

FROM THE ARCHDIOCESE

COMMITMENT STATEMENT

The emotional, physical and spiritual safety, well-being and dignity of Children and Adults is an integral part of the teachings and values of the Catholic Church. The Archdiocese is wholly committed to ensuring the safety, well-being and dignity of all Children and Adults at Risk, and acknowledge its important legal, moral and spiritual responsibility to create a safe and nurturing environment for those Children and Adults.



CHILD SEXUAL ABUSE IS A CRIME. The appropriate people to deal with crimes are the Police. If you, or anyone you know, have been abused, please contact the Police. Alternatively, you can contact the Safeguarding and Ministerial Integrity Office on phone (02) 9390 5813 or via email SafeguardingEnquiries@SydneyCatholic.org. You may also want to speak to your Parish Priest. The Archdiocese of Sydney has a legal obligation to report crimes to the Police.

WORKING WITH CHILDREN CHECK CLEARANCE

You must keep your personal details up to date so that you can be contacted about your Working with Children Check (WWCC). Go to <https://ocg.nsw.gov.au/working-children-check/apply-wwcc/update-or-upgrade-your-wwcc-details> for more information. Please provide the Parish office with a copy of your WWCC. Thank you.

The Catholic Weekly

IN THIS WEEK'S EDITION

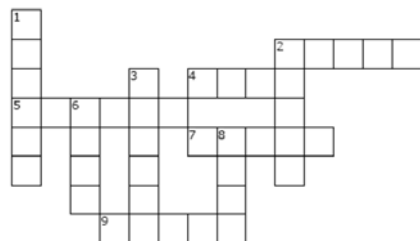
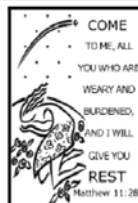
- Sydney welcomes St Carlo Acutis.
 - Archbishop Fisher honours dozens for parish service.
 - An expert evangelist you won't want to miss.
 - The Five Dock youth serving hundreds each month.
 - Outgoing ACN head: The church's greatest gift is Jesus.
 - Michael Cook: Human dignity after death.
- Copies available at the entrances for \$2.00. Proceeds to St Vincent de Paul.

KIDS CORNER

Rest for the Weary

"For my yoke is easy and my burden is light." Matthew 11:30 (NIV)

Based on Matthew 11:28-30 (NIV)



ACROSS

- Not heavy
- The opposite of go
- A heavy load that you carry
- The place within a person where their feelings or emotions are
- Very tired, especially after working hard for a long time

DOWN

- Not proud or not believing that you are important
- To get knowledge or skill about a subject
- Calm, kind or soft; not violent
- Stop and relax to regain your strength
- Not difficult

WEARY	HUMBLE	EASY	BURDEN	REST
COME	HEART	LIGHT	GENTLE	LEARN

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UPCOMING EVENTS

FEAST DAYS OF JULY

MONTH OF THE MOST PRECIOUS BLOOD OF JESUS

- SAT 4 JUL—St Elizabeth of Portugal
- SUN 5 JUL—St Anthony Mary Zaccaria
- MON 6 JUL—St Maria Goretti
- TUE 7 JUL—St Peter to Rot
- WED 8 JUL—St Priscilla
- THU 9 JUL—St Augustine Zhao Rong & Companions
- FRI 10 JUL—St Anatolia of Thora
- SAT 11 JUL—St Benedict
- SUN 12 JUL—St Veronica
- MON 13 JUL—St Henry
- TUE 14 JUL—St Carmillus de Lellis; St Kateri Tekakwitha
- WED 15 JUL—St Bonaventure
- THU 16 JUL—Our Lady of Mt Carmel
- FRI 17 JUL—St Clement of Ohrid
- SAT 18 JUL—St Theneva
- SUN 19 JUL—St Peter Crisci of Foligno



HOLY FATHER'S APPEAL—PETER'S PENCE 2026,

WEEKEND OF 4—5 JULY 2026

The annual **Holy Father's Appeal** is on this weekend. The appeal highlights the global charitable causes spearheaded by Pope Leo XIV and is aimed at alleviating the suffering of those affected by natural disasters, wars, refugee crises, and poverty. It is an opportunity for us to get involved in an important initiative of the Catholic Church on a local level, and we humbly ask you to give what you can.

To donate, scan the QR code or call 1800 753 959 or go to: www.OurFaithOurWorks.org/give-to-holy-fathers-appeal. Thank you.



