

AFRICA

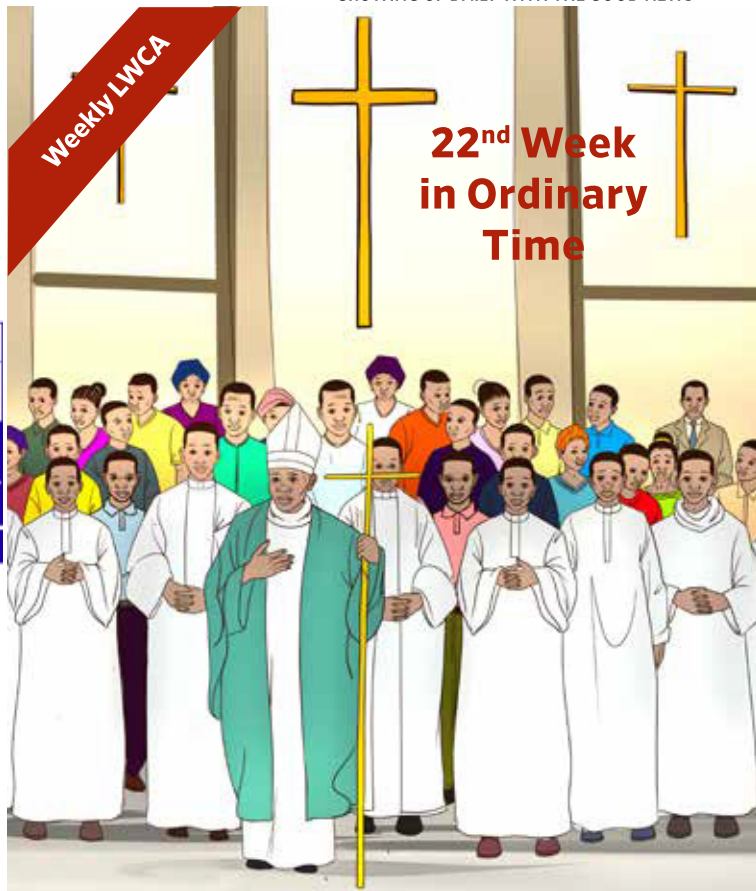
# Living with Christ

GROWING UP DAILY WITH THE GOOD NEWS

Weekly LWCA

22<sup>nd</sup> Week  
in Ordinary  
Time

bayard afrique



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Living with Christ September 2023

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### **Liturgical texts:**

Texts contained in this work  
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**On our cover:** Christians and their  
Bishop after mass

© Yves Boro

# Editorial

September 2023



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

## “Peace Begins with a Smile”

This quote is from saint Teresa of Calcutta who we will celebrate this week. She is one of the great humanitarians of our age. She showed to the world how to love and serve the less fortunate around us. In her long life, she touched the lives of millions through her presence and acts of charity she shared from her experience of faith. In her words and especially in her actions, we see that a life of love that can be seen through a simple smile is significant, meaningful and powerful.

When times get tough, it can be difficult to find peace especially when faced with challenges such as financial struggles, personal difficulties, health problems and others. When you are struggling to find peace, the Word of God helps us to find comfort and healing through a simple smile or from the Word of God. A smile is that magic spell which has in itself the power to shower happiness and peace in anyone's life.



# The Pope's Prayer Intention

***For people living on the margins:*** We pray for those persons living on the margins of society, in inhumane life conditions; may they not be overlooked by institutions and never considered of lesser importance.

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



# **The Liturgy of the Eucharist: the Communion Rite**

**T**he communion rite goes from the Lord's Prayer (Our Father) to the Prayer after Communion. The Lord's prayer is very significant in the Holy Mass. Every Eucharistic celebration gathers all the people into one. As stated in the previous focus on the liturgy, the aim of the Eucharist is the building of the community: ***"...grant that we, who are nourished by the Body and Blood of your Son and filled with the Holy Spirit, may become one body and one Spirit in Christ"***. The Lord's prayer is recited or sung by God's children who are aware of belonging to the same Father. Some theologians sustain that it is the most important prayer of the Eucharistic celebration since it is the Lord himself who taught it to his disciples.

After the Lord's prayer, the liturgy foresees the prayer for peace followed by the sign of peace. It must be in line with the local customs. The sign of peace should not be an occasion for the assembly to shout and move from one place to another, creating confusion in

the liturgy. For this sign to maintain its meaning the faithful must perform it with calmness. Furthermore, it is important to know that the sign of peace is not compulsory. The rubric in the Missal is clear about that: “**«Then, if appropriate, the Deacon, or the Priest, adds»:** let us offer each other the sign of peace”. In some contexts, the sign of peace may be abolished; one of the major reasons being an epidemic or a pandemic like coronavirus. Contamination must be avoided in the Eucharistic celebration.

