

SAINT ANNE PARISH

20 Boston Road Southborough, MA 01772

ST. ANNE PARISH MISSION STATEMENT

We, the people of St. Anne Parish, Southborough, in the Diocese of Worcester are called through Baptism to become one faith family. We commit ourselves to embody the presence of Christ in Word and Sacrament; by using our ministries to welcome all who are seeking Jesus and to share in the life and work of our Catholic faith. In the spirit and truth of the Holy Trinity, we will use our time, talents and treasure to answer God's command to love one another as He has loved us, in holy worship, prayer, Catechetical formation for all, evangelization and service to others.

Fourteenth Sunday in Ordinary Time - Year A July 9, 2023

Lord's Day Mass Schedule:

Saturday ~ 5:00 p.m.
Sunday ~ 8:30 & 10:30 a.m.
(5:30 p.m. resumes in the fall.)

Daily Mass Schedule:

Monday-Thursday: 9:00 a.m.
First Fridays: 9:00 a.m.

Healing Mass:

First Wednesday of every month at 7:00 p.m.

Confessions:

Saturday ~ 4:15 p.m.,
between Sunday morning Masses, weekdays at 9:30 a.m., First Wednesday of each month ~ 6:30 - 7:00 p.m., or anytime on request

Exposition and Adoration of the Blessed Sacrament:

Wednesdays: 9:30 a.m. to 6:00 p.m.

Sacrament of Baptism

Call the Parish Office to schedule a Baptism. Baptisms are celebrated during a scheduled Mass.

Sacrament of Marriage

Arrangements with a priest required at least one year prior to the wedding date.

Visitation of the Sick

Fr. Albert is pleased to bring Holy Communion to parishioners who are unable to join us for weekly worship. Call the Parish Office to arrange a time.

"For my yoke is easy, and my burden light."

Matthew 11:30

When we think of being good stewards, we may think that God is asking too much of us when He calls us to generously share our time, talent and treasure. However, we must remember that we are not "owners" of anything, we are merely "stewards" of the gifts God has given us. All He is asking is that we give back a small portion, in gratitude, of what He has already given to us.

Office Hours:

Monday ~ Thursday
9:30 a.m. to 3:00 p.m.
Friday ~ 9:30 a.m. to noon
Telephone 508-485-0141
Fax 508-460-0181

E-mail: stanne403@stannesouthborough.org
Web: www.stannesouthborough.org

Pastor: Fr. Albert Irudayasamy
fralbert@stannesouthborough.org

Parish Council: Nancy Denardo ~ Chair

Finance Committee: Rich Flathers ~ Chair

Director of Religious Education: Rachelle Carmony
rachelle@stannesouthborough.org

Parish Office Manager: Sem. Rafael Longhini
stanne403@stannesouthborough.org

Bookkeeper: Nancy Denardo
nancy@stannesouthborough.org

Music Ministry

Choir Director: Paul Crivello 508-366-0821
pcrivello04@gmail.com

- Saturday 5:00: John Arnold
- Sunday 8:30 and 10:30: Paul Crivello
- Sunday 5:30: Kathy & Matt Bernier

Maintenance: Matt Bernier
mbern@stannesouthborough.org

Webmaster: Amy Buttiglieri
webmaster@stannesouthborough.org

PARISH
CONTACT
INFORMATION

Would you like to receive a copy of the bulletin via email every week?

Please send an email to: stanne403@stannesouthborough.org with "St. Anne Bulletin List" in the subject line.



We welcome all visitors to St. Anne Parish. If you would like to join our faith community, please call the Parish Office to register: 508-485-0141

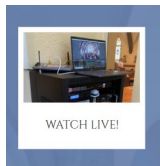
PARISH MASS INFORMATION AND MINISTRIES

St. Anne Parish Livestreamed Daily and Weekend Masses

Livestreamed St. Anne Masses

ALL St. Anne Mass offerings will now be livestreamed:
5:00 p.m. Saturday, 8:30 a.m. and 10:30 a.m. Sunday, and
9:00 a.m. daily Masses through website!

