

Sacred Heart Catholic Parish



PARISH CHURCHES

Church of the Sacred Heart

Murwillumbah Street, Murwillumbah

Our Lady of Perpetual Succour

River Street, South Murwillumbah

PARISH STAFF

Administrator

Fr. Peter Wood

Parish Manager

Mary-Ann Thackray

Parish Secretary

Erin Cornale

Pastoral Associate

Barbara Grant

PARISH OFFICE

Tuesday to Friday 9.00am - 3.00pm

02 6672 1118

www.shpmurwillumbah.com.au

murwillumbah@lismore.catholic.org.au

PO Box 45

Murwillumbah NSW 2484

Queensland Road

Murwillumbah NSW 2484

PARISH SCHOOLS

Mt. St. Patrick College

Murwillumbah Street, Murwillumbah

Ph: 02 6672 2340

mshpcmbah@lism.catholic.edu.au

Principal: Mr. Gavin Dykes

Mt. St. Patrick Primary School

Mooball Street, Murwillumbah

Ph: 02 6672 1821

murp@lism.catholic.edu.au

Principal: Mr. Brendan Ryan

St. Joseph's Primary School

Greville Street, South Murwillumbah

Ph: 02 6672 1867

smurp@lism.catholic.edu.au

Principal: Mr. Jason Clarke

FOURTEENTH SUNDAY
IN ORDINARY TIME
5 JULY 2026 YEAR A

Jesus lightens our burdens

A yoke is a wooden beam used to connect two oxen who pull a heavy load, in which an older well-trained ox is yoked with a younger untrained ox. The older animal takes the greater load and effectively teaches the younger how to work.

In Jewish tradition, 'yoke' often referred to the Law which every righteous Jew follows. To speak of 'the yoke of the Law' acknowledged of the authority (and burden) of the Torah (the five books of Moses), together with the oral interpretation of that Law by the Jewish sages, which totalled six hundred and thirteen specific commandments. Observance of these commandments was a sign of faithful commitment to God.

The Law was good, but for some the yoke was a burden, due to the requirement of meticulous observance of all aspects of the Law. In contrast, Jesus invites those who feel overburdened to come to him, and he tells them, "My yoke is easy and my burden light." Does this mean that following Jesus is the lightweight option? This would be an easy conclusion, but in fact it is about conversion of heart and mind rather than mere compliance with rules and regulations. Matthew is writing to a largely Jewish audience, so it is important to explain how Jesus regards the Law. Jesus himself tells us that he has not come to abolish the Law, but rather to fulfil it. He commends those who follow the Law and promises that they will be called great in the kingdom of heaven. In chapter five of this gospel, Jesus states several precepts from the Law of Moses, but then says, "You have heard it said, but I say this to you." What he does is affirm the Law, but he then radicalises it. For example, he says, "You shall not kill, and whoever kills another person must answer for it before the court." He then goes on to demand something more than refraining from homicide. What he asks is that no one harbours anger or resentment in their heart. Instead, they are to be reconciled with their brother, sister, or neighbour, and make peace with them, which is at the very heart of the Law. Why then does Jesus promise that "my yoke is easy and my burden light?" His promise to those who are weary and burdened is that he will share their burden, walk with them, and help them carry their load; like the older ox, helping the younger. We do not have to do all the heavy lifting, for Jesus promises that he will be our companion and we can rely on him. The yoke also serves to keep us on track, prevents from wandering off the path, and guides us in an enduring relationship with Jesus.

Life has its challenges and these come the way of all of us, but the knowledge that we are not alone makes a difference, and we are able to move forward, mindful that we have a faithful and committed companion on the journey.

