

**First reading Genesis 12:1-4a****The call of Abram, the father of the People of God.**

In those days: The Lord said to Abram, 'Go from your country and your kindred and your father's house to the land that I will show you. And I will make of you a great nation, and I will bless you and make your name great, so that you will be a blessing. I will bless those who bless you, and him who dishonours you I will curse, and in you all the families of the earth shall be blessed.'

So Abram went, as the Lord had told him.

**Responsorial Psalm 33(32):4-5,18-20,22 R5b****May your merciful love be upon us,  
as we hope in you, O Lord.**

The word of the Lord is upright,  
and all his works to be trusted.  
The Lord loves justice and right,  
and his merciful love fills the earth.

Yes, the Lord's eyes are on those who fear him,  
who hope in his merciful love,  
to rescue their soul from death,  
to keep them alive in famine.

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.

**Second reading 2 Timothy 1:8b-10****God calls and enlightens us.**

Beloved: We share in suffering for the gospel by the power of God, who saved us and called us to a holy calling not because of our works, but because of his own purpose and grace, which he gave us in Christ Jesus before the ages began, and which now has been manifested through the appearing of our Saviour Christ Jesus, who abolished death and brought life and immortality to light through the gospel.

**Gospel Acclamation****Glory to you, O Christ, Wisdom of God the Father.**

From a bright cloud, the Father's voice was heard:  
'This is my beloved Son, listen to him'.

**Glory to you, O Christ, Wisdom of God the Father.****Gospel Matthew 17:1-9****'His face shone like the sun.'**

At that time: Jesus took with him Peter and James and John his brother, and led them up a high mountain by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became white as light. And behold, there appeared to them Moses and Elijah, talking with him. And Peter said to Jesus, 'Lord, it is good that we are here. If you wish, I will make three tents here, one for you and one for Moses and one for Elijah.' He was still speaking when, behold, a bright cloud overshadowed them, and a voice from the cloud

said, 'This is my beloved Son, with whom I am well pleased; listen to him.' When the disciples heard this, they fell on their faces and were terrified. But Jesus came and touched them, saying, 'Rise, and have no fear.' And when they lifted up their eyes, they saw no one, but Jesus only. And as they were coming down the mountain, Jesus commanded them, 'Tell no one the vision, until the Son of Man is raised from the dead.'

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**Feast Days this week**

**Monday 2nd March:** St David

**Wednesday 4th March:** St Casimir

**Saturday 7th March:** Sts Perpetua and Felicity

**The Cycle of Prayer****The Needy and Hungry of the World**

especially on Lenten Fast Day —1st Friday in Lent

**Background**

The agency for Overseas development, Cafod, encourages the Church in England and Wales to use the 1st Friday of Lent as an opportunity to remember the needy and hungry of the world. The day is an opportunity the three Lenten disciplines of Prayer, Fasting and Almsgiving which derive from the proclamation of the Word on Ash Wednesday. The proceeds from the practice of fasting on the Friday are usually collected at Mass on the 1st Sunday of Lent.

**Prayer**

*All powerful Father,*

*God of goodness,*

*you provide for all your creation.*

*Give us an effective love for our brothers and sisters  
who suffer from lack of food.*

*Help us do all we can to relieve their hunger,  
that they may serve you with carefree hearts.*

**Roman Missal**

**Pilgrim's Progress: Life as Journey**

*The years of our life pass smoothly by, each one seeming shorter than the last. We are on a journey from youth to age, from the cradle to the grave. In his dream-like poem, The Lotus Eaters, Alfred Tennyson describes a sense of weary resignation, one option we might take, in face of the passing years:*

*“Let us alone. Time driveth onward fast,  
And in a little while our lips are dumb.  
Let us alone. What is it that will last?  
All things are taken from us, and become  
Portions and parcels of the dreadful past.”*

*Through eyes of faith, the passing of the years looks somewhat different. We believe our journey is going somewhere: instead of simply terminating with death (full stop, finis), we will emerge into the life of heaven (welcome, transition into God's presence.) We are pilgrims, like Abraham, moving toward the land of promise. Like St Paul, we try to deal with the problems and setbacks along the way, with the help of the Lord. And in the end, if we are faithful, we will share the total joy of joining Christ in glory, as the reward of life's pilgrimage.*

*Pilgrim's Progress: In our many journeys today (the age of mobility) we tend to move around a lot, without showing much signs of spiritual progress; indeed, in that respect we often appear to be going backwards. Our goals and desires are short-term, narrow, superficial. Moved by a restless urge for money, for celebrity, novelty, success and pleasure, we go round in rapid circles. But the pilgrims' sights are set on a higher destination, and like Martin Luther King they can say: "I have a dream!" However far-off and hard to reach this dream may be, it is worth more than all the short-term desires we follow. Each step on the journey takes on meaning in light of the goal God sets before us.*

*A personal, inward journey: Our whole life can be made a pilgrimage towards God. Just as he called Abraham, so he calls each of us to be his own. His call to us is quiet but insistent. Not exactly in the form of: "leave your country and your father's house," but "leave your old ways, the pride and selfishness, the hardness of heart, the angry temper, the envy and the falsehood. And go to the land I shall show." The direction of our pilgrimage is not geographical but moral: "Go towards charity, purity, sharing in truth and prayer and good-will. Go in the way of the gospel. Go to heaven.'*

*Meaningful Living: Having God's command, and submitting entirely to it, made Abraham the first great pilgrim. Henceforth all his activity took on the value of obedience to God; he was on the high road towards Yabweh, the living God. The same spirit would give the deepest meaning to our lives too. Far from being absurd or useless, the pilgrim's efforts to follow the gospel of his Master are full of meaning. Progress along this way is the real formula for peace of mind. Augustine said it profoundly: You have made us for Yourself, o Lord; and our hearts can never be at rest, until they rest in You. [associationofcatholicpriests.ie](http://associationofcatholicpriests.ie)*