While offering each other the sign of peace, the faithful sing or recite the Agnus Dei (*Lamb of God*). The faithful prepare themselves to have the Body and the Blood of Jesus Christ. We don't deserve to receive such a great gift. That is why there is need for the assembly to ask for forgiveness before receiving the Body and Blood of Christ. In the Catholic Church there are two ways of receiving the Holy Communion: in the hand or on the tongue. But in some circumstances and for some reasons, the episcopal conference of the bishops of a specific country or a bishop of a given diocese may decide to abolish the reception of the Communion on the tongue.

While the celebrant and the other ministers distribute the Holy Communion to the faithful, the choir sings a Communion Antiphon or any other song that is in link with the celebration. After the distribution of the communion, the Missal foresees a sacred silence, or a psalm or other canticle of praise or a hymn. In some African dioceses, the choir sings a thanksgiving song to express gratitude to the Lord for the graces received in the Eucharistic celebration.

The prayer after Communion is the very last element of the Communion rite. In general, this prayer makes a connection between the Eucharistic celebration and life. In fact, liturgy is life. The faithful are invited to put into practice what they hear in the readings and in the homely. They are also invited to become what they receive.

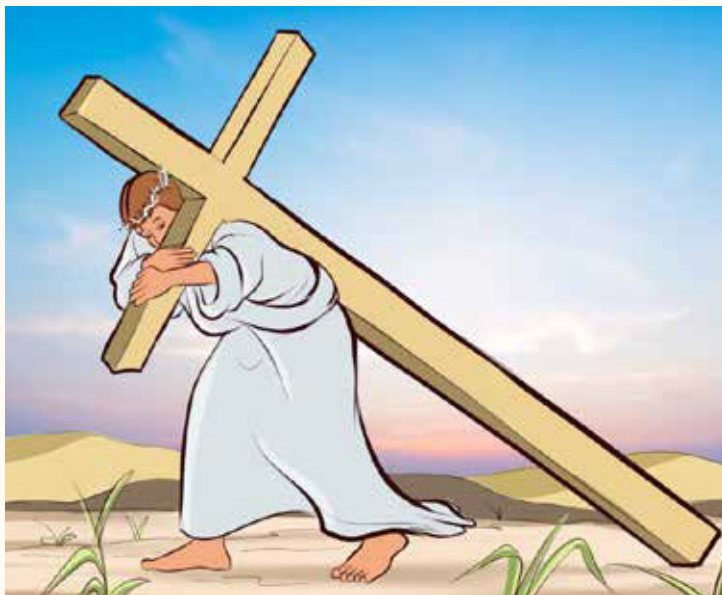
***Rev. Fr. Jérôme K. M. Kombi,***  
*Kinshasa, D.R. Congo*



# Sunday September 3

## Twenty-Second Sunday In Ordinary Time

*Jeremiah 20: 7-9 / Psalm 63: 2. 3-4. 5-6. 8-9 (2b) / Romans 12: 1-2  
/ Matthew 16: 21-27*



"If any man would come after me, let him deny himself and take up his cross and follow me." (Matthew 16:24)





## *Carrying One's Cross in Following Jesus*

***I***f you want to be my follower, you must carry your cross  
(Matthew. 16: 24)

The various products that the advertisements offer influence us in various ways. We have for example brand new cars, luxury clothes, new houses, cosmetics, foods, and others. We think that they will make us happy. Advertisements are very much successful in convincing large number of people to buy the products which sometimes are beyond their means and at times harmful to their health. Manufacturers of these products make billions as profits at the expense of the people. They think that this is an economic growth and yet leads people to their destruction. However, there are others who manufacture products for the good of the people, too. In our gospel today, Jesus is also talking about the Kingdom of God. He suffered for us on the cross. He was crucified and died. How to acquire this kingdom as our own is through discipleship. There is only one ingredient in order to become disciples, self-denial and it entails suffering. That is why Jesus said: "If a man wishes to come after me, he must deny his very self, take up his cross and follow in my footstep.



## Sunday September 3

Whoever would save his life will lose it. But whoever loses his life for my sake will find it.”

The common experiences should convince us that often we have to lose something to gain something better. It is not different with our relationship with the Lord, our God. Even though it entails suffering, as we do so, Christ shows us how we gain peace, joy, fulfilment and satisfaction. So, whoever loses his/her life for his sake will find it.

God loves us so much that He gives us crosses not because He wants us to suffer but because He wants us to have better lives. Saint Teresa of Avila was complaining to the Lord why she always had the cross, trials and difficulties in her life. Jesus Christ answered her: “That is the way I treat my beloved friends.”