Michael A Kelly CSsR @ Majellan Media 2026

This week in the Parish

JULY 14TH SUNDAY IN ORDINARY TIME
ABORIGINAL AND TORRES STRAIT ISLANDER SUNDAY

Sunday 5	9:00 am - Mass Sacred Heart 10:00 am - Sunday Cuppa Sacred Heart
Monday 6	Parish Office Closed
Tuesday 7	NO MASS TODAY
Wednesday 8	NO MASS TODAY
Thursday 9	NO MASS TODAY
Friday 10	9:00 am - Legion of Mary Meeting Centre 11:30 am - Adoration Sacred Heart 12:30 pm - Mass Sacred Heart
Saturday 11	9:00 am - Rosary 5:30 pm - Rosary 6:00 pm - Vigil Mass Sacred Heart
Sunday 12	15TH SUNDAY IN ORDINARY TIME 8:30 am - Rosary 9:00 am - Mass Sacred Heart 10:00 am - Baptism

RECONCILIATION

Saturday : 5.30 pm - 5.50 pm
Sunday: 8.30 am - 8.50 am

ROSARY

The Rosary is prayed on Saturday morning at 9:00 am. As well as half an hour before each weekend Mass

WEDNESDAY WORD

Copies of Wednesday Word, are available in the Church.

EXPOSITION OF THE BLESSED SACRAMENT

Friday 10 July
11:30 am - 12:20pm

CHRISTIAN MEDITATION GROUP

Tuesday & Thursday
6:50 am
Sacred Heart Church

PLEASE PRAY FOR:

RECENTLY DECEASED:

Harry Pearson.

ANNIVERSARIES:

Fr Bede Parker, Patrick Guinea, John Lulham, Rita Rogers, Sylvia Lazenby.

THOSE WHO ARE SICK:

Vera Albertini, Terry Bryant, Judith Jackson-Hope, Anthony Rodighiero, Kath Dawson-Malone, Alex Lever, Rita Loughman, Isobel Grant, Fr Joseph Guinea, Gabrielle Hackenberg, Albert Albertini, Maive Collett, Narelle Martin, Pam Willock, Patrick Fox, Margaret Traves, Lorraine Green, David Burke, Paul Calvino, Fr Anthony Lemon.

ACKNOWLEDGEMENT OF COUNTRY

We acknowledge the Bundjalung people who are the Traditional Owners of this land on which we gather and pray today. We pay our respects to the Elders past, present and emerging, and extend that respect to other Aboriginal and Torres Strait Islander people past, present and emerging.

VIEW MASS AT HOME -

There is an option to tune into Mass at home when you can't join us:

- *Freeview TV - Channel 10 Sunday 6 am*
- *Bishop Greg continues to online-stream Sunday Mass on the [Diocesan YouTube](https://www.youtube.com/LismoreDioceseAU) channel - 9:00 am - [youtube.com/LismoreDioceseAU](https://www.youtube.com/LismoreDioceseAU)*

READINGS FOR TODAY AND NEXT WEEK:

14TH SUNDAY IN ORDINARY TIME

Zech 9:9-10; Rom 8:9, 11-13; Mt 11:25-30

15TH SUNDAY IN ORDINARY TIME

Is 55:10-11; Rom 8:18-23; Mt 13:1-23

READER ROSTER:

11 & 12/7: Marg Mumford | Mary-Ann Thackray
18 & 19/7: Grace Molloy | Beth Gorton

ALTAR SERVING ROSTER

Roster will resume after the school holidays.

