



# The Catholic Community of HOLY TRINITY PARISH BLACKBUTT NORTH



**St John the Evangelist Church**  
Dickson Street Lambton Est. 1873



**Corpus Christi Church**  
Platt Street Waratah Est. 1917



**St Therese's Church**  
Royal Street New Lambton Est. 1954

## ◆ FOURTEENTH SUNDAY IN ORDINARY TIME ◆ YEAR A ◆ 5 JULY 2020 ◆

### PARISH OFFICE

**Street Address:** 58 Victoria Street  
NEW LAMBTON NSW 2305  
**Phone:** 02 4979 1365  
**Email:** [triparish@mn.catholic.org.au](mailto:triparish@mn.catholic.org.au)  
**Website:** [www.holytrinityparishblackbutt.com.au](http://www.holytrinityparishblackbutt.com.au)  
**Facebook:** [www.facebook.com/holytrinityparishblackbuttnorth](http://www.facebook.com/holytrinityparishblackbuttnorth)

### OFFICE HOURS

**Monday:** 9:00AM to 3:30PM  
**Tuesday:** 9:00AM to 3:30PM  
**Thursday:** 9:00AM to 3:30PM

### PARISH STAFF

**Parish Administrator:** Fr Sabu Adimakiyil  
**Lambton Presbytery:** 02 4956 1953  
**Email:** [sabu.adimakiyil@mn.catholic.org.au](mailto:sabu.adimakiyil@mn.catholic.org.au)  
**Assistant Priest:** Fr Camillus Nwahia  
**Shortland Presbytery:** 02 4955 9575  
0469 829 125  
**Email:** [camillus.nwahia@mn.catholic.org.au](mailto:camillus.nwahia@mn.catholic.org.au)  
**Parish Secretaries:** Mrs Liza Ruitenbach  
Ms Justine Atkinson

### SCHOOLS

#### **ST JOHN'S CATHOLIC PRIMARY SCHOOL LAMBTON**

**Principal:** Ms Annie Duggan  
**Street Address:** Dickson Street LAMBTON NSW 2299  
**Postal Address:** PO Box 8 LAMBTON NSW 2299  
**Phone:** 02 4952 1423  
**Email:** [admin@lambton.catholic.edu.au](mailto:admin@lambton.catholic.edu.au)  
**Website:** [www.lambton.catholic.edu.au](http://www.lambton.catholic.edu.au)

#### **CORPUS CHRISTI CATHOLIC PRIMARY SCHOOL WARATAH**

**Principal:** Ms Julie Mulhearn  
**Street Address:** Platt Street WARATAH 2298  
**Postal Address:** PO Box 63 WARATAH 2298  
**Phone / Fax:** 02 4968 3220 / 02 4968 3833  
**Email:** [admin@waratah.catholic.edu.au](mailto:admin@waratah.catholic.edu.au)  
**Website:** [www.waratah.catholic.edu.au](http://www.waratah.catholic.edu.au)

#### **ST THERESE'S CATHOLIC PRIMARY SCHOOL NEW LAMBTON**

**Principal:** Mr Duilio Rufo  
**Street Address:** Burke Street NEW LAMBTON 2305  
**Postal Address:** PO Box 321 New Lambton 2305  
**Phone / Fax:** 02 4957 4922 / 02 4952 1637  
**Email:** [admin@newlambton.catholic.edu.au](mailto:admin@newlambton.catholic.edu.au)  
**Website:** [www.newlambton.catholic.edu.au](http://www.newlambton.catholic.edu.au)

### LITURGICAL CELEBRATIONS

#### **Parish Mass Celebrations**

Restrictions on Public Mass attendance have been lifted so that now the only limit on numbers is the 4 square metre rule. This means that bookings are no longer essential in order to attend Waratah (75 capacity) or New Lambton (100 capacity), and people will instead sign in as they enter the church. However, **bookings are still essential for Lambton** (40 capacity) at this time, and those wishing to attend should **phone** the Parish Office by 3:00PM Thursday, giving your name and contact phone or email.

Mass times are as follows:  
Saturday 5:00PM Lambton  
Sunday 9:15AM New Lambton  
Sunday 5:30PM Waratah  
Monday 7:00AM Waratah\*  
Tuesday 7:00PM New Lambton\*  
Wednesday 7:00AM Lambton  
Thursday 7:00AM Waratah  
Friday 7:00AM Lambton  
Saturday 8:00AM New Lambton

\*We are currently considering swapping the venues for Monday morning and Tuesday evening Masses.