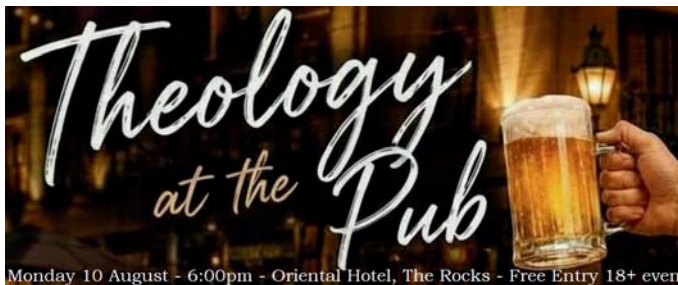
VENERABLE MARY AIKENHEAD ORATION 2026

THU 23 JUL—5:00PM—ACU NORTH SYDNEY

Mary Aikenhead Ministries invites you to the **Venerable Mary Aikenhead Oration 2026** with a keynote on *Optimistic or Overwhelmed?*

Engaging in Tech in an Age of Optimisation to be delivered by A. Prof Victoria Lorrimar, Director of the Centre for Technology & Human Futures at the University of Notre Dame.

Register at: <https://MaryAikenheadMinistries.com.au/venerable-mary-aikenhead-oration-2026/>.



Monday 10 August - 6:00pm - Oriental Hotel, The Rocks - Free Entry 18+ event



St Joseph's

CATHOLIC CHURCH
BELMORE

We are called to reach out to everyone with the Love of God.

NEWSLETTER

5 JUL 2026 | Number 292



ST JOSEPH'S PARISH

763 Canterbury Road,
BELMORE, NSW 2192
Parish Priest: FR ITA KOLOAMATANGI
Assistant Priest: FR FALAKIKO AFU
Deacon: REV. CHRISTOPHER ROEHRIG
Phone: (02) 9759 1280
Email: admin@StJosephBelmore.org.au
[Facebook.com/StJosephBelmore](https://www.facebook.com/StJosephBelmore)
Web: www.StJosephBelmore.au

MASS TIMES:

Mon—Sat: 9:00am
Sat: 5:30pm Vigil Mass
Sun: 8:00am & 10:00am
Youth Mass: 7:00pm
(First Friday of the Month)

Tongan Mass: 2:00pm
(Last Sunday of the Month)

Filipino Mass: 3:00pm
(First Sunday of the Month)

RECONCILIATION: Wed 6:00pm-6:45pm,
Sat 4:00pm-5:15pm

ADORATION & BENEDICTION:

Wed 6:00pm-7:00pm
Baptisms, Weddings & Funerals by
appointment, please contact the office.

TONGAN CATHOLIC CHAPLAINCY

763 Canterbury Road,
BELMORE, NSW 2192
Priest: FR ITA KOLOAMATANGI
Assistant Chaplain: FR FALAKIKO AFU
Ph: (02) 9145 2892
Email: admin@TCCAustralia.org.au
Social: [Facebook.com/TCCAustralia1](https://www.facebook.com/TCCAustralia1)
Web: www.tccaAustralia.org.au

ST JOSEPH'S CATHOLIC PRIMARY SCHOOL

8 Wilson Avenue,
BELMORE, NSW 2192
Principal: MRS KELLY PISANI
Ph: (02) 9759 1154
Email: info@StJBelmore.catholic.edu.au
Social: [Facebook.com/StJosephsBelmore](https://www.facebook.com/StJosephsBelmore)
Web: www.StJBelmore.catholic.edu.au

MONTH OF JULY IS DEDICATED TO THE MOST PRECIOUS BLOOD OF JESUS



ST JOSEPH BELMORE NEWSLETTER

FOURTEENTH SUNDAY IN ORDINARY TIME - YEAR A

—MyCatholic.life

REFLECTION FOR TODAY

Praying to the Father in the Son.

At that time Jesus exclaimed: "I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to little ones. Yes, Father, such has been your gracious will. All things have been handed over to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son wishes to reveal him." *Matthew 11:25-27.*

This passage beautifully summarizes the entire Christian life—the life to which we are called and in which we find our purpose, meaning, and ultimate fulfilment. Jesus begins by offering praise to the "Father, Lord of heaven and earth". Though Jesus Himself is fully God, "one in being with the Father"—co-eternal and consubstantial—He nevertheless offers praise to the Father.

In the original Greek, the phrase "I give praise to you..." (*exomologoumai*) indicates an open, public, and full acknowledgment by the Son of the Father's sovereignty and gracious will. The Father is the All-Powerful Lord of all that exists—everything in the heavens and on earth. Jesus expresses this fundamental stance toward the Father for two reasons: first, because it is eternally true; and second, so that we might humble ourselves and join Him in praying the same prayer—through, with, and in Jesus.

