



**PARISH OFFICE : 302 High St Maitland**  
Tuesday - Friday 9.30am - 4.30pm  
Lunch 1pm to 1.30pm  
Phone: 49338918  
P.O. Box 215 Maitland 2320  
chisholm@mn.catholic.org.au  
<https://maitlandcatholicparishes.org.au/>

**ST JOSEPH'S** (Est 1835), Cnr King St & New England Hwy, East Maitland  
**Vigil 5.00pm; Sunday 8.30am**  
Youth Mass 6.00pm

**ST JOHN THE BAPTIST** (Est 1841) Maitland  
**SACRED HEART**, New England Hwy, Campbell's Hill - **Vigil 6.30pm.**  
*celebrated at St Paul's Rutherford*  
**HOLY FAMILY**, 11 John St, Largs  
**Sunday 8.20am.**  
**ST COLUMBA'S**, Cnr Prince & Church Sts, Paterson - **Sunday 9.30am**

**IMMACULATE CONCEPTION** (Est 1871) Cnr George & James Sts, Morpeth  
**Sunday 7.15am.**

**ST PATRICK'S** (Est 1905), 55 New England Hwy, Lochinvar-**Sunday 9.30am.**

**OUR LADY OF LOURDES** (Est 1947), Cnr Anderson Dr & Delprat Ave, Beresfield  
**Vigil 6.00pm.**

**ST PAUL'S** (Est 1961), 10 Young St, Rutherford - **Sunday 8.00am.**

#### Ministers

**All baptised members of the community**

#### Ministry Team

**Parish Priest:** Fr George Anthicad  
**Asst Priests:** Fr John Vo Vien  
Fr Camillus Nwahia

Presbytery 4934 5783

**Urgent Priest on Duty**  
**0428 017 273**

#### Support Clergy

Fr Maurice Cahill

#### Regional Office

Louise Gilchrist, Janine Sidoti,  
Sandra Buck, Rebecca Piefke

#### ACTiv8 Youth Co-ordinator

Rebecca Piefke 0422 500 429

**Spiritual care of sick & aged in care or at home:** Phone office 49338918

**Dying, Bereaved & Funeral Ministry:**

0428 220 997

We are in the country of the Worimi, Gamilleroi, Wonnarua, Gweagul, Darkinjung, Biripi and Awabakal peoples. We respectfully acknowledge their Elders, celebrate their continuing culture and the living memory of their ancestors.

### **Entrance Antiphon**

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.

### **Gloria**

Glory to God in the highest, and on earth peace to people of good will.

We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father.

Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us.

For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

### LITURGY OF THE WORD

**First Reading Zech 9: 9-10**

***See how humbly your king comes to you!***

**A reading from the prophet Zechariah**

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**

**(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 Rom 8:9, 11-13**

***If by the spirit you put an end to the misdeeds of the body, you will live.***

**A reading from the letter of St Paul to the Romans**

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**

Alleluia, alleluia!

Blessed are you, Father, Lord of heaven and earth; you have revealed to little ones the mysteries of the kingdom.

Alleluia!

## Gospel Mt 11:25-30

*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 by 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.

© Greg Sunter Greg Sunter has worked in Catholic Education (Brisbane) for many years, most recently as a member of the Religious Education team and Mission and Formation team. He has extensive experience of praying with young people and forming others to lead prayer with young people. He is the author of books on adolescent faith, is a regular speaker at youth and evangelisation conferences, and is a retreat and reflection facilitator and presenter. His areas of interest include religious education, theology, scripture, spirituality, Catholic ethos, prayer, and ministry with young people.

#### The Nicene Creed

I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.  
I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven (*All Bow*)  
and by the Holy Spirit was incarnate of the Virgin  
Mary, and became man.  
For our sake he was crucified under Pontius Pilate

he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.  
I believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored and  
glorified, who has spoken through the prophets.  
I believe in one, holy, catholic and apostolic Church.  
I confess one Baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come. Amen.

### UNIVERSAL PRAYERS

**Celebrant:** The words of the Gospel tell us to go to the Father to find 'rest'. Let us place our prayers before the Lord with confidence.