Mass will **continue** to be streamed from each of our three (3) Churches every weekend via [Facebook](https://www.facebook.com/holytrinityparishblackbuttnorth). Please stay at home if you are experiencing any flu-like symptoms. Please consider staying at home for your own health and safety if you are 65 years or over.

Due to the limits on the number of people who may be able to attend any particular Mass, all members of the Church of the Diocese of Maitland-Newcastle, except priests, **continue to be dispensed from the obligation** to attend Sunday Mass. Those who are unable to attend are encouraged to keep Sunday holy through the use of the resources still available on the [Diocese website](http://www.mn.catholic.org.au/news-events/covid-19-update) at [www.mn.catholic.org.au/news-events/covid-19-update](http://www.mn.catholic.org.au/news-events/covid-19-update).

#### **Sunday Mass Celebration**

Bishop William (Bill) Wright **continues** to celebrate Mass every Sunday at 9:30AM live streamed from Sacred Heart Cathedral Mass via <https://www.mn.catholic.org.au/places/live-stream/>. Mass can be viewed at a later time via the same link. Please share the link with family and friends, and gather to pray as a spiritual community at this time.

#### **Mass Intentions**

Mass Intentions are available for anyone upon request. Simply contact the parish secretaries with your intentions. If you have names of sick, deceased or anniversaries for the bulletin, and Mass, these need to be in relatively early to make the bulletin. Remember you need the person's or family's permission for publication.

#### **Pastoral Visitation**

If you would like a priest to visit, please enquire by phone or email at the Parish Office.

**FIRST READING**

Zec 9:9-10

**A reading from the prophet Zechariah**

*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.'

The Word of the Lord.

**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.)

**Next Week's Readings**

First Reading: Is 55:10-11  
Responsorial Psalm:Ps 64:10-14. R. Lk 8:8  
Second Reading:Rom 8:18-23  
Gospel Acclamation:Alleluia, alleluia!  
The seed is the word of God, Christ is the sower;  
all who come to him will live for ever.  
Alleluia!  
Gospel:Mt 13:1-23

**SECOND READING**

Rom 8:9.11-13

**A reading from the letter of St Paul to the Romans**

*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.

The Word of the Lord.

**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

**A reading from the holy Gospel according to Matthew**

*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.'

The Gospel of the Lord.

## HOMILY

By Richard Leonard

Before I said my first Mass an old priest gave me two great pieces of advice.

'You know when the congregation is filled with optimists. After a long series of announcements at the end of Mass and then you say, "and finally..." people take out their car keys!'

The second was, 'Never underestimate the burdens people bring with them into the church. Often we have little idea of the difficulties and pain our parishioners will be carrying.'

I have no idea what you have brought with you to Mass today. I can only imagine the anxiety and burden some of you are carrying. Whatever it is, Jesus invites you to let go of it, if only for a while, and be at peace.

Now all this 'come and rest a while' talk can be very pious and not sound all that in touch with reality.

Today's Gospel, however, came from the community of the Apostle Matthew and was written in Jerusalem about 45 years after Jesus' death. We know that this community experienced intense suffering and heavy burdens.

They had been expelled from the Synagogue and were being martyred for their faith in Jesus Christ.

No wonder they held so strongly to the words, 'Come to me all you who are weary and heavy burdened and I will give you rest.' And they found consolation in Jesus' example, 'take my yoke upon you and learn from me for I am gentle and humble in heart.'

Since the first century, however, Christianity has been guilty of trying to spiritually wallpaper over some tough realities rather than preaching that God is our companion in facing up to whatever our reality is and dealing with it.

Our faith is not about praying away our problems or fears and wishing it were otherwise. Our faith means we have experienced the love of God in Jesus Christ so that we never carry our burdens alone. God is our companion and guide and this parish Community, as with every Christian community, is called to be the sort of place where we carry each other's burdens and rest with each other awhile.

What we celebrate here each Sunday is that God will have the last word, a just, joyous, loving and peaceful word, in this world and when we enter our final rest.

Jesus didn't come to us as a divine magician, waving a wand over our problems to wipe away all our tears. Rather, he accompanies us so he can show us that the gift of peace and a release from our life's burdens is often found in having the perspective for exercising the gift of right judgment. Making the best possible choices leads to the alleviation of our pain and difficulties.

