



CATHOLIC PARISH CENTRES OF PAMBULA

Parish Bulletin

Fourteenth Sunday in Ordinary Time, Year A 5 July 2026

Our mission as a Christian community of the Catholic Parish Centres of Pambula is enlightened and inspired by the Holy Spirit, is to be salt and light through the loving way of our words, actions and respect for the dignity of all, so that others may experience the love of Christ. We acknowledge the Yuin people and honour Elders past, present and emerging, and all First Nations peoples worldwide.

PARISH CONTACT DETAILS

Parish Priest

Fr Kuriakose Chennelil Joseph MS (Fr Kose)
kose.joseph@cg.org.au
Phone: 0470 498 321

Parish Office

Ann Garcia
Open to the public on Wed & Fri from 10am-2pm
Phone: 0435 036 236 or 02 6495 0683
Email: pambula@cg.org.au
Web: www.cg.org.au/pambula
Address: 79 Main Street / PO Box 249
Merimbula NSW 2548

Parish Centres

Merimbula: St Joseph's
Pambula: St Peter's
Eden: Our Lady Star of the Sea

Sisters of St Joseph

Sr Marie Carson

Parish Council Chair

Mrs Bernadette Wood

Liturgy Coordinator

Ms Sue Heffernan

Finance Chair

Mr Michael Wood

Parish Safeguarding Volunteer

Mr Philip Roach
pambula.safeguarding@cg.org.au

Lumen Christi Catholic College

Mr Shane Giles 02 6495 8888

PARISH INFORMATION

Reconciliation (Confession)

Merimbula: Friday before Mass,
Eden: Saturday before Vigil Mass
Pambula: Wednesday before Mass
At any other time by request

Anointing of the Sick

Pambula: Wednesday 29 July 10am
Eden: Thursday 30 July 10am
Merimbula: Friday 31 July 10am

Sacrament of Baptism

Families are warmly invited to celebrate the Sacrament of Baptism in our parish. Baptism is celebrated after Mass on the 4th Saturday/Sunday of the month. For all enquiries and Baptism preparation arrangements, please contact the Parish Office.

Weddings

By appointment only: Minimum 6 months advance notice.

Adoration

Merimbula: Friday 9am followed by Mass at 10am.

Divine Mercy Chaplet

Merimbula: Sunday 9:30am & Friday 9am
Eden: Thursday 9.15am

Rosary

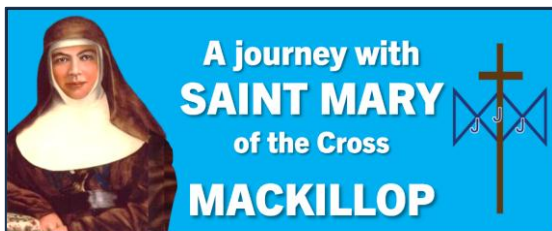
Merimbula: Cenacle & Holy Hour 11am Monday
Pambula: Wednesday 9:30am
Eden: Thursday 9.30am followed by Mass at 10am.

PARISH CALENDAR/MASS TIMES

Tuesday: 5pm Merimbula
Wednesday: 10am Pambula
Thursday: 10am Eden
Friday: 10am Merimbula
Saturday: 5.30pm Eden
Sunday: 8am Pambula
10am Merimbula

St Peter's Parish is committed to safeguarding and upholding the dignity and rights of all children and vulnerable people. We seek to empower children, their families and carers, and vulnerable people to have their say, to be listened to and to be protected. This approach is at the centre of all of our thinking.

COMMUNICATING CONCERNS: You are encouraged to raise any concerns by emailing Fr Kose, the Parish Office, the Parish Safeguarding Volunteer or directly to Maria Hicks at the Institute Professional Standards & Safeguarding (IPSS) on ipss@cg.org.au



A journey with
SAINT MARY
of the Cross
MACKILLOP

**Many things we condemn are pleasing to God,
because God sees the motives.
(1907)**

COMING EVENTS/NOTICES

Aged Care Facility Mass

3 July 1 pm Hugh Cunningham Gardens Tura Beach
7 July 2 pm Albert Moore Gardens, Merimbula
9 July 11.30am Uniting Age Care, Eden

New Parishioners

Could anyone new to the Parish contact the Parish Office or Fr Kose, so that the Parish has your contact details. Thank you.