***Rev. Fr. François NZANZU, Nairobi***



**Entrance Antiphon** (*Psalm (84) 85:3.5*)

**Have mercy on me, O Lord, for I cry to you all the day along. O Lord, you are good and forgiving, full of mercy to all who call to you.**

**Collect**

God of might, giver of every good gift, put into our hearts the love of your name, so that by deepening our sense of reverence, you may nurture in us what is good and, by your watchful care, keep safe what you have nurtured. Through Christ our Lord. **Amen.**

**First Reading** (*Jeremiah 20:7-9*)

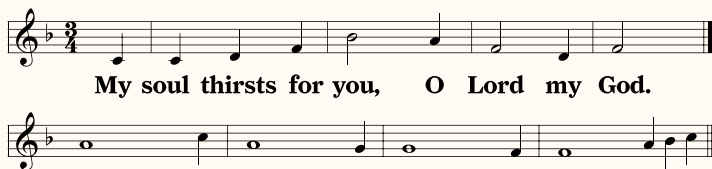
**A reading from the Book of Jeremiah**

O Lord, you have deceived me, and I was deceived; you are stronger than I, and you have prevailed. I have become a laughingstock all the day; every one mocks me. For whenever I speak, I cry out, I shout, "Violence and destruction!" For the word of the Lord has become for me a reproach and derision all day long. If I say, "I will not mention him, or speak any more in his name," there is in my heart as it were burning fire shut up in my bones, and I am weary with holding it in, and I cannot.

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



**Responsorial Psalm** \_\_\_\_\_  
**(Psalm (62) 63:2.3-4.5-6.8-9)**



**R. For you my soul is thirsting, O Lord, my God.**

O God, you are my God; at dawn I seek you;  
for you my soul is thirsting.  
For you my flesh is pining,  
like a dry, weary land without water. R.

I have come before you in the sanctuary,  
to behold your strength and your glory.  
Your loving mercy is better than life;  
my lips will speak your praise. R.

I will bless you all my life;  
in your name I will lift up my hands.  
My soul shall be filled as with a banquet;  
with joyful lips, my mouth shall praise you. R.



For you have been my strength;  
in the shadow of your wings I rejoice.  
My soul clings fast to you;  
your right hand upholds me. R.

***Second Reading (Romans 12:1-2)*** —————

**A reading from the Letter of Saint Paul to the Romans**

I appeal to you, brethren, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world but be transformed by the renewal of your mind, that you may prove what is the will of God, what is good and acceptable and perfect. The word of the Lord.  
**Thanks be to God.**

***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 (Matthew 16:21-27)*** —————

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

At that time: Jesus began to show his disciples that he must go to Jerusalem and suffer many things from the elders and



chief priests and scribes, and be killed, and on the third day be raised. And Peter took him and began to rebuke him, saying, "God forbid, Lord! This shall never happen to you." But he turned and said to Peter, "Get behind me, Satan! You are a hindrance to me; for you are not on the side of God, but of men." Then Jesus told his disciples, "If any man would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it, and whoever loses his life for my sake will find it. For what will it profit a man, if he gains the whole world and forfeits his life? Or what shall a man give in return for his life? For the Son of man is to come with his angels in the glory of his Father, and then he will repay every man for what he has done."

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

### **Prayer of the Faithful**

*The following intentions are suggestions only.*

**R. Lord, hear our prayer.**

For the Church, witness in Christ's name to the dignity and equality of all people, we pray to the Lord: **R.**

For leaders of countries who work together to protect the environment, a fragile gift of God's creation, we pray to the Lord: **R.**



For those among us excluded from society for whatever reason, we pray to the Lord: *R.*

For us, called in baptism to make room at God's table for all people, we pray to the Lord: *R.*

### **Prayer over the Offerings**

May this sacred offering, O Lord, confer on us always the blessing of salvation, that what it celebrates in mystery, it may accomplish in power. Through Christ our Lord. **Amen.**

### **Communion Antiphon** (*Ps (29) 30:20*)

**How great is the goodness, Lord, that you keep for those who fear you.**

### **Prayer after Communion**

Renewed by this bread from the heavenly table, we beseech you, Lord, that being the food of charity, it may confirm our hearts, and stir us to serve you in our neighbour. Through Christ our Lord. **Amen.**



# Monday September 4

22<sup>nd</sup> Week in Ordinary Time

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## **Ferial**

*Or: St Sixtus II and Companions, priests and martyrs,  
Optional Memorial*

### **Entrance Antiphon**

(Psalm (84) 85:3.5) **Have mercy on me, O Lord, for the cry to you all the day along. O Lord, you are good and forgiving, full of mercy to all who call to you.**

### **Collect**

God of might, giver of every good gift, put into our hearts the love of your name, so that by deepening our sense of reverence, you may nurture in us what is good and, by your watchful

care, keep safe what you have nurtured. Through our Lord Jesus Christ. Amen.

### **Reading**

**(1 Thessalonians 4:13-18)**

**A reading from the first Letter of Saint Paul to the Thessalonians**

We would not have you ignorant, brethren, concerning those who are asleep, that you may not grieve as others do who





have no hope. For since we believe that Jesus died and rose again, even so, through Jesus, God will bring with him those who have fallen asleep. For this we declare to you by the word of the Lord, that we who are alive, who are left until the coming of the Lord, shall not precede those who have fallen asleep. For the Lord himself will descend from heaven with a cry of command, with the archangel's call, and with the sound of the trumpet of God. And the dead in Christ will rise first; then we who are alive, who are left, shall be caught up together with them in the clouds to meet the Lord in the air; and so we shall always be with the Lord.