- Go to parish webpage:
www.stannesouthborough.org.
- Scroll down and click on "Watch Live!" box.
- Scroll down to "eCatholic Live" box.
- Click on the arrow in the middle of the logo at
5:00 p.m. for Saturday evening Mass, 8:30
a.m. or 10:30 a.m. for Sunday Mass, and
9:00 a.m. for daily Masses Monday through
Thursday and first Fridays.



SC LIVE

WEEKLY MASS SCHEDULE

with MASS INTENTIONS (July 8 through July 16)

SATURDAY 08	5:00 pm	For Bob Seariac by daughter Hope Seariac
SUNDAY 09	8:30 am	For Joe Tusia by MaryBeth P-H
	10:30 am	For parishioners of St. Anne
MONDAY 10	9:00 am	For George Stagno by Prayer Shawl Group
TUESDAY 11	9:00 am	For Samantha Almy by The Philbin—Hannigan Family
WEDNESDAY 12	9:00 am	For Eric Larson by The Philbin—Hannigan Family
THURSDAY 13	9:00 am	For Beatriz Simona by Socorro Martin
SATURDAY 15	5:00 pm	For Bob Seariac by daughter Hope Seariac
SUNDAY 16	8:30 am	For Brendan (protection) by The Philbin—Hannigan Family
	10:30 am	For parishioners of St. Anne

Prayer Shawl Ministry Meeting

Prayer Shawl meets Mondays from 10:00 to noon to knit/crochet/weave for anyone who is ill or suffering who might welcome a blessed prayer shawl.

Do you or someone you know need a prayer shawl? Stop by the Parish Office during office hours to select a shawl. Free will donations collected for shawls are sent to our sister parish in Haiti to aid their rebuilding.



The Rosary portion of the Prayer Shawl meetings is live streamed via the parish website starting at 10:30 a.m. Password: shawls

Liturgical Minister Schedule

To be trained, please call the Parish Office

July 08 & 09 - 14th Sunday Ordinary Time, A

Sat 5:00 pm	Lector	Laura Schroeder
	Communion Minister	Laura Schroeder Debbie Simon (cup)
Sun 8:30 am	Lector	Elaine Yetman
	Communion Minister	Nancy Denardo Doris Campero (cup)
Sun 10:30 am	Lector	Jim Garden
	Communion Minister	Joe Cruciani Pat Draper (cup)
	Collection Counting	TBD

July 15 & 16 - 15th Sunday Ordinary Time, A

Sat 5:00	Lector	Debbie Simon
	Communion Minister	Debbie Simon TBD TBD (cup)
Sun 8:30	Lector	Nick Paganella
	Communion Minister	Elaine Yetman Nancy Denardo (cup) Doris Campero
Sun 10:30	Lector	Janice Brown
	Communion Minister	Janice Brown TBD TBD
	Collection Counting	TBD

July 01 & 02, 2023

Saturday - 5:00 p.m.	49	Mass Attendance
Sunday - 8:30 a.m.	65	
Sunday - 10:30 a.m.	98	
Sunday - 5:30 p.m.	-	
Saturday - 5:00 p.m. Streamed	4	
Sunday - 8:30 a.m. Streamed	4	
Sunday - 10:30 a.m. Streamed	10	
Sunday - 5:30 p.m. Streamed	—	

Sunday Evening Mass Schedule Change

The 5:30 p.m. Sunday Mass and Sunday evening Adoration will be suspended for the summer. Both will resume on **Sunday, September 10.**



Coffee Hour

Sunday, July 9, coffee hour is hosted to welcome Fr. Michael Roy and a farewell to our seminarian Rafael following the 10:30 am mass. Everyone is welcome.

PARISH RELIGIOUS EDUCATION AND STEWARDSHIP



Children's Liturgy of the Word

Children's Liturgy of the Word (CL) is canceled during the summer.



Baby Crib Quilts

Beautiful baby quilts blessed by Father Albert and sewn by Sandy Callinan are available in the Parish Office for sick infants and children in need of healing prayers.