Planned Giving Envelopes

Boxes of the planned giving envelopes may now be collected from the foyer of the church. The envelopes will be in use from 1 July 2026 - 30 June 2027. Kindly use the new envelope for this Sunday's collection. Please be advised that only **new envelopes are to be used from 1 July** and any unused envelopes from the previous year can be destroyed.

If anyone wishes to donate through planned giving, kindly inform the parish office and get the form.

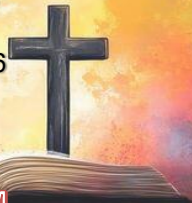
For those who wish to donate thru direct debit, you may fill a direct debit form in the office. Thank you for your continued support.

Requiem Mass for Michael John Gandon

Livestream mass will be held at Our Lady Star of the Sea Church, Eden followed by interment in Eden Cemetery on Wednesday 8 July 2026 commencing at 12:00pm.

Please remember to include him in your prayers.

ETERNAL REST GRANT UNTO HIM
O, LORD



Livestream link: [The service of Michael Gandon](https://vimeo.com/event/74902)
<https://vimeo.com/event/74902>

Catechism Corner

What are the 5 Precepts (Rules) of the Church?

1. You shall attend **Mass on Sunday** and holy days of obligation and abstain from work or activities that offend against the character of the day.
2. You shall receive the **Sacrament of Penance** (Confession) at least once a year.
3. You shall receive the **Eucharist** at least during the Easter Season.
4. You shall observe the prescribed days of fasting and abstinence (**Ash Wednesday and Good Friday**)
5. You shall **contribute** to the material support of the Church (2042-2043)

These **5 Precepts** with their minimum requirements are supposed to remind us that one cannot be a Christian without making a moral effort, without participating personally in the sacramental life of the church, and without union with her in solidarity. They are **obligatory** for every Catholic Christian (2041,2048)



PRAYER INTENTIONS

We pray for the recently deceased
Michael Gandon, Sr. Magdalen McDonald, Alec Moczec, Wendy Kukla, Sr. Myree Harris

And for all the faithful departed who we remember at this time

John Hulme, Anna Maria Weinlich,
Kate Webster, Deborah Joan,
Cynthia & Martin Walker, Domenic & Gloria,
Edward Cutajar

Let us pray for and support those who are sick and for all who have asked for our prayers:

Carolyn Meers, Jed Descutido, Monica Paffen, Pat Wong, Ros Beveridge*, Matilda Blake, John Liston*, Margot Neilsen, Anne Cooper*
(The list will be refreshed every first week of the month. If you would like the names to continue, please inform the Parish office via email or phone)

COLLECTIONS

Last Week's Collection:

\$1,321 - Support Clergy in Parish & Archdiocese & Support running the Parish

Planned Giving Collections:

THANK YOU to ALL parishioners who continually support our Parish through our plate collections at Mass, through the envelopes and direct banking. Without your financial help our Parish could not continue to function.



CONGRATS!

Congratulations to Frank Davey!

Frank, a Pambula Parishioner, has just been awarded 'Life Membership to the NSW Surf Lifesaving'. This is a great achievement for the Far South Coast.

Our Parish is very blessed to have him as one of its most dedicated servants of God. Through his faithful service, generous spirit, and enduring commitment, he has been a great blessing to our community.

We are truly proud of you, Frank

Parish office closed on 03 -17 July

For all communications, please email the parish office, and we will endeavour to respond promptly. In an emergency, you may contact Fr Kose directly on his mobile.

