saving help, and exult in the name of our God.**

Prayer after Communion

May your Sacraments, O Lord, we pray, perfect in us what lies within them, that what we now celebrate

in signs we may one day possess in truth. Through Christ our Lord. **Amen.**

Commentary

“Be the Light”

Ephesian 4:32-5: 8/ Luke
13:10-17

In today's Gospel, Jesus says: “Be perfect as your Father in heaven is perfect” Mt 5, 48. Jesus is inviting us to be holy like the father, imitating the works of the light and avoiding all that is of the world, which are works of darkness. It is to imitate his love. To make the love of God as his law is to be a child of light, and oppose worldly pleasures. On the other hand, the saints are compassionate like Jesus who took pity on the sick woman of the Gospel and healed her by making her a victim of the law. He came to her rescue without hypocrisy even against the Jewish law.

Rev. Fr. Jean-Paul Sakoto – Nairobi-Kenya



Tuesday October 25

30th Week in Ordinary Time

Entrance Antiphon

(Psalm (104) 105:3-4) **Let the hearts that seek the Lord rejoice; Turn to the Lord and his strength; constantly seek his face.**

Collect

Almighty ever-living God, increase our faith, hope and charity, and make us love what you command, so that we may merit what you promise. Through Christ our Lord. **Amen.**

Reading ---

(Ephesians 5:21-33)

A reading from the Letter of Saint Paul to the Ephesians.

Brethren: Be subject to one another out of reverence for Christ. Wives, be subject to your husbands, as to the Lord. For the husband is the head of the wife as Christ is the head of the Church, his body, and is himself its Saviour. As the Church is subject to Christ, so let wives also be subject in everything to their husbands. Husbands, love your wives, as Christ loved the Church and gave

himself up for her, that he might sanctify her, having cleansed her by the washing of water with the word, that he might present the Church to himself in splendour, without spot or wrinkle or any such thing, that she might be holy and without blemish. Even so husbands should love their wives as their own bodies. He who loves wife loves himself. For no man ever hates his own flesh, but nourishes and cherishes it, as Christ does the Church, because we are members of his body. “For this reason, a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh.” This is a great mystery, and I mean in reference to Christ and the Church; however, let each one of you love his wife

as himself, and let the wife see that she respects her husband.

The word of the Lord.
Thanks be to God.

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

Acclamation

(Matthew 11:25)

Alleluia. Alleluia. Blessed are you, Father, Lord of heaven and earth that, you have revealed to little ones the mysteries of the kingdom. **Alleluia.**

Gospel _____

(Luke 13:18-21)

A reading from the holy Gospel according to Luke

At that time: Jesus said, “What is the kingdom of God like? And to what shall I compare it? It is like a grain of mustard seed which a man took and sowed in his garden; and it grew and became a tree, and the

birds of the air made nests in its branches.” And again, he said, “To what shall I compare the kingdom of God? It is like leaven which a woman took and hid in three measures of meal, till it was all leavened.”

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

Prayer over the Offerings

Look, we pray, O Lord, on the offerings we make to your majesty, that whatever is done by us in your service may be directed above all to your glory. Through Christ our Lord. **Amen.**

Communion Antiphon

(Psalm (19) 20:6) **We will ring out our joy at your saving help, and exult in the name of our God.**

Prayer after Communion

May your Sacraments, O Lord, we pray, perfect in us what lies within them,

that what we now celebrate in signs we may one day possess in truth. Through Christ our Lord. **Amen.**

“Husband, Love your Wife”

Commentary

Luke 13:18-21

Jesus defines the kingdom of God as a mustard seed that gives a great tree or leaven that leavens bread. Indeed, Saint Paul in the second reading shows the kingdom of God as the union of the married couple which looks like the relationship between Christ and the Church. Here, the husband as the good shepherd must be the head of the family, not to crush his wife, but to love and cherish her as his own body. He must sacrifice everything for the good of his wife and family as He did to save humankind. The family is also the place where the kingdom blossoms and flourishes.

