



## WELCOME TO THE THIRTEENTH SUNDAY IN ORDINARY TIME

Life has many twists and turns and at times we are faced with challenges that seem heavy and burdensome. Jesus calls us to accept life in all its fullness, and this includes those challenging times. Challenges are the crosses of life which Jesus encourages us to embrace. Jesus meets us in these moments and continues to be by our side strengthening and carrying us, through the power of the Holy Spirit. Jesus carried his cross and we when we carry our crosses in life, we are united to him in a most profound way.



### GOSPEL READING: MATT 10:38, 40

“Anyone who does not take his cross and follow in my footsteps is not worthy of me. Anyone who welcomes you welcomes me”

#### Read the full text at

<https://www.universalis.com/Australia/mass.htm>

#### REFLECTION:

“To be a disciple involves pain. This is not a good in itself but a consequence of trying to be faithful in difficult situations and in the face of discouragement.”

<https://www.sosj.org.au/wp-content/uploads/2017/07/13thSundayOrdinaryTime-YearA.pdf>



### PRAYER:

Behold me, my beloved Jesus, Permit me to lay down my cross in Your Sacred Heart, For only Your infinite goodness can sustain me; Only Your love can help me bear my cross; Only your powerful hand can lighten its weight. Jesus, be my hope and my refuge. Amen

<https://www.catholic.org/prayers/prayer.php?p=873>



### SAINT:

**29 June - St Peter and St Paul the Apostles:** together are the founders of the Holy See of Rome due to their ministry, preaching and martyrdom in the city. Both St Peter and St Paul are prominent figures in the Early Church and their leadership and ministry proclaimed the gospel far and wide and continues today. It is usual in Christian art that the two saints are depicted together and often they are embracing one another; brothers in Christ. <https://www.youtube.com/watch?v=WfhFTRQ48Io>



### ADDITIONAL RESOURCES:

How to Carry your Cross – A Catholic:

<https://www.acatholic.org/how-to-carry-your-cross/>

Embracing Life's Givens with Solidarity and Compassion – The Good Oil:

<https://www.goodsams.org.au/article/embracing-lifes-givens-with-solidarity-and-compassion/>

God Will Not Give Up on You – Nick Vujicic:

<https://www.youtube.com/watch?v=KJ10Ei20hSU>

### SONG:

At the Well – Rachel Vala:

[https://www.youtube.com/watch?v=IOM3u\\_cdJ5s](https://www.youtube.com/watch?v=IOM3u_cdJ5s)

### THIS WEEK:

Can you lift the burden for someone this week? It might be something as simple as taking bins in for a neighbour or dropping in a homecooked meal to someone going through a difficult time.

### CHILDREN'S RESOURCES:

Gospel Reading and Reflections for Kids:

<https://www.youtube.com/watch?v=YYW4Tf2oW3M>

Prayer Style Quiz – Life Teen:

<https://lifeteen.com/blog/play-game-overunder-well-tell-ideal-prayer-style/>

### MATTHEW 10:37-42

Find words below which can be found in today's Gospel reading

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



RIGHTEOUS	SOLEMNLY	DAUGHTER	WELCOME
DISCIPLE	RECEIVE	REWARD	FOLLOW
MOTHER	LOVES	TRULY	WATER
PROPHET	NAME	LIFE	FIND
FATHER	COLD	LOSE	CROSS
SAKE	CUP	SON	

<https://www.education.com/worksheet-generator/reading/word-search/c12r71>

### MORE RESOURCES AT:

[bbcatholic.org.au/connected](http://bbcatholic.org.au/connected)



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