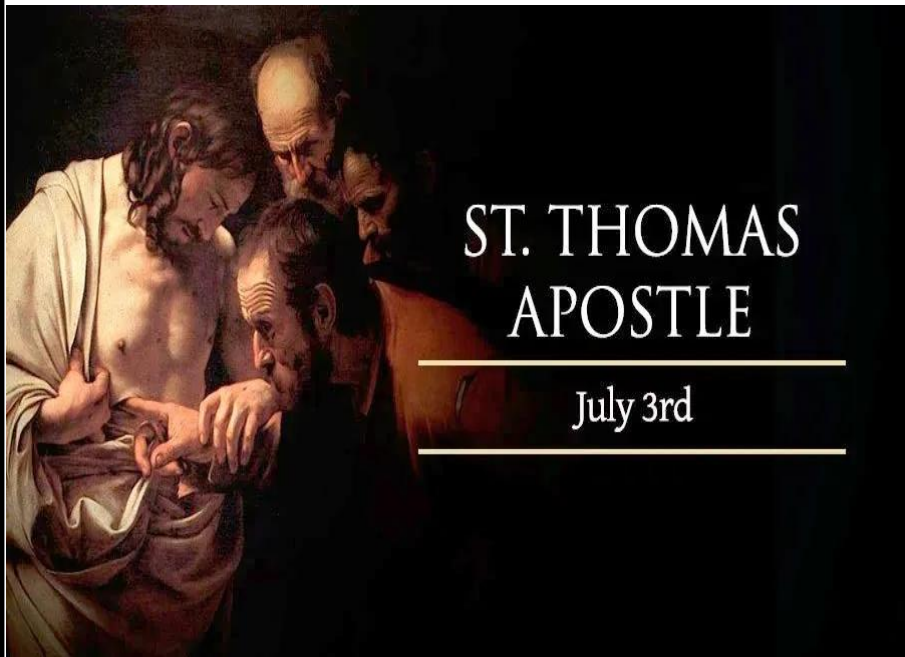
SOLEMNITIES/FEAST DAYS

03 July (Friday) Feast of St. Thomas the Apostle

11 July (Saturday) Feast of St. Benedict

16 July (Thurs) Feast of Our Lady of Mount Carmel

THE FEAST OF ST. THOMAS THE APOSTLE — 03 JULY



ST. THOMAS APOSTLE

July 3rd

St. Thomas is best known for his role in verifying the Resurrection of his Master. Thomas' unwillingness to believe that the other Apostles had seen their risen Lord on the first Easter Sunday merited for him the title of "**Doubting Thomas.**"

Thomas was gently rebuked for his skepticism and furnished with the evidence he had demanded – seeing in Christ's hands the point of the nails and putting his fingers in the place of the nails and his hand into His side. At this, St. Thomas became convinced of the truth of the Resurrection and exclaimed: "**My Lord and My God,**" thus making a public Profession of Faith in the Divinity of Jesus.

SAINT THOMAS, PRAY FOR US

10th St. Mary Mackillop Pilgrimage – 8th August.
Please reserve this date.

Dear Parishioners

Our Annual Archbishop's St Mary MacKillop Pilgrimage is just a month away now and this year will be our 10th Pilgrimage. We are so looking forward to celebrating this milestone with our Parishioners and Pilgrims from around the Archdiocese.

The Pilgrimage will this year be on the **Feast day of St Mary MacKillop** - the 8th of August. The Pilgrims walk commences at 11.00 am at the Barclay Street Football ground and proceeds to **Our Lady Star of the Sea Church Eden** for Mass to commence at 12.00pm. We will also be having lunch together, and look forward to Parishioners assisting with salads and cakes as you have done in past years so generously.

If you have any queries regarding the Pilgrimage please feel free to ask any of our Pastoral Council members, - Sue Heffernan, Pat Went, Sr Marie Carson, Marilou Cole or Bernadette Wood.

Blessings,
Bernadette – ph. 0429774119



Come and Join the Archdiocesan Assembly

The Archdiocesan Assembly gathers the Church on our journey of synodal evangelization. It is an opportunity to listen to the Holy Spirit and discern how we are called to walk together in life and mission.

It will be held on Saturday 22 August (9:00am - 4:00pm) 2026 at our local hub in Bega.

Please observe Silence inside the Church at all times.



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5 July 2026

First Reading Zec 9:9-10

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.’

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.

or

(R.) 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

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.

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

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.’



Reflection by Fr Michael Tate

In the Jewish story of the creation of Adam, the author has God fashion a figure of a human being out of damp earth, and then breathes into the nostrils of this clay figure. It becomes ‘Adam’. In Hebrew, the word for breath, wind or Spirit is the same, so this story tells us that we become human when the Holy Spirit is breathed into our very being.

St Paul tells the early converts in Rome, those recently baptised, and therefore tells us who are baptised: ‘The Spirit of God has made his home in you.’

Since your baptism, the Holy Spirit, the Breath of God, dwells in you in a special way. Baptism re-creates us, sharing in the life of the true Adam.

We could pause for a moment to pray:

Come, Holy Spirit, fill the hearts of your faithful and enkindle *in* them the fire of your love.

mtate@bigpond.com

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