

Sunday Message

FOURTEENTH SUNDAY IN ORDINARY TIME

THE WORD

Year A • 5 July 2026 • Psalter Week 2

THE FATHER REVEALED IN THE SON

MATTHEW 11:25-30



In this passage, Jesus offers a glimpse into his intimate relationship with the Father and the nature of discipleship. He begins with a prayer of praise: "I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and revealed them to little ones." The contrast between the "wise and learned" and the "little ones" emphasises that God's revelation is not bound by human status or intellect, but comes through humility and openness.

Jesus then extends an invitation: "Come to me, all you who labour and are burdened, and I will give you rest." Here, he presents himself as the source of consolation and support. The call is personal and relational – not abstract theology, but a real encounter with a compassionate Lord who carries the weight of human struggle.

Finally, Jesus encourages his followers to take on his "yoke" and learn from him, for he is "gentle and humble in heart". The yoke, a common agricultural image, represents guidance and partnership: to follow Jesus is to share in his mission, but in a way that lightens the burden rather than imposes harsh demands.

This passage underscores the accessibility of God's kingdom: it is revealed to those who approach with trust and humility and offers rest and guidance for all who seek it. ■

REFLECT

Jesus invites us to experience God's love in a deeply personal way. He thanks the Father for revealing divine truth not to those who rely solely on human wisdom, but to the humble and trusting. It reminds us that faith is not about showing how much we know, but about approaching God with openness, simplicity, and a willingness to be led.

Jesus extends an invitation to all who are "weary and burdened": come to me, and I will give you rest. The burdens we carry – worry, guilt, fear, or exhaustion – do not go unnoticed. Jesus offers relief not through avoidance, but through companionship. He invites us to take on his "yoke" and learn from him, a yoke that is gentle and light compared with the weight of trying to live alone or in our own strength.

Discipleship, then, is both trusting and practical. It is about allowing Christ to guide our steps, lighten our burdens, and teach us how to live in love and humility. In taking his yoke upon us, we find rest for our souls and a model for how to navigate life's challenges with gentleness and faith. ■

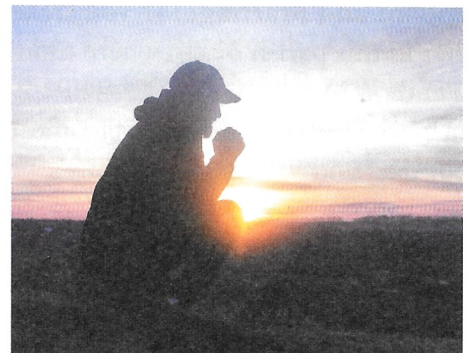
SAY

"O Jesus, gentle and humble of heart, make my heart like Yours!"

St Thérèse of Lisieux

DO

This week, take a few moments each day to hand your worries and burdens over to Jesus in prayer, trusting him to guide and lighten your load.



LEARN

Christ invites all who are burdened to find rest in him, and that discipleship is rooted in humility, trust, and reliance on God rather than human strength.

ENTRANCE ANTIPHON

*Your merciful love, O God,
we have received in the midst of your temple.
Your praise, O God, like your name,
reaches the ends of the earth;
your right hand is filled with saving justice.*

COLLECT

O God, who in the abasement of your Son
have raised up a fallen world,
fill your faithful with holy joy,
for on those you have rescued from slavery to sin
you bestow eternal gladness.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever.

Amen.

FIRST READING Zechariah 9:9-10

A reading from the Prophet Zechariah.

Thus says the Lord:

Rejoice greatly, O daughter of Sion!
Shout aloud, O daughter of Jerusalem!
Behold, your king is coming to you;
righteous and having salvation is he,
humble and mounted on a donkey,
on a colt, the foal of a donkey.
I will cut off the chariot from Ephraim
and the war horse from Jerusalem;
and the battle bow shall be cut off,
and he shall speak peace to the nations;
his rule shall be from sea to sea,
and from the River to the ends of the earth.

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM

Psalm 145(144):1-2. 8-9. 10-11. 13c-14. R. cf. 1

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

Or *Alleluia.*

1. I will extol you, my God and king,
and bless your name for ever and ever.
I will bless you day after day,
and praise your name for ever and ever. **R.**
2. The LORD is kind and full of compassion,
slow to anger, abounding in mercy.
How good is the LORD to all,
compassionate to all his creatures. **R.**
3. All your works shall thank you, O LORD,
and all your faithful ones bless you.
They shall speak of the glory of your reign,
and declare your mighty deeds. **R.**
4. The LORD is faithful in all his words,
and holy in all his deeds.
The LORD supports all who fall,
and raises up all who are bowed down. **R.**

SECOND READING Romans 8:9, 11-13

A reading from the Letter of Saint Paul to the Romans.

