

## OPENING PRAYER

Father,
in the rising of your son death gives birth to new life.
Make us one with you always so that our joy may be holy and our love may give life.
Amen.
FIRST READING: 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.'

## RESPONSORIAL PSALM:

Response: 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: 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.

## Gospel Acclamation

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

GOSPEL: A reading from the holy Gospel according to Matthew 10:37-42
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.'


## REFLECTION by Greg Sunter

When we hear the term, yoke, we tend to think about the yoke that is used to harness oxen together or the yoke that someone might carry on their shoulder to balance a heavy load. This yoke across the shoulder was adopted into tailoring and so the shoulder piece set into a shirt is also called a yoke. However, in the Jewish tradition there is a completely different meaning to the term. The yoke of a rabbi was his particular interpretation of Torah (the Law); his particular teaching. Disciples who followed a particular rabbi sought to take on his yoke; his particular interpretation. The yoke of any rabbi was best identified by asking him, 'Which is the greatest commandment?' A rabbi's answer to this question revealed his interpretation of Torah. When Jesus is asked that question, he answers, 'Love God and love your neighbour,' and goes on to say that all of the rest of the Law and the prophets flows on from these two commandments. This is the yoke - the interpretation of Torah - that Jesus taught.

In today's gospel, Jesus calls to him all those who labour and are overburdened. It is the Pharisaic interpretation of the Law that burdens these people. Trying to maintain the Law was burdensome and complicated for the everyday person. Jesus says, 'Shoulder my yoke and learn from me ... my yoke is easy.' The yoke of Jesus was easy: Love God and love your neighbour. Compared to the 613 mitzvot (commands) set out in the Torah and strictly maintained by the Pharisees, the yoke of Jesus was incredibly easy to understand and adopt. So simple, in fact, that it required a child-like simplicity to accept this yoke.

## 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.

## PRAYER OF THE FAITHFUL

We pray for Pope Francis and all religious leaders. May they guide humankind on the sure paths of divine wisdom. (Pause) Lord, hear us.

We pray for all ambassadors of peace. May they rid the world of weapons of war and draw nations together in friendship, respect and care for the earth. (Pause) Lord, hear us.

We pray for a world-wide conversion from arrogant pride. May the human family be spared the grievous harm caused by ambitious and callous leaders. (Pause) Lord, hear us.

We pray for people living unprotected in places of mob violence. May the rule of law take hold and give them safety and peace. (Pause) Lord, hear us.

We pray for prisoners in overcrowded and riot-prone gaols around the world. May they serve out their sentence safely and be free to make a fresh start in life. (Pause) Lord, hear us.

We pray for our parish community. May we encourage one another to be led by the Spirit of Christ who has made a home in us. (Pause) Lord, hear us.

We pray for all who suffer in mind, body, or spirit, especially Penny Crawford, Jenny Bodman, Ross Lawless, those on our prayer list and all who need our prayers, that they may be cared for by loving family, friends and community. (Pause) Lord, hear us

We pray for the recently deceased, Len Sheather, . . . . and for those whose anniversary of death occurs around this time. May they rejoice with the saints forever in the heavenly Jerusalem. (Pause) Lord, hear us.

## CONCLUDING PRAYER

Lord,
may we never fail to praise you for the fullness of life and salvation which you give us.
Amen.
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PARISH OFFICE HOURS: Mondays: 9am - 3pm; Fridays: 9am - 12pm
Weekday Mass: Tuesdays at 10am
Meditation: Thursdays in Presbytery at 10.30am
Social Justice Group: Wednesday 2 August 2023 at 9.30am, at the Presbytery
Krawarree Mass: Sunday 30th July at 11am.
Araluen Mass: Tuesday $8^{\text {th }}$ August (Mary McKillop's Feast Day) at 11am. You may like to have lunch at the pub afterwards (if open).
Nerriga Mass: Sunday 20 August at 11am. Lunch afterwards at the pub.
Braidwood Groups had a very successful gathering on Sunday, supporting the 'Yes' vote, with around 95 people attending.


Congratulations to Wendy and Ted Hart who celebrated their 58th wedding anniversary this week. They met when Wendy came to Braidwood to work as a nurse. They married at Our Lady of Fatima Church, Goulburn.


Congratulations also to Jackie French whose book "Diary of a Rescued Wombat" has just been awarded the 2023 ACT Children's Book of the Year.

## Wrapping up recovery

Friday, 21 July 2023 at 6PM
It's been three years since the fires and the recovery team are wrapping up the recovery phase in Braidwood.
Get along to the Braidwood National Theatre on 21 July from 6pm and enjoy live music from Trent and Racheal, Hamish Hudson, and the Nick Munnings Band.
You can also watch a short film, 'No such thing as Sunday', by film makers Paul

Huntingford and Matt Thane on the recovery of a local producer Hamish Hudson.
There will be free catering.'Drinks are also available.
This event is an initiative of the QPRC Disaster Hub and Coordinare
The Catholic Parish of Pambula invites members of your community to join with Archbishop Christopher Prowse and other pilgrims, as he leads the annual St. Mary of the Cross McKillop pilgrimage to Eden on Saturday 19th August. He will be leaving from St Christopher's Cathedral at 7.30am on Saturday 19th August and travel to Eden by private vehicle. It is hoped that pilgrims will travel from parishes and school communities within the archdiocese to join with the Pambula Parish community in Eden, to celebrate this important event and place in our church history.

A summary of the program for the day:

- 11.00am (optional) Pilgrim's walk from Eden AFL grounds to Our Lady Star of the Sea Church. Refreshments will be available at Church.
- 12.00 noon Concelebrated Mass with Archbishop Christopher and visiting priests
- 1.00 pm Lunch will be provided by the Parish of Pambula. An occasion to share fellowship with other pilgrims.

As we are organising lunch, it would be appreciated if you could advise if you are attending so catering can be arranged, please book in via our website Catholic Parish Pambula or on the following link Archbishop's Mary MacKillop Pilgrimage
If there are any special dietary requirements, please make these known to us. You can contact either Sue Heffernan (0405 251 947) or myself (0429 774 119)

Readings for Mass: $1^{\text {st: }}$ Zech. 9:9-10. $2^{\text {nd }}$ : Romans 8:9,11-13. Gospel: Matthew 11:25-30
Next week: $1^{\text {st }}$ : Isaiah 55:10-11. $2^{\text {nd }}$ : Romans 8:18-23. Gospel: Matthew 13:1-23.
Radio Church: Sundays at 6pm on FM 88.9 Michael to give the reflection.
Keep warm and take care of each other, Helen


