

# St. Monica's Parish

North Parramatta

*"Our mission is to build up an active parish community with the Eucharist as the centre, foster deeper prayer and spirituality and reach out as a witnessing community"*



14TH SUNDAY IN ORDINARY TIME

- YEAR A

05TH JULY 2020

## 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.

## FIRST READING

A reading from the prophet Zechariah  
**Zec 9: 9-10**

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.'

*This is the word of the Lord*

## 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  
**Rom 8: 9. 11-13**

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.

*This is the word of the Lord*



## 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  
**Mt 11: 25-30**

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.'

*This is the Gospel of the Lord*

## COMMUNION ANTIPHON

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

# St. Monica's Catholic Parish

Cnr Church Street and North Rocks Road, North Parramatta

<b>SUNDAY MASSES:</b>	Saturday Vigil - 5pm; Sunday - 9am, 11.30am (Cantonese/Chinese Mass) and 6pm	
<b>WEEKDAY MASSES:</b>	Tuesday-Friday - 9.15am	
<b>EXPOSITION:</b>	Every Friday following 9.15am Mass until 10.45am,	
<b>RECONCILIATION:</b>	Saturday - 4-4.40pm or on request	
<b>MARRIAGES:</b>	Please contact the Parish Priest at least 12 months prior	
<b>BAPTISMS:</b>	1st Sunday of the month at 2 pm by arrangement	
<b>ANOINTING OF THE SICK/ EUCHARIST AT HOME</b>	Please contact the Parish Office or Fr Ephraim Lam Phone: 9630-1951	
<b>PARISH ADMINISTRATOR/ CHINESE CHAPLAIN:</b>	Fr. Ephraim Lam Phone: 9630 -1951	Email: shingmanlam@gmail.com
<b>POSTAL ADDRESS:</b>	8 Daking Street, North Parramatta, 2151	Website: <a href="http://www.stmonicanp.org.au">http://www.stmonicanp.org.au</a>
<b>OFFICE HOURS:</b>	Tuesday-Friday 8.30am-2.30pm	Phone: 9630-1951 Fax: 9630-8738 Email: stmonicanp@bigpond.com

## St. Monica's School

School Principal: Lisa Howell

Phone: 8832 4100

Fax: 9683-4984

Email: stmonicasparra@parra.catholic.edu.au

## REFLECTION

### Not an Outsider but an Insider

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.

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## Act of Spiritual Communion



My Jesus, I believe you are present in the most Blessed Sacrament.

I love you above all things and desire to receive You into my soul.

Since I cannot now receive You sacramentally, come at least spiritually into my heart.

I embrace You as if You were already there, and unite myself wholly to You.

Never permit me to be separated from You.

Amen.

## FEAST DAYS & COMMEMORATIONS

July 11, St Benedict

**PLEASE REMEMBER TO PRAY FOR THOSE OF OUR PARISH FAMILY WHO ARE SICK. ESPECIALLY**

Paul Chiu, John Rodrigues, Dave & Fan Lin Wilson, Francis Lee, Jerry A, Michelle Barnes, Levi Bell, Grace Boitano, Gesualda Borg, Monica Teresa & Fernanda Carigliano, Veronica Coorey, Antoinette Coorey, Margaret Dorahy, Heidi Ellich, Josie Estera, Philippe Kalife, Tim Kelly, Mary Korunic, Lillian Leigh, Monique Malouf, Tina de Larrazabal, Rosa Santos, Maria Itang Tagle, Llave Family, Sheila Watts, Gloria Cherote, Tony Iaria

## MASS INTENTIONS



### St. Monica is on Facebook!

Please join and get regular updates of the Parish during this current period.

Like

Please like our page : **St Monica's North Parramatta**



Sunday Mass is live streamed at 5.00 pm (English) and 11.30 am (Cantonese)

Please add Fr Lam (**Shing-man Lam**) as a friend on Facebook to watch the Live stream Masses.

### Weekend Mass Timetable July 2020

Saturday Evening :	5.00 pm (English)	Live Streamed
Sunday :	9.00 am (English)	
	11.30 am (Cantonese)	Live Streamed
	6.00 pm (English)	

**Readers, E.M's and Church cleaning Roster to commence from 1st week in July. Counters Roster will be on hold till further notice.**



**NEW Planned Giving Envelopes for the Financial Year July 2020–June 2021 are available at the entrance of the church. Please collect them if you are registered.**

Alternately, you can join the monthly planned giving via credit card by submitting your credit card details by calling us at the office. If there is no answer please leave your name and contact number or email us and we will get in touch with you.