Therefore comfort one another with these words. The word of the Lord. **Thanks be to God.**

***Responsorial Psalm——***  
***(Psalm (95) 96)***

**R. The Lord comes to judge the earth.**

O sing a new song to the Lord; sing to the Lord, all the earth. Tell among the nations his glory, and his wonders among all the peoples. R

For the Lord is great and highly to be praised, to be feared above all gods. For the gods of the nations are naught. It was the Lord who made the heavens. R

Let the heavens rejoice and earth be glad; let the sea and all within it thunder



praise. Let the land and all it bears rejoice. R

Then will all the trees of the wood shout for joy. At the presence of the Lord, for he comes, he comes to judge the earth. He will judge the world with justice; he will govern the peoples with his truth. R

### **Acclamation**

*(Luke 4:18)*

**Alleluia. Alleluia.** The Spirit of the Lord is upon me; he has sent me to preach good news to the poor. **Alleluia.**

### **Gospel**

*(Luke 4:16-30)*

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

At that time: Jesus came to Nazareth, where he had

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



Scripture has been fulfilled in your hearing.” And all spoke well of him, and wondered at the gracious words which proceeded out of his mouth; and they said, “Is not this Joseph’s son?” And he said to them, “Doubtless you will quote to me this proverb, ‘Physician, heal yourself; what we have heard you did at Capernaum, do here also in your country.’” And he said, “Truly, I say to you, there were many widows in Israel in the days of Elijah, when the heaven was shut up three years and six months, when there came a great famine over all the land; and Elijah was sent to none of them but only to Zarephath, in the land of Sidon to a woman who

was a widow. And there were many lepers in Israel in the time of the prophet Elisha; and none of them was cleansed, but only Naaman the Syrian.” When they heard this, all in the synagogue were filled with wrath. And they rose up and put him out of the city, and led him to the brow of the hill on which their city was built, that they might throw down headlong. But passing through the midst of them he went away.

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

### **Prayer over the Offerings**

May this sacred offering, O Lord, confer on us always the blessing of salvation, that what it celebrates in

mystery, it may accomplish  
in power. Through Christ  
our Lord. **Amen.**

**Communion Antiphon**

*(Ps (29) 30: 20)* **How great  
is the goodness, Lord, that  
you keep for these who  
fear you.**

*(Mt 5:9-10)*

**Blessed are the  
peacemakers, for they shall  
be called children of God.  
Blessed are those who suffer  
persecution for the sake of  
righteousness, for theirs is  
the Kingdom of heaven.**

**Or**

### Prayer after Communion

Renewed by this bread from the heavenly table, we beseech you, Lord, that being the food of charity, it

may confirm our hearts, and stir us to serve you in our neighbour. Through Christ our Lord. **Amen.**

### To Accept and Love Others as they Are

### Commentary

Luke 4:16-30

Who among us has experienced being rejected in our hometown, by our own people? Today's gospel reminds us of men/women who were rejected by their loved ones; parents rejected by their children; children rejected by their parents; brothers and sisters rejected by their siblings; the aged rejected by the young and so on. We ourselves surely have experienced rejection at one point in our lives and have been guilty of rejecting others. We are called to see Jesus in every person and even the rejected.

**Rev. Fr. François NZANZU, Nairobi**



# Tuesday September 5

22<sup>nd</sup> Week in Ordinary Time

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## Entrance Antiphon

*(Ps (84) 85:3.5)* **Have mercy on me, O Lord, for the cry to you all the day along. O Lord, you are good and forgiving, full of mercy to all who call to you.**

## Collect

God of might, giver of every good gift, put into our hearts the love of your name, so that by deepening our sense of reverence, you may nurture in us what is good and, by your watchful care, keep safe what you have nurtured. Through our Lord Jesus Christ.  
**Amen.**

## Reading

***(1 Thessalonians 5:1-6.9-11)***

**A reading from the first Letter of Saint Paul to the Thessalonians**

As to the times and the seasons, brethren, you have no need to have anything written to you. For you yourselves know well that the day of the Lord will come like a thief in the night. When people say, "There is peace and security," then sudden destruction will come upon them as labour pains come upon a woman with child, and there will be no

escape. But you are not in darkness, brethren, for that day to surprise you like a thief. For you are all sons of light and sons of the day; we are not of the night or of darkness. So then let us not sleep, as others do, but let us keep awake and be sober. For God has not destined us for wrath, but to obtain salvation through our Lord Jesus Christ, who died for us so that whether we wake or sleep we might live with him. Therefore encourage one another and build one another up, just as you are doing.