St. Anne Parish Pre-K through Grade 10+ Religious Education Class Registration

Online registration for next year's Religious Education (RE) classes is now open!



Faith Formation
Registration

To register for 2023-24 RE classes/sacramental preparation classes, or to learn more about the Faith Formation program at St. Anne's, please click [here](#), go to the parish website, or contact rachelle@stannesouthborough.org.

2023-24 RE dates will be posted by June 1.



Grandparents Tea Party

Celebrating the Feast of Saints Anne & Joachim

In honor of the grandparent saints of our Lord Jesus Christ, and all biological & spiritual grandparents the Lord has blessed us with.

SUNDAY, JULY 23rd, 11:30am -12:30pm in the Parish Hall
Veneration of a first class relic of St. Anne.

Please invite any grandparents you know!
Youth grandkids are invited to serve as tea party waiters.
To RSVP or to volunteer as a youth waiter, please contact:
rachelle@stannesouthborough.org

Parish Youth Service Project

**Baking, Praying & Craft Gift
Making For the Elderly**



Wednesday mornings:

July 26th;
August 2nd, 9th, 16th, 23rd;

9:00 am - 11:30 am,
St. Anne Church & Parish Kitchen

To sign-up for this fun service project, please contact:
rachelle@stannesouthborough.org -
(508) 597-7029 Ext. 103

Help Spread the Word

Please help spread the word about Religious Education - especially if you know of families who may have lapsed due to Covid, sports or other distractions. Our program is very flexible for families.

Please also consider joining this ministry as a teacher or assistant, it is a wonderful way to practice the works of mercy. Our DRE Rachelle will be in the hall after Mass to answer any



Capital Campaign Update

Phase One 07/02



Total Goal:	\$2,000,000.00
Total Pledges to Date:	\$2,045,601.95
Payments Received to Date:	\$1,013,263.06
Number of Families Pledging:	162 families (35%)

Thank you again for your ongoing support!

PARISH STEWARDSHIP REPORTS FOR

Through July 2, 2023

Regular Weekly Offering:	\$3,585.00
Capital Improvement:	\$555.00
Peter's Penence Holy See:	\$45.00
Sisters of Notre Dame de Namur:	\$50.00
Catholic Communications:	\$10.00
Blue Pay: Regular thru 7/2:	\$225.00
WeShare: Regular thru 7/2:	\$375.78

Online Giving: WeShare allows both onetime gifts, as well as regular, scheduled donations. Please visit our Parish website www.stannesouthborough.org for the link to WeShare.com or call 1-800-950-9952 and use option 1 to answer any questions.

St. Anne's Website: We have an **additional resource for online giving and online CE registration.** St. Anne Parish partners with **eCatholic and BluePay** for easy on-line giving.

Our one-step on-line form allows both one-time gifts, as well as regular, scheduled donations. Please visit our Parish website www.stannesouthborough.org and select the Quick Link to the BluePay On-Line Giving page.



Partners in Charity Appeal 2023-2024

2023-24 Parish Goal: \$76,000.00

Amount Raised As of 6/27/23: \$72,190.00

(95% of amount goal - 76 donors)

Can we reach the goal of 100 donors?

No gift too big or too small...



Visiting the Sick

If you wish to have the sacraments of Confession, Anointing of the Sick and Communion, call the Parish Office. Fr. Albert is willing to visit every week if you wish.

Please send us your names to place in the prayer list so that the whole parish family can pray with and for you.

PARISH RELIGIOUS NEWS AND EVENTS

Thank you St. Anne Parish

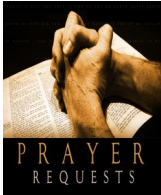


Dear St. Anne Parishioners, I would like to express my gratitude to you all, this is my last weekend here. The reception I have received has been nothing short of amazing. I have felt so welcomed during my assignment here.

May the Lord bless all!

Please continue to pray for my journey to the priesthood.