This type of spiritual sanity reminds me of the story of the nun who was teaching the communion class, and drew an analogy about how food is essential to life. She asked the class, 'What's small and furry and eats nuts?' To which there was bemused silence.

So Sister tried again.

'What's small and furry and eats nuts?'

There was now stony silence. Sister then picked out Billy and asked him for the answer. After several awkward moments, Billy tentatively replied,

'Sister, I know the answer is supposed to be Jesus, because the answer to all your questions is always Jesus but, I have to tell you, it sounds like a bloody squirrel to me.'

Sometimes the answer is not simply 'Jesus'. As we all know, for some of our difficulties, there is no spiritual quick fix. There is no cheap grace. The answer is not simply Jesus.

In confronting issues, however, it is necessary for spiritual and mental health to take time out, to be as gentle with ourselves as possible, to know that the burden of life is shared so that we can make the decisions that will ease the situation.

I don't underestimate the burdens some of you have walked into this church with today. Whatever burden you may have brought with you, may you know a moment's rest, the companionship of fellow travellers and the gift of Christ's peace.

© Richard Leonard SJ



**REFLECTION**

**By Dianne Bergant**

The readings for today engage us in a reflection on the nature of the Trinity, as well as the ways that we are enriched by each of the divine Persons. The gospel acknowledges the sovereignty of God. This is followed immediately by mention of the handing over of all things to Jesus, making him a kind of vice-regent of God. Paul speaks of the Spirit, clearly a divine reality, but different from Jesus and the one called God. According to Paul, this Spirit is the Spirit of Jesus and the Spirit of God, implying that somehow both Jesus and God claim the Spirit. It is this Spirit who raised Jesus from the dead, and it is this same Spirit who dwells in Christians.

The grace of this Triune God touches our lives in some ways that are tangible and other ways that demand faith. The most tangible manifestation of God is Jesus himself. God has been revealed to us through this Jesus. While Jesus was a tangible person, our accepting of him as the manifestation of God requires faith, and this faith is no easier today than it was at the time of Jesus himself.

The overriding disposition of these readings is humility. Jesus, the human manifestation of the divine, is meek and humble, and the true disciple is called to be humble. A second disposition is placed before us – grateful praise. In the psalm we praise and bless God; we extol God’s holy name. In Jesus we have known the tender touch of God, and we are grateful.

© Dianne Bergant CSA

**REFLECTION**

**By Fr Michael Tate**

**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.  
© Fr Michael Tate; mtate@bigpond.com

**REFLECTION FOR YOUNG PEOPLE**

**By Lisa-Marie Calderone-Stewart**

According to Jesus, children know more about some of God’s secrets than do the most clever adults.

Have you ever held a crying baby? Have you seen anyone else do it? Can anything be done to stop a baby crying? When the baby finally stops crying, is it because the pain has gone away? How can rocking, singing and cuddling help?

As we grow older, we perhaps don’t cry when we skin our knees or drop our toys, but we still have plenty of pain in our life. We never outgrow the ability to hurt or the need for comfort.

What might be one of God’s secrets about dealing with suffering or about comforting someone in pain? Jesus doesn’t promise us a life without pain, but he says that the yoke and burden will be light and easy to bear. When have you had to deal with great physical pain? What happened?

When have you had to deal with great emotional pain? What happened?

Which is easier to deal with – physical pain or emotional pain? Why?

How does living in the spirit of Jesus affect the way we deal with our pain?  
© St Mary’s Press

**A VOCATION VIEW**

Have you discovered yet that there is more to life than what only material things have to offer? We live in the Spirit. Only in the Lord can we find lasting peace. Speak the Good News.

For more information regarding Vocations phone 02 4979 1112 or email [vocations@mn.catholic.org.au](mailto:vocations@mn.catholic.org.au).

**FEAST DAYS**

- 14 Jul: Saint Camillus de Lellis
- 22 Jul: Saint Mary Magdalene
- 25 Jul: Saint James, Apostle
- 6 Aug: The Transfiguration of the Lord
- 8 Aug: Saint Mary of the Cross, Virgin
- 10 Aug: Saint Lawrence, Deacon and Martyr
- 15 Aug: The Assumption of the Blessed Virgin Mary
- 24 Aug: Saint Bartholomew, Apostle

## PRAYER OF THE FAITHFUL

### Light a Candle

Light a candle to symbolize the Light of Christ and Light of the World.