We appreciate and thank you for your continued support and prayers during this time. Parish Office Telephone No: 9630 1951

Parish Email address: [stmonicanp@bigpond.com](mailto:stmonicanp@bigpond.com)



### St. Monica's sacraments

[stmonicasacraments@gmail.com](mailto:stmonicasacraments@gmail.com)

### First Holy Communion Program

School Holidays	4 -19 July
Lesson 4/7	1/2 August
Reconciliation & Rehearsal 7/7	22nd August - 2.00 pm
<b>Both Compulsory attendance</b>	
FHC Mass	23rd August - 3.00 pm



### S.V.D.P. WINTER APPEAL

The annual S.V.D.P. Winter Appeal envelope collection has been cancelled this year due to COVID-19, however you can still donate to the general Winter Appeal through one of the following methods:

1. Donate ONLINE at [VINNIES.ORG.AU](http://VINNIES.ORG.AU)
2. Phone 13 18 12

All donations of \$2 or over are Tax deductible. With most of our retail shops closed and the cancelled envelope collection, our funds for the less fortunate have decreased accordingly. Being traditional supporters of the Winter Appeal, please use one of the above methods to donate. Thank You

**S.V.D.P.**

### St Monica's Primary School North Parramatta



**Enrolments for 2021 (K-6) are now open!**

Enrolment forms are available on our school website.

For more information please visit our school website or contact the office on 8832 4100.

[www.stmonicasparra.catholic.edu.au](http://www.stmonicasparra.catholic.edu.au)

### A Case for a Mediocre Life

by Juan Aznaran, published 15/06/2020 on LifeTeen

How long do trends last? As I scroll through social media more than usual during this time at home, it seems like there is always a new trend. First, we had the voice-over trends, then the dancing trends, even the pranking family members and friends trends. One of the biggest overarching themes that seems to have been around for many years now is #LivingMyBestLife. As the hashtag itself states, the idea is simple — how do you display what your “best” life would look like? Maybe some nice beach, the perfect sunset, the biggest indulgence, the best cars, the newest tech. But what does it truly mean to live your best life? In my curiosity, I turned to Scripture to find Jesus’ best life.

Jesus knew from the very beginning that His life had meaning beyond His understanding. He knew that to embrace His best life meant that He had to humble himself to become human like you and me, to be born of a humble woman, to be a part of a humble family, to live a humble life as the son of a carpenter; He knew that living His best life meant embracing the simplicity of it. Jesus was never for the flashiness of certain moments, He simply embraced the little moments and rejoiced in them. So does this mean we can't keep using this awesome hashtag? Of course not. But it is a great reminder that our focus is not on our material life, as a matter of fact, our focus is not even on this life but the next. As we try to follow in the example of Jesus, He reminds us that a simple life is the best life. This idea of living our best life constantly, given that social media dramatically magnifies the “perfect moments” of people’s lives and rarely ever seems to focus on the bad side, is futile. Every human being knows that life is not just about the great moments. Yes, those great vacations and moments where we feel at our best physically, mentally, or spiritually are amazing, but we know the reality is life has great moments and has bad ones too. The bottom line is that living our best life should not be focused on the visible things or experiences, but rather on the fruit that leads to eternal life. The best life we can ever live is a life that leads us and those we love to Heaven, to rejoice with our Creator, and be in awe of His presence. Christ had no expectation of grandeur when He became human for our salvation, all He hoped for was to teach us how to love one another and to bring us home with Him and the Father. That Man, living his best life entering Jerusalem on a donkey, that very Man knew that what laid ahead was not His will but the Father’s. He had no control over it yet He trusted and humbly accepted. That was Him living His best life. A life full of misunderstanding and anger towards Him, a life with betrayal and lack of love, a life of suffering and dying to oneself, a mediocre life, yet a life worth living because of His love for us. Jesus is the perfect example of #LivingMyBestLife. Not because He always got to enjoy an easy life, but rather because He made the most out of His circumstances. He found simplicity in His everyday life and embraced it, focusing not on what He would get out of it, but on what would benefit others the most. Every step towards the cross for Him, meant a step closer to Heaven for those He loved most. That is the mediocre life we should all aim to post about.

*This article has been revised for the purposes of including it into the Youth's Corner. To read the full article please visit: <https://lifeteen.com/blog/case-mediocre-life/>. Lifeteen is a Catholic Youth Ministry organisation dedicated to leading youths closer to Christs. Check out their website for more blogs and faith-related resources!*

### Youth Announcements



**St. Monica's Youth Group (FYRE)** St. Monica's youth group gatherings will resume this Sunday from 10.45am to 11.25am in the Community Room! Follow our youth group on Instagram @fyrestmonicas for updates! Our instagram page has just launched a series of daily faith-inspired insta stories so check it out guys!

**Youth Camp** It's official - our annual July St. Monica's Youth Camp will sadly not be taking place this year. However, Youth Camp will resume in July 2021!