PLEASE PRAY FOR THE SICK:



Sr. Yvette, Fr. Thirburs F. Millot, Thomas Chemmanur, Janet Mattioli, Tim and Diane Higgins, Dave Lemoine, Laval "Val" Provencher; Father Conrad Pecevich, Michael Philbin-Pelland, Jamie Farley, Jim Garden, Brookie Sullivan, Beth Stephens, Susane Crioppa, Peter Bradstreet, Rob Germeroth, Michael, Steve Buttiglieri, Kevin Sanford, Cecilia Lynch, Catherine, Joy, Walter McClain, Frances Robertson, Nick Paganella, Raphaela, Kathy Wallace.

To have a name placed on or removed from the prayer list, contact the Parish Office.

Altar Servers Need



Both students (Grade 4 and higher) and adults are welcome to serve.

If you are interested in being an altar server, please call the Parish Office.

Training is provided and scheduling of service is determined by server based on their availability.

An Act of Spiritual Communion



My Jesus,

I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul.

Since I cannot at this moment 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.

Diocesan prayer for Eucharist Revival

Lord Jesus Christ,
Who by the gift of your Body and Blood
are really present in our lives,
hear the prayers of the Church in Worcester.

Give us the faith of your Church,
confident in your presence in our Masses,
our tabernacles and our lives.
Give us the faith to offer our lives to you,
joined with the perfect sacrifice,
which you offered on the altar of the Cross.

Good and loving Shepherd,
teach us how to lead your children home,
that we might long together
to glorify your name at the Supper of the Lord.

United Parishes of Southborough Food Pantry

c/o Pilgrim Church

P.O. Box 281, 15 Common Street
Southborough, MA 01772

southboroughfoodpantry@gmail.com

508-485-4847



Food Items

- Crackers--Ritz, Wheat Thins
Saltines
- Cranberry juice
- Capri Sun (juice packets)
- Boil-n-Bag rice
- Mayonnaise

Health and Household Items

- Pump Hand Soap
- Dish detergent
- Clothes detergent
(especially skin sensitive)

Gift Cards for Diaper Buy

- Walmart
- Target
- Walgreens
- CVS

A big THANK YOU for all Food Pantry donations.

As most food items are date sensitive, please be sure that your donation is not out of date. Donations may be left in the foyer of the parish hall. If you know of anyone who could benefit from the Food Pantry, please encourage them to come. Pantry hours (located at Pilgrim Church) are Thursdays from 6:00-7:00 p.m. and Fridays from 9:00-10:00 a.m.

Weekly Adult Discussion Group

A weekly Discussion Group meets on Wednesdays from 6:05 to 7:00 p.m. in the Parish Hall. Discussion is on *The Catechism in a Year (with Father Mike Schmitz)* available on familiar podcast apps.

Attend any Wednesday you are available.

The discussion group will be facilitated by *Three Hearts Apostolate* members who are available to answer questions:

- * Gerry Levins, gerard@levinstaxlaw.com
- * MaryBeth Philbin-Hannigan, mbphilbin@gmail.com
- * Debbie Simon, dsimoninc@gmail.com

New Local Catholic Magazine



A beautiful new monthly color Catholic magazine for local Southborough parishioners called *Marlborough & Southborough Parish Neighbors* is available for free home delivery.

It includes St. Anne Parish news, local events, Gospel readings, pastor letters, and more.

If you would like to be on the mailing list or would like your local business to become a sponsor, please call Cindy R. Dorsey at 774-222-2566 or email cdorsey@decidedexcellence.com.

Jesus has given us His Body to eat and His Blood to drink so as to nourish us on our journey towards Heaven. All are called in Christ, but some are chosen to nourish His body as priests and in the consecrated life. Could you be among them? Contact the Vocation Office at (508)-630-4473 or email: dinfante@saintpaulknights.org.