Rev. Fr. Jean-Paul Sakoto – Nairobi-Kenya



Wednesday October 26

30th Week in Ordinary Time

Entrance Antiphon

(Cf. Psalm (104) 105:3-4)

Let the hearts that seek the Lord rejoice; Turn to the Lord and his strength; constantly seek his face.

Collect

Almighty ever-living God, increase our faith, hope and Charity, and make us love what you command, so that we may merit what you promise. Through Christ our Lord. **Amen.**

Reading --- (Ephesians 6:1-9)

A reading from the Letter of Saint Paul to the Ephesians

Children obey your parents in the Lord, for this is right. “Honour your father and mother” (this is the first commandment with a promise), “that it may be well with you and that you may live long on earth.” Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord. Slaves, be obedi-



ent to those who are your earthly masters, with fear and trembling, in singleness of heart, as to Christ; not in the way of eye-service, as men-pleasers, but as servants of Christ, doing the will of God from the heart, rendering service with a good will as Lord and not to men, knowing that whatever good any one does, he will receive the same again from the Lord, whether he is a slave or free. Masters, do the same to them, and forbear threatening knowing that he who is both their Master and yours is in heaven, and that there is no partiality with him.

The word of the Lord.
Thanks be to God.

Responsorial Psalm —
(Psalm ⁽¹⁴⁴⁾ 145:10-11.12-13ab. 13cd-14)

R. The Lord is faithful in all his words.

All your works shall thank you, O Lord, and all your faithful ones bless you. They shall speak of the glory of your reign, and declare your mighty deeds. R.

They shall make known your might to the children of men, and the glorious splendour of your reign. Your kingdom is an everlasting kingdom; your rule endures for all generations. R.

The Lord is faithful in all his words, and holy in all his deeds. The Lord supports all who fall, and raises up all who are bowed down. R.

Acclamation*(2 Thessalonians 2:14)*

Alleluia. Alleluia. God has called us through the Gospel, to obtain the glory of our Lord Jesus Christ. **Alleluia.**

Gospel —————*(Luke 13:22-30)***A reading from the holy Gospel according to Luke**

At that time: Jesus went on his way through towns and villages, teaching and journeying toward Jerusalem. And someone said to him, “Lord, will those who are saved be few?” And he said to them, “Strive to enter by the narrow door; for many, I tell you, will seek to enter and will not be able. When once the householder has

risen up and shut the door, you will begin to stand outside and to knock at the door, saying, ‘Lord, open to us.’ He will answer you, ‘I do not know where you come from.’ Then you will begin to say, ‘we ate and drank in your presence, and you taught in our streets.’ But he will say, ‘I tell you, I do not know where you come from, depart from me, all you workers of iniquity!’ There you will weep and gnash your teeth, when you see Abraham and Isaac and Jacob and all the prophets in the kingdom of God and you yourselves thrust out. And men will come from east and west, and from north and south, and sit at table in the kingdom of God. And behold some are



last who will be first, and some are first who will be last.”

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

Prayer over the Offerings

Look, we pray, O Lord, on the offerings we make to your majesty, that whatever is done by us in your service may be directed above all to your glory. Through Christ our Lord. **Amen.**

Communion Antiphon

(Cf. Psalm (19) 20:6) **We will ring out our joy at your saving help, and exult in the name of our God.**

Or:

(Ephesians 5:2) **Christ loved us and gave himself up for us, as a fragrant offering to God.**

Prayer after Communion

May your Sacraments, O Lord, we pray, perfect

in us what lies within one day possess in truth.
them, that what we now Through Christ our Lord.
celebrate in signs we may **Amen.**

**“The First will Be Last
and the Last will
Be First”**

Commentary

Luke 13:22-30

In today's Gospel, a stranger asks Jesus, "Who are the ones who will be saved? He responded, "Strive to enter through the narrow gate, for I tell you that many will seek to enter and will not be able to" (Luke 13:24). To be saved, it is not enough to be a Christian, we have to deserve it. According to Saint Paul, each one must play his part. Let the children obey and honour their parents, let the servants serve their superior, and let the superior act well toward his servant. We have to perform well our duties and mission towards our neighbour for we are all members of the body of Christ.

