

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"

FOURTEENTH SUNDAY IN ORDINARY TIME – YEAR A

5TH JULY 2026

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

Zech 9 : 9-10

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*

RESPONSORIAL PSALM

Ps 144

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. (R.)

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.)

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.)

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

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

Mt 11 : 25-30

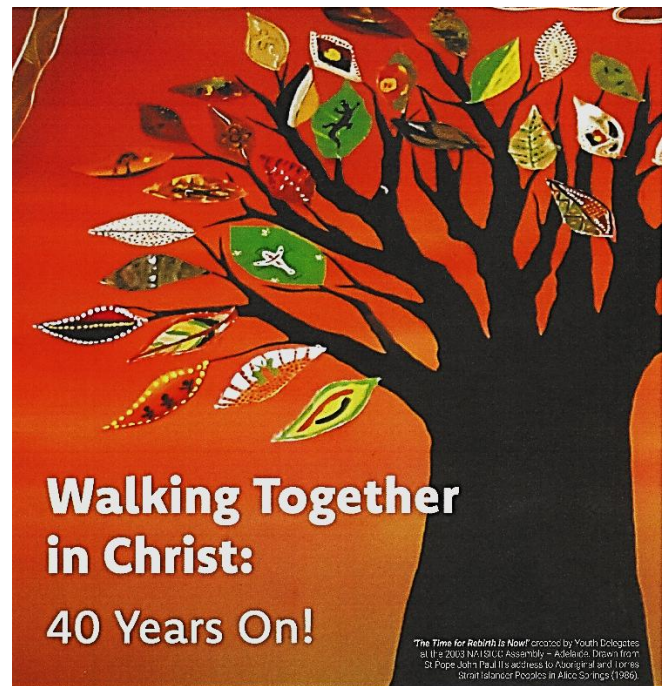
A reading from the holy Gospel according to St Matthew

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*

COMMUNION ANTIPHON

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



**Walking Together
in Christ:
40 Years On!**

The Time for Rebirth is Now! created by Youth Delegates at the 2003 Mt Isa Assembly - Adelaide. Drawn from St Pope John Paul II's address to Aboriginal and Torres Strait Islander Peoples in Alice Springs (1988).

Aboriginal and Torres Strait Islander Sunday

5th July 2026

We gather as one in Christ — celebrating the deep faith, culture, and gifts of Aboriginal and Torres Strait Islander Catholics.

Find resources for your Parish at www.natsicc.org.au.



St. Monica's Catholic Parish
Cnr Church Street and North Rocks Road, North Parramatta

Sunday Masses:	English: Saturday Vigil - 5pm; Sunday - 9am, 6pm Cantonese: Sunday 11.30am
Weekday Masses:	English: Tuesday-Friday - 9.15am
Exposition & Adoration of the Blessed Sacrament:	Every Friday following 9.15am Mass until 10.45am Every 3rd Sunday of the month 10:15-11am
Reconciliation:	Friday 10-10.30am, Saturday 4-4.30pm, 3rd Sunday of the month 10:15-11am, or on request
Marriages:	Please contact the Parish Priest at least 12 months prior
Baptisms:	Please contact the Parish Office for appointment with the Parish Priest. Phone: 9630-1951
Anointing of the Sick/Eucharist at home	Please contact the Parish Office or Fr Ephraim Lam Phone: 9630-1951
Parish priest/Chinese Chaplain:	Fr. Ephraim Lam Phone: 9630 -1951 Email: shingmanlam@gmail.com
Postal Address:	8 Daking Street, North Parramatta, 2151 Website: https://stmonicanp.org.au
Office hours:	Tuesday-Friday 8.30am-2.30pm Phone:9630-1951 Sunday 9am-11am Email: stmonicanp@bigpond.com

St. Monica's School

School Principal: Fiona Bylsma Phone: 8832 4100 Email: stmonicasnparra@parra.catholic.edu.au

COMMENTARY

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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Eucharistic Congress 2028 Prayer

Lord Jesus Christ, we thank you for the gift of your real presence in the Sacrament of the Holy Eucharist. Grant us the grace to receive you reverently, worship you truly and serve you with hearts renewed. By the power of the Holy Spirit strengthen us, so that as you gave yourself to the Father and to us, we too may offer our lives to God and to others. Inspire and help us to serve you in those who are in need, especially the defenceless and homeless, the lonely and lost. Unite us with your sacrifice of the Mass, so that we may truly become what we have received, the Body of Christ. Amen

**St Vincent de Paul Winter Appeal 2026
on 25th & 26th July**

Your donation can provide healthy meals, help with living expenses and accommodation assistance, for somebody at risk of or experiencing homelessness. And your gift can provide the lasting, long-term support that helps someone find a safe, secure and sustainable place to live.

