

A reading from the holy Gospel according to Matthew.

*I am gentle and humble of heart.*

Jesus exclaimed, 'I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him.

'Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.'

■ **The Gospel of the Lord.**



**A SERVICE OF THE SOCIETY OF ST PAUL**

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# Breaking Open the Word



# THE SAVING WORD

FOURTEENTH SUNDAY IN ORDINARY TIME / A

5 JULY 2026

## COMFORT AND REST

At times life seems burdensome and overwhelming. Depending on where we live in the world or what's been happening to us, this burden can be almost impossible to carry. Today's Gospel offers us—and for those countless numbers in other parts of our world who are faced with suffering, starvation, even death—a consoling and necessary word. We are privileged listeners to Jesus' prayer to the Father. It is, characteristically, in the style of a Jewish blessing prayer, given Matthew's Jewish audience.

The prayer praises God for disrupting social favouritism in favour of children. These are the 'little ones' from last week's Gospel. For Matthew, the socially unaccepted and rejected ones are those whom God blesses with wisdom and insight. This is divine revelation that comes from Jesus through his communion with God.

The final part of today's Gospel is worthy of lingering contemplation. Jesus invites all who listen to the Gospel—and that includes us—to allow him to shoulder our burdens and concerns. He models for us how to be. He is 'gentle and humble of heart'. The evangelist draws Jesus' self-description from the wisdom writings of the First (Old) Testament. It is this wisdom in which souls find comfort and rest. It is a 'yoke' that is easy to bear. Into this welcoming and restful presence, we are invited in our Sunday celebrations of the Eucharist.

Fr Michael Trainor

## FIRST READING

Zech 9:9-10

A reading from the prophet Zechariah

*See how humbly your king comes to you!*

The Lord says this:

'Rejoice heart and soul, daughter of Zion!  
Shout with gladness, daughter of Jerusalem!  
See now, your king comes to you;  
he is victorious, he is triumphant,  
humble and riding on a donkey,  
on a colt, the foal of a donkey.  
He will banish chariots from Ephraim  
and horses from Jerusalem;  
the bow of war will be banished.  
He will proclaim peace for the nations.  
His empire shall stretch from sea to sea,  
from the River to the ends of the earth.'

■ **The word of the Lord.**

## RESP PSALM

Ps 144:1-2, 8-11, 13-14. R. v. 1

**R. I will praise your name for ever,  
my king and my God. (or Alleluia!)**

1. I will give you glory, O God my King, /  
I will bless your name for ever. / I will bless  
you day after day / and praise your name for  
ever. **R.**
2. The Lord is kind and full of compassion, /  
slow to anger, abounding in love. / How good  
is the Lord to all, / compassionate to all his  
creatures. **R.**
3. All your creatures shall thank you,  
O Lord, / and your friends shall repeat their  
blessing. / They shall speak of the glory  
of your reign / and declare your might,  
O God. **R.**
4. The Lord is faithful in all his words / and  
loving in all his deeds. / The Lord supports  
all who fall / and raises all who are bowed  
down. **R.**



## SECOND READING

Rom 8:9, 11-13

A reading from the letter of St Paul to the Romans

*If by the Spirit you put an end to the misdeeds of the body, you will live.*

Your interests are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you. In fact, unless you possessed the Spirit of Christ you would not belong to him, and if the Spirit of him who raised Jesus from the dead is living in you, then he who raised Jesus from the dead will give life to your own mortal bodies through his Spirit living in you.

So then, my brothers, there is no necessity for us to obey our unspiritual selves or to live unspiritual lives. If you do live in that way, you are doomed to die; but if by the Spirit you put an end to the misdeeds of the body you will live.

■ **The word of the Lord.**

## GOSPEL ACCLAMATION

cf. Mt 11:25

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

05 July 2026

14th Sunday  
Year A

### WELCOME TO ST PATRICK'S CHURCH

Website: <https://stpatrickswesttamworthparish.org>

Email: [westtamworthparish@armidale.catholic.org.au](mailto:westtamworthparish@armidale.catholic.org.au)



**Parish Priest** Fr Vic Ignacio M.S.  
**Office Admin** Sheryl Brown, Di Bolitho  
**Sacristan** Elaine Smyth  
**School Principals** Greg O'Toole & Maree Holland

**OFFICE HOURS:**  
**Mon & Fri: 9.30 am - 1.30pm**  
**Presbytery 67658211**  
**St Josephs School 67654079**

**WEEKEND MASSES**  
Sat: 5.30pm Sun: 9am & 5pm

**WEEKDAY MASSES**  
Mon: 9am Tues: 9am Wed: 12noon  
Thurs: 9am Fri: 12noon

**ENTRANCE ANTI-PHON:** Your merciful love, O God, we have received in the midst of your temple.  
Your praise, O God, like your name, reaches the end of the earth; your right hand is filled with saving justice.

**COMMUNION ANTI-PHON:** Taste and see that the Lord is good;  
Blessed the man who seeks refuge in him.

**May God have mercy on all those asked to be remembered in prayer:**

**RECENTLY DECEASED:** John Kenny, Jeanette Whale.

**ANNIVERSARIES:** Stan Blanch Jnr & Michael Blanch (24/6), Stan Blanch Snr (29/6), Bob Sutton (29/6), Bridget Teo (29/7).