Rev. Fr. Jean-Paul Sakoto - Nairobi-Kenya



Thursday October 27

30th Week in Ordinary Time

Entrance Antiphon

(Psalm (104) 105:3-4) **Let the hearts that seek the Lord rejoice; Turn to the Lord and his strength; constantly seek his face.**

Collect

Almighty ever-living God, increase our faith, hope and charity, and make us love what you command, so that we may merit what you promise. Through Christ our Lord. **Amen.**

Reading --- *(Ephesians 6:10-20)*

A reading from the Letter of Saint Paul to the Ephesians

Finally, brethren, be strong in the Lord and in the strength of his might. Put on the whole armour of God, that you may be able to stand against the wiles of the devil. For we are not contending against flesh and blood, but against the principalities, against the powers, against the world rulers of this present darkness, against the

spiritual hosts of wickedness in the heavenly places. Therefore, take the whole armour of God, that you may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having fastened the belt of truth around your waist, and having put on the breastplate of righteousness, and having shod your feet with the equipment of the gospel of peace; above all taking the shield of faith, with which you can quench all the flaming darts of the Evil One. And take the helmet of salvation, and the sword of the Spirit, which is the word of God. Pray at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the

saints, and also for me, that utterance may be given me in opening my mouth boldly to proclaim the mystery of the gospel, for which I am an ambassador in chains; that I may declare it boldly, as I ought to speak.

The word of the Lord.
Thanks be to God.

***Responsorial Psalm —
(Psalm (143) 144:1.2.9-10)***

**R. Blest be the Lord, my
rock.**

Blest be the Lord, my rock, who trains my hands for battle, who prepares my fingers for war. R.

He is my merciful love, my fortress; he is my stronghold, my saviour, my shield in

whom I take refuge. He brings peoples under my rule. *R.*

To you, O God, will I sing a new song; I will play on the ten-stringed harp to you who give kings their victory, who set David your servant free from the evil sword. *R.*

Acclamation

(Luke 19:38; 2:14)

Alleluia. Alleluia. Blessed is the king who comes in the name of the Lord; peace on earth, and glory in the highest. **Alleluia.**

Gospel —————

(Luke 13:31-35)

A reading from the holy Gospel according to Luke

On that day, some Pharisees came, and said to Jesus, “Get away from here, for Herod wants to kill you.” And he said to them, “Go and tell that fox, ‘Behold, I cast out demons and perform cures today and tomorrow, and the third day I finish my course. Nevertheless, I must go on my way today and tomorrow and the day following; for it cannot be that a prophet should perish away from Jerusalem.’ O Jerusalem, Jerusalem, killing the prophets and stoning those who are sent to you! How often would I have gathered your children together as a hen gathers her brood under her wings, and you would not! Behold, your house

is forsaken. And I tell you, you will not see me until you say, ‘Blessed is he who comes in the name of the Lord!’”

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

Prayer over the Offerings

Look, we pray, O Lord, on the offerings we make to your majesty, that whatever is done by us in your service may be

directed above all to your glory. Through Christ our Lord. **Amen.**

Communion Antiphon

(Psalm (19) 20:6) **We will ring out our joy at your saving help, and exult in the name of our God.**

Prayer after Communion

May your Sacraments, O Lord, we pray, perfect in us what lies within them, that what we now

celebrate in signs we may Through Christ our Lord.
one day possess in truth. **Amen.**

“Perseverance and Prayer”

Commentary

Luke 13:31-35

The Pharisees were amazed by the wisdom of Jesus Christ once they changed their attitudes toward him. Indeed, they have resolved to save his life. They informed Him about the intention of the king Herod to put him to death. However, Jesus refuses to fear the one who can kill the body and do nothing to the Spirit. He showed hope and courage that every proclaimer of the Good News must have. For fear comes from the evil one. This justifies the advice of Saint Paul, that we should pray with perseverance against evil all the time. He added that justice and faithfulness are also the values that must guide all disciples of Christ.