PARISH AND DIOCESAN NEWS AND EVENTS

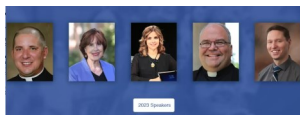
Worcester Catholic Women's Conference

The next Women's Conference will be on **Saturday, October 7, 2023.**

All women are invited to the Worcester Catholic Women's Conference, "Male & Female He Created Them", to be held at St. Joseph School in Webster.

Hear dynamic talks from Catholic leaders, Dr. Deborah Savage, Dr. Christopher Klofft, Fr. Derek Mobilio, Fr. Colin Blatchford, and Patricia Sandoval. Diocesan priests will hear confessions and there will be many interesting exhibitors. Bishop McManus will celebrate Mass.

For more information and to register, visit our website at www.wcwconference.com or call Corinn Dahm at 508-277-3969. Seating is limited, register early!



St. Thomas More Law School Scholarship

Each year the St. Thomas More Society of our Diocese awards a scholarship, around \$3,000, to a law student attending an accredited law school in the fall.



Applicants or parents must be registered and active members of a parish in the Diocese of Worcester.

Applicants may be in any year of law school studies.

Applications may be obtained by visiting the diocesan website, www.worcesterdiocese.org/st-thomas-more-society, by mailing requests to: St. Thomas More Society, Chancery Office, 49 Elm Street, Worcester, MA 01609 or by calling Joan DeMasi at 508-929-4345. **Applications are due June 15, 2023.**

Should anyone wish to contribute to the scholarship fund, donations will be greatly appreciated.

Quo Vadis Retreat Registration

Registration is open online for the annual Quo Vadis Days retreat. Quo Vadis Retreat is a 4-day overnight camp for young Catholic men of high school age (13-18) to deepen their faith, grow in virtue, learn more about all vocations, and better discern God's calling in their lives.

For more information, contact Father Donato Infante at dinfante@saintpaulknights.org or visit vocationsboston.org/event/8th-annual-quo-vadis-retreat.

Pope Francis Prayer Intentions

July

For a Eucharistic life

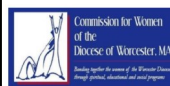
We pray that Catholics may place the celebration of the Eucharist at the heart of their lives, transforming human relationships in a very deep way and opening to the encounter with God and all their brothers and sisters..



Save the Date for Mini-Retreat for Women

The Commission for Women of the Diocese of Worcester invites you to join us for a Mini-Retreat for Women on **Saturday, October 28, 8:30 a.m. to 1:00 p.m.** at St. Anne Parish Hall, 130 Boston Turnpike, Shrewsbury, MA. This retreat will be led by Sarah Hart, a leading figure in contemporary Catholic music today.

Further information and a registration form may be found at worcesterdiocese.org/2023-morning-retreat-invitation or

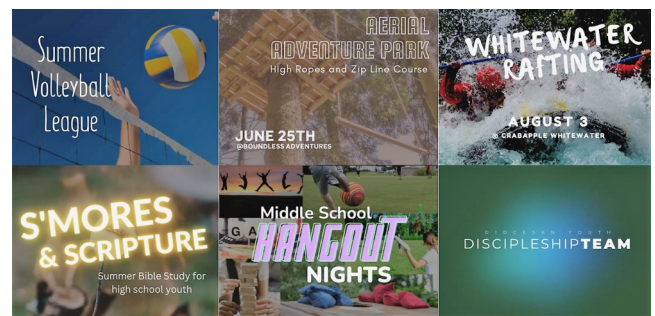


you can contact the Commission at worcestercommissionforwomen@gmail.com or Susan at susanzybert@gmail.com

Diocesan Summer Youth Events

The Diocesan Youth Ministry Office will once again be offering a number of summer programs and activities for youth in middle school and high school!

This includes the Diocesan summer volleyball league (**registration deadline – May 26!**), trips to an aerial adventure park and whitewater rafting, a summer Bible study for high schoolers, and a series of middle school hangout nights.



For complete details or to sign up for any of these offerings, go to www.neworchester.org/other-events or contact Tim Messenger, Director of Youth and Young Adult Ministry at tmessenger@worcesterdiocese.org or at 508-929-4360.

