

Mass times and intentions: 04th – 12th July 2026

Saturday	04	FOURTEENTH SUNDAY IN ORDINARY TIME 18.00 – Thanksgiving for all the blessings
Sunday	05	11.30 – The People of the Parish
Monday	06	NO MASS
Tuesday	07	Feria of Fourteenth Week in Ordinary Time 10.00 – Delia Stott – healing
Wednesday	08	Feria of Fourteenth Week in Ordinary Time 10.00 – Heber Apolo
Thursday	09	Feria of Fourteenth Week in Ordinary Time 10.00 – Rosemary Apolo
Friday	10	Feria of Fourteenth Week in Ordinary Time 10.00 – Good estate of sister Mary
Saturday	11	ST BENEDICT 10.00 – Rev. Bartholomew Lynch and his own int.
		FIFTEENTH SUNDAY IN ORDINARY TIME 18.00 – The People of the Parish
Sunday	12	11.30 – Anna-Leah – healing

Tuesday to Saturday, after the Holy Mass,
Adoration of the Blessed Sacrament & Holy Rosary

Mass Intentions / Offerings: Special envelopes are available at the back of Church. If you would like Mass offered on a particular date or anniversary, please let the Parish Priest know well in advance – the sooner the better. Thank you for your co-operation.

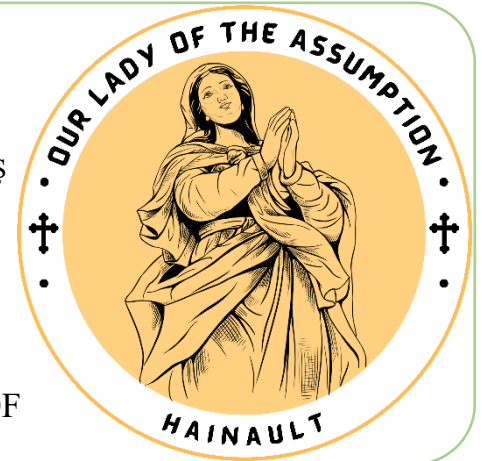
Mass Attendance last weekend: 230

Offertory Collection last weekend: £ 653.16

Please consider SUPPORTING our Parish with a donation		
Donate by bank transfer or standing order:	Scan to donate:	Donate via the Parish website:
Account Name: Catholic Church Hainault The Assumption Sort Code: 40-13-22 Account Number: 31019244		https://hainault.org.uk/donations/
Please sign up to Gift Aid if you are a UK tax payer. Gift Aid allows the parish to receive an extra 25p for every £1 you donate - at no additional cost to you		

CATHOLIC PARISH OF THE DIOCESE OF BRENTWOOD

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FOURTEENTH SUNDAY IN ORDINARY TIME – 05th July 2026

Hymn Book numbers for Sunday Mass

74 – Be thou my vision, O Lord of my heart (v. 1, 2, 5)

Responsorial Psalm: *I will bless your name for ever, my God and king.*

285 – I, the Lord of sea and sky

31 – All ye who seek a comfort sure

289 – I will be with you wherever you go

227 – God's spirit is in my heart

Dear brothers and sisters,

There are times in life when we become tired. And I am not speaking only about physical tiredness. There is also a tiredness of the heart. Many people smile on the outside while carrying tears within. There are parents who lie awake at night worrying about their children. There are grandparents who pray every day for those they love. There are people living with illness who still manage to smile. There are many who carry a cross that no one else can see. It is as though Jesus sees every one of these people when he says in today's Gospel: "Come to me, all who labour and are heavy laden, and I will give you rest."

Notice how gentle his words are. Jesus does not say, "Go away and sort out your problems on your own." He does not say, "Be stronger." He does not say, "Stop crying." He simply says, "Come to me."

This is our God. A God who does not turn away when we are weary, but opens his arms to welcome us.

I often think of a little child who has been playing all day. By evening he is so tired that he cannot take another step. His father does not say, "Come on, you can do it!" Instead, he bends down, lifts the child into his arms and carries him home.

That is what God does for us.

So often we think we must carry everything on our own. We believe we have to solve every problem ourselves. We feel that we must always appear strong. But God quietly says to us, "Let me carry you."

How different our lives would be if, before becoming overwhelmed with worry, we simply paused for a moment and prayed, "Lord, this is my burden. I do not want to carry it alone any longer. Please help me."

