WELCOME

ST BENEDICT'S CATHOLIC PARISH — 5 JULY 2026

WEEKLY SERVICES

Mass Times:
Mon: Communion - Service @7am **(after the service, the church will be closed)**
Wed/Fri: 7am
Tues/Thurs: 9am
Sat: 7.30am & Vigil 6pm
Sun: 7.30am, 9.30am & 6pm

Reconciliation:
Sat: **4.30PM - 5PM**

Exposition of the Blessed Sacrament:
Thursday: 9.30am—5pm
Friday: 8am—5pm

Rosary Groups:
Tue: 9.30am, Wed/Fri: 7.30am, Sat: 8am
Cenacle: Thurs: 9.30am

Prayer Group:
Mary Mother of Sorrows: Meetings on Thursdays @1pm **(except school holidays)**

Catholic Women's League (CWL)
Meet the 2nd Tuesday of the month in the Fr Albert Lynch Room **@10am, gathering @9.45am**

St Vincent de Paul (SVDP) Applecross
Meet 2nd and 4th Tuesday of the month
Clare Farr 0406 973 595

Baptisms: By appointment

Marriages: By appointment

Parish Office:
115 Ardross Street, Ardross WA 6153
PO Box 1831, Applecross WA 6953
Tel: 08 9364 1120
Website: www.stbenedicts.net.au
Office Hours: 10am—4pm (Tue-Fri)
Admin Officer: Stefani Chen
E (main): applecross@perthcatholic.org.au
Admin Assistant: Maribel Villegas (Thu & Fri)
E (office): office.applecross@perthcatholic.org.au
Administrator: Fr Joseph Laundy
E (Fr Joseph): joseph.laundy@perthcatholic.org.au

BENEDICTCARE COORDINATORS:
Head Coordinator: Carmel Tick — 0488 100 928
New Parishioners: Ruth Thorn
Home Help/Transport: Carmel Tick
Handyman/Gardening: Louis Bove
Visiting/Emergency Meals: Meagan Xanthis

PARISH INCLUSIVITY COORDINATOR:
Bev Piche — 0467 054 168

Pastoral Care: Yunita Lay
Email: stbenedicts.pastoral@gmail.com

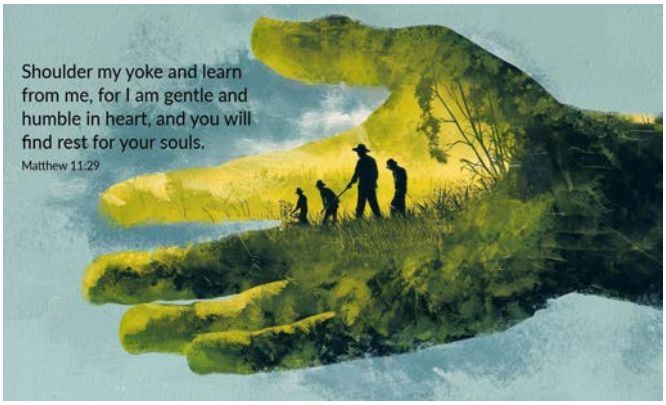
14TH SUNDAY OF ORDINARY TIME, YEAR A

GOSPEL 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



PREP COORDINATOR: Maureen Bright
Email: office.applecross@perthcatholic.org.au
SACRAMENTAL COORDINATOR: Rosa Ranieri
Email: stbenedicts.sacraments@gmail.com

Build My Life Bible Study/Prayer Group:
Meet second Tuesday @7pm in St Benedict's School staff room. Steve Clay — 0421 207 750

PARISH SAFEGUARDING OFFICERS:
Marina Ciccarelli &
Phil Trueman.

Email contact:
applecross.safeguarding@gmail.com

PARISH NOTICES

EVENTS

- 11 JUL — ST BENEDICT'S FEAST DAY MASS @7.30AM
- 11 JUL — ST BENEDICT'S FEAST DAY DINNER AFTER 6PM MASS ***(PLEASE BRING A PLATE)***
- 12 JUL — PARISH MORNING TEA AFTER 7.30AM
- **18 JUL** — YOUTH MASS @6PM ***(DATE CHANGED)***
- 23 JUL — ALPHA COURSE STARTS EVERY THURSDAY @6.30PM-8.30PM AT ALBERT LYNCH ROOM FOR 11 WEEKS TO 1 OCTOBER 2026

VINNIES IS IN URGENT NEED OF FOOD DONATIONS.

