



WELCOME TO THE FOURTEENTH SUNDAY IN ORDINARY TIME

When we carry burdens on our own it can feel heavy and overwhelming. When we share these burdens with friends or loved ones, the load may feel lighter and we are able to navigate through those times a little easier. Jesus wants to be that friend to each of us. He asks us to trust him as children do, to come to him and share with him all that is troubling to us; all that tires us and drains us. It is when we *yoke* to him that our difficult moments become lighter. Standing shoulder-to-shoulder, side-by-side, with him, he carries our burden for us.



GOSPEL READING: MATT II:28-30

“Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me. Yes, my yoke is easy and my burden light.”

Read the full text at <https://www.universalis.com/Australia/mass.htm>



REFLECTION:

“We now have a lovely image of Jesus and me yoked together...Where I go, he goes along with me, pulling together with me and making it all the easier.”
<https://livingspace.sacredspace.ie/oa141r/>

PRAYER:

Jesus, make my heart more like yours. Amen

<https://aleteia.org/2020/06/08/francis-shares-7-word-prayer-he-learned-from-his-grand-mother/>



ADDITIONAL RESOURCES:

God’s Love Poured Out – The Wild Goose Holy Spirit Series Segment #1:
<https://www.youtube.com/watch?v=bzNhlvGuEIQ>

10 Questions for personal reflection as coronavirus lockdown ends – Aleteia:
<https://aleteia.org/2020/06/11/10-questions-for-personal-reflection-as-covid-lockdown-ends/>

SONG:

The Blessing Australia – Churches Unite:
<https://www.youtube.com/watch?v=00t7baaVSbE>

THIS WEEK:

Each day choose a new question from the Aleteia article above (additional resource section) to reflect on.

CHILDREN’S RESOURCES:

My Time with Jesus: The Holy Mass: EWTN Ireland:
<https://www.youtube.com/watch?v=7QFQiFuACKQ>

Story of Saint Benedict – Christian Kids TV:
<https://www.youtube.com/watch?v=maZpQH8ICHs>

SAINT:

11 July - St Benedict: was an innovator in his time and the structure of the monastery he founded became the roots of the Church’s monastic system. His beliefs and instructions were lived out by his community and his writings have been collected and form what is now known as the Rule of Saint Benedict. These rules continue to direct religious life after 15 centuries and include rules around community, hospitality, prayer and justice & peace.
<http://www.saintbenedict.org/saint-benedict>



GOSPEL FIND-A-WORD - MATTHEW II:25-30

E	R	R	E	V	E	L	C	E	D	BLESS	EARTH	CLEVER
S	S	E	L	B	L	U	H	E	E	ENTRUSTED	LABOUR	YOKE
A	T	E	D	A	B	E	T	R	S	GENTLE	HUMBLE	HEART
G	A	S	B	L	M	S	T	E	A	REST	BURDEN	LIGHT
A	E	O	E	H	U	T	K	B	E			
S	U	N	E	R	H	O	U	E	L			
R	N	A	T	G	Y	R	H	R	P			
E	R	N	I	L	D	E	A	S	Y			
T	E	L	H	E	E	A	R	T	H			
S	T	E	N	T	R	U	T	S	D			

<https://www.salfordliturgy.org.uk/Wordsearch%2014A%20.jpg>