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

***Responsorial Psalm —  
(Psalm (26) 27)***

***R. I believe I shall see the  
Lord's goodness in the land  
of the living.***

The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; whom should I dread? *R.*

There is one thing I ask of the Lord, only this do I seek: to live in the house of the Lord all the days of my life, to gaze on the beauty of the Lord, to inquire at his temple. *R.*

I believe I shall see the Lord's goodness in the land of the living. Wait for the Lord; be strong; be stouthearted, and wait for the Lord! *R.*

**Acclamation** (*Luke 7:16*)

**Alleluia. Alleluia.** A great prophet has risen among us, and God has visited his people. **Alleluia.**

**Gospel** —————  
(*Luke 4:31-37*)

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

At that time: Jesus went down to Capernaum, a city of Galilee. And he was teaching them on the Sabbath; and they were astonished at his teaching, for his word was with authority. And in the synagogue there was a man who had the spirit of an unclean demon; and he cried out with a loud voice, "Ah! What have you to do with us, Jesus of Nazareth? Have you come

to destroy us? I know who you are, the Holy One of God." But Jesus rebuked him saying, "Be silent, and come out of him!" And when the demon had thrown him down in their midst, he came out of him, having done him no harm. And they were all amazed and said to one another "what is this?" For with authority and power he commands the unclean spirits, and they come out." And reports of him went out into every place in the surrounding region. The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

**Prayer over the Offerings**

May this sacred offering, O Lord, confer on us always the blessing of salvation,



that what it celebrates in mystery, it may accomplish in power. Through Christ our Lord. **Amen.**

### **Communion Antiphon**

*(Psalm (29) 30: 20)* **How great is the goodness, Lord, that you keep for these who fear you.**

**Or**

*(Matthew 5:9-10)*

**Blessed are the peacemakers, for they shall be called children of God. Blessed are those who suffer persecution for the sake of righteousness, for theirs is the Kingdom of heaven.**

### **Prayer after Communion**

Renewed by this bread from the heavenly table, we beseech you, Lord, that being the food of charity,

it may confirm our hearts, our neighbour. Through  
and stir us to serve you in Christ our Lord. **Amen.**

## Jesus Is Performing his Prophetic Ministry of Liberation

## Commentary

Luke 4:31-37

After his mixed reception in Nazareth, Jesus moves on to Capernaum, a town on the north shore of Galilee, which was to be the base from which He did much of his missionary work. As in Nazareth, he taught the people in the synagogue on the Sabbath. Jesus spoke “with authority.” He did not quote other authorities, like the teachers of the law, because his authority was directly from God. Jesus is also doing exorcism in order to free the human being created in the image and likeness of God.

***Rev. Fr. François NZANZU, Nairobi***



# Wednesday September 6

22<sup>nd</sup> Week in Ordinary Time

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## Entrance Antiphon

*(Psalm (84) 85:3.5)* **Have mercy on me, O Lord, for the cry to you all the day along. O Lord, you are good and forgiving, full of mercy to all who call to you.**

Through our Lord Jesus Christ. **Amen.**

## Reading ————— *(Colossians 1:1-8)*

**A reading from the Letter of Saint Paul to the Colossians**

## Collect

God of might, giver of every good gift, put into our hearts the love of your name, so that by deepening our sense of reverence, you may nurture in us what is good and, by your watchful care, keep safe what you have nurtured.

Paul, an apostle of Christ Jesus by the will of God, and Timothy our brother, to the saints and faithful brethren in Christ at Colosae: Grace to you and peace from God our Father. We always thank God, the Father of our Lord Jesus Christ, when we pray

for you, because we have heard of your faith in Christ Jesus and of the love which you have for all the saints, because of the hope laid up for you in heaven. Of this you have heard before in the word of the truth, the gospel which has come to you, as indeed in the whole world it is bearing fruit and growing –so among yourselves, from the day you heard and understood the grace of God in truth, as you learnt it from Epaphras our beloved fellow servant. He is a faithful minister of Christ on our behalf and has made known to us your love in the Spirit.  
The word of the Lord.  
**Thanks be to God.**

***Responsorial Psalm —  
(Psalm (51) 52)***

***R. I trust in the mercy of  
God forever and ever.***

I am like a growing olive tree in the house of God. I trust in the mercy of God, forever and ever. *R.*

I will thank you forevermore, for this is your doing. I will hope in your name, for it is good, in the presence of your faithful. *R.*

***Acclamation  
(Luke 4:18)***

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

***Gospel*** —————  
***(Luke 4:38-44)***

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

At that time: Jesus arose and left the synagogue, and entered Simon's house. Now Simon's mother-in-law was ill with a high fever, and they asked him about her. And he stood over her and rebuked the fever, and it left her; and immediately she arose and served them. Now when the sun was setting, all those who had any that were sick with various diseases brought them to him; and he laid his hands on every one of them and healed them. And demons also came out of many, crying, "You are the Son of God!" But he rebuked them, and would not allow them

to speak, because they knew that he was the Christ. And when it was day he departed and went into a lonely place. And the people sought him and came to him, and would have kept him from leaving them; but he said to them, "I must preach the good news of the kingdom of God to the other cities also; for I was sent for this purpose." And he was preaching in the synagogues of Judea. The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

**Prayer over the Offerings**

May this sacred offering, O Lord, confer on us always the blessing of salvation, that what it celebrates in mystery, it may accomplish in power. Through Christ our Lord. **Amen.**

**Communion Antiphon**

*(Psalm (29) 30: 20)* How great is the goodness, Lord, that you keep for those who fear you.

