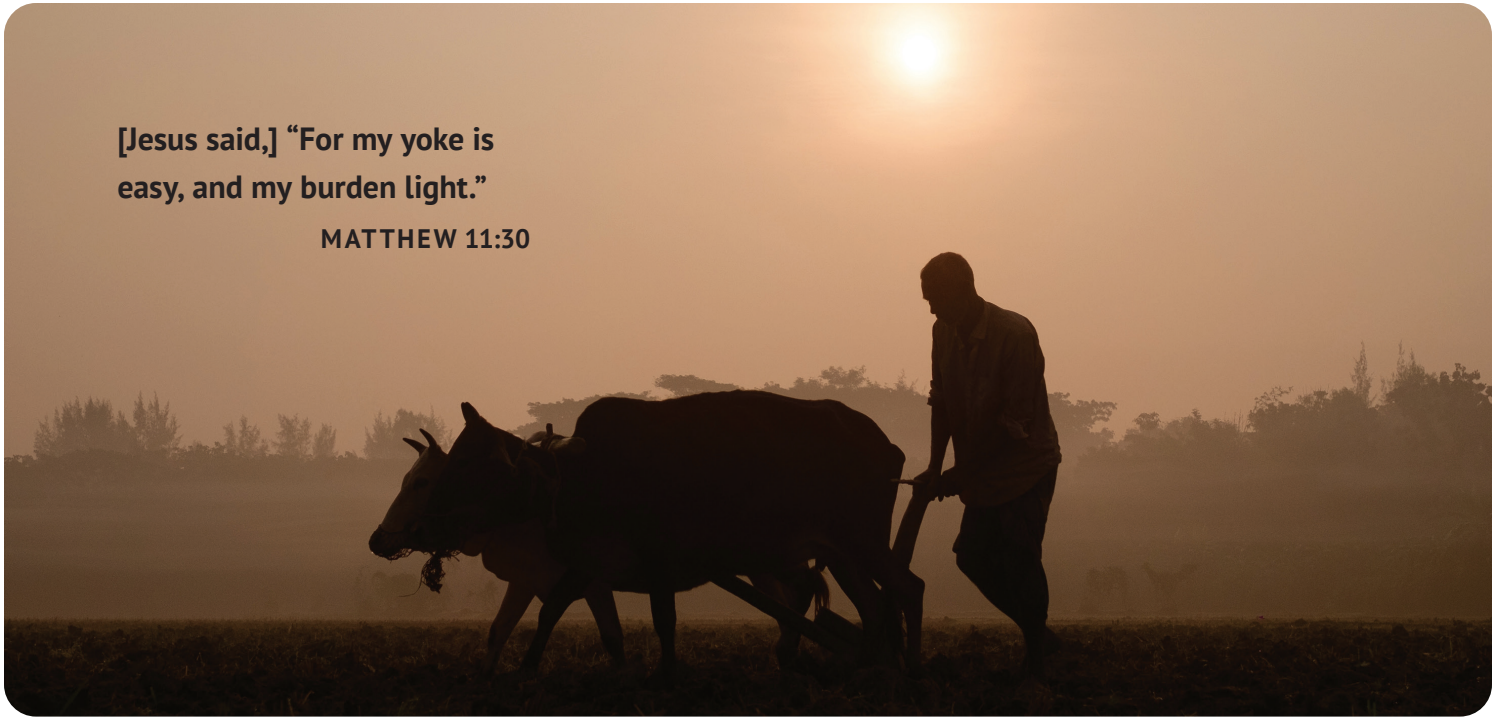




[Jesus said,] “For my yoke is
easy, and my burden light.”

MATTHEW 11:30



Take Up the Yoke

ANN M. GARRIDO

The invention of the yoke 6,000 years ago marked one of the great advances in human history. The yoke—a wooden beam fitted across the neck—harnessed the energy of two cattle pulling in the same direction, hastening the tilling of soil and transport of goods.

It is easy to see why, among many ancient peoples, the yoke became a symbol of subjugation. When the Roman army won a battle, they forced defeated soldiers to walk beneath a “yoke” of spears to indicate they were now in a state of servitude. The prophet Jeremiah once walked through Jerusalem wearing a yoke to warn the people they were about to be conquered by Babylon.

