



Holy Family Parish Northeast Mallee

northeastmallee@ballarat.catholic.org.au 03 50324144

Website: northeastmallee.org.au

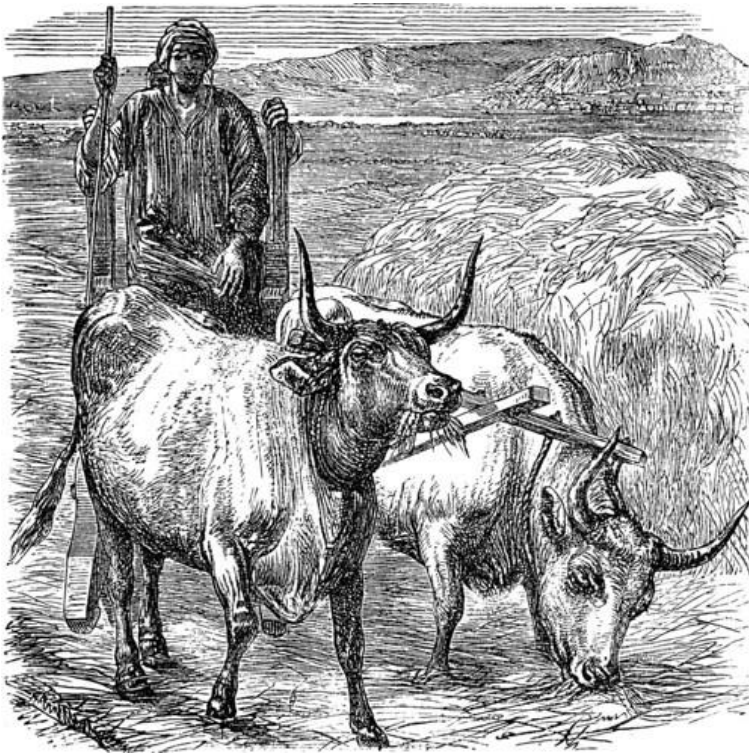
*Incorporating the Communities of St Mary's Sea Lake, Sacred Heart Culgoa,
St Joseph's Nandaly, S's Peter & Paul Quambatook & St Mary's Swan Hill
as well as the Lake Boga Families & Faith Group*



SUNDAY 5TH JULY 2026

FOURTEENTH SUNDAY IN ORDINARY TIME

***'COME TO ME, ALL YOU WHO LABOUR AND ARE OVERBURDENED,
AND I WILL GIVE YOU REST'***



Today's Gospel has always attracted me and drawn me in. Jesus' invitation to 'come to me' fills me with such hope. In our weariness and in the midst of all our burdens, we can turn to him and find our rest in him. How good is that! I don't think anyone could complain or argue about that offer! But then the next bit has sometimes left me a bit confused- 'shoulder my yoke'... as in, the yoke that is placed over the shoulders of a team of oxen. What is going on here Jesus? I'm coming to you for rest, and you are going to yolk me up too? What sense are we to make of this? Wouldn't it be better if we were just completely unshackled and set free to roam at will? But then, what next? Where would we go? Who would guide us? Who would keep us together? Who could we trust? We would end up trying to turn to someone, or something... the reality of life is that a yoke will eventually find us and bind us; the question for us is whose yoke do we choose?

Maybe we should take a step back for a moment, and ask ourselves, where does our weariness most often derive from? What burdens most weigh us down? Sometimes it will be our responsibilities, at least as we see them, the things we think we are called to do for others. Life can be a slog. How often do we make the mistake of trying to do it all, all on our own, perhaps even pulling against or away from the people around us? How often do we forget to bring God into the picture? How often do we rely on our own strength and forget to draw on his? How often do we rely on our own light and wisdom, and forget to ask him, is this really what you want of me? Is this really the path you have laid out? And it is not just the 'busy-ness' of life that wearies us, sometimes the even heavier burden can be a loss of hope or purpose or meaning. Nothing saps our energy or drive more than the feeling of 'why even bother?' We need purpose, we yearn for meaning, we thrive on hope. Christ can give them all to us, and more. He promises us that his yoke is easy, and his burden light. He guides us gently, and with humility, keeping us on the straight path and pulling forward together. We can learn from him; of who we truly are in his sight, of his tremendous love for us, and of how we can follow him and walk in his ways. And we can trust in him, that he will lift our heaviest burdens off of us and guide us gently through life to find our true rest in him.

