

# The Sunday Emmaus

Series: The Church; 29th Sunday In ordinary Time, Year B; Mission Sunday.

20th October 2024

St. Pauls Catholic Parish &  
University of Nairobi Chaplaincy

## MASS SCHEDULE

Monday – Friday:

Morning: 7.00am

Evening: 5.30pm

Wednesday: 6.00pm

Saturday:

Evening: 5.45pm

**Sunday Mass:**

7.30am – Community

8.00am – State House Girls

8.30am – Nairobi Primary

9.00am – Students Mass

9.00am – State House Mass

11.30am – Community Mass

– PMC Mass

– Youth Mass

5.30pm – Community Mass

## CONFESSION

Monday – Friday: 5.00pm

Wednesday 5.30pm

Saturday: 5.15pm

## MINISTERS

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

## NEXT SUNDAY READINGS

1<sup>st</sup> Reading: Jeremiah 31:7–9

Psalms 126:1–2ab,2cd–3,4–5,6

2<sup>nd</sup> Reading: Hebrews 5: 1–6

Gospel: Mark 10:46–52

## ADORATION

Tuesday & Thursday 4.30pm



## OUR SUNDAY REFLECTION ...



### Jesus the high Priest



#### Heb. 4:14 Brothers and sisters

Since we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession.

On this 29<sup>th</sup> Sunday of the year, we are invited to reflect about Jesus the high priest who has come low to be at our second service. We may as well call him, Jesus the High-Low priest. From the three reading we have an amazing window into the character and mission of Jesus the High-Low priest.



#### He is understanding and sympathetic

The letter to the Hebrews calls our attention to to his ability to sympathise with our weaknesses for he himself has been tested in every way. This echoes what we have read in the first reading from prophet Isaiah, that the Lord was pleased to crush him in infirmity ( *Is. 53:10*). He is a servant of God who has keen understanding of the challenges and temptations that human beings go through. He knows our frailties and tendencies to fall into sin, though himself did not sin. He understands that we need help. If you're struggling to escape these tendencies he is here not to condemn but help.



#### He came to serve and not to be served

Humanly speaking, high ranking persons tend to demand service and not give it. Jesus the High priest clearly states in the Gospel that it is not so with him. He as the son of man, the servant of God has come not to be served but to serve and to give his life as a ransom for many( *Mk. 10:45*). Again this is in direct reference to the prophecy of Isaiah that through his suffering, my servant shall justify many, and their guilt he shall bear ( *Is. 53:11*). He is at our service and at the very core of this service is the forgiveness of sin and healing from the wounds that sin have brought into our lives.

## Approach him with humble confidence

This is the right response to the amazing message about Jesus the High-Low priest. Come to Jesus our redeemer, as the famous song states. The letter to the Hebrews ends on a very positive and encouraging note So let us confidently approach the throne of grace to receive mercy and to find grace for timely help (*Heb. 4:16*). He is waiting for you in the sacrament of reconciliation and the gracious moments during the Eucharistic celebration. He is the High-Low priest who wants to take our infirmities away.

By Rev. Fr. Bernard Opiyo



**Let us pray:** Lord, help us to be the light in the darkness and a source of hope and encouragement to those who need it most. Thank you, God, for the opportunity to serve others. May our words and actions reflect your love and grace, and may we always seek to bring glory to your name. In Jesus' name, **Amen.**



## The Mass

### THE ENTRANCE ANTIPHON

To you I call; for you will surely heed me, O God; turn your ear to me; hear my words. Guard me as the apple of your eye; hide me in the shadow of your wings.

### THE GLORIA

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

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

King, O God, almighty Father,

Lord Jesus Christ, only begotten Son, Lord God, Lamb of God, son of the father,

You take away the sins of the world, Have mercy on us

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

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

For you alone are the Holy One, You alone are the Lord, You alone are the most High,

Jesus Christ, with the Holy Spirit, In the glory of God the Father. **Amen.**



# THEME

Christ's death is our ransom. GOD showed his love for us by sending his Son to be our brother. Christ shows our love for the Father by giving his life in atonement for our sins. He is our high priest gone to the highest heavens but not before experiencing the depth of human suffering.



