

Sunday Readings

5th July 2026

Collect

O God, who in the abasement of your Son have raised up a fallen world, fill your faithful with holy joy, for on those you have rescued from slavery to sin you bestow eternal gladness. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

FIRST READING

A reading from the prophet Zechariah 9:9-10

Thus says the Lord: Rejoice greatly, O daughter of Sion! Shout aloud, O daughter of Jerusalem! Behold, your king is coming to you; righteous and having salvation is he, humble and mounted on a donkey, on a colt, the foal of a donkey. I will cut off the chariot from Ephraim and the war horse from Jerusalem; and the battle bow shall be cut off, and he shall speak peace to the nations; his rule shall be from sea to sea, and from the River to the ends of the earth.

The word of the Lord. *Thanks be to God.*

Responsorial Psalm

Psalm 144:1-2, 8-11. 13-14. R/. v.1

**R/. I will bless your name for ever,
O God my King.**

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

A reading from the letter of St Paul
to the Romans

8:9. 11-13

Brothers and Sisters: You are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you. So then, brothers and sisters, we are debtors, not to the flesh, to live according to the flesh. For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.

The word of the Lord. *Thanks be to God.*

Gospel Acclamation

Mt 11:25

Alleluia, alleluia.

I thank you, Father, Lord of heaven and earth,
you have revealed the secrets of the kingdom to
little children.

Alleluia.

GOSPEL

Matthew 11:25-30

The Lord be with you. *And with your Spirit.*

A reading from the holy Gospel according to Matthew.
Glory to you, O Lord.

At that time Jesus declared, I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; yes, Father, for such was your gracious will. All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. Come to me, all who labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

Prayer over the Offerings

May this