Then Jesus says something that may sound surprising: "Take my yoke upon you."

At first, those words seem difficult to understand. How can a yoke bring rest?

In the time of Jesus, a yoke was made for two oxen walking together. The stronger one helped the weaker one. The weight was shared. No animal carried the load alone. Perhaps this is exactly what Jesus wants us to understand. He does not promise a life without crosses. He promises that we will never have to carry our crosses on our own. And that changes everything.

When someone we love sits beside us in hospital, the pain may still be there, but somehow it becomes easier to bear. When someone weeps with us, our tears do not disappear, but we no longer feel alone. That is what Christ does. He walks beside us every step of the way.

Jesus also says today, "Learn from me, for I am gentle and lowly in heart." How beautiful these words are. Of all the things Jesus could have said about himself, he chose to speak about his heart. He does not say, "Look how powerful I am." He does not say, "Look how great I am." He says, "I am gentle."

The world admires power. God delights in gentleness.

Saint Teresa of Calcutta once said that we cannot all do great things, but we can do small things with great love. She did not change the world through wealth or influence. She changed it through a heart filled with compassion. Whenever she lifted a sick or abandoned person from the streets of Calcutta, she believed she was caring for Jesus himself. This is the gentleness of the Gospel.

Sometimes we think that changing the world requires extraordinary deeds. But God's Kingdom begins with small acts of love. A kind word spoken at the right moment. Forgiveness freely offered. A visit to someone who is lonely or ill. A prayer for a person who is suffering. A smile given to someone who has almost lost hope. This is how the Kingdom of God grows.

Dear brothers and sisters, I believe that today Jesus is not asking us how strong we are. He is asking whether we are willing to place our burdens into his hands. Perhaps each one of us has come to Mass today carrying something heavy. Perhaps it is illness. Perhaps it is anxiety. Perhaps it is a son or daughter who has drifted away from the faith. Perhaps it is a family struggling through difficult times.

Perhaps it is a sin that has weighed on our hearts for many years. Today Jesus asks for no explanation. He does not ask how we came to be in this situation. He simply says, "Come to me."

What a beautiful thing it would be if, before leaving church today, each one of us quietly prayed, "Lord, this is my burden. I place it into your hands. Walk with me." If we do that with trust, our problems may not disappear overnight. But something within us will change. We shall leave this church knowing that we are no longer walking alone.

Then the words of today's Gospel will no longer be simply beautiful words. They will become the story of our own lives: "Come to me, all who labour and are heavy laden, and I will give you rest."

This is Christ's promise. And Christ never fails those who place their trust in him.

Amen.

• **Respecting the Holy Mass**

The Holy Mass is the highest act of worship, where we gather as God's family to give Him thanks and praise. Out of reverence for the sacred celebration and consideration for one another, we kindly ask everyone to observe the following:

- Please make every effort to arrive before Mass begins, allowing time to prepare your heart in prayer and ensuring that the celebration is not disrupted.
- At the end of Mass, we ask that you remain in your place until the priest and ministers have processed out and the priest has entered the sacristy. If you wish to light candles, please do so only after the concluding procession has ended.

Thank you for your cooperation in helping to preserve the prayerful atmosphere and dignity of the Holy Mass for everyone.

• **Receiving Holy Communion Reverently**

As Catholics, we believe that the Blessed Sacrament is the true Presence of our Lord Jesus Christ. Receiving Holy Communion is a profound privilege that calls for both spiritual and physical preparation, as well as a spirit of reverence.

We kindly ask everyone to observe the following:

- Men are asked to remove hats or any other head covering during Mass, especially when approaching to receive Holy Communion.
- Holy Communion may be received either on the tongue or in the hand.
- If you choose to receive Holy Communion in the hand, please do not wear gloves or cover your hands with a handkerchief or any other cloth.
- The Sacred Host should be consumed immediately upon reception, in the presence of the priest or the Extraordinary Minister of Holy Communion.

Thank you for helping us maintain the reverence and dignity that befit the celebration of the Holy Eucharist.

• **Diocesan Second Collection Next Weekend**

There will be a second collection at both Masses next weekend for Stella Maris Sea Sunday when Churches worldwide pray for seafarers and fishers. Stella Maris (formerly known as the Apostleship of the Sea) provides practical and pastoral support to those who work at sea. Thank you for your generosity!