## FIRST READING | Isaiah 53: 10-11

**"When he makes himself an offering for sin, he shall see his offspring, he shall prolong his days,."**

It was the will of the Lord to bruise him; he has put him to grief, when he makes himself an offering for sin, he shall see his offspring, he shall prolong his days; the will of the Lord shall prosper in his hand; he shall see the fruit of the travail of his soul and be satisfied; by his knowledge shall the righteous one, my servant, make many to be accounted righteous; and he shall bear their iniquities.

**This is the word of the Lord**

**All: Thanks be to God.**



## SECOND READING | Heb 4:14-16

**"Let us with confidence draw near to the throne of grace."**

Brethren: Since we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sinning. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

**This is the word of the Lord**

**All: Thanks be to God.**

## RESPONSORIAL PSALM

**33:4-5.18-19.20 and 22 (R. 22)**

**[R] May your merciful love be upon us, as we hope in you, O Lord**

- 1.** For the word of the Lord is faithful, and all his works to be trusted. The Lord loves justice and right, and his merciful love fills the earth [R]
- 2.** Yes, the Lord's eyes are on those who fear him, who hope in his merciful love, to rescue their souls from death, to keep them alive in famine [R]
- 3.** Our soul is waiting for the Lord. He is our help and our shield. May your merciful love be upon us, as we hope in you, O Lord. [R]



## Gospel Acclamation

**Alleluia, alleluia!**

The Son of man came not to be served but to serve, and to give his life as a ransom for many. **Alleluia!**





**“The Son of man came to give his life as a ransom for many.**

At that time: James and John, the sons of Zebedee, came forward to Jesus, and said to him, “Teacher, we want you to do for us whatever we ask of you.” And he said to them, “What do you want me to do for you?” And they said to him, “Grant us to sit, one at your right hand and one at your left, in your glory.” But Jesus said to them, “You do not know what you are asking. Are you able to drink the chalice that I drink, or to be baptised with the baptism with which I am baptised?” And they said to him, “We are able.” And Jesus said to them, “The

chalice that I drink you will drink; and with the baptism with which I am baptised, you will be baptised; but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared.” And when the ten heard it, they began to be indignant at James and John. And Jesus called them to him and said to them, “You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. But it shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be slave of all. For the Son of man also came not to be served but to serve, and to give his life as a ransom for many.”

**This is the Gospel of the Lord  
All: Praise to you, Lord Jesus Christ.**



## Community Announcements

- 1. Mass animation and service:** We thank Pontifical Missionary Childhood (PMC) for their good service today. Next Sunday 11.30 am mass will be animated by the Ushers & Helpers Ministry.
- 2. Catechesis:** Infant Baptism registration is on-going at the parish office.
- 3. Public holiday:** Tomorrow, 21st October 2024 will be a Public Holiday. We shall only have one mass at 9.00am.
- 4. International Ecumenical Movement (Kenya Chapter):** Presents Ecumenical Round Table with **Topic: Impact of Political and Economic Crises on Kenyans’ Mental Health:** Insights from the GenZ Phenomenon. On Saturday **26th October 2024** from 9.00am to 12.30pm at Evangelical Lutheran Church in Kenya, Uhuru Highway Cathedral.
- 5. Catholic Men Association formation:** The fourth CMA formation class for Cohort 3 will take place next Sunday, 27th October 2024 from 10:00am at St. Augustine Hall. Those who missed the fourth class for cohort 1 and 2 are encouraged to attend. Kindly note that this is the last cohort-level class. The remaining two classes will be a combination of all the cohorts. i.e on 10th November 2024 and 08th December 2024 respectively.
- 6. Mission Sunday Special Collection:**

This is a universal appeal where Christians are invited to participate in the missionary activity of the church. The archdiocese has contributed every year and has also benefited greatly from this fund in the construction of new churches, Fathers’ houses, convents and houses of formation (through the *Propaganda Fidei subsidy*). Please contribute generously.