In Judaism, however, the Torah was also sometimes referred to as a yoke. It was a law to be submitted to, but it also was a way of life that offered an alternative to the cruel “yokes” imposed by kings. The Book of Sirach encourages youth to “Take [Torah’s] yoke upon your neck; that your mind may receive her teaching.... See for yourselves! I have labored only a little but have found much” (Sirach 51:26–27).

It is unclear exactly what Jesus meant when he invited us to accept *his* yoke, but it is likely that he was echoing the invitation of Sirach. He wanted us to know that following God’s law makes it possible for us to work together, accomplishing much that we could not do on our own. And that God’s law is a gentle law—one that enables rather than oppresses. Are you willing to receive Christ’s gentle teaching and make it your own? ●

Reflect

Is there a teaching of Jesus you find challenging?



St. Joseph's Church

was consecrated on the 29th of January 1928.
It is the oldest standing Roman Catholic Church on the island.

Address: 45 Somerset Road, Sandys MA 03, Bermuda
P.O. Box MA 05, Mangrove Bay, Sandys MABX, Bermuda.
Telephone: (441) 234-2321

Email: stjosephbermuda@gmail.com

PASTOR: FR. JACOB SWAPAN GOMES
(441) 292-0607 Ext. 5 or (441) 704-1874 (cell)



Mass Schedule

Saturday Afternoon - 4:00 p.m.
Sunday morning - 9:00 a.m.

Baptism	By appointment: one month in advance
Weddings	1 year in advance (approx.)
Sacrament of Reconciliation	Sunday morning: 8:30 a.m.
Filipino Mass – Saturday	18 th July 2026: 11:00 a.m.
Kids & Youth Ministry	4 th October 2026
Youth/Family Mass	4 th October 2026
Pastoral & Finance Council	6 th July 2026
Coffee Social	Resumes in September
Second Collection	12 th July 2026

DIOCESE OF HAMILTON IN BERMUDA
Most Rev. Bishop, Wiesław (Wes) Śpiwak
www.romancatholicbermuda.bm

Parish Team Leaders

Mrs. Elizabeth Card – Pastoral Council Chairperson	Mrs. Annette Barclay St. Vincent de Paul Society Representative
Walette Cross Stewardship Representative	Natalia Walker & Justin Tavares Religious Education - Kids & Youth Ministry
Mrs. Mary Harvey - Parish Administrator & Finance Committee Team Leader	Mrs. Jane Farge - Music Ministry



Today's Hymns

Entrance:	This Day God Gives Me	#850
Offertory:	Only This I Want	#732
Communion:	Come to Me	#695
Recessional:	Come, Christians, Join & Sing	#571

Leader of Song: Justin Tavares



The St. Joseph's Parish family takes this opportunity to thank you for coming to worship with us today. May our loving Lord always be with you and your families.



Sunday – 12th July 2026

Proclaimer of God's Word
Opening/Closing
Eucharistic Minister
Collection Counters
Altar Server
Music

Cassie Tavares
Elizabeth Card
Justin Tavares
Simon & Mary Stones
Liam/Seamus Stones
Jane Farge

Prayers: Please keep our sick and shut-ins in your prayers, especially Ilene Bremar, Andrew Card, Eleanor Correia and Mary Maybury.

ATTENDANCE & COLLECTION

MASS	Attendees	Collection
Saturday, 27 th June – 4:00 pm (Reg)	13	\$102.00
Peter's Pence Collection		62.00
Sunday 28 th June – 9:00 am (Reg)	75	\$520.00
Peter's Pence Collection		\$442.00
TOTAL:	88	\$1126.00

Thank you for your kindness and generosity, it is appreciated. Banking information: St. Joseph's Parish – Account Number: 20006060757062100 –

MASS INTENTIONS:

Saturday, 4th July **the people of St. Josephs**
Sunday, 5th July **†Lucy & John Moffat**

Our next Pastoral & Finance Council meeting will be held in the Parish Centre on Monday, 6th July at 6:30 p.m.