Parish Contact Details:

Po Box 71 Swan Hill, Vic 3585

Phone: 03 5032 4144

northeastmallee@ballarat.catholic.org.au

Website: northeastmallee.org.au

Office Hrs: Tues, and Fri 10:30 -2.00

Parish Priest

Fr James Kerr

Parish Office:

Glenda Klabbers & Mary Kennedy

Child Protection Officers:

Tony & Joelle Whiting

Child Safe Church

Here in the Parish of Holy Family North East Mallee, we follow the Child Safe Standards outlined by the Victorian Government and we also implement procedures and standards as directed by the Ballarat Diocesan Office.



**PLEASE KEEP IN YOUR PRAYERS
RECENT DEATHS+**

ANNIVERSARIES OF DEATH

Grace Mangiameli, Doreen O'Halloran, Lyla Moar
Luigi Mase, Klay Stevens, Bill Maher
Tom Barry, Lila O'Meara, Barbara Shepherd
Ossie Coughlan, William D Kelly
Valma Main, John Joseph Bell, Joan Blore
Louisa Aiello, Jim De Gregorio,
Paul McNamara, Leonard Donohue

SICK LIST

Neville Hoare, Robyn Kiley, Sheila Templeton,
Shane Ryan, Pat Jeans, Yvonne Richardson,
Jayden Williams, Margaret Foott, Jarrod Crimmins,
Michael Bourke, Jack Donohue, Jude Lewis,
Bridget Phyland, Peter Amezdroz, Ken Duryea,
Helen Duryea, Pat Croft, Geoff Duryea

**THIS WEEKEND 5TH JULY
14TH SUNDAY ORDINARY TIME**

Saturday 6pm Swan Hill
Sunday 8:30am Sea Lake
Sunday 10:30am Swan Hill

WEEKDAYS IN SWAN HILL THIS WEEK

Tues: NO MASS

Wed: NO MASS

Thurs: No Mass

Friday: No Mass

Sat: Confessions 10am, Mass 10:30am

**NEXT WEEKEND 12TH JULY
15TH SUNDAY OF ORDINARY TIME**

Saturday 6pm Swan Hill
Sunday 10:30am Swan Hill
Sunday 5pm Nandaly

NOTICES



CUPPA AFTER MASS TODAY SUNDAY 5TH JULY



**ANNUAL COLLECTION FOR THE POPE
THIS WEEKEND JULY 4-5**

The Annual Collection for the Holy Father is to be taken up throughout the world on a weekend near the Feast of Ss Peter & Paul (June 29). Donations to the appeal support Pope Leo's mission from the proclamation of the Gospel to the promotion of integral human development. It expresses the sense of belonging to the Church and love and trust for the Holy Father. It is a tangible sign of communion with Him, as Peter's Successor, and also of attention to the needs of the most disadvantaged, for whom the Pope always cares.



REMEMBERING THE MARTYRS THURS 9 JULY

The Catholic Women's League of Ballarat invites you to a reflection day on Thursday 9th July beginning with 9.30am Registration and 10am Morning tea in the Mary Glowrey Room, St Patrick's Cathedral, Ballarat.

The day will include a talk, prayers, a tour of the Diocesan Archives and Mass (12.05pm), concluding by 3.30pm. Cost is \$25. Bookings essential. Please RSVP by 6 July to Carmel on 0401175045 or email annekav1234@gmail.com

Our Parish Schools

St Mary's Primary School Sea Lake

Principal: Kate Nunn
47 Hannon Street, Sea Lake
Ph: 03 5070 1272

St Mary MacKillop College

Principal: Michelle Haeusler
53 McCrae Street, Swan Hill
Ph: 5032 9771

St Mary's Primary School Swan Hill

Principal: Kate Quin
2 Murlong St Swan Hill
Ph. 03 5033 2541

THE FESTA DELLA MADONNA MONTE CARMELO

We invite everyone to join us as we celebrate the
Feast of Our Lady of Mount Carmel
on Sunday the 19th of July

Place: St Mary's Catholic Church Swan Hill.