Volunteers Needed—Birthright of Hudson-Marlboro

Volunteer Opportunity! Birthright of Hudson Marlborough, serving pregnant women and babies in our community for almost 50 years, needs volunteer friendship councilors.

We especially need volunteers who speak Spanish and/or Portuguese in addition to English, to meet with our many non-English speaking mothers. The commitment is 2-4 hours per month and training is provided.



Please join us in this mission of love. Contact Birthright: 508-481-2055, or birthrightofhm@gmail.com

Thank you to HB Printing



A huge thank you goes out to the Hostage family of HB Printing in Framingham and Northborough for their support in printing the parish bulletin for us every week at no cost.



Farewell

Dear St. Anne Parishioners,

I am grateful for the opportunity to serve at St. Anne's these past two months. First of all, I thank God for calling me to serve as a priest. The call to become a priest has been in my heart since I was six years old. This special call from God was nourished as I grew up serving my community in Brazil as an altar server, parish youth group member, and catechist.

Secondly, I would like to thank my parents and brother for their support throughout my journey. Matthew's Gospel states, "And everyone who has given up houses or brothers or sisters or father or mother or children or lands for the sake of my name will receive a hundred times more, and will inherit eternal life."

Thirdly, I am so grateful for the St. Anne community for welcoming me with love and care. Unfortunately, I could not meet or even speak to all of you, but rest assured that I will remember you in my prayers.

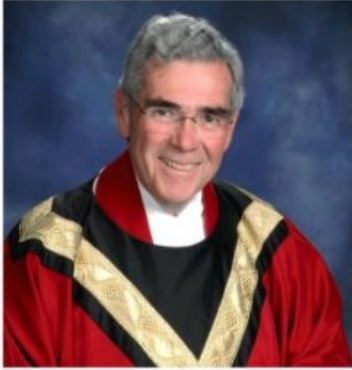
I relived something significant in my life during my time here. During my teenage years, the pastor of my parish in Brazil invited me to work part-time in the parish office. Several years later, I returned to the office and performed the same duties I had previously performed. My experience here enabled me to take advantage of a lot of the knowledge I already had and learn much more. My office duties included answering telephone calls and emails, writing the weekly Bulletin, and scheduling mass intentions. Additionally, as part of my assignment, I visited and distributed communion to people who could not attend Mass. During my time spent in their homes, I conversed, listened, and prayed with them, putting into practice what Pope Francis says about the Domestic Church: "A home is a place in which to experience communion and show the example of a life lived in faith, hope, and charity."

In addition, I would like to specially thank all of the staff, parish councils, and all those who were with me directly in one form or another, whether in the office, at meetings, at daily or weekend Masses. I am sure that you have contributed to my formation.

Finally, I would like to express my gratitude to Fr. Albert. I learned a lot from him without knowing he was teaching me. It is an excellent blessing for St. Anne parish to have a priest such as Fr. Albert. As Pope Francis expresses it, Fr. Albert is a shepherd with "the smell of the sheep." He knows the sheep by name and is always present for them in joy or sorrow. Hence, thank you very much, Fr. Albert, for teaching me how to be a good priest.

To all of you, thank you very much. Please continue to pray for me and my vocation to the priesthood.

Sem. Rafael Longhini
Mount St. Mary's Seminary
16300 Old Emmitsburg Rd, Emmitsburg, MD 21727



Welcome
Father Michael J. Roy

Father Michael J. Roy Father Michael J. Roy, pastor of St. Roch Parish in Oxford and St. Ann Parish in North Oxford, was named senior priest in residence at St. Anne Parish in Southborough, effective July 1,

2023.