Brothers and sisters: You are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him.

If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you.

So then, brothers and sisters, we are debtors, not 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, you will live.

The word of the Lord.

Thanks be to God.

ACCLAMATION BEFORE THE GOSPEL cf. Matthew 11:25

R: Alleluia, alleluia.

I thank you, Father, Lord of heaven and earth,
you have revealed the secrets of the kingdom to little children.

R: Alleluia.

GOSPEL Matthew 11:25-30

A reading from the holy Gospel according to Matthew.

At that time Jesus declared, 'I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; yes, Father, for such was your gracious will. All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. Come to me, all who labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

PRAYER OVER THE OFFERINGS

May this oblation dedicated to your name
purify us, O Lord,
and day by day bring our conduct
closer to the life of heaven.
Through Christ our Lord.

Amen.

COMMUNION ANTIPHON

*Taste and see that the Lord is good;
blessed the man who seeks refuge in him.*

Or

*Come to me, all who labour and are burdened,
and I will refresh you, says the Lord.*

PRAYER AFTER COMMUNION

Grant, we pray, O Lord,
that, having been replenished by such great gifts,
we may gain the prize of salvation
and never cease to praise you.
Through Christ our Lord.

Amen.

St Anthony of Padua

Presbytery: St Anthony's Presbytery,
Cadley Causeway, Fulwood, Preston PR2 3RX
Tel: 01772 725193
Email: stanthony.preston@lrcd.org.uk
Parish Priest: Fr Andrew Dawson
Annexe: 07792 256592
Social Centre: 01772 735963
Primary School: 01772 726621
Playgroup/Preschool: 07963 700591

Holy Family

Whitby Avenue, Ingol, Preston PR2 3YP
Tel: 01772 725193
Priest-in-Charge: Fr Andrew Dawson
(Resident at St Anthony's)
Primary School: 01772 727471
Covenant Books: 07396 796969
Sacrament of Reconciliation
(Confession): On Request

Mass Schedule for week commencing Sunday 5 th July			Intention
Sunday 5th July: Fourteenth Sunday in Ordinary Time Today we shall use the Third Preface for Ordinary Time with the Third Eucharistic Prayer			
Saturday 6pm (Sunday Vigil)	Mass at St Anthony's		Isaac Dickinson (Anniv)
Sunday 9:30am Sunday 11am	Mass at St Anthony's Mass at HF School		The People of our Parishes Fr Bryan Irving, RIP
Monday 9.15am	Mass at St Anthony's	<i>St Maria Goretti</i>	LISCF
Tuesday 9.15am	Mass at St Anthony's		Madeleine Kelly (LD)
Wednesday	No Mass		
Thursday 9.15am	Mass at HF School		Kevin Blinkhorne (LD)
Friday 9.15am	Mass at St Anthony's		Eugene Hasson (LD)
Sunday 12th July: Fifteenth Sunday in Ordinary Time			
Saturday 6pm (Sunday Vigil)	Mass at St Anthony's	<i>St Benedict</i>	Tom Gardner (Anniv)
Sunday 9:30am	Mass at St Anthony's	<i>Sea Sunday</i>	Cecilia Lonsdale (Anniv)

Last Weekend:
<u>Attendance</u> St Anthony's: 73 + 119 = 192
<u>Collections</u> St Anthony's: £468.36 + Peters Pence £109 + £114.50 (Cards)

Scan the QR code below to donate to the weekly collection online (St Anthony's)



Confessions: At St Anthony's Saturdays 5:30-5:50pm or by appointment.

Baptism and Marriage: If you are a parent and would like to have your child baptised or are hoping to get married either in this parish or elsewhere (minimum six months' notice for weddings is required), please speak to Fr Andrew at the end of Mass.

Tea and Coffee: You are welcome to join us for some light refreshments after each of our Sunday Masses – 6pm (Saturday) and 9:30 at St Anthony's.

Prayer intentions

The Holy Father's Prayer Intention for July: Respect for human life, recognizing it as a gift from God.

Let us pray that sports be an instrument of peace, encounter, and dialogue among cultures and nations, and that they promote values such as respect, solidarity, and personal growth.

Cycle of Prayer: Ordinary Time, Summer: For a deeper understanding between Christians and Jews; for those who suffer persecution, oppression and the denial of their human rights; for Europe; for human life and for seafarers.