**Introduction:** The Lord is kind and full of compassion. Let us place our needs before our faithful God.

1. That the Church will be open to the wisdom of young people. Let us pray to the Lord.
2. That peoples who are bowed down through oppression and violence will have their burdens lifted. Let us pray to the Lord.
3. That those who hunger for an indwelling of the Spirit will be released from a dependence on earthly things. Let us pray to the Lord.
4. That the children of our community will be treasured and fostered. Let us pray to the Lord.
5. That this community, in Christ, will learn meekness and humility. Let us pray to the Lord.
6. That those who have gone before us will rejoice in the new and eternal Jerusalem. Let us pray to the Lord.

**Conclusion:** God of tender care, you sent your Son to give rest to those who are burdened. Hear these prayers and refresh our souls that we may become more like Christ. We ask this in Jesus' name.

**All: Amen.**

© Creative Ministry Resources Pty Ltd



## WE REMEMBER

### Please Pray for

**Sick:** Derek Orrin, Robert Watson, Donna Collins, Ross Moxon, Elizabeth Mary Oates, Bernadette Coffey, Michael Payne, Fred Stanwell, Sheila Bell, Robert Watson, Paul Mowbray, Maureen Ashlett, Gary Herschel, Shelley Smith.

**Recently Deceased:** Judith Shield, Sr Kathleen Mernagh rsj

**Anniversaries:** Daniel John Augustine Watson, Matthew William Watson, Rita Alice Ryan, Otto and Fanny Weber, Brian Fletcher, Frank and Maria-Teresa Patti, Peter and Fay Baran, members of the Patti and Marigliani families, Ornella Grach, Ivan and Teresa Tranter, Masahiko Shimomura, Fr John Woods, Fr Francis Kilgallin, Fr Michael O'Dwyer, Fr Joseph Clare, Fr Anthony Stace, Fr John Alfred Newton, Bishop James Murray, Fr James Hughes

Eternal rest grant to them, O Lord, and may light perpetual shine upon them. May their souls and the souls of all the faithful departed rest in peace. Amen



*During this time "Intentions" for publication may be submitted by email (or phone) by midday Monday each week ahead. Reminder that you need the person or family's permission to enable us to publish names.*

## PRAYERS

### Short Act of Hope

O God, I hope with complete trust that you will give me, through the merits of Jesus Christ, all necessary grace in this world and everlasting life in the world to come, for this is what you have promised and you always keep your promises.

### Short Act of Charity

O God, I love you with my whole heart above all things, because you are infinitely good; and for your sake I love my neighbour as I love myself.

### Hail, Holy Queen

Hail, holy Queen, mother of mercy;  
hail, our life, our sweetness and our hope.  
To thee do we cry, poor banished children of Eve;  
to thee do we send up our sighs,  
mourning and weeping in this valley of tears.  
Turn then, most gracious advocate,  
thine eyes of mercy towards us;  
and after this our exile,  
show unto us the blessed fruit of thy womb, Jesus.  
O clement, O loving, O sweet Virgin Mary.

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

## GATHERINGS UPDATE

New *Public Health (COVID-19 Restrictions on Gathering and Movement) Order (No 4) 2020* ('the Order') has given legal effect to the easing of restrictions. A full copy of the current Order can be found on the NSW [Legislation website](http://www.legislation.nsw.gov.au) ([www.legislation.nsw.gov.au](http://www.legislation.nsw.gov.au)). Under the provisions of the Order (No. 4), the following is now possible. **The following apply in accordance with the size of the church.** Conditions do apply.

- ✦ **All religious services** the number of people present is determined on the basis that there must be 4 square metres available per person on the premises.
- ✦ **Funeral services** in a church building that does not have sufficient space to allow 50 persons can lawfully allow up to 5-persons to attend.
- ✦ Sacrament of **Penance** may be celebrated in the First Rite in our churches at advertised times without the use of confessionals, and strictly observing the appropriate physical distancing. Spontaneous requests for the Sacrament may be arranged.