He was born in Worcester on Aug. 25, 1947, the son of Frank and Marguerite (Rushford) Roy. He attended grammar school at Our Lady of the Angels Parish School in Worcester. He graduated in 1965 from St. John Atonement Prep School in Montour Falls, New York. He earned a bachelor's degree from The Catholic University of America, Washington, D.C., and a master's degree in liturgy from the University of Notre Dame, South Bend, Indiana. He prepared for the priesthood at Atonement Seminary and the Washington Theological Coalition, in Washington, D.C. He completed his priestly studies at St. John's Seminary in Brighton. He was ordained to the priesthood by Bishop Bernard J. Flanagan on Dec. 8, 1975, in Our Lady of the Angels Parish, Worcester.

After ordination, he was assigned as associate pastor of St. Louis Parish, Webster. In November 1976, he was named associate of St. Edward the Confessor Parish, Westminster, and in December 1979, he went to St. Mary Parish, Shrewsbury. On July 8, 1982, he was named co-pastor of St. Mary of the Assumption Parish, Milford. He was appointed pastor of Sacred Heart Parish, Webster, on June 14, 1991. He was appointed pastor of St. Roch Parish, Oxford, on July 1, 2011. In July 2022, he was named pastor of St. Ann Parish in North Oxford, while remaining pastor of St. Roch Parish.

READINGS FOR FOURTEENTH SUNDAY IN ORDINARY TIME—YEAR A

READING I Zec 9:9-10

A reading from the Book Zechariah,

Thus says the LORD:

Rejoice heartily, O daughter Zion,
shout for joy, O daughter Jerusalem!
See, your king shall come to you;
a just savior is he,
meek, and riding on an ass,
on a colt, the foal of an ass.
He shall banish the chariot from Ephraim,
and the horse from Jerusalem;
the warrior's bow shall be banished,
and he shall proclaim peace to the nations.
His dominion shall be from sea to sea,
and from the River to the ends of the earth.

The Word of the Lord.

READING II Rom 8:9, 11-13

A reading from the First Letter of St. Paul to the Romans,

Brothers and sisters:

You are not in the flesh;
on the contrary, you are in the spirit,
if only the Spirit of God dwells in you.
Whoever does not have the Spirit of Christ does not
belong to him.
If the Spirit of the one who raised Jesus from the dead
dwells in you,
the one who raised Christ from the dead
will give life to your mortal bodies also,
through his Spirit that dwells in you.
Consequently, brothers and sisters,
we are not debtors to the flesh,
to live according to the flesh.
For if you live according to the flesh, you will die,
but if by the Spirit you put to death the deeds of the
body,

The Word of the Lord.

RESPONSORIAL PSALM

Ps 145:1-2, 8-9, 10-11, 13-14

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

I will extol you, O my God and King,
and I will bless your name forever and ever.
Every day will I bless you,
and I will praise your name forever and ever.

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

The LORD is gracious and merciful,
slow to anger and of great kindness.

The LORD is good to all
and compassionate toward all his works.

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

Let all your works give you thanks, O LORD,
and let your faithful ones bless you.

Let them discourse of the glory of your kingdom
and speak of your might.

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

The LORD is faithful in all his words
and holy in all his works.

The LORD lifts up all who are falling
and raises up all who are bowed down.