We pray for the sick and the elderly, especially Jo Counsel, Bill Embery and John Mulholland and Fr John Foulkes.

For those who have died recently, and for those whose anniversaries occur at this time: Jenny Turner, Tom Gardner, Mgr. Eddie Gould, Clare Campsey, Josephine Higginson, Irene Gee, John Smethurst, Cecilia Lonsdale, Joan Jump.

Father, may these, and all whom we have known who have gone before us, be received into the glory of the resurrection, won for us by your Son, Jesus, the Risen Lord.

OUR PARISHES

The Fairtrade and Rwanda stall will be at St Anthony's this weekend. There will be the usual produce as well as a selection of cards and books. Please support by helping to give a fair price to those even less fortunate than ourselves.

Stella Maris (formerly called Apostleship of the Sea) is seeking a volunteer from each parish to help with Sea Sunday (which falls on 11/12 July this year). This is the day when the Church comes together to pray for seafarers, fishers and their families, and takes a retiring collection to fund the work of the port chaplains supported by Stella Maris. The volunteer will read out the appeal (which Stella Maris will provide) at the end of Masses that weekend. If you can kindly do this, please contact roland.hayes@stellamarismail.org

St Anthony's Gutters: Work moves underground this week to complete some remedial action on the drains themselves. Please exercise extreme care when moving around the site. Thank you for your patience.

Bollards: To ensure the safety of children and families crossing the site, especially during school drop off and pick up times, new bollards have been installed. They will be raised between 8.30 - 9am and 2.30 - 3.30pm. Please do not park at the entrance to the car park off Cadley Causeway as emergency access is still required.

St Anthony's Pre-School/Playgroup: There is a job opportunity as Manager of St Anthony's Pre-School/Playgroup, to start in September. For more information, please see notice at back of church or contact stanthonyspreschool@outlook.com.

Holy Family Update: This week further meetings will take place, and we are awaiting confirmation of the insurance certificates for our preferred contractor for the asbestos survey.

Hospital Visits: If you or someone you know is going into hospital and would like a visit from the chaplaincy team please either contact Fr Andrew or the chaplaincy department directly on 017720716565 (ask for chaplaincy). An urgent request for a priest should be made to a senior nurse who will arrange for the on-call priest to be contacted.

RCIA (Rite of Christian Initiation of Adults): It is my hope to run a RCIA (or Journey in Faith) group from the Autumn for those wanting to learn more about the Catholic faith with a view to being baptised and/or received into full communion at the Easter Vigil. To do so I will need a couple of parishioners who are willing to support me and to share their faith (no formal qualifications are needed) please email the Parish Office (details on opposite page) or have a word for more info.

OUR CITY AND DIOCESE

THIS WEEK

CAFOD-DEC Venezuela Earthquake Appeal:

You can help our neighbours affected by the 24 June earthquakes in Venezuela, with emergency shelter, water and food. CAFOD is already working with local Church partners to support people who have lost their homes, but we need your support to help more survivors. There will be a retiring collection today. Alternatively, you can donate to the CAFOD-DEC Venezuela Earthquake Appeal at: cafod.org.uk/Venezuela or call 0300 999 0030. Please keep our neighbours in Venezuela in your prayers.

FURTHER AHEAD

Blessed Edward Bamber Mass, St Winefride's House Thursday 16th July. You are invited to join Bishop Paul, local clergy, residents and staff of St Winefride's House, (the diocesan retirement home for priests) Low Moor Rd, Bispham, FY2 0PA for their Annual Mass in honour of the English Martyr, Blessed Edward Bamber. Mass starts at 6.30pm and refreshments will be served afterwards. All welcome. (Poster on Notice Board)

March for Life: You are invited to join Bishop Paul Swarbrick in London on Saturday September 5th. SPUC Preston have booked a coach to the March for Life, tickets are on sale now! Tickets are available on Eventbrite, search 'Coach from Lancaster and Preston to M4LUK'. For the itinerary or anything else please contact the secretary on 07523 183758 or at spucpreston@gmail.com. See details in the article on page 14 of July's edition of the Catholic Voice.

Friends of Castlerigg: castleriggmanor.com/friends
A Quiet Retreat for Adults is available in the October Half Term 2026. See website for more information.

Boots needed: The Diocesan Youth Centre is looking for boots to equip (poorer) young people for a walk on the Keswick fells. Can you help? Visit: <https://www.amazon.co.uk/hz/wishlist/ls/1MO1F2S0UED7G>