**DECEASED:** We pray for our loved ones now in God's care: Jean Wellwood, Julie Michell, Pat Jones, Paul Karam.

**SICK:** Sienna Baker, May Press, John Betts, Norma O'Brien, Elaine Murray, Shane Davidson, Lisa Bond, Sr Cecilia Pistacchio, Judy Murphy, Monica Austin, Brian Rodway, Yvonne Tarrant, Barry McNamara, Bill Dennis, Carmel Koppman, Eileen Hudson, Julie Moran, Elizabeth Coroneos, Elizabeth William, Michael Jones, Veronica Frost, Mary Gallaher, Beryl Flood, Enid Wright, Doalis Fester, Ruby New, Michelle Asbury, Jacinta Bentley, Fr Bernie Frize, retired Diocesan Clergy.

### MY YOKE IS EASY

During the Vietnam war, a soldier once saw a boy carrying a child on his back. 'He must be heavy,' the soldier remarked. 'He's not heavy,' the boy replied, 'he's my brother.'  
Hopefully, we experience the yoke of Jesus as easy and light. Serving others and living the Gospel can be burdensome at times but it also brings freedom and joy to our hearts and rest for our souls.



### COMING EVENTS:

- 08 July: Mass for the Sick, 12noon
- 10 July: Adoration 11am, Mass at 12pm
- 12 July: Parish Morning Tea after 9am Mass (S. Brown & R. Paull)
- 26 July: World Day for Grandparents & Elderly
- 28 July: First Eucharist Family Information Session - St Patrick's Church, 5pm

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### COLLECTIONS: BSB: 082 105 - For electronic bank transfer donations

For St. Patrick's Church : (Local giving) Ac. 001041198 **West Tamworth Catholic Church**  
For Armidale Diocese Clergy : (Diocese giving) Ac. 001023642 **West Tamworth Presbytery**

## FOURTEENTH SUNDAY IN ORDINARY TIME - YEAR A

### WELCOME TO ALL THOSE JOINING US AT ST PATRICKS.

**MASS FOR THE SICK:** This Mass will be held on **Wednesday 8 July**. It was postponed from last Wednesday due to the St Carlo Acutis Mission.

**ST VINCENT DE PAUL WINTER APPEAL:** St Patrick's will hold it's Annual Winter Appeal on the weekend of **11th & 12th July**. Please give generously, if able. All funds raised remain in our local area and help local families.

**PARISH MORNING TEA:** Our next Parish Morning tea is Sunday **12 July**. Please join us for a cuppa and chat. Small plates to share are always appreciated. Organisers are S. Brown & R. Paull.

**FIRST RECONCILIATION:** Our first Parish Sacrament for the year was held on Tuesday, 30th June at 5.30pm. Thank you to our Parishioners who attended. Please keep all children in your prayers.

**SAINT CARLO ACUTIS MAJOR RELIC MISSION TO THE DIOCESE 1 JULY:** Thank you to all those who attended Mass on Wednesday. Monsignor Anthony Figureido's homily was enlightening and informative. We were truly honoured to have the Relics of St Carlo visit our Parish. A small gathering enjoyed a light morning tea and were fortunate to view the documentary on St Carlo Acutis in the Parish Centre after Mass. The Mission has now made it's way to Queensland.

**PIOUS GOODS UPDATE:** Brown Scapulars are now in stock. \$8 each.

**READERS ON SAT/SUNDAY NIGHTS:** If you feel you can help in this ministry, please leave your name and contact details with the Sacristan on duty or leave your name and mobile number on the Parish phone answering machine. If there is no reader rostered and you are at that Mass, please emulate Saint Mary of the Cross and "never see a need without trying to do something about it." Your offer of help will be gratefully accepted.

**PARISH SAFEGUARDING:** We are currently updating our Safety Policies to ensure the safety of all who use our church. **Please ensure children are supervised by a parent or guardian, at all times, inside and outside the Church and other Parish buildings including the amenities and grounds.** Thank you.

### MEMORARE



Remember, Our Lady of La Salette, true Mother of Sorrows, the tears you shed for me on Calvary. Remember, also, the care you have always taken to keep me faithful to Christ your son. After having done so much for your child, you will not now abandon me. Inspired by this consoling thought, I come to cast myself at your feet, in spite of my infidelities and ingratitude. Do not reject my prayer, O merciful Virgin, but intercede for my conversion, obtain for me the grace to love Jesus above all things, and to console you by a holy life, that I may one day see you in Heaven. Amen

**Our Lady of La Salette, Reconciler of sinners,  
Pray without ceasing for us who have recourse to Thee.**

### ROSTER: 05/07/26

**Vigil:**  
**9am Sun:**  
**5.00pm Sun:**  
**Counting Team :**  
**Fri Cleaning**

R: J. Woodbridge, D. Bolitho  
 R: S Nichols, A Sartori  
 R: Volunteer  
 G & M Thrift  
 M. Vella, I. Ullman

**Gifts:** A & C Lyons  
**Gifts:** Michelle & Sally  
**Gifts:**  
**Altar Linen:** M. Vella

### ROSTER: 12/07/26

**Vigil:**  
**9am Sun:**  
**5.00pm Sun:**  
**Counting Team :**  
**Fri Cleaning**

R: Volunteer, N. Pullman  
 R: S. Brown, D. Gowing  
 R: Volunteer  
 A. Bowden, S. Brown  
 S. Brown, S. Karam

**Gifts:** B & M Watson  
**Gifts:** A & S Vueti  
**Gifts:**  
**Altar Linen:** E. Smyth