*or*

*(Matthew 5:9-10)*

Blessed are the peacemakers, for they shall be called children of God. Blessed are those who suffer persecution for the sake of righteousness, for theirs is the Kingdom of heaven.

**Prayer after Communion**



Renewed by this bread from the heavenly table, we beseech you, Lord, that being the food of charity, it may confirm our hearts, and stir us to serve you in our neighbour. Through Christ our Lord. **Amen.**

## Jesus' Healing Ministry for the service to the community

## Commentary

Luke 4:38-44

After the scene in the synagogue where Jesus healed a man possessed by evil spirit, he goes straight to Peter's house. Peter's mother-in-law was in the grip of a fever and the disciples begged Jesus to do something for her. Jesus stood over her and, with a word, cured her. Immediately she got up and began to serve Jesus and his group. Her healing immediately restored her to the community and the duty of serving the community. As long as we are in good health, our energies are meant to serve God.

**Rev. Fr. François NZANZU, Nairobi**



# Thursday September 7

22<sup>nd</sup> Week in Ordinary Time

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## Entrance Antiphon

*(Psalm (84) 85:3.5)* **Have mercy on me, O Lord, for the cry to you all the day along. O Lord, you are good and forgiving, full of mercy to all who call to you.**

## Collect

God of might, giver of every good gift, put into our hearts the love of your name, so that by deepening our sense of reverence, you may nurture in us what is good and, by your watchful care, keep safe what you have nurtured. Through our Lord Jesus Christ. **Amen.**

## Reading ————— *(Colossians 1:9-14)*

**A reading from the Letter of Saint Paul to the Colossians**

Brethren: From the day we heard of [your love in the Spirit,] we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, to lead a life worthy of the Lord, fully pleasing to him, bearing fruit in every good work and increasing in the knowledge of God. May you be strengthened



with all power, according to his glorious might, for all endurance and patience with joy, giving thanks to the Father, who has qualified us to share in the inheritance of the saints in light. He has delivered us from the dominion of darkness and transferred us to the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins. The word of the Lord. **Thanks be to God.**

***Responsorial Psalm —***  
***(Psalm (97) 98)***

***R.*** The Lord has made known his salvation.

The Lord has made known his salvation, has shown his deliverance

to the nations. He has remembered his merciful love and his truth for the house of Israel. ***R.***

All the ends of the earth have seen the salvation of our God. Shout to the Lord, all the earth; break forth into joyous song, and sing out praise. ***R.***

Sing psalms to the Lord with the harp, with the harp and the sound of song. With trumpets and the sound of the horn, raise a shout before the King, the Lord. ***R.***

***Acclamation***  
***(Matthew 4:19)***

**Alleluia. Alleluia.** Follow me, says the Lord, and I will make you fishers of men. **Alleluia.**

***Gospel*** —————  
***(Luke 5:1-11)***

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

At that time: While the people pressed upon Jesus to hear the word of God, he was standing by the lake of Gennesaret. And he saw two boats by the lake; but the fishermen had gone out of them and were washing their nets. Getting into one of the boats, which was Simon's, he asked him to put out a little from the land. And he sat down and taught the people from the boat. And when he had ceased speaking, he said to Simon, "Put out into the deep and let down your nets for a catch." And Simon answered, "Master, we

toiled all night and took nothing! But at your word I will let down the nets." And when they had done this, they enclosed a great shoal of fish; and as their nets were breaking, they beckoned to their partners in the other boat to come and help them. And they came and filled both the boats, so that they began to sink. But When Simon Peter saw it, he fell down at Jesus' knees, saying, "Depart from me, for I am a sinful man, O Lord." For he was astonished, and all that were with him, at the catch of fish which they had taken; and so also were James and John, sons of Zebedee, who were partners with Simon. And Jesus said to Simon, "Do not be afraid; henceforth

you will be catching men.”  
And they had brought their  
boats to the land, they left  
everything and followed  
him.

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

### **Prayer over the Offerings**

May this sacred offering, O  
Lord, confer on us always  
the blessing of salvation,  
that what it celebrates in  
mystery, it may accomplish  
in power. Through Christ  
our Lord. **Amen.**

### **Communion Antiphon**

*(Ps (29) 30: 20)* **How great  
is the goodness, Lord,  
that you keep for those  
who fear you.**

**or**

*(Matthew 5:9-10)*

**Blessed are the  
peacemakers, for they  
shall be called children  
of God. Blessed are those  
who suffer persecution for  
the sake of righteousness,  
for theirs is the Kingdom  
of heaven.**

**Prayer after Communion**

May this sacred offering, O Lord, confer on us always the blessing of salvation,

that what it celebrates in mystery, it may accomplish in power. Through Christ our Lord. **Amen.**

**A Reminder for Obedience  
and Trust in the Lord****Commentary****Luke 5:1-11**

In the gospel of today, Jesus commands Peter to put out into the deep his nets. Peter said, "At your command, I will lower the nets." Peter trustingly obeyed what the Lord had said. This is a great reminder to each one of us that we must be obedient and trusting in the Lord. After we have done our best, then let us say to God: "Lord, we will leave you the rest."