CHILDREN'S LITURGY

Returning 26 July

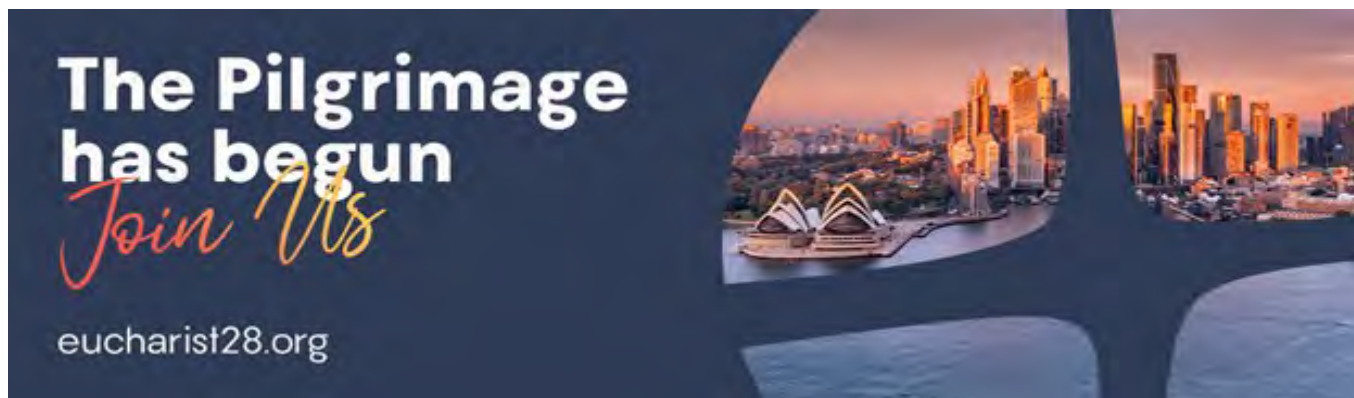
ROSARY STATUE

5/7: Trish Jandura | 12/7: Debbie Kaehler

St Joseph's Parish
Tweed Heads

**Weekday
Mass Times
Tweed Heads**

Monday - Friday 9:10am



Eucharist28 Update – This is My Body, Given For You

The International Eucharistic Congress in Sydney in 2028 ('Eucharist28') will be a global gathering of the Church centred on the Eucharist, the source and summit of our Christian lives, culminating in a Papal Mass with Pope Leo XIV. It will be a festival of faith, rich with worship, prayer, testimonies, art, music – a truly 'once in a lifetime' experience, and a transformative moment for our nation.

The theme for Eucharist28 is 'This is My Body, Given For You', which invites us to reflect on the words that Christ spoke as he instituted the Eucharistic Sacrifice.

At each Mass, the priest repeats Jesus' words from the Last Supper, and the bread and wine become the Body and Blood of Christ.

This miraculous change does not end with the gifts. As we receive the Body of Christ, we are transformed into the Body of Christ, carrying His presence into our homes, workplaces, schools, parishes and communities.

Just as He gave His life for us, we too are called to offer our lives in sacrifice and service to God and to those around us.

This national journey to Eucharist28 is an invitation for all of us to share in the breaking of the bread and allow Christ's presence to transform us. The journey begins now, in our own hearts and in our own parishes.

For catechetical material to help your parish and community prepare for this moment, head to eucharist28.org/resources.



Diocese of Lismore Catholic Schools Newsletter
Available at the back of the church or via link
below.

<http://bit.ly/4gwOpX0>



The Diocese of Lismore Safeguarding Office is contactable if you have any Safeguarding concerns. We will listen to you respectfully, offer support and discuss options you have available to you. To contact the Safeguarding Office, please phone (02) 6621944 or email: safeguarding@lismore.catholic.org.au

14TH SUNDAY IN ORDINARY TIME

RESPONSORIAL PSALM: (144)

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

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!

GLORIA

Glory to God in the highest,
and on earth peace to people of good will.
We praise you,
we bless you,
we adore you,
we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.
Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand of the Father,
have mercy on us.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen.

PROFESSION OF FAITH (NICENE CREED)

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,

(All bow during these two lines)

and by the Holy Spirit was incarnate of the
Virgin Mary,
and became man.

For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored
and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come.

Amen.

NAIDOC WEEK

Welcome to this year's celebration of Aboriginal and Torres Strait Islander Sunday.

As we gather in faith, we do so as a people shaped by story — by the Gospel, by culture, and by the journeys that have brought us to this moment. We gather in the presence of God, who walks with us always, and who calls us into unity as one people. This year invites us into reflection. We mark 40 years since St Pope John Paul II spoke to Aboriginal and Torres Strait Islander Peoples in Alice Springs, and we celebrate 50 years of NAIDOC Week. These milestones are more than anniversaries — they are reminders of enduring faith, resilience, and our shared call to walk together



Interest Rate - 3.90%

**For further information and our current interest rate,
please visit our website www.dif.org.au or contact us on 1800 802 516**