

Date: <b>4th July / 5th July 2026</b>		<b>Fourteenth Sunday in Ordinary Time</b>	
Mass Time: <b>Acolyte</b>	<b>First Reading &amp; Responsorial Psalm</b>	<b>Second Reading &amp; Prayer of the Faithful</b>	<b>Music</b>
Vigil 5:00 PM	Ian Miles      Shayna Jordaan	Elliene Johnson	Andrew Wilson
8:00 AM	Sebastian Cook      Mary Morris	Kim Crawford	
9:30 AM	John Belfanti      Anne Edwards	Brian Edwards	
Morning Tea:	STA Ladies Fellowship		
Date: <b>11th July / 12th July 2026</b>		<b>Fifteenth Sunday in Ordinary Time</b>	
Mass Time: <b>Acolyte</b>	<b>First Reading &amp; Responsorial Psalm</b>	<b>Second Reading &amp; Prayer of the Faithful</b>	<b>Music</b>
Vigil 5:00 PM	Joseph Sukkar      Tanya Baldwin	Timothy Baldwin	
8:00 AM	Randall Noney      Loida Derbyshire	Ros Comfort	
9:30 AM	Shaun Keating      Margaret Hickey	Anne Ellis	Streeters

KID'S CORNER



**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    labour  
Come    yoke    light    rest

St Thomas Aquinas Parish

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Phone: 02 4754 1052; Emergency ONLY: 0474 631 168

**Parish Email:** [springwood@parracatholic.org](mailto:springwood@parracatholic.org)  
**Parish Website:** [www.stachurchspringwood.org.au](http://www.stachurchspringwood.org.au)  
**Parish Facebook Page:** St Thomas Aquinas Catholic Community Springwood  
**Parish Administrator:** Fr Jack Elkazzi  
**Parish Pastoral Council:** [springwoodparishpc@gmail.com](mailto:springwoodparishpc@gmail.com)  
**Parish Office Hours:** Tuesday to Friday 8.30 am - 3.30 pm

**Weekend Masses:** Saturday Vigil Mass 5:00 pm, Sunday 8:00 am and 9:30 am  
**Weekday Masses:** Tuesday 9:30am & 7:00 pm, Wednesday - Saturday: 9:30 am  
**Adoration:** Tuesday 8:15am & 6:00pm, Wednesday - Saturday: 8:15 am  
**First Friday Adoration:** Adoration & Confession - 8:15 am;  
First Friday Mass - 9:30 am will be offered for the Sacred Heart of Jesus  
**Reconciliation:** Saturday after 9:30 am Mass and 4:00 - 4:45 pm before the Saturday Vigil Mass  
**Baptisms:** 2nd and 4th Sundays of every month - 11:00 am and by appointment  
**Weddings:** By appointment  
**Funerals:** Please Contact the Parish Office



Support us!  
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*We respect the Darug people and their elders both past and present, as the traditional custodians of this land on which we celebrate the Eucharist.*

**SUPPORT OUR PARISH!**  
**PARISH RAFFLE!**  
ST THOMAS AQUINAS, SPRINGWOOD  
**BUY TICKETS ONLINE!**  
**GREAT PRIZES! BIG IMPACT!**  
Scan the QR code to buy your tickets and support our parish.  
**Thank you!** TOGETHER WE MAKE A DIFFERENCE  
**PREFER TO DONATE DIRECTLY?**  
Account Name: Springwood  
BSB: 057-950  
Account Number: 0000560  
Reference: **Please include your full name**

To buy tickets or to share this raffles use this raffle link:

[RaffleTix | Raffles by St Thomas Aquinas Catholic Church Springwood](https://www.raffletix.com.au/stthomasaquinas)

or scan the QR Code above.

Every ticket purchased and every share genuinely helps. Thank you again for your support and prayers.

Fr Jack Elkazzi  
Parish Administrator  
St Thomas Aquinas Parish  
Springwood

Bulletin Reflection – 14th Sunday in Ordinary – Year A

"Come to me,"

Life often feels like carrying a heavy backpack that grows heavier with every passing day. Responsibilities, disappointments, illness, family concerns and worries about the future can slowly wear us down. Jesus knows this. He does not pretend that life is easy, nor does He promise that difficulties will disappear overnight. Instead, He offers something far greater—His own presence.

"Come to me," He says. These are among the most comforting words in the Gospel. Christ invites us to place our burdens into His hands and discover that we were never meant to carry them alone. The yoke He offers is not another burden but a relationship—a life lived beside Him, guided by His love and strengthened by His grace.

This week, take a few moments each day to sit quietly before the Lord. Tell Him honestly what weighs on your heart. Then listen in silence. You may discover that while your circumstances have not changed, your heart has, because Christ is carrying the burden with you.

Holy Mary, Mother of God, pray for Us!