**The Parramatta Way
of Safeguarding is to...**



DIOCESE of
PARRAMATTA

Act with Justice, and state that we have a zero tolerance for any form of abuse or harm to children or any person

Act with justice and ensure that laws and obligations are upheld, and safety is paramount

PARISH ACTIVITES



St Monica's Parish Rosary Group

Every Wednesday from 10.00am to 12.00pm in the Parish Centre. Enquiries: Lynette Iwachiw 0423 696 961

Christian Meditation



Every Thursday, at the Parish Centre.
6pm-6:25pm Gentle Exercises,
6:30pm-7:30pm Christian Meditation.
Participation via zoom is available. Enquiries: Patricia Brown, email: pabrown02@bigpond.com



Catholic Women's League St Monica's Branch

Every third Monday of the month at 10.30 am in the Parish Centre. Enquiries : Julie Skulander on 0411 988 361



St Monica's Piety Stall (open alternate weeks)

Stall is open on Saturday 4.40 - 6.15 pm
Sunday 8.40 - 10.15 am

Contact : Julie Skulander on 0411 988 361



St Monica's Art Group

Every Saturday 6pm-8pm at the Parish Centre. New workshops are available each week. Please contact Vera (WhatsApp 0402936947) for details.



Bible Supper via ZOOM. every FIRST Thursday of the month, 8pm-9pm. Fr. Ephraim will introduce every book from the Bible. All are welcome. To get the Zoom Link please scan the QR code on the left or send an email to Fr Ephraim.



St. Vincent de Paul Society

Please come to their monthly meeting on the last Wednesday of the month, 6.30pm, at the Parish Centre, or contact Jacob Payra 0431 881 697



Sacramental Program for Baptized Children 2026

Please send an email to our coordinator for details:
stmonicasacraments@gmail.com

No weekday Mass on 8th July 2026, Wednesday, as Fr Ephraim will join the Youth Camp.

Please pray for our youth and the success of the camp.

On 9th July 2026, Thursday, Mass will be held as usual.

Scripture: Matthew 11: 25-30

Observation: In today's Gospel we hear Jesus say quite an interesting phrase "I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children." Jesus thanks God for hiding spiritual truths from those who heavily rely on their own worldly wisdom or spiritual pride, individuals who think that they are so knowledgeable that it has led to a sense of arrogance, self-dependence and false confidence, thinking that they won't need God. Simultaneously Jesus also thanks God for revealing the same spiritual truths to infants, small children who are always open to learning new things. Then Jesus' next line emphasises Jesus wanting the people to know God is their Father, and that Jesus himself is the Son of God. Jesus saw that religious duties were like heavy loads that people would carry around, but Jesus offered the people who follow and serve, those who are weary and burdened to rest, to "Take my yoke upon you... For my yoke is easy and my burden is light"

Application: When you pray to God are you those who are wise and learned or are you a small child? Jesus famously throughout his mission ridicules the Pharisees of the time, for they had become so prideful in their teachings that the true meaning of the Word of God was lost and that that began to reject the teachings that Jesus was speaking of, the people who sit and listen to Jesus are all considered infants and you are too, we are all eager to learn new things while we serve and God, while we reflect on ourselves we must remind ourselves to be children of the church, always willing to learn and be humble when learning, no matter who you are, if you're a toddler, a 10 year old or approaching mid 50s, there is always something that God wants to teach us and guide us and we must be keen to listen. When we choose to listen to God we offer him our troubles and burdens so that He can allow us to rest. The next time you pray, find some aspects in your life that you may find trouble overcoming and offer it up to God, ask him to guide you through whatever trouble it may be, essentially ask God to make you like an infant.

Prayer: Lord, thank You for revealing Yourself to those who come to You with humble hearts. Help me to trust You like a child and not rely only on my own understanding. When I am weary and burdened, remind me to come to Jesus, who gives true rest. Teach me to take His yoke upon me, to learn from His gentleness and humility, and to walk each day in Your peace. Amen

11th / 12th July ROSTERS

	5pm Vigil	9am	6pm
Readers	K. Hancock G. Basha	J. Nguyen M. Joseph	M. Ellis T. Jones
Extraordinary Ministers	B. Meleca K. Hancock	J. Skulander C. Cheung	TBA
Acolytes	P. Senjak	P. Mooney	J. Hilton
Cleaning	Group 2 – Vera's Cleaning Crew (10 th July)		
Children's Liturgy	Resume on 26 July 2026		
Morning Tea	Cindy & Stella		
Counting	Group 1		