#### Prayer leader

For our Holy Father, Pope Francis, our Bishops and Priests: we pray that they be given the wisdom and strength to proclaim the words of the Gospel of love and peace as they shepherd those in the vineyard of the Lord. . . . . with faith, we pray. . **Lord hear us.**

We pray for the leaders of all nations that they work together to bring peace and harmony to all countries and banish the threats of evil among people, especially those who are prejudice against the colour, race and creed of others. . . . with faith, we pray. . . **Lord hear us.**

For those who are contemplating to join our Catholic faith in RCIA and our young people in the Sacrament of Initiation program. May they hear in their heart what God is asking of them, giving them the courage and strength to answer the call. . . with faith, we pray. . . . **Lord hear us.**

We pray for merchant seafarers; keep them from danger, befriend them in loneliness and bring them home safely. . .with faith, we pray. . . **Lord hear us.**

May the presence of the Holy Spirit rest upon those who are not well and unable to join us at the altar of the true presence of Jesus. . . . with faith, we pray. . . . **Lord hear us.**

For those who were nourished in this life by the Eucharist, and have returned to our Heavenly Father especially Josephine Behnke, Kenneth Cheetham, Denis Dartnell, Peter Lane, Elaine Ormandy, Kathleen Parrott, Myree Russell, Bradley Ryan and Paul Sweeney .May they be raised up to Eternal life in the glory and presence of our God. . . . . with faith, we pray. . . . . **Lord hear us.**

**Celebrant:** Glory be to the Father and the Son and the Holy Spirit we praise Your name Almighty God, and give thanks for the love You shower on us now and forever.

**A PRAYER FOR SPIRITUAL COMMUNION** My Jesus, I believe that you are present in the Most Holy Sacrament. I love you above all things and I desire to receive you in my soul. Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you. AMEN.

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

***We pray those who have died this week***

Josephine Behnke, Kenneth Patrick Cheetham, Denis Dartnell, Peter Lane 'Turk' (QLD), Elaine Ormandy, Kathleen Adele Parrott 'Del', Myree Russell (Mackay), Bradley Peter Gordon Ryan, Paul Sweeney

***We remember those whose Anniversaries occur around this time including***

Ronald Hungerford, Royden Francis Jordan, Jack Locke, Sr Helen Rankin OP, Arthur Henry Trappel

***We pray for those who are sick at this time***


Mari Shivanthi Abeykeon, Ian-Christopher Bajo, Lorraine Bartlett, Judy Mary Carmody, Olga Charlton, Marion & Luke Crotty, Nickolee Dennis, Nicholas Dilley, Oneli Disaaynayake, Alfredo Doctor, John Fielding, Yvonne Mary Fielding, Dianne Fryer, Rev Fr Joseph Selvan Fifarado, Leanne Hardy, Colin Harnes, Mavis Hoadley, Gregory Hurney, Randy Janzen, Jolanta Jenkinson, Raymond Kelana, Karen Kenyon, Michael Lockyer, Jaime Marquez, Simeon (Jaime) Marquez, Nonette Mase, Judy Massey, Mharielle Munoz, Colette Nancarrow, Rita O'Brien, Collin Perera, Jen Phillips, Anthony Y Poblador (USA), Mary Pullin, Rohini Rajakaruna, Casey Rippon, Ella Rusak, Olga Rusak, Biyatrise Samaratunga, Steven Small, Anne Standing, Laurel Stanford (Breiner), Bill Temperley, Nilda Walker, Robert Wild, Gary Wills, Jo Winkler

***We pray for those Baptised this week***

Khloe Isabella Fitzgerald, Maddison Taylah Fitzgerald, Harrison Andrew Hargrave, Sage Laloata, Christopher Mark Cruz Mennie, Jesse William Rogers, Morgan Blake Sainty

**This Sunday 9 July is Sea Sunday**, it's a moment when the church prays for all those who live and work at sea. Without them, we would not have most of the items we rely on for daily living. Can you support Stella Maris, Apostleship of the Sea, the official maritime welfare agency of the Catholic Church? To assist this Catholic ministry, please send your donations to: <https://stellamarisaustralia.org/sea-sunday-appeal/> For Sea Sunday resources, visit <https://stellamarisaustralia.org/>

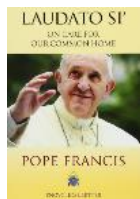
Fr Camillus invites all those involved in the Regional Home Communion ministry to a meeting on **Saturday 29th July** at 10am at St Joseph's East Maitland. Please let the parish office know if you are able to attend 49338918 or [chisholm@mn.catholic.org.au](mailto:chisholm@mn.catholic.org.au)



Have you been considering what is involved in 'becoming a Catholic'? Are you feeling called to learn more about Jesus or looking to deepen your relationship with God? To find out more, please note the **Rite of Christian Initiation of Adults** (RCIA) team will be holding an Enquiry Evening on **Wednesday August 9th** in the Therry Centre East Maitland at 7pm. Please register your interest with the parish office on 49338918 or [chisholm@mn.catholic.org.au](mailto:chisholm@mn.catholic.org.au). For further info Margaret 0419 335 878 or Wayne 0448 924 771.

✠ **Anointing Mass** will be held at St Joseph's East Maitland **FRIDAY 21st July** at 10am. Please remember there is no 7am on this day.

