

**FIRST HOLY COMMUNION:** First Holy Communion Enrolment letters will be sent out on 1 August. The Commitment Masses will be held on the weekend of 5 and 6 August and **First Holy Communion Mass will be celebrated on Saturday, 9 September** at 5pm Mass. The contact at St Mary's is Genevieve Schofield. For enrolment details, please email Gen: [genevieve.schofield@cg.catholic.edu.au](mailto:genevieve.schofield@cg.catholic.edu.au)

**NAIDOC WEEK 2023:** Sacred Heart Parish will host a NAIDOC Week Mass on **Friday, 21 July**. This will be a significant event, with staff and Aboriginal students and their families attending from Carroll College, St Bernard's, St Mary's and more. Special awards will be handed out at the conclusion of Mass and everyone is welcome to attend.

### FEAST DAY OF ST MARIA GORETTI

The Feast Day of St Maria Goretti was commemorated on 6 July. Maria Teresa Goretti is an Italian virgin martyr and one of the youngest saints to be canonised. She was born on 16 October 1890 to a farming family. Her father died when she was nine, and the family had to share a house with another family, the Serenellis.

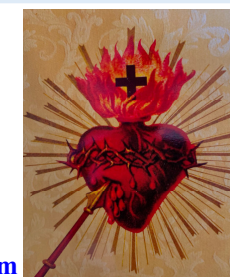
Maria took over household duties while her mother and siblings worked in the fields. One afternoon, Alessandro, the Serenellis' 20-year-old son, made sexual advances to her. When she refused to submit to him, he stabbed her 14 times. She was taken to the hospital but she died forgiving him. He was arrested, convicted, and jailed. During imprisonment, he repented. After 27 years, he was released from prison and visited her mother to beg forgiveness, which she granted. He later became a lay brother in a Capuchin monastery and died in 1970. Maria was beatified in 1947 and canonised in 1950. She is especially venerated in the Congregation of the Passion (Passionists).



## SACRED HEART PARISH MORUYA



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 Web: <http://cg.org/au/Moruya>  
 Priest: Fr Renoir Oliver Jr, SSS  
 Secretary: Mrs Vickie Moore  
 Parish Office hours: Wed and Fri 9:00am—2:00pm



**Mass Times:**  
 Moruya: Sat: Vigil 5:00pm Sun: 10:00am  
 Tue: 5:00pm, Wed, Thu & Fri: 9:15am/1st Saturday of the month 9:15am  
 Tuross: Sun: 8:00am Bodalla: 4th Sunday of the month 3:00pm/3rd Thursday of the month 9:00am  
**Reconciliation:** Sat @ Moruya: 1st Saturday of the month 8:30am-9:00am before Mass  
 4:15pm-4:45pm before Mass  
**Devotions:** Daily Rosary and Saturdays 9:30am **Adoration:** 40 mins before weekday Mass  
**Schools:** St Mary's Moruya: 4474 2817 Carroll College Broulee: 4471 5600  
**Caring Groups:** Tuross Head: 0497 315 534 Moruya: 0431 354 993

14th Sunday in Ordinary Time

- YEAR A -

July 8 & 9 2023

**“Come to me ... I am gentle and humble of heart”**



In the **first reading**, the prophet Zechariah consoles the Jews living in Palestine under Greek rule, promising them a “meek” messianic king of peace riding on a donkey, who will give them rest and liberty. The **responsorial psalm** praises and thanks a kind and compassionate God who “raises up those who are bowed down” under heavy yokes.

In the **second reading** Paul tells the first-century Roman Christian community about two yokes, namely, the “flesh” and the “Spirit” and challenges them to reject the heavy and fatal yoke of the flesh and accept the light yoke of the Spirit of Jesus. Christian spirituality, according to Paul, proceeds from the initiative of the Holy Spirit, and means living in the realm of the “Spirit as opposed to the flesh”.

In the **gospel**, Jesus offers rest to those “who labour and are burdened” if they will accept his “easy yoke and light burden”. By declaring that his “yoke is light” Jesus means that whatever God sends us is made to fit our needs and our abilities exactly. The second part of Jesus’ claim is: “My burden is light”. Jesus does not mean that the burden is easy to carry, but that is laid on us in love and is meant to be carried in love, and that love makes even the heaviest burden light.