***Rev. Fr. Dieudonne Tsongo, Nairobi***



# Friday September 8

22<sup>nd</sup> Week in Ordinary Time

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## ***Feast***

**Nativity of the Blessed Virgin Mary**

### **Entrance Antiphon**

**Let us celebrate with joy the Nativity of the Blessed Virgin Mary, for from her arose the sun of justice, Christ our God.**

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

### **Collect**

Impart to your servants, we pray, O Lord, the gift of heavenly grace, that the feast of the Nativity of the Blessed Virgin may bring

deeper peace to those for whom the birth of her Son was the dawning of salvation. Through our Lord Jesus Christ. **Amen.**

***Reading*** —————  
***(Micah 5:2-5a)***

**A reading from the Book of the Prophet Micah**

Thus says the Lord  
O Bethlehem Ephrathah  
who are little to be among  
the clans of Judah, from  
you shall come forth for

me one who is to be ruler in Israel, whose origin is from of old, from ancient days. Therefore he shall give them up until the time when she who is in labour pains has brought forth; then the rest of his brethren shall return to the sons of Israel. And he shall stand and feed his flock in the strength of the Loan, in the majesty of the name of the Loan his God. And they shall dwell secure, for now he shall be great to the ends of the earth. And this shall be peace. The word of the Lord. **Thanks be to God.**

*Or the following:*

### ***Reading***————— ***(Romans 8:28-30)***

#### **A reading from the Letter of Saint Paul to Romans**

“Those whom God foreknew he also predestined.”

Brethren: We know that in everything God works for good with those who love him, who are called according to his purpose. For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the first-born among many brethren. And those whom he predestined he also called; and those whom he called he also justified; and those whom he justified he also glorified. The word of the Lord. **Thanks be to God.**



**Responsorial Psalm —**  
**(Psalm 13:5.6 (R. Isaiah**  
**61:10a))**

R. I will greatly rejoice in  
 the Lord.

As for me, I trust in  
 your merciful love. Let  
 my heart rejoice in your  
 salvation. R.

I will sing to the Lord  
 who has been bountiful  
 with me. R.

**Acclamation**

**Alleluia. Alleluia.** Blessed  
 are you, O holy Virgin Mary,  
 and worthy of all praise,  
 because from you arose the  
 sun of justice, Christ our  
 God. **Alleluia.**

**Gospel —**  
**(Matthew 1:1-16.18-23**

**A reading from the holy**  
**Gospel according to Mat-**  
**thew**

The book of the genealogy  
 of Jesus Christ, the son of  
 David, the son of Abraham.  
 Abraham was the father of  
 Isaac, and Isaac the father of  
 Jacob, and Jacob the father  
 of Judah and his brothers,  
 and Judah the father of  
 Perez and Zerah by Tamar,  
 and Perez the father of  
 Hezron, and Hezron the  
 father of Ram, and Ram  
 the father of Amminadab,  
 and Amminadab the father  
 of Nahshon, and Nahshon  
 the father of Sahiion, and  
 Salmon the father of Boaz  
 by Rahab, and Boaz the  
 father of Obed by Ruth, and  
 Obed the father of Jesse, and

Jesse the father of David the king. And David was the father of Solomoff by the wife of Uriah, and Solomon the father of Reho boam, and Rehoboam the father of Abijah, and Abijah the father of Asa, and Asa the father of Jehoshaphat, and Jehoshaphat the father of Joram, and Joram the father of Uzziah, and Uzziah the father of Jotham, and Jotham the father of Ahaz, and Ahaz the father of Hezekiah, and Hezekiah the father of Manasseh, and Manasseh the father of Amos, and Amos the father of Josiah, and Josiah the father of Jechoniah and his brothers, at the time of the deportation to Babylon. And after the deportation to Babylon: Jechoniah was the father of Shealtiel,

and Shealtiel the father of Zerubbabel, and Zerubbabel the father of Abiud, and Abiud the father of Eliakim, and Eliakim the father of Azor, and Azor the father of Zadok, and Zadok the father of Achim, and Achim the father of Eliud, and Eliud the father of Eleazar, and Eleazar the father of Matthan, and Matthan the father of Jacob, and Jacob the father of Joseph the husband of Mary, of whom Jesus was born, who is called Christ.

\* Now the birth of Jesus Christ took place in this way. When his mother Mary had been betrothed to Joseph, before they came together she was found to be with child of the Holy Spirit; and her husband Joseph being a just man and unwilling to put her to shame, resolved



to send her away quietly. But as he considered this, behold, an angel of the Lord appeared to him in a dream, saying, “Joseph, son of David, do not fear to take Mary your wife, for that which is conceived in her is of the Holy Spirit; she will bear a son, and you shall call his name Jesus, for he will save his people from their sins.” All this took place to fulfil what the Lord had spoken by the prophet: “Behold a virgin shall conceive and bear a son, and his name shall be called Emmanuel” (which means, God with us). The Gospel of the Lord **Praise to you, Lord Jesus Christ.**