Requests for food assistance has increased by 20% from last year due to the cost of living crisis. Our food pantry is looking rather sad, and we don't have enough to provide decent size food hampers. We see a lot of homeless people and families that simply can't manage with spiralling utility and food costs. If you are able to help, these items would be welcome: rice, milk, biscuits, pasta sauces, spreads, fish, tinned ham, UHT milk, tinned ham, hearty tinned soup like beef & vegetable, shampoo, soap, toothpaste, toothbrushes, etc. - nothing fancy, just normal products that we all use in our day to day lives. This would be a huge help to us.

PRAY FOR THE SICK

Please keep the following people in your prayers:

Myrtle Nimmo, Helen Overman, Shalini Saldanha, Ng Choon Bee, Liesel Beukes, Helen Teo, Thomas McGuire Marris, Lorraine Healey, Kamani Jayaratne, Sue Miguel, Harsono Setiawan, Steven Robertson, Lisa Bailey, Lenna Hosseini, Judith Chan, Grisel Noronha and all others who are not included in this list. *Thank you.*

YOUTH CORNER

Youth Mass — 18 July 2026 @6pm

PARISH 1ST COLLECTION

Please note that the BSB No was incorrect (BSB No of 086 066) for the new bank account details for **1st collection**.

Account Name: **1ST COLLECTION**

BSB: 086 006 (this is the correct BSB & not 066)

Account number: **763 105 222**

Ref: 1st Collection/name

PARISH MORNING TEA INVITATION

SUNDAY, 12 JULY 2026
AFTER 7.30AM MASS

PLEASE BRING A PLATE

ROSTER:
ADELE PARSONS &
MEGAN DOWLING

ALPHA ...

Next course begins 23 July 2026

Time: 6.30pm - 8.30pm

WHERE: St Benedict's Church

THE ALPHA COURSE

Alpha - a chance to explore life's BIG questions in a fun, safe welcoming space. At Alpha we share a meal, watch a short movie and chat about our faith. We encourage open and honest conversations, about what you think, feel and believe. You can expect to laugh, connect and journey together with others.

WHERE - St Benedict's Parish Applecross, 115 Ardross Street, at Albert Lynch Room

WHEN - starting Thursday 23/07/2026 @6.30pm-8.30pm

TO REGISTER – Call/text Steve or Jacquie OR add your name and phone number to sheet at back of church.

Contact Steve 0412 207 750 or Jacquie 0412 106 057 for more information alpha.org.au

Parish Extension Update – July 2026

We are pleased to share that the City of Melville has now granted Development Approval for our parish extension project. The builder will now proceed with the building licence application, with construction expected to begin mid–late August. The project is scheduled to take around 12 weeks, placing anticipated completion in late November.

Further updates will be provided as we progress.

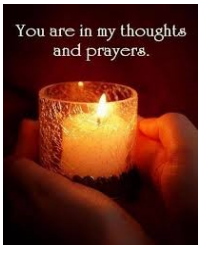
PLEASE PRAY FOR RECENTLY DECEASED:

Valerie Fry, Joan Croft

ANNIVERSARIES:

Joan Paton, Patrick Gavin, Catherine Donovan, Elsie Hall, Mary Gordon, Lawrence Basire, Joan Paton, Janet Cocks, Gianna Stocco, Eric White, Stan Przybylski, June Hackett, and all deceased benefactors of the parish and all departed family and friends.

Thank you.



ARCHDIOCESAN NEWS

WORLD YOUTH DAY 2027 - SEOUL, SOUTH KOREA

Join Catholic Youth Ministry (CYM) in Seoul, South Korea for World Youth Day in August 2027 — a once in a lifetime opportunity to encounter faith, friendship, culture, and the global Church alongside millions of young people from around the world. WYD Seoul 2027 will be a life-changing pilgrimage you'll never forget.

Expressions of Interest are NOW OPEN in the CYM Perth website via the QR code.

