
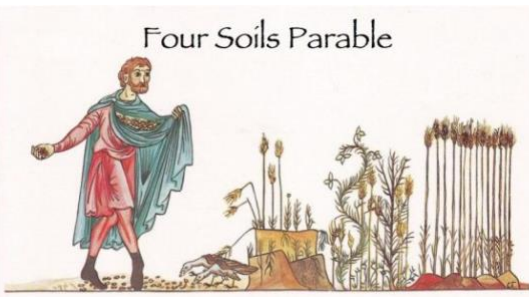


SHJ = Sacred Heart of Jesus, 152A Fraser Drive, Batawa
 SFA = St Francis of Assisi, 300 Riverside Parkway, Frankford
 SJM = St James the Minor, 236 Edward Street, Stirling

Fourteenth Week in Ordinary Time (2)

Date July	Place	Time	Liturgy	Intention/Donor
SAT 08	SHJ	5pm	Fourteenth Sunday in Ordinary Time 	Lorraine Corkery [RIP] <i>Eleanor Ross</i>
SUN 09	SJM	9am		Needs & Intentions of Our Parish Family
	SFA	11am		Most Neglected Souls in Purgatory <i>Jules Hubert</i>
TUE 11	SFA	9am	St Benedict	Louise Ross [RIP] <i>Eleanor Ross</i>
WED 12	SJM	3:30pm	Ferial	
THR 13	SFA	9am	The Mercy of God (1320)	Olivia Hubert [RIP] <i>Jules Hubert</i>
FRI 14	SJM	10am	Ferial	
SAT 15	SHJ	5pm	Fifteenth Sunday in Ordinary Time Four Soils Parable 	Hamilton Family [RIP] <i>Marian & Harry Scanlan</i>
SUN 16	SJM	9am		Needs & Intentions of Our Parish Family
	SFA	11am		The Intentions of Our Blessed Mother[INT] <i>Gisele Saint-Jacques</i>

Lay Ministers

Date	Sacred Heart	St. James
Sat, July 08 Sun, July 09	Lector – T.O'Shea	Lector – J. Gosson Usher – L. Forestell
Date	Sacred Heart	St. James
Sat, July 15 Sun, July 16	Lector – K. Foster	Lector – S. Kostya Usher – B. Kerby

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The Annual Parish Picnic hosted by the Knights of Columbus Council 11655 took place last Sunday, 25th June. We were blest with dry weather, a pleasant breeze beneath the pavilion, good food, and good cheer. About 102 parishioners attended

from all three churches. Particular thanks go to Garry Austin, Jim Best, and Terry Shannon for doing the advertising, organisation, cooking, and clean up.



Fourteenth Sunday in Ordinary

Time: What does a restful day look like to you? Maybe it's a lazy day poolside with a good book and a cold drink, or perhaps a dark room, cozy blanket, and a good movie. Lazy days like these are hard to come by; truly restful days in our busy world are even fewer and farther between. Although "taking a break" every once in a while from the cares of the world

is certainly good for everyone, in today's Gospel Jesus is referring to true rest which only he can provide. Jesus asks us to take up his yoke and learn from him "and [we] will find rest for ourselves." Our burdens will be lighter because he shares them with us. Jesus says: "I am meek and humble of heart." Imagine the strength to be found in that meekness, that humility! We will know true rest when we surrender ourselves to Jesus and live in the freedom only he can provide.

In order to find rest in the Lord, we must remember that "[we] are in the spirit, if only the Spirit of God dwells in [us]," as Saint Paul writes to the Romans. Therefore, Jesus is inviting us into union with him, as well as with the Father and the Holy Spirit. How do we yoke ourselves to Christ? By living out our baptismal promises, celebrating the sacraments, and through lives of faith, we allow Jesus to work through us and lead the way. Let us make an effort this week to hand over our worries and anxieties to Jesus. And let us never forget that the Holy Spirit dwells within us. Always share your worries and anxieties with Christ through prayer.