**Shorter form: Matthew 1:18-23. Read between**

### **Prayer over the Offerings**

May the humanity of your Only Begotten Son, come, O Lord, to our aid, and may he, who at his birth from the Blessed Virgin did not diminish but consecrated her integrity by taking from us now our wicked deeds, make our oblation acceptable to you. Through Christ our Lord. **Amen.**

### **Or**

As we celebrate with joy the Nativity of the Blessed Virgin Mary, we bring you our offerings, O Lord, and we humbly pray to be given strength by the humanity of your Son who from her was pleased to take flesh. Who lives and reigns for ever and ever. **Amen.**

**Communion Antiphon**

(Is 7:14; Mt 1:21) **Behold, the Virgin will bear a son who will save his people from their sins.**

**Prayer after Communion**

May your Church exult,  
O Lord, for you have

renewed her with these sacred mysteries, as she rejoices in the Nativity of the Blessed Virgin Mary, which was the hope and the daybreak of salvation for all the world. Through Christ our Lord. **Amen.**

**Nativity of the Blessed Virgin Mary****Commentary****Matthew 1:1-16, 18-23**

Today we are celebrating the Birthday of the Blessed Virgin Mary. Saint Andrew of Crete said that the birth of the Blessed Virgin Mary is the “prelude” for the “union of the Word with flesh.” In celebrating this birthday, the Church remembers the sanctification of Mary from her time of conception. Her birth was the prelude for the imminent coming of our Savior. She was pure, holy, beautiful, and glorious, adorned with all the most precious graces.

**Rev. Fr. Dieudonne Tsongo, Nairobi**



# Saturday September 9

22<sup>nd</sup> Week in Ordinary Time

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## **Ferial**

*Or St Peter Claver, priest, optional memorial*

### **Entrance Antiphon**

*(Psalm (84) 85:3.5)* **Have mercy on me, O Lord, for the cry to you all the day along. O Lord, you are good and forgiving, full of mercy to all who call to you.**

### **Collect**

God of might, giver of every good gift, put into our hearts the love of your name, so that by deepening our sense of reverence, you may nurture in us what is good and, by your watchful care, keep safe what you

have nurtured. Through our Lord Jesus Christ. **Amen.**

### **Reading** ————— *(Colossians 1:21-23)*

**A reading from the Letter of Saint Paul to the Colossians**

Brethren: You, who once were estranged and hostile in mind, doing evil deeds, he has now reconciled in Christ's body of flesh by his death, in order to present you holy and blameless and



irreproachable before him, provided that you continue in the faith, stable and steadfast, not shifting from the hope of the gospel which you heard, which has been preached to every creature under heaven, and of which I, Paul, became a minister. The word of the Lord. **Thanks be to God.**

***Responsorial Psalm —  
(Psalm (52) 53)***

**R.** See, I have God for my help.

O God, save me by your name; by your power, defend my cause. O God, hear my prayer; give ear to the words of my mouth. **R.**

See, I have God for my help. The Lord sustains my soul. I will sacrifice to

you with willing heart, and praise your name, for it is good. **R.**

***Acclamation  
(John 14:6)***

**Alleluia. Alleluia.** I am the way, and the truth, and the life, says the Lord, no one comes to the Father, but by me. **Alleluia.**

***Gospel —  
(Luke 6:1-5)***

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

On Sabbath, while Jesus was going through the grain fields, his disciples plucked and ate some heads of grain, rubbing them in their hands. But

some of the Pharisees said, “Why are you doing what is not lawful to do on the Sabbath?” And Jesus answered, “Have you not read what David did when he was hungry, he and those who were with him: how he entered the house of God, and took and ate the showbread, which it is not lawful for any but the priests to eat, and also gave it to those with him?” And he said to them, “The son of man is lord of the Sabbath.”

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

### **Prayer over the Offerings**

May this sacred offering, O Lord, confer on us always

the blessing of salvation, that what it celebrates in mystery, it may accomplish in power. Through Christ our Lord. **Amen.**

### **Communion Antiphon**

*(Psalm (29) 30: 20)* **How great is the goodness, Lord, that you keep for those who fear you.**

**or**

*(Matthew 5:9-10)*

**Blessed are the peacemakers, for they shall be called children of God. Blessed are those who suffer persecution for the sake of righteousness, for theirs is the Kingdom of heaven.**

**Prayer after Communion**

Renewed by this bread from the heavenly table, we beseech you, Lord, that being the food of charity,

it may confirm our hearts, and stir us to serve you in our neighbour. Through Christ our Lord. **Amen.**

**Basic Needs, Rules and Rituals, what should Precede?****Commentary****Luke 6:1-5**

In today's gospel the scribes and Pharisees see as a violation of Sabbath rest what Jesus' disciples are doing. Jesus quickly comes to their rescue and defends them by citing that incident made by David where he and his companions ate the bread in the temple only a priest could do. By this reaction, Jesus is implying that David understood that, basic need took precedence over rules and ritual regulations. This should be our understanding too.

***Rev. Fr. Dieudonne Tsongo, Nairobi***



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