Escriptorio Pastoris
From the Pastor's Desk

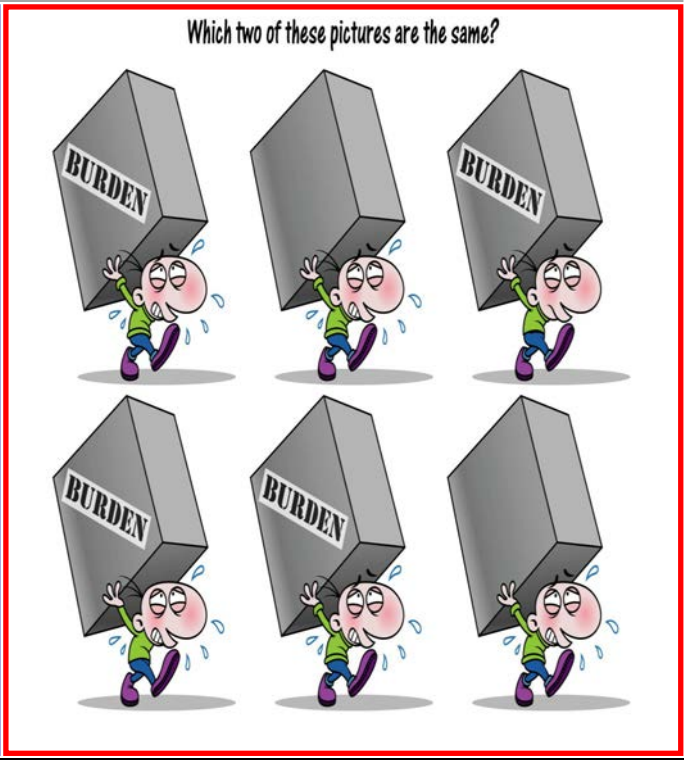
At the Last Supper, Jesus took bread, blessed it, and shared it with His disciples. Today, we are the grateful recipients of this beautiful, unbroken tradition. In continuation of Jesus' act, the Church requires that the Eucharistic host must be true wheat bread to be valid sacramental matter. We deeply acknowledge that this presents a real challenge for our parishioners with gluten sensitivities. Your ability to safely encounter Christ in the Eucharist matters immensely to us. If you live with gluten allergies, we have two safe, legitimate ways to receive Holy Communion:

- Low-Gluten Hosts**:** We maintain a supply of Vatican-approved, low-gluten hosts that are safe for almost all individuals with gluten sensitivities (there're in the little ciborium brought from the tabernacle). When you come up in the Communion line, simply say the word "Special" to me and it will indicate your desire.
- The Blood of Christ: Alternatively, you are welcome to receive Holy Communion from the chalice alone. I'm so pleased St Benedict's brought back the 2-fold species of Holy Communion following our COVID-era pause. Receiving the Blood of Christ alone is absolutely complete and fully fulfills your reception of the Eucharist.

When you receive Holy Communion it is a physical manifestation of the comm-**union** we share not only with the Lord but also with each and every one of our brothers and sisters in Christ. Receiving Holy Communion enriches our community, and we want to ensure everyone can join us fully and safely.

Fr Joseph

CHILDREN'S CORNER



Church/School Parking – Reminder

Please park on the allotted bays in the church carpark and in the school carpark at Alness Street. **Do not park on the neighbouring residents' lawns across the road from the church & the church's lawns.** *Thank you.*

NEXT WEEK'S READINGS: 15th Sunday in Ordinary Time, Year A

1st: Is 55: 10-11 **Ps:** 64: 10-14

2nd: Rom 8: 18-23 **Gospel:** Mt 13: 1-23

READINGS FOR THE DAY

Entrance Antiphon *Cf Psalm 47:10-11*

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.

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.'

Responsorial Psalm *Psalm 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.

Gospel Acclamation *See Matthew 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.'

Communion Antiphon *Psalm 33:9*

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

MINISTRY SCHEDULE — 11 & 12 JULY 2026

	SAT 6PM	SUN 7.30AM	SUN 9.30AM	SUN 6PM
ACOLYTE	MIKE TARANTO	MATTHEW TLOCZEC	DOMINIC LONGO	PETER MOORE
ALTAR SERVERS	ETHAN TSIA DHIVYEN & DARSHYN MANNAR	GRACE STEWART MATTEO REDOLATTI IHINOSEN ITOTOH	DANIEL & CHRISTIAN VINCI CHRISTOPHER XANTHIS	NOEL, ELOUISE & FELIX LIU
COMMENTATORS	ELIAS SANTIMANO	MEGAN OH	VERONICA AVERY	MAISIE CINANNI
COLLECTORS	LOUIS BOVE MATTHEW TLOCZEC	ANTHONY LIM	ROGER BUNN LILI ORIFICI	OSBORNE D'SOUZA ROSS FRANCHINA GRAHAM KNIGHT
READERS	STEFANI CHEN AYLMYR SEQUEIRA	JACQUIE HERON ADELE PARSONS	JUDY PHILLIPS PAUL VINCI	CARMEL COSTIN GLENDA BEUKES
EMOHC	CARLA CARDOSO MEGAN DOWLING GERRI CLAY STEVEN CLAY	CORNELIUS ITOTOH FRANCA ITOTOH MONICA ANDERSON	MARGARET SANDFORD MARINA CICCARELLI MELISSA TROLIO MOIRA BUNN	JILL NORTON KEVIN AUTON LINDA ROBERTSON OSBORNE D'SOUZA

ALTAR SOCIETY: VERONICA SOEGANDHI	**PILGRIM STATUE:** ANNE ANDRIANI
COUNTERS: PIERRE SEQUEIRA, LILI ORIFICI, JENNY COWIE, LUCY & BRIAN LIU	**CHILDREN'S LITURGY:** —