

Celebrating



1876 – 2026

150 YEARS

of Benalla Catholic Parish



WE THE PARISH OF BENALLA ARE WORKING TOWARDS BEING A WELCOMING, SUPPORTIVE COMMUNITY, WHICH ENCOURAGES ACTIVE PARTICIPATION IN OUR LIFE. RECOGNISING AND RESPECTING THE UNIQUENESS OF EACH INDIVIDUAL, AS WE JOURNEY IN LIVING OUT JESUS' GOSPEL MESSAGE.

We acknowledge the custodians of the land of the Yorta Yorta Nation which, includes the eight clan groups. We also acknowledge the Taungurung clan of the Kulin Nation whose lands are within our parish. We remember their ancestors with respect and commit ourselves to a better future through reconciliation and justice.

14th Sunday in Ordinary Time

05 July 2026



Readings for this week:

Zechariah 9:9-10
Romans 8:9, 11-13
Matthew 11:25-30



Readings for next Sunday:

Isaiah 55:10-11
Romans 8:18-23
Matthew 13:1-23

FIRST READING

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.'

RESPONSORIAL PSALM

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

I will give you glory, O God my King, I will bless your name forever. I will bless you day after day and praise your name forever. **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 kind and full of compassion, slow to anger, abounding in love. How good is the Lord to all, compassionate to all his creatures. **R.**

SECOND READING

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.

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

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 is 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 is light.'

REFLECTION

In today's Gospel, Jesus gives us one of the most surprising invitations in all of Scripture: "Come to me... and I will give you rest." That sounds wonderful, until we hear the next line: "Take my yoke upon you." A yoke? Isn't that what oxen wear? It seems Jesus has an unusual understanding of rest. His rest is not about doing nothing; it is about no longer carrying life by ourselves. A yoke was designed for two, and in following Christ we discover that he never asks us to pull the weight alone. We spend so much of life trying to prove ourselves, impress others, or solve every problem with our own strength. No wonder we grow weary. Jesus gently reminds us that humility is lighter than pride, trust is lighter than anxiety, and love is lighter than selfishness. Perhaps this week, instead of asking, "How much more can I carry?" ask, "Lord, are you carrying this with me?" The answer is always yes. -Fr DJ, Parish Administrator

Parish Priest: Fr Vijay Bandanadam, Parish House: 42 Arundel St, Benalla 3672. Fr Vijay's Mobile: 0435 006 171 Parish House Phone: 5762 2060

www.catholicparish.app>benalla Office Email: benalla@sandhurst.catholic.org.au, Fr Vijay's Email: frbasuoss@gmail.com

For donations/planned giving bank transfers BSB: 083543 Account No: 457724666 Reference: Your name

REGULAR MASS TIMES

Weekends – Saturday 6pm. Sunday 9.30 am, Weekdays – Tues to Fri 9.15 am
Rosary and Exposition every first Friday of the month while Fr Vijay is on sabbatical.



Subscribe and receive Parish Bulletin, Newsletter & updates about upcoming events: Subscribe by using the QR Code.

PRAYERS FOR

RECENT DEATHS: Brian Reardon (brother of Barry), Frank Fisher, Kath Matheson (Sister of Jim Kelly), Omar Soledad, John Downie

ANNIVERSARIES: Margaret Kennedy, Sheila Reaper, Jim Alexander, Allan Cromie, Jane Empey, Kazimiera Wisniewski, Gary Abbott, Dianne Spencer, Wynn Carrodus, Julie McPherson formerly WERKOWSKI, Daniel Coppinger

WE PRAY FOR THOSE WHO ARE SICK:

Skyler Levy, Susan Fitzgerald, Tracey Welsh, Elizabeth Waters, Anne Ryan, Duncan Carradice, Margaret McCrohan, Frank Levesque, Trish McCabe, Sari Yoingco, Rebecca O'Reilly, Paula McPherson, Julie Lynch, Anne Moore and Jacob Smith

Parish history through your eyes?

As we celebrate **150 years**, help bring our parish history to life through the memories of those who lived it. Every story—big or small—is part of our shared journey.

Share your memories in the submission box at the back of the church and help us celebrate the people, laughter, and moments that have made our parish so special.

St Vincent de Paul Winter Appeal

As the colder months continue, many individuals and families in our community are facing increased hardship. You can help make a difference by supporting the St Vincent de Paul Winter Appeal. Your generosity will help provide warmth, comfort, and essential support to those most in need this winter. Your financial contribution is greatly appreciated. More information will be provided in upcoming bulletins.

Sr. Liz's 70th Birthday

Please join us for a special morning tea after the 9:30 a.m Mass on Sunday, 12th of July, in Building 31 as we celebrate Sr. Liz's birthday. **To help make the celebration special, please bring a plate to share.** On Friday, 17th of July, join us for lunch at the Golf Club at 12:00 noon. Please add your name to the list in the Narthex by Monday, 13th of July. We look forward to celebrating Sr. Liz's special day with you!

CALENDAR

July

- 5** National Aboriginal and Torres Strait Islander Sunday
- 12** Cuppa after 9:30 Mass for Sr. Liz's 70th Birthday
- 17** Birthday lunch for Sr. Liz at the Golf Club

Aug

- 7** Exposition & the Rosary
- 9** Cuppa after Mass in Building 31

Steam It Up
CARPET CLEANING

Jason Blyss
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Business Advisers
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Ph 5762 1588

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Aboriginal and Torres Strait Islander Sunday 2026

This Sunday, we celebrate Aboriginal and Torres Strait Islander Sunday with the theme **"Walking Together in Christ: 40 Years On!"** May we honour the gifts of First Nations Catholics and continue walking together in faith, respect and hope. May we continue the work of Reconciliation.

WEEKEND VOLUNTEER ROSTER

Date	Times	Laptop	Commentator	Reader	Eucharist	Offertory
4 Jul	6.00pm	Sr Liz	Shirley Kearney	Volunteer	Cath Duncombe Janene Humphries	K & S Chacko
5 Jul	9.30am	Oliver Raschke	Brian Higgins	Wendy Rettke	Susie Buykx Denise O'Brien	Brierley Family
11 Jul	6.00pm	Sr Liz	Anna Wise	Cath Duncombe	Clare O'Brien Jane Branigan	K Elliott & Volunteer
12 Jul	9.30am	Adrian Daw	Lisa Raschke	John Smyth	Volunteer & Victor Nduka	M & R Miguel

St Joseph's Parish is a Child Safe Parish, and we are committed to the wellbeing and dignity of all children and vulnerable adults.

The Diocese of Sandhurst Safeguarding Committee is part of the structure under the National Catholic Safeguarding Standards, which is designed to be implemented by Catholic entities across Australia. Any questions, queries, comments or suggestions are welcomed by the Safeguarding team who can be contacted through the Parish House by phone or email. St Joseph's Parish Child Safe Officers – Xavier O'Kane and Cath Duncombe 0423 203 154



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