## PARISH NEWS

### MASS AT HOLY TRINITY PARISH

Welcome. In reopening of church doors for Mass, parishioners are asked to observe the following:

#### Arrival

- ✦ Maintain physical distancing at all times
- ✦ Use hand sanitiser provided
- ✦ Lambton: Only attend if you have a confirmed booking
- ✦ New Lambton and Waratah: Sign in upon entry
- ✦ Please arrive fifteen (15) minutes early
- ✦ Pick up a bulletin

#### Entry

- ✦ Enter from the main entry only
- ✦ There will be no Holy Water
- ✦ Select your seat as directed by the signs

#### Mass

- ✦ Congregational singing is suspended until further notice
- ✦ There will be no Presentation of the Gifts
- ✦ The Sign of Peace will only be given by an smile, nod and/or wave
- ✦ When receiving Communion maintain the required 1.5 metres physical distance in a single line
- ✦ Communion host will only be placed in the hand, not the tongue - there will be no Chalice

#### After Mass

- ✦ Take home any bulletins that you handle
- ✦ Contributions to the 1<sup>st</sup> and 2<sup>nd</sup> Collections may be left in collection baskets near the church exit as you leave
- ✦ Observe physical distancing as you leave, and refrain from socialising on the church grounds
- ✦ We need two (2) volunteers per church to disinfect the churches after each Mass

This arrangement will be in force until 31 August. We thank you for your cooperation.

### Parish Venues

We are sorry to advise that our parish venues still remains **CLOSED TO ALL GROUPS** until further notice. This is to ensure our most vulnerable are protected, and our staff.

**Thank You Laurel Movigliatti:** Thank you to Laurel Movigliatti, whose efforts selling home made masks and other stall products have helped us raise a further \$640.00 for the Bell Tower.

**Sea Sunday:** Next week is Sea Sunday, when the church prays for those who live and work at sea. There will be a national Appeal for Stella Maris, Apostleship of the Sea, the official maritime welfare agency of the Catholic Church. Donations will provide practical and spiritual support to seafarers in these challenging times of COVID-19. Please give generously. Go to: [bit.ly/seasundayaustralia](http://bit.ly/seasundayaustralia)

**Parish Office:** Our parish office is open and continues to work within the required guidelines. Most enquiries can be assisted over the phone or via email, however if you do need to come to the office please use hand sanitiser as provided, sign the visitors book and be mindful in observing physical distancing. For baptism and marriage bookings, please contact us by phone or email. For funerals, please contact the Funeral Directors who will contact our Priests.

**Weekly Bulletin:** Our weekly bulletin is still available **every Thursday after 4:30PM**, in both digital format – via parish website and email – and hard copy – available for pick up on the Church verandah at **Lambton**, Presbytery verandah at **Waratah**, and at the screen door at Parish House **New Lambton** (ramp side).

**Tax Receipts 2019-2020:** Requests for tax receipts are now closed. We regret the parish will not be in a position to provide tax receipts once the Diocese has closed the financial year off.

**New 2020 -2021 Planned Giving Envelopes:** Our grateful thanks to all who are committed to supporting the parish. **New envelope packs are now available for collection from the Parish Office.** Please note the following:

- ✦ To save the parish money new numbers have been allocated to all envelope givers.
- ✦ As at 1 July 2020 kindly discard all old envelopes to ensure your gift is recorded to your name.
- ✦ New contributors are invited to join the program by contacting the parish office.
- ✦ If you are a current contributor needing to cancel or change your giving, please advise the office beforehand.
- ✦ Please note Direct Debit and Credit Card options are available.

## DIOCESE NEWS

**Deaconate Ordination of Solomon Okovido:** Bishop Bill will be ordaining Solomon Okovido to the Order of the Diaconate on the 15 August 2020, the Solemnity of the Assumption. The location of his ordination will be announced soon but please place this date in your diary so you can support Solomon. There will be restrictions on numbers so unfortunately, not all will be able to attend. Many of you will know Solomon from his time in our Parishes while he has been studying in the Seminary. Please continue to prayer for Solomon as he prepares for his Ordination and for his new Ministry.

**ACBC Catholic Men's Gathering:** Due to COVID-19 (coronavirus) the ACBC Catholic Men's Gathering for 2020 has been postponed to Saturday 31 July 2021. There will, however, be a modified online event which will be available to registered participants from Saturday 15 August 2020. Registration will be free and the program will be delivered in four 1 hour sessions. For more information about the program and to register from Monday 29 June, please go to [bit.ly/cm2020event](http://bit.ly/cm2020event)

**Diocesan Website:** For more information go to <https://www.mn.catholic.org.au>

**Aurora Magazine:** [Aurora](http://Aurora) is the official magazine of the Catholic Diocese of Maitland-Newcastle. June edition is now available.