KIDS & YOUTH MINISTRY 2026/2027

We hope to resume the Kids & Youth Ministry on Sunday, 4th October 2026.

FIRST HOLY COMMUNION 2026/2027

If any of the children in the parish will attain the age of eight years old before December 2026, and you wish to register them in the First Holy Communion class, please let Liz Card know. It is anticipated that these classes will also start on the 4th October.



Next weekend, 11th/12th July, is the second weekend of the month, therefore, there will be two collections - regular and maintenance.



COFFEE SOCIAL

Dear Parish Family,

We take this opportunity to thank you for your generous donations, and for joining us at our coffee socials. Your kindness not only supports the "socials" but also strengthens the bond of friendship and faith that make our little community at St. Josephs such a special one.

During these moments it is always a pleasure to share conversation, laughter, and fellowship with each of you, and it is certainly a bonus pleasure when we have some of our visitors come to join in that fellowship, as we did last week.

We will take a break for the summer, and hopefully, resume the coffee social in September.

Once again, THANK YOU, we appreciate all that you do. God bless. 😊

Peter's Pence Collection

Thank you for supporting Peter's Pence Special Collection last weekend. Our contribution will join those from our brothers and sisters worldwide to help Pope Leo in his ministry to the Universal Church, including relief to people in need and support for the Holy See.

BISHOP'S CORNER

Dear Fellow-Catholics,

"We need you. We need your imagination, your narrative creativity, and your lively thinking. We need these to create spaces of freedom and authenticity, within which divine grace can make the promise of consolation and peace resound." This is the encouragement Pope Leo XIV expressed on Wednesday to writers from many parts of the world, who have gathered in Rome to mark the centennial of the founding of the Vatican Publishing House. He noted that Writing is a form of human expression in which a variety of styles and languages serve as teachers and as role models.

Firstly, the Pope said that writing is an act of truth, of revelation, for it reveals who we are, what we believe and hope for, the world we strive toward, and the future of which we dream. The Pontiff said that he hopes writers will inspire others to be drawn to the truth, because they themselves are drawn to it.

Secondly, he stated that writing is an act of humanity, observing that literature encompasses the full spectrum of human experience, gaining a breadth of perspective that broadens our humanity. The Pope said, "The great training ground of humanity that you allow your readers to experience, because, in a sense, readers 'live' many lives in addition to their own. It also helps us to discover different perspectives, to avoid treating our own views as absolute, and to piece together, as in a mosaic, the outline of that truth, which always transcends us."

Finally, Pope Leo stressed, writing concerns God. He quoted Cardinal Timothy Radcliffe who wrote, "For Christians, nothing human is alien to Christ. Every attempt to grapple with the fundamental questions of our lives; how to love, how to be just, how to be free,

how to face suffering and death, helps us to understand Christ, the one who is most human of all."

"God," the Pontiff reminded the writers, "works in our lives through what we do and who we are and through the many people we meet." He concluded by thanking writers for their efforts to sow seeds of reconciliation, encounter, and friendship.

Perhaps the summertime and holidays may inspire us to read good books we had no time to read during the busy year.

Enjoy your weekend and have a good week!

Bishop Wes

SUMMER SCHEDULE: During the summer there will be no 12:10 p.m. Mass on Wednesdays, Thursdays and Fridays at St. Theresa's. There will be no 9:00 a.m. Portuguese Mass on Saturdays at St. Theresa's; the last Saturday morning Mass will be celebrated on Saturday, 4th July.

Finally, there will be no evening Portuguese Mass on Wednesdays at St. Patrick's.

Masses will resume in September

Lunch & Movie

On Thursday, 9th July, the 2008 film "Fireproof" directed by Alex Kendrick will be shown at the Lunch & Movie event.

Kirk Cameron stars as Caleb Holt, a heroic fire captain who values dedication and service to others above all else. However, the most important partnership in his life, his marriage, is about to go down in smoke. This gripping story follows one man's desire to transform his life and marriage through the healing power of faith and fully embrace the fireman's code.

Film's length: 118 minutes.