**Reflection Day -**  
**Take time out to feed your soul**  
 Saturday 22nd July, 10.00am - 3.00pm  
 Corcoran Centre Morpeth  
 Presenter: Helen Kearney Cox  
 Topic : Laudato si'  
 Names to Vicki 0429337455  
 Morning Tea & Light Lunch Provided.  
 Cost: Donation Only.



**Local World Youth Day Pilgrimage** Are you 18-35? Would you like to celebrate World Youth Day with other young people in our diocese? Come and experience the historical and spiritual treasures of our diocesan story through a walking pilgrimage, taking in the communities of Morpeth, Largs and Maitland. Sunday 6<sup>th</sup> August 7.30am-7.30pm, meeting and finishing at St Joseph's East Maitland. Cost \$10, including meals. To register <https://LocalWYD.eventbrite.com.au?aff=oddtcreator>

<b>WEEKDAY MASS ROSTER</b>	
<b>Tues 11th July</b> ( <i>St Benedict, abbot</i> )	<b>5.30pm</b> Mass, St Joseph's, East Maitland
<b>Wed 12th July</b>	<b>7.00pm</b> Mass, Holy Family, Largs
<b>Thurs 13th July</b> ( <i>St Henry</i> )	<b>7.00am</b> Mass, St Joseph's, East Maitland <b>6.00pm</b> Syro-Malabar Mass, Immaculate Conception, Morpeth
<b>Fri 14th July</b> ( <i>St Camillus de Lellis, priest</i> )	<b>7.00am</b> Mass, St Joseph's, East Maitland
<b>Sat 15th July</b>	<b>8.00am</b> Mass/Reconciliation, St Joseph's, East Maitland
<b>Sun 16th July</b>	<b>9.00am</b> Mass—Polish, St Mary's Chapel (Victoria St Maitland)

### SAFEGUARDING

Without appropriate training and education, procedures and policies are not implemented in an effective or competent manner. This competency implies that ongoing educational and training continues to develop and change over time and therefore the programmes designed for this purpose are dynamic.

#### STANDARD SEVEN

#### Ongoing education and TRAINING

Standard Seven continued

**Criteria 7.3** Personnel are supported to recognise the factors that contribute to adult abuse, with a focus on adults at risk.

**Comment:** A change in focus that specifies topics that must be included in education and training, this is the minimum required. The topics include; "understand the nature and impact of adult abuse; understand the nature, factors, and impact of institutional abuse; identify risk factors, such as abuse of power, and exploitation; recognise how adults and institutions can be groomed, including how power imbalances can be exploited; and understand what could make specific adults at increased risk of abuse."

**Criteria 7.4** Personnel have the information and skills to respond effectively to safeguarding risks, concerns, disclosures, and allegations of abuse.

**Comment:** A move from a vague training on building a culturally safe environment we now have detailed requirements that include the response to and support of people who disclose abuse. In addition appropriate record management is also included. Importantly the obligations under Federal, State/ Territory and Canon Law are clearly stated.

**Criteria 7.5** Personnel receive training and information on how to build culturally safe environments for children and adults.

**Parish Employee & Volunteer Safeguarding Training**  
 All parish workers are required to attend Course 2: Safeguarding in Parishes within 6 months of commencing in their volunteer role. NB: 'Parishioner-Helpers' are not required to attend this training. On **Thursday 13th July** at 10am, 2pm or 6pm at St Mary's Hall, 2 Bayview St., Warners Bay. Please register with the parish office 49338918 or [chisholm@mn.catholic.org.au](mailto:chisholm@mn.catholic.org.au)

East Maitland Parish Dinner. In accord with the goal of "building community", a Parish Community Dinner, highlighting the many cultural groups within our parish, is proposed for September. If you would be willing to be part of an organising committee, could you please contact the Parish Office [chisholm@mn.catholic.org.au](mailto:chisholm@mn.catholic.org.au)

**PIETY STALL AT ST. JOSEPH'S CHURCH**  
 The piety stall will not be open on the 23rd July.

<b>PRIVATE PRAYER / ADORATION</b>	
<b>Mon 10th July</b>	<b>9.30am-11.00am</b> Exposition of the Blessed Sacrament <b>11.00am-12pm</b> Adoration/Holy Hour, St Joseph's, East Maitland
<b>Tues 11th July</b>	<b>9.30am-10.30am</b> Exposition of the Blessed Sacrament, St Joseph's, East Maitland
<b>Wed 12th July</b>	<b>9.30am-10.30am</b> Exposition of the Blessed Sacrament St Joseph's, East Maitland
<b>Thurs 13th July</b>	<b>9.30-10.30am</b> Exposition of the Blessed Sacrament, Marian Movement of Priests Rosary <b>7.00pm</b> Both at St Joseph's, East Maitland, prayer room
<b>Fri 14th July</b>	<b>7.30am</b> Adoration, St Joseph's, EM <b>9.30am</b> Prayer of the Church, OLOL, Beresfield