This prayer closely parallels the opening of the Lord's Prayer (the "Our Father"), because both begin with a direct acknowledgment and praise of the Father's holiness and sovereignty. The Lord's Prayer is the perfect prayer precisely because it was given to us by Jesus Himself. After addressing the Father, it presents seven petitions. According to Saints Thomas Aquinas and Augustine, the first two petitions—"hallowed be Thy name" and "Thy Kingdom come"—reveal the central purpose of our lives: to glorify God eternally and to be caught up in, and actively participate in that glory by becoming full members of His Kingdom. In today's prayer, Jesus says "these things" have been revealed "to little ones" and that the Son can choose to reveal the Father to whom He wishes.

We are drawn into Jesus' prayer and intimate relationship with the Father precisely when Jesus reveals the Father to us: "No one knows the Father except the Son and anyone to whom the Son wishes to reveal him". Because Jesus deeply desires that we come to know and love the Father with the same love He has for Him, His prayer continues by gently inviting us—especially when burdened by weariness, weakness, or sin—to lay our burdens down before His merciful power and glory: "Come to me, all you who labour and are burdened, and I will give you rest" (Matthew 11:28).

This tender invitation reveals Jesus' deepest desire for us: that we would enter into His love for the Father, share intimately in the union between Father and Son, and thus magnify and glorify the Most Holy Trinity—not only in our earthly journey but eternally in Heaven. Indeed, what a sublime and glorious calling we have received!

Reflect today upon this beautiful prayer, knowing in your heart that Jesus Himself invites you to pray it with Him, through Him, and in Him. He longs for His voice to resonate within your voice, His love to beat within your heart, and His holy desires to shape your own. Turn your gaze toward the Father—He who is both the Source and ultimate goal of your existence—and strive lovingly and humbly to accomplish all things according to His gracious and holy will.

Our Father, You who dwell in the heavens and within the souls of Your sanctified ones, may Your eternal essence, Your holy Name—the One who was, who is, and who is to come, the Great I AM—be honoured, praised, and glorified forever. May this glorification shine forth in my life and in the lives of all Your faithful, as we await with joyful hope the return in glory of Your Son, Jesus our Saviour, when You, together with Him and the Holy Spirit, will establish the New Heavens and the New Earth. Jesus, I trust in You.

MISSION STATEMENT

Our mission is to find ways, centred on the love of God, to provide a welcoming Parish, a place of spiritual nourishment, and a home to a community that supports everyone and encourages them to contribute their gifts.

ST JOSEPH BELMORE NEWSLETTER

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READINGS OF THE DAY

FIRST READING

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.

RESPONSORIAL PSALM

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

- 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.**
- 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.**
- 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.**
- 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.**

SECOND READING

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.

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!

GOSPEL

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.

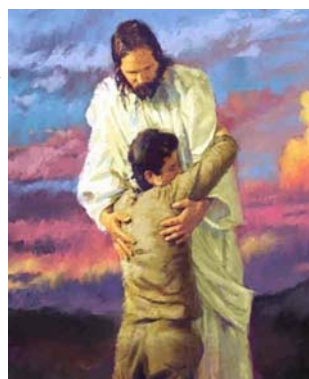
'Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light'.

The Gospel of the Lord.

9:9—10

Ps 144:1—2, 8—11, 13—14

11:25—30



The Word of the Lord



READINGS:

Reading 1: Isaiah 55:10—11

Responsorial Psalm: Ps 64:10—14

Reading 2: Romans 8:18—23

Gospel: MATTHEW 13:1—23

ST JOSEPH BELMORE NEWSLETTER

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PARISH / LOCAL NEWS

Volunteers Needed

CAN YOU HELP?

We need your help especially during our Sunday liturgies. If you're able to, please send your details to the Parish Office via email: admin@StJosephBelmore.org.au stating which ministry you'd like to help—Collector, Lector, Choir, Eucharistic Minister etc. Thank you for your support and God bless you.

SACRAMENT OF RECONCILIATION—REMINDER



During Holy Hour (Adoration & Benediction) from 6:00pm to 7:00pm every Wednesday evening, Father will also be available for confession. All Welcome.



PLANNED GIVING ENVELOPES 2026—2027

Your envelopes are ready for collection from the back of the Church. If you do not find your pack of envelopes, please contact the Parish Office on phone 02 9759 1280 or via email at: admin@StJosephBelmore.org.au. Thank you for your support and may God bless you all.

TAX RECEIPTS—END OF YEAR 30 JUNE 2026.

The Giving tax receipts for the financial year to 30 June 2026 are now ready. If you require a tax receipt, please email the Parish Office at: admin@StJosephBelmore.org.au or visit the office to collect your copy. Thank you for your support.



LEGION OF MARY—RECRUITMENT DRIVE

ST JOSEPH BELMORE, WEEKEND OF 4 & 5 JULY 2026

A representative from the Legion of Mary will speak after the final blessing about the Legion of Mary organisation.

Prayer Requests & Special Intentions

Please contact the Parish Office for your prayer requests and intentions. Email: admin@StJosephBelmore.org.au Phone: +61 2 9759 1280 May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.



DEATH ANNIVERSARY—JULY

1st—Thomas H Crow; Richard Searle; Wilfred Robins; Maria Fabrizio; 2nd—Peter Thuc Pham; Eugenie Jones; Ernest Andre Shouha; 3rd—Mary Pickerin; 4th—Robert Williams; Feliciano Manay; 5th—Salvatore Trovato; Elsie Thompson; Bill Keogh; 6th—Amelia McInerney; Rose Brown; Gregory Payne; Michell Eid; 7th—Encarnacion Aguilar; Jose Pinto De Souza; Louise Coorey; 8th—Kathlyn A Dee; Rita C Hyland; Harry Burchell; 9th—Joselina Cabaero; 10th—Umberto Andreini; Felicissima Geronomo; Rafael Diaz; 11th—Horace M McGrath; Valaine M Tyquin; 13th—Linton Dingle; Maria Aua; Tederous Basil; 14th—Gregory E Byrnes; Gregoria Arcilla; Joseph Caracoglia; Olive Gavin; 16th—Henry Summers; Al Jackson; May Ongley; 17th—Kathleen M Blake; Mary Kayrooz; 18th—Robert O'Sullivan; 19th—John Johnston; Tammam Coorey; 20th—Chung Sai Lim (Peter); Lydie Guillaume; 21st—Italia Deluca; Giuseppe Lemura; Walter F Martin; 22nd—John D Johnston; Itala Torrens; George Elia; Maree Gangi; 23rd—Phillip Attie; Rod Coffey; 24th—Peter F Summerfield; Kathleen Summers; 25th—Gabriel Clair; Elizabeth Murphy; Dele Smith; Angele Russie; 26th—Clare Wilson; Julius & Margaret Sopry; Catherine Petris; Barry Logan; Clare Sherry; 27th—Norma Evans; Gisele Lebon; 28th—Federick Desmond Payne; Joseph F Greagg; Francis McNally; 29th—Sidney C Spratt; 31st—Joseph Gilles; Thomas Judge; Jack Logan; Joseph Gilles; Soane "Eiki" Sikimeti.

ST JOSEPH BELMORE NEWSLETTER

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LET'S KEEP OUR CHURCH CLEAN

Our church is cleaned by volunteers

Please place any rubbish you have into the bins at the entrances, or take them home with you. Please contact the office on 9759 1280 or email admin@StJosephBelmore.org.au if you can help. Thank you for keeping our church clean.

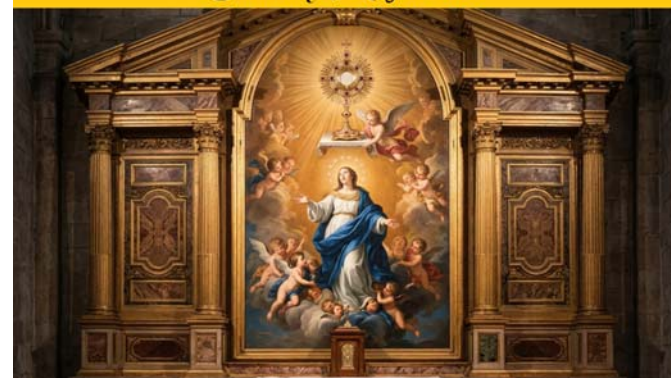


NOTICE

NO FOOD OR DRINKS ALLOWED IN CHURCH



Eucharistic Procession
St Therese Lakemba to St Joseph Belmore
Saturday 15 August 2026



MASS INTENTIONS

Parishioners who are sick.
Our Elderly Parishioners.
Parishioners celebrating their birthdays.

REPOSE OF SOULS

Souls of our dearly departed family members.
Domini C. Eruchalu

5 JUL 2026