Parental Guidance is suggested.



Fourteenth Sunday in Ordinary Time

"Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light..." Matthew 11:28-29

Generosity is not a burden, but a liberating experience. It liberates because the generous person is walking in the yoke with Christ sharing gifts and challenges.



14th Sunday in Ordinary Time Year A



MAIN MESSAGE



- Jesus is a humble king who brings peace.
- God cares for the weak and tired.
- Jesus invites us to come to him for rest.
- Trust in God and live by his Spirit.



Rest in Jesus



God's Gentle Peace

KEY SCRIPTURE



“Come to me, all you who labor and are burdened, and I will give you rest.”

Matthew 11:28



THE READINGS



First Reading
Zechariah 9:9-10
A humble king brings peace.



Psalm
Psalm 145
God is kind and helps those in need.



Second Reading
Romans 8:9, 11-13
Live by the Spirit and have life.



Gospel
Matthew 11:25-30
Jesus invites the weary to find rest in him.

WHAT THIS MEANS FOR US



Trust Jesus with your worries.



Choose kindness and patience.



Slow down and spend time with God.



Let the Holy Spirit guide your choices.

THEMES TO KNOW



Humility of Christ



God Gives Peace



Trust in God



Life Through the Spirit



God Helps the Weak



Jesus' Gentle Way

TRY THIS



Spend a few quiet minutes with Jesus in prayer today. Give him one worry or burden you are carrying.

REFLECTION QUESTIONS



- What burdens can I give to Jesus?
- How can I trust God more this week?
- How can I show kindness and peace to others?



scan for more



Dear Padre,

Is it appropriate to display the American flag in our church?

A diocesan bishop—who often delegates this matter to the discretion of the pastor—determines regulations on whether and how to display the American flag in a Catholic church. Displaying the flag, and a book of remembrance for those serving in the armed forces, seems to have originated in many US parishes during World War II. The practice has continued through subsequent wars and national tragedies.

While the Bishops' Committee on the Liturgy advised that national symbols should not be *permanent* fixtures of a worship space, they may be appropriate at worship services on a civil holiday, etc. This same committee discouraged pastors from displaying the American flag within the sanctuary itself—a space reserved for the altar, ambo, presidential chair, and tabernacle—but instead to place the flag in the vestibule of the church together with a book of petitions for the living and deceased.

Fundamentally, a church building is where the liturgical assembly gathers as one body in Christ—the same Christ of the Eucharist who is beyond time and place, who came to unite our divisions. “The church building is a sign and reminder of the immanence and transcendence of God—who chose to dwell among us and whose presence cannot be contained or limited to any single place” (US Conference of Catholic Bishops, *Built of Living Stones*, 2000). ●



JOAQUIN OSSORIO CASTILLO / SHUTTERSTOCK

Fr. Byron Miller, CSsR / DearPadre.org

A WORD FROM POPE LEO XIV

There is a burning question in our hearts, a need for truth that we cannot ignore, which leads us to ask ourselves: what is true happiness? What is the true meaning of life? What can free us from being trapped in meaninglessness, boredom, and mediocrity?... We need to lift our eyes... to the “things that are above” (Colossians 3:2).

HOMILY, TOR VERGATA, AUGUST 3, 2025

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Do you have a question for the Padre?

Go to DearPadre.org to send your question and to learn more about *Dear Padre*.

Monday

July 6
Weekday
Hos 2:16, 17c–18, 21–22
Mt 9:18–26

Tuesday

July 7
Weekday
Hos 8:4–7, 11–13
Mt 9:32–38

Wednesday

July 8
Weekday
Hos 10:1–3, 7–8, 12
Mt 10:1–7

Thursday

July 9
Weekday
Hos 11:1–4, 8e–9
Mt 10:7–15

Friday

July 10
Weekday
Hos 14:2–10
Mt 10:16–23

Saturday

July 11
St. Benedict, Abbot
Is 6:1–8
Mt 10:24–33

Sunday

July 12
Fifteenth Sunday in Ordinary Time
Is 55:10–11
Rom 8:18–23
Mt 13:1–23 or 13:1–9