Rev. Fr. Jean-Paul Sakoto – Nairobi-Kenya



Friday October 28

30th Week in Ordinary Time

Feast

Saints Simon and Jude, apostles

Entrance Antiphon

These are the holy men whom the Lord chose in his own sheer love; and he gave them eternal glory.

The Gloria in excelsis (*Glory to God in the highest*) **is said.**

Collect

O God, who by the blessed Apostles have brought us to acknowledge your name, grant graciously, through the intercession of Saints Simon and Jude, that the Church may con-

stantly grow by the increase of the peoples who believe in you. Through Christ our Lord. **Amen.**

Reading —————
(Ephesians 2:19-22)

A reading from the Letter of Saint Paul to the Ephesians

Brethren: You are no longer strangers and sojourners, but you are fellow citizens with the saints and members of the household of God, built upon the foundation of the



apostles and prophets, Christ Jesus himself being the cornerstone, in whom the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built into it for a dwelling place of God in the Spirit.

The word of the Lord.
Thanks be to God.

Responsorial Psalm —
(Psalm (18) 19:1-2-3.4ab)

℟. **Their sound goes forth through all the earth.**

The heavens declare the glory of God, and the firmament proclaims the work of his hands. Day unto day conveys the message, and night unto night imparts the knowledge. ℟

No speech, no word, whose voice goes unheeded; their sound goes forth through all the earth, their message to the utmost bounds of the world. ℟

Acclamation

Alleluia. Alleluia. We praise you, O God, we acclaim you as the Lord; the glorious band of apostles sings your praise, O Lord!
Alleluia.

Gospel —————
(Luke 6:12-19)

A reading from the holy Gospel according to Luke

In these days, Jesus went out into the hills to pray; and all night, he continued in prayer to God. And when it was day; he called

his disciples, and chose from them twelve, whom he named apostles; Simon, whom he named Peter, and Andrew his brother, and James and John, and Philip, and Bartholomew, and Matthew, and Thomas, and James the son of Alphaeus, and Simon who was called the Zealot, and Judas the son of James, and Judas Iscariot, who became a traitor. And he came down with them and stood on a level place, with a great crowd of his disciples and a great multitude of people from all Judea and Jerusalem and the seacoast of Tyre and Sidon, who came to hear him and to be healed of their diseases; and those who were troubled with unclean spirits were cured.

And all the crowd sought to touch him, for power came forth from him and healed them all.

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

Prayer over the Offerings

As we venerate the perpetual glory of the holy Apostles Simon and Jude, O Lord, we ask that you receive our prayers and lead us to worthy celebration of the sacred mysteries. Through Christ our Lord. **Amen.**

Communion Antiphon

(John 14:23) **Whoever loves me will keep my word, says the Lord; and my Father will love him, and we will come to him, and make our home with him.**

Prayer after Communion

Having received this Sacrament, O Lord, we humbly implore you in the Holy Spirit, that what we do to honour the glorious

passion of the Apostles Simon and Jude, may keep us ever in your love. Through Christ our Lord. **Amen.**

“Prayer, the Strength of the Community of the Chosen Ones”**Commentary**

Ephesian 2:19-22 /
Luke 6:12-19

Jesus carries in his prayer those he loves the most. It seems that he does not want their vocation to come from him but from his Father. All the apostles, like the ones we celebrate today, Simon and Jude, needed prayer to succeed. Their mission depended on their faith and the effectiveness of their prayers in times of trial. Chosen as members of the body of which Jesus, they were to form a single community united in Jesus. For in him “the elements fit together and the whole structure is built up into a holy temple in the Lord” (Ephesians 2:21).