May God Bless you All +  
In Christ Jesus and Mary,  
Fr Jack Elkazzi



**Second Reading** *Romans 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.  
**Thanks be to God.**

**Gospel Acclamation** *See Matthew 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** *Matthew 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.  
**Praise to you, Lord Jesus Christ.**

**Communion Antiphon** *Psalms 33:9*

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

**Entrance Antiphon** *Cf Psalm 47:10-11*

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.

**First Reading** *Zechariah 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.  
**Thanks be to God.**

**Responsorial Psalm** *Psalms 144:1-2. 8-11. 13-14 R. v.1*

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

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.)**



**Recently Deceased:** Murdo Macarthur, Maureen Osmetti **Commemorative Deceased:** Charles Hughes  
**Sick:** Marlene Thomas, Angelica Maria Suso, Chris Wilson, John Warner, Evelyn Robinson, Lisa Vaughan, Larry Munn, Mary Green, Rowena Cook, Precious Tamayo, David Rees, Melissa Couch, Erlisa Argayoso, Allan Arias, Mary Coombs, Carl Johnson, Philip Coggan, James Connor, Richard Ford, Julie Somerville, Fr Bob Bossini, Marama Watson.  
 We also pray for private intentions including the sick, dying and the suffering.  
*Due to the strict privacy laws, names of the deceased and sick can only be included in the Bulletin with the express permission of the immediate family. Thank you.*

**PARISH AND DIOCESAN NEWS**

**SUPPORTING OUR PARISH AND ITS MISSION**

We rely on the faithful support of our parish community to sustain the life and mission of St Thomas Aquinas. Every contribution—large or small—makes a real and necessary difference. If you are not yet supporting the parish financially, I warmly encourage you to consider doing so. Regular giving allows us to plan responsibly and continue providing for the spiritual and pastoral needs of our community.

**Ways to Give:**

**Direct Debit:** Please contact the Parish Office to arrange a regular contribution.

**Direct Deposit:**  
**Account Name:** Springwood; **BSB:** 067-950  
**Account Number:** 00000560  
**Reference:** Please include your full name.



**Please Note:** This is an official parish account of the Diocese of Parramatta. Some banks may display an automated warning; however, this account is verified and secure.

**Parish Collections**

**First Collection** supports the priests of our Diocese, assisting with their living expenses.

**Second Collection** directly supports our parish—covering essential costs, i.e. insurance and wages, maintaining our facilities, and enabling our ministries and programs.

**Mass Offering Envelopes** are also available for those who wish to give regularly. Thank you for your generosity, your sense of responsibility, and your commitment to the life of our parish.

**ST THOMAS AQUINAS SPRINGWOOD GIFT SHOP**  
*Our Parish Gift Shop is now open!*

Located in the Parish Office building.

The shop is open:  
**Tuesday to Friday:** 9:00am – 3:00pm  
**Sunday:** 9:00am – 11:30am



We offer a beautiful selection of Catholic gifts and seasonal items—from inspiring books and rosaries to religious art and meaningful keepsakes.

**Now Available** our exclusive Saints' images which are a unique part of our parish family. You can now own and purchase at our Catholic Gift Shop.

Whether you are searching for a thoughtful gift or simply wish to browse, we warmly invite you to visit and discover what we have to offer.

**St Thomas Aquinas Reading Group with Dr Angus Brook** is on break from this Sunday 5th July and will resume on Sunday 19th July 2026 at 3pm.

**St Thomas Aquinas Youth Night** - next meeting is on Friday 24th July 2026 from 6pm to 8pm. Listen to talks on the faith, have engaging conversation and play fun games. 7-12 Year Students all welcome!

**STA Parish 2026 Sacrament of Reconciliation Program**

Please visit our website: [stachurchspringwood.org.au](http://stachurchspringwood.org.au) and then click the Tab: **STA Sacramental Program** to access our invitation, important dates to remember and enrolment form. For enquiries, please call: 02 4754 1052 or email: [sacramentssta@gmail.com](mailto:sacramentssta@gmail.com)

We welcome into our Catholic Christian family the following children:

*Jack Kenneth Rosato*  
*Isaac John Thompson*  
*Mitchell Alexander Veasey*  
 who were recently baptised here.

**CYP LIFTED RETREAT (YEAR 10-12s): 8th July**

Catholic Youth Parramatta hosts an annual LIFTED Retreat, a spiritually enriching weekend designed to connect, support and nourish the young people of the Diocese of Parramatta. This retreat is open to Year 10-12 students (aged 16-17), and will be held on 8th July (10am-3pm) at Don Bosco Youth & Recreation Centre, 10 Mamre Road, St Marys. Register: [parracatholic.org/events/cyp-lifted-retreat-8-July/](http://parracatholic.org/events/cyp-lifted-retreat-8-July/)

**REQUEST A VISIT FROM FR JACK**

Need a home blessing or pastoral visit? Please complete a **Priest Visit Request Form**, available at the back of the church or the parish office. We will then contact you to arrange a visit.



**EUCHARIST28 UPDATE – HEARTS SET ABLAZE!**

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. For more information and regular updates, please register on the website: [eucharist28.org](http://eucharist28.org)