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

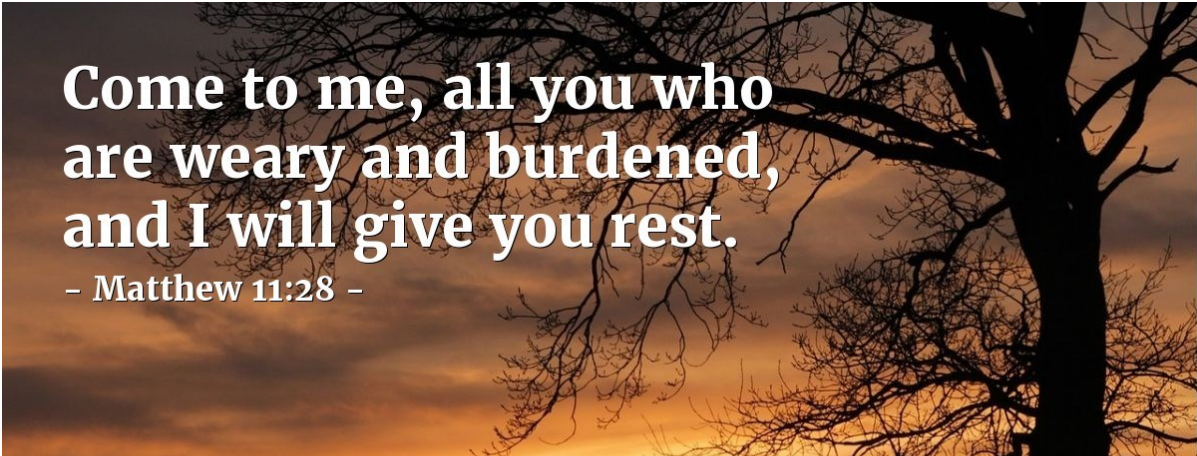


*I will praise
your name for ever
my King
and my God!*

R. Alleluia, alleluia.

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

R. Alleluia, alleluia.



**Come to me, all you who
are weary and burdened,
and I will give you rest.**

- Matthew 11:28 -

GOSPEL Matthew 11:25-30

A reading from the Gospel according to Matthew

At that time Jesus exclaimed:

"I give praise to you, Father, Lord of heaven and earth,
for although you have hidden these things
from the wise and the learned
you have revealed them to little ones.

Yes, Father, such has been your gracious will.

All things have been handed over to me by my Father.

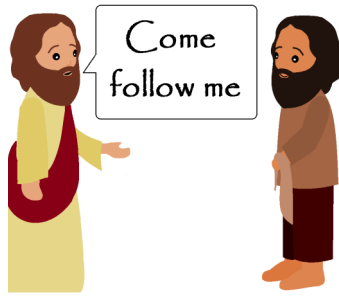
No one knows the Son except the Father,
and no one knows the Father except the Son
and anyone to whom the Son wishes to reveal him."

"Come to me, all you who labor and are burdened,
and I will give you rest.

Take my yoke upon you and learn from me,
for I am meek and humble of heart;
and you will find rest for yourselves.

For my yoke is easy, and my burden light."

The Gospel of the Lord.



A Lighter Burden
14th Sunday in Ordinary Time
July 9, 2023

Reading I: Zechariah 9:9-10
Responsorial Psalm: Ps 69:8-10, 14, 17, 33-35
Reading II: Romans 8:9, 11-13
Gospel: Matthew 11:25-30

For the past several weeks, Jesus gave instructions and warnings about how challenging it is to follow him. Yet today's reading gives the opposite impression: "come to me, all you who labor and are burdened, and I will give you rest... for my yoke is easy, and my burden is light." Jesus' listeners were familiar with the image of a yoke because they were used to harnessing animals to do work in the field or to pull humans in carriages or cargo on wagons. In Judaism, the yoke was also a metaphor for the religious laws spelled out in the Old Testament. Over time, religious leaders (mostly the Pharisees) added to the 613 official written laws, creating an oppressive burden for an ordinary Jewish citizen. Several times in Matthew's Gospel Jesus, lashed out at the Pharisees for making it almost impossible (especially for poor people, who were the majority of the population) to live by all the rules, and for not lifting a finger to help them. In contrast, Jesus simplifies all of his religion's laws into two: love God and love your neighbor as yourself. For people struggling to keep track of hundreds of rules about how to wash your cups and utensils perfectly, what foods can and can't be on a plate together, what kinds of clothing fiber you could or couldn't wear, or what you could and couldn't do on the Sabbath, having only those two laws to follow was easy and light in comparison. Instead of having to worry about whether they were breaking any rules, Jesus' disciples could judge any decision with the measure of whether an action expressed love for God, self, and neighbor. That was the yoke Jesus was inviting them to carry—not the yoke of the Pharisees who cared more about the letter of the law than the spirit of the law.

Questions of the Week

- 1) What religious rules or laws feel unnecessarily burdensome to you? Why?
- 2) Does the idea of judging all of your actions and decisions by the yoke of Jesus bring you relief? Please explain.