Rev. Fr. Jean-Paul Sakoto – Nairobi-Kenya



Saturday October 29

30th Week in Ordinary Time

Entrance Antiphon

(Psalm (104) 105:3-4) **Let the hearts that seek the Lord rejoice; Turn to the Lord and his strength; constantly seek his face.**

Collect

Almighty ever-living God, increase our faith, hope and charity, and make us love what you command, so that we may merit what you promise. Through Christ our Lord. **Amen.**

Reading --- *(Philippians 1:18b-26)*

A reading from the Letter of Saint Paul to the Philippians

Brethren: Christ is proclaimed; and in that, I rejoice. Yes, and I shall rejoice. For I know that through your prayers and the help of the Spirit of Jesus Christ this will turn out for my deliverance, as it is my eager expectation and hope that I shall not be at all ashamed, but that with full courage now as always Christ will be honoured in my body, whether by life or by death. For to me, to

live is Christ, and to die is gain. If I am to go on living in the body, this will mean fruitful labor for me. Yet which I shall choose, I cannot tell. I am hard-pressed between the two. My desire is to depart and be with Christ, for that is far better. But to remain in the flesh is more necessary on your account. Convinced of this, I know that I shall remain and continue with you all, for your progress and joy in the faith, so that in me you may have ample cause to glory in Christ Jesus, because of my coming to you again.

The word of the Lord.
Thanks be to God.

Responsorial Psalm —
(Psalm (41) 42:2.3.5 cdefg)

R. My soul is thirsting for you, the living God

Like the deer that yearns for running streams, so my soul is yearning for you, my God. **R.**

My soul is thirsting for God, the living God; when can I enter and appear before the face of God? **R.**

For I would go to the place of your wondrous tent, all the way to the house of God, amid cries of gladness and thanksgiving, the throng keeping joyful festival. **R.**

Acclamation *(Matthew 11.29ab)* **Alleluia. Alleluia.**
Take my yoke upon you, says the Lord; and learn

from me, for I am gentle and lowly in heart. **Alleluia.**

Gospel _____
(Luke 14:1.7-11)

A reading from the holy Gospel according to Luke

One sabbath, when Jesus went to dine at the house of a ruler who belonged to the Pharisees, they were watching him. Now he told a parable to those who were invited, when he marked how they choose the places of honour, saying to them, “When you are invited by anyone to a marriage feast, do not sit down in a place of honour, lest a more eminent man than you be invited by him; and he who invited you both will come and say to you, ‘Give place to this man’ and then you will

begin with shame to take the lowest place. But when you are invited, go and sit in the lowest place, so that when your host comes, he may say to you, ‘Friend, go up higher’; then you will be honoured in the presence of all who sit at table with you. For everyone who exalts himself will be humbled, and he who humbles himself will be exalted.”

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

Prayer over the Offerings

Look, we pray, O Lord, on the offerings we make to your majesty, that whatever is done by us in your service may be directed above all to your glory. Through Christ our Lord. **Amen.**



Communion Antiphon

(Psalm (19) 20:6) **We will ring out our joy at your saving help, and exult in the name of our God.**

Prayer after Communion

May your Sacraments, O Lord, we pray, perfect in us what lies within them, that what we now celebrate in signs we may one day possess in truth. Through Christ our Lord. **Amen.**

“Humility, the Way that Leads to Glory”

Commentary

Philippians 1:18b-26

In his teaching, Jesus invites us to modesty in all social activities (Proverbs 25:6-7). He seems to warn us against any desire for the folly of grandeur, to the contempt of others. It is the Spirit of the Lord that stimulate humility in us. It is this humility that leads Saint Paul to say that “For me, life is Christ, and I gain by dying” (Philippians 1:21). He loved to see the community of Ephesus, but he would not linger in fraternal meals where they would like to give him a warm atmosphere of honor and recognition: “his deepest desire, what he misses, is to meet Christ in his glory”.

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Growing up Daily with the Good News