Time: 10.30 Mass with Shared Lunch to follow in the
Parish Function Centre. Bring a plate to share!

ST JOSEPH'S NANDALY 100TH ANNIVERSARY CELEBRATIONS – SAVE THE DATE!

All are welcome to celebrate the 100th anniversary of
St Joseph's Church, Nandalay on Sunday, October 11,
2026. We plan to celebrate Mass and a meal to follow
(to be organised). For planning purposes, please
contact one of the following people to register your
attendance: Jo Brady, ph. 0427 572 752; Sam Brady,
ph. 0427 781 244; Barb Hall, ph. 0408 059 784. We
would be grateful for any photos, documents, or
historical information you may have to help
commemorate this wonderful milestone. All items will
be returned following the day. Please contact the
above listed people if you can
contribute. Accommodation is available at Nandalay
(limited), Sea Lake and Ouyen.
More information at a later date.

PRAYING WITH THE HOLY FATHER

Prayer for June – For the values of sport: Let us pray
that sports be an instrument of peace, encounter and
dialogue among cultures and nations, and that they
promote values such as respect, solidarity and
personal growth.

HAVE YOU THOUGHT?

For what is Jesus giving thanks to the Father?

What advantage do 'mere children' have over
the 'learned and the clever'?

How does this explanation of 'yoke' change your
understanding of the passage?

How might people have reacted to Jesus saying,
'My yoke is easy and my burden light'?

In what ways do you try to shoulder
the yoke of Jesus?

READINGS NEXT WEEK:

Fourteenth Sunday in Ordinary Time

First Reading: Isaiah 55:10-11

Second Reading: Romans 8:18-23

Gospel: Matthew 13:1-23

BACKGROUND ON THE GOSPEL READING

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Today's reading from Matthew's Gospel comes after a
discourse in which Jesus reproaches people who have
witnessed his mighty deeds yet still lack belief. In this
context, today's Gospel explains the reason for this
unbelief and reveals what is necessary for faith. Today's
Gospel also continues to enhance our understanding of
discipleship as last week's Gospel did.

Jesus first prays in thanksgiving to God who has made
himself known to Jesus' disciples. He praises God who has
made himself known to the "little ones" and not to the
wise and learned. As in other recent readings from
Matthew's Gospel, a contrast is made here between the
unbelieving Pharisees, who are wise and learned, and the
faithful disciples, tax collectors, and sinners with whom
Jesus keeps company.

The second part of this reading calls to our attention the
unity between the Father and the Son. God has made
himself known through Jesus, and in knowing Jesus, we
come to know the Father. In Jesus' life and in his person,
God reveals himself to us.

In the concluding sentences of today's Gospel, Jesus'
teaching is again contrasted to the teaching of the
Pharisees. This common theme of Matthew's Gospel
probably reflects tension that existed between Jesus and
the Pharisees and between the Pharisees and the
community of Christians for whom Matthew wrote.
Pharisaic Judaism became the predominant form of
Judaism after the destruction of the Temple in Jerusalem
about 70 A.D. Here that tension is expressed as alternative
paths of holiness. The careful observance of the Mosaic
law taught by the Pharisees could be experienced by some
as difficult and burdensome. In contrast, Jesus' way of
holiness is presented as uncomplicated and even restful.

LIVING THE GOSPEL – SHOULDER MY YOKE

Jesus invites us to shoulder his yoke and learn from him
for he is gentle and humble in heart. The yoke he invites
us to shoulder is the deceptively simple teaching: love God
and love your neighbour. To love God is to consciously
make a place in our lives for God. The busy spin that tends
to be characteristic of so many people's lives today does
not allow room for God; does not allow room for prayer
and quiet; does not allow room for compassionate
response to others. To love God and love our neighbour
we must first make room for them. *© Greg Sunter*

FIRST READING Zechariah 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. *ALL: Thanks be to God.*

RESPONSORIAL PSALM Psalm 144:1-2. 8-11. 13-14 R. v.1

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

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.

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.

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.

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.) I will praise your name for ever, my king and my God.

SECOND READING Romans 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. *ALL: Thanks be to God.*

GOSPEL ACCLAMATION See Matthew 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!

GOSPEL Matthew 11:25-30

*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. *ALL: Praise to you Lord Jesus Christ.*