**Entrance Antiphon:** Your merciful love, O God, we have received in the midst of your temple. Your praise, O God, like your name, reaches the ends of the earth; your right hand is filled with saving justice.

**Communion Antiphon:** Taste and see that the Lord is good; blessed the man who seeks refuge in him.

**Prayer after Communion:** Lord, we thank you for coming into our hearts in Communion. We believe you are truly present in the Blessed Sacrament. You are our life and our hope. Draw us more deeply to yourself and transform our hearts through your abiding love. May we come to know Sunday as a special day of faith, the day of our Risen Lord. May our celebration of the Eucharist on Sunday consecrate this day to you.

**O Sacrament Most Holy, O Sacrament Divine, All Praise and All Thanksgiving be every moment thine.**

## Liturgy of the Word

### First Reading Zech 9:9-19

A reading from the prophet Zechariah

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

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

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

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 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!**

### Gospel Mt 11:25-30

P: The Lord be with you

**All: And with your spirit**

P: A reading from the holy Gospel according to Matthew

**All: Glory to you O Lord**

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**



## THE WORD AND LIFE this week ...

**1) We need to unload our burdens before the Lord.** One of the functions of Worship for many of us is to give us a time for rest and refreshment, when we let the overheated radiators of our hectic lives cool down before the Lord. This is especially true when we unload the burdens of our sins and worries on the altar and offer them to God during the Holy Mass. But whether we are in Church, alone in our quiet spot where we come before God each day, in our homes or in the homes of our friends and neighbours, we find that prayer and Christian fellowship bring us the rest and refreshment that we all need so much. There is nothing quite like coming to the Lord and setting aside our burdens for a while—nothing quite like having our batteries recharged, our radiators cooled down and our spirits lifted. Jesus promises rest from the burdens that we carry—rest from the burdens of sins, legalism and judgement, from the weight of anxiety and worry, from the yoke of unrewarding labour and from the endless labour for that which cannot satisfy. The absolution and forgiveness which we have received as repentant sinners takes away our spiritual burden as well and enables us to share the joy of the Holy Spirit.

**2) We need to be freed from unnecessary burdens:** Life’s greatest burden is not having too much to do, nor having too much to care about because some of the happiest folk are the busiest and those who care the most. Rather the greatest burden we have is our constant engagement with the trivial and the unimportant, with the temporary and the passing and with the ultimately uncontrollable and unpredictable. The issue in life is not whether we shall be burdened but with what we shall be burdened. The question is not “shall we be yoked?” but “to what and with whom will we be yoked?” Jesus has no interest in unburdening us from our exaggerated self-esteem or from other modern infatuations which are themselves debilitating burdens so that we will have nothing to carry, no work to do. Instead Jesus is interested in lifting off our backs the burdens that drain us and suck the life out of us, so that he can place around our necks his own yoke, his burden, that brings to us and to others through us, new life, new energy, new joy. God’s incomparable, compassionate forgiveness is a gift that releases us into life with God as responsible human beings who want to grow deeper in love and joyful obedience. We are called, not only to find peace, refreshment and rest for ourselves, but also to live the kind of life through which others, too may find God’s peace, God’s refreshing grace, and the joy of placing their lives in God’s hands.

## NOTICES FROM THE PARISH

**PRAYERS FOR THE SICK:** We continue to pray and extend our support to those at Banksia Village, IRT Moruya, the sick members of our Parish and those in need of our prayers: Kathleen Ebbelaar, Gerry Ebbelaar, Dianne Ebbelaar, Kylie Leplaw, Andy McCosker, Bala Stankovich, Clare & Bert Broekhuysse, Pat Morris, Julie and John Kay, Lee Maat, Kirk Dowling, Rosemary Patyus, Kay Morton, Rod McDonald, Hans Brosch, Father Giles Setter OFM, Annette and John Nader, Ross Hay, Robyn Barkley, Mark Wales, Rick Christensen, Therese Masserot, Jenny Hopkins, Neil Mason, Pat Anderson, Tammy Whiteman, Clair Holmes, Patricia Murphy, Leo Kop and Barbara Kirk.

**NO MASS, TUESDAY, 11 JULY:** Please note there will be no 5pm Mass on Tuesday, 11 July.

**EVANGELISATION PROGRAM:** Next Tuesday, 11 July Parishioners are invited to Marg Croese’s home (19 Costin Street, Moruya) to watch and discuss the next episode of **The Chosen** (the series about Jesus’ life).