**Catholic Weekly:** We are offering our readers and subscribers the digital edition for free while the print edition is out of circulation. Please [CLICK HERE](#) for free online access.

JUNIOR WORDSEARCH

God is merciful and kind

Zec 9:9-10  
Ps 145:1-2, 8-9, 13cd-14, R, see v.1  
Rom 8:9, 11  
Mt 11:25-30

P U H E H E A V Y T P A F P R  
Z K S B C S P I R I T L D C A  
L P C X W X P M S R M C X O J  
Y S O N O J R H O R S E L O S  
I W I K T K R P X R M B B Q J  
S X S E A Q J F L G M J P G Z  
V P E A C E L I F E Q I D D F  
I D W L R F B L T A R U F O A  
R Q M F T J R Z G Z T C K N T  
X D B J O T S L L I I H J K H  
W I S E E C U L G U R Q K E E  
R E S T U Z C C I O E Y D Y R  
O Y X J W F N M V K D Z B W Y

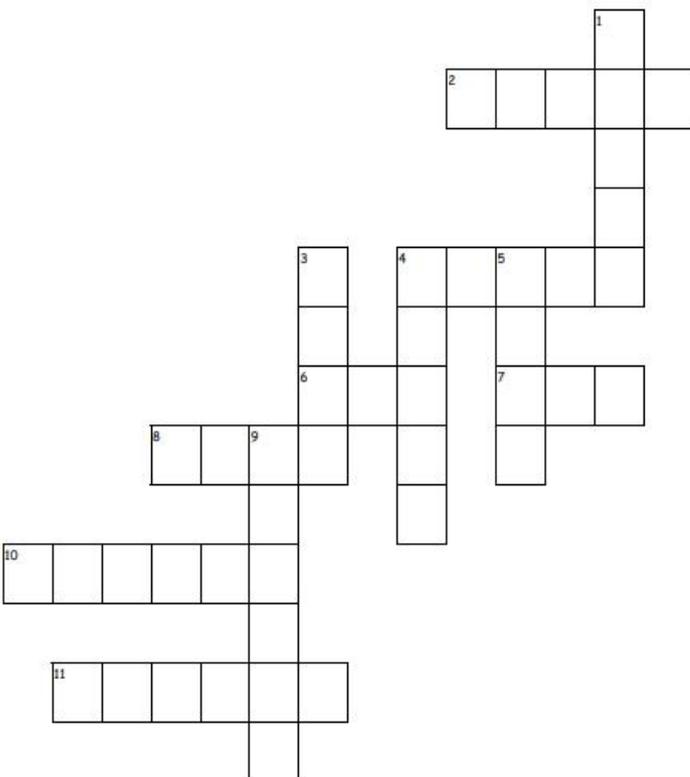
Try to find these words:

- donkey
- Father
- heavy
- horse
- life
- peace
- rest
- sea
- Son
- Spirit
- tired
- wise

CROSSWORD

God is merciful and kind

Zec 9:9-10  
Ps 145:1-2, 8-9, 13cd-14, R, see v.1  
Rom 8:9, 11  
Mt 11:25-30



Across

- 2: you go to sleep when you feel like this
- 4: this animal can be ridden
- 6: a large expanse of water
- 7: a mother and father's male offspring
- 8: the opposite of death
- 10: Father, Son and Holy \_\_\_\_\_
- 11: Jesus entered Jerusalem riding one of these animals

Down

- 1: the opposite of war
- 3: someone who has wisdom is this
- 4: something that weighs a lot
- 5: to take a break and relax
- 9: Jesus said, "the only one who truly knows the \_\_\_\_\_ is the Son"



# If you are burdened, I will give you rest

14th Sunday in Ordinary Time, Year A

In the box below, write down some things that are burdens which people carry in their lives.

Jesus tells us that he is gentle and humble. How can we be gentle and humble like Jesus? Draw a picture of yourself being gentle and showing humility towards others.



Find out what Jesus said to his followers by using the words below to complete the sentences.



\_\_\_\_\_ to me all who \_\_\_\_\_.

I will give you \_\_\_\_\_.

I am \_\_\_\_\_ and humble of \_\_\_\_\_.

My \_\_\_\_\_ is easy.

My burden is \_\_\_\_\_.

heart      gentle      labor  
Come      yoke      light      rest