



Gospel Acclamation See Mt 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.

Reflection Greg Sunter

When we hear the term, yoke, we tend to think about the yoke that is used to harness oxen together or the yoke that someone might carry on their shoulder to balance a heavy load. This yoke across the shoulder was adopted into tailoring and so the shoulder piece set into a shirt is also called a yoke. However, in the Jewish tradition there is a completely different meaning to the term. The yoke of a rabbi was his particular interpretation of Torah (the Law); his particular teaching. Disciples who followed a particular rabbi sought to take on his yoke; his particular interpretation. The yoke of any rabbi was best identified by asking him, 'Which is the greatest commandment?' A rabbi's answer to this question revealed his interpretation of Torah. When Jesus is asked that question, he answers, 'Love God and love your neighbour,' and goes on to say that all of the rest of the Law and the prophets flows on from these two commandments. This is the yoke – the interpretation of Torah – that Jesus taught.

In today's gospel, Jesus calls to him all those who labour and are overburdened. It is the Pharisaic interpretation of the Law that burdens these people. Trying to maintain the Law was burdensome and complicated for the everyday person. Jesus says, 'Shoulder my yoke and learn from me ... my yoke is easy.' The yoke of Jesus was easy: Love God and love your neighbour. Compared to the 613 mitzvot (commands) set out in the Torah and strictly maintained by the Pharisees, the yoke of Jesus was incredibly easy to understand and adopt. So simple, in fact, that it required a child-like simplicity to accept this yoke.

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ST MARTIN DE PORRES

Catholic Parish

Avondale Heights

Today's Celebration is on pages:

Old Missal: 300 New Missal: 415



14th Sunday in Ordinary Time, Year A

5 July 2026

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

Ps 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.)

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.

St Martin de Porres Parish

158 Military Rd, Avondale Heights Vic 3034

www.melbocatholic.org/avondaleheights

Parish Priest: Fr. Paul Tru

Secretaries: Lee Tran: Wednesday - Friday

Charles Meneze: Tuesday

Office Hours: Closed Monday

10am - 3pm Tuesday - Friday

Pastoral Assoc: Sr. Cres Villas, asjm

Sr. Connie Mamo, asjm (Vol)

Phone: 9337 6016

E-mail: avondaleheights@cam.org.au

Weekend Masses

Saturday Vigil 6:00pm

Sunday 8:00am & 9:30am

Vietnamese 11:00am

Weekday Masses

Monday to Friday 9:15am

Benediction Wednesday after Mass

Reconciliation Wednesday 10.00am

Saturday 5:30pm

St Martin de Porres School

Principal: Stefanie Harvey

Secretaries: Mary Carmuciano

Maria Aloe

Phone: 9331 9000

E-mail:

principal@smavondaleheights.catholic.edu.au

www.smavondaleheights.catholic.edu.au

The Augustinian Sisters

Convent: 2 Venice Court,

Avondale Heights

Phone: 9337 4595

E-mail: sisaugustinian@gmail.com

Website: www.asjmoz.org

Safeguarding is Everyone's Responsibility.

The Parish of St Martin de Porres and the Archdiocese of Melbourne are committed to the care, wellbeing and protection of children, young people and vulnerable people in our community. Child protection and the dignity of every person is the responsibility of everyone.

IN OUR PRAYERS

Sick:

Sandra Sammut; Vlad; George Pinpin; Susie; Kay; Kimberly Damanik; Zac; Peter Falzon; Jan, Miecia, Zyguh; Janice Murray; Mellisa; Rossini Burns; Anna; Franca; Nancy Green; Mark; Nazzi & Teresa Demaio; Emily & Grace; Monica Marland.

Recently Deceased:

Teresa Dinh Thi Phuong; Alfred Spiteri; Nazareth Sranze; Carmela Gurrissi; Margaret Yap; Geraldine McGee; Anna Staats; Peter Young.

Anniversaries & Remembrances:

Maria Loschiavo;

Dominic Cumbo; Bernarda & Francis Grima; Teresa, Emmanuel, Tonina, Phillip Sammut; Emmanuel & Nazarena Farrugia; Adam Hood; Rita & Carmelo De Bono; Joseph Consiglia.

Parish Support Programme:

Pays Wages, Electricity, Cleaning, Insurance,
Pledge: \$2,588 Received: \$2,145
Loose: \$792

Presbytery: Supports Parish Priest,
Retired Priests & Cathedral. \$1,442

Peter's Pence: \$1,571

The Kids Bulletin

A fun way for children to learn about our Catholic faith. Weekly updates, please visit thekidsbulletin.com/



Devotion to Divine Mercy

Mondays: 2.30pm Rosary
3pm Divine Mercy Chaplet

followed by Stations of the Cross, 4pm finish.

Deacon Matthew Pinson SJ

Our parish warmly welcomes Deacon Matthew Pinson SJ who will serve at 9:30am Sunday masses for pastoral experience until his priestly ordination on the 8th of August 2026 in Sydney. Please make Deacon Matthew welcome and pray for him as he prepares to be ordained a Priest.



Foster Carers Wanted

Call 8398 6800 or go to www.mackillop.org.au

Celebrating the Beatification of Blessed Francis Xavier Trương Bửu Diệp

On Saturday 4th July at St Martins, the Vietnamese Catholic Community in Melbourne celebrated the Beatification of **Blessed Francis Xavier Trương Bửu Diệp**, presided by Auxiliary Bishop of Melbourne, Most Rev Thinh Xuan Nguyen.

The formal Beatification took place in Vietnam on **2 July 2026** and was presided over by **Cardinal Luis Antonio Tagle on behalf of Pope Leo.**

On **25 November 2024**, **Pope Francis** recognized Father Diệp as a martyr, declaring that he was killed "**out of hatred for the faith**" (**in odium fidei**). Because he died as a martyr for Christ, no miracle was required for his beatification.

We give thanks to God for the inspiring witness of Blessed Francis Xavier Trương Bửu Diệp and ask for his prayers for our families, our parish, and peace throughout the world.



St Vincent de Paul Society

Winter Appeal 2026 *good works*

COLLECTION THIS WEEKEND

**HOMELESSNESS IS JUST ONE SUDDEN
CRISIS AWAY**

Your support ensures people like David have somewhere to turn to in times of need.

Please give generously. Thank You.



Save for a Greater Reward

Help fund projects across Catholic organisations, including parishes, hospital wings & classrooms, with a CDF Community Fund savings account.

With competitive interest rates, it's a greater reward than money alone.

Scan the QR code to visit our website or call our team on 1800 134 135 for more information.



From 14th Sunday in Ordinary Time Prayer Service

God of all kindness

Jesus loved little children
for he was meek and humble of heart.

Teach us to learn his ways
and be gentle people of peace.
We ask this through Jesus Christ,
with the Holy Spirit,
for ever and ever.

Lord Jesus,
though we may at times
be rejected and ridiculed,
give us strength to bear witness
to the truth of God's message.
We make this prayer through
our Risen Lord Jesus.

Amen

Source: Liturgy Help



Christian Meditation 2026

Maranatha ... Come Lord Jesus

All welcome: Monday 10 - 11am

Parent's Room in the Church

Term 3: July 13 & 27; Aug 10 & 24; Sep 7.

Seeking a Second-Hand Car

A parishioner is currently in need of reliable transportation and is seeking a second-hand car. If you have a vehicle that you are willing to sell at a reasonable price, your assistance would be greatly appreciated.

Please contact the parish office with details.

Seeking a Regular Volunteer

Please contact the parish office if you are an early riser with a reliable vehicle to pick up bakery items from Woollies Moonee Ponds.

Radio Maria Australia

DAB: Melbourne 1 or 202.928

www.radiomaria.org.au



NEW PARISHIONERS

We welcome you and ask that you make yourself known to us by completing the New Parishioners Form in Documents and Forms under Recommended Links on our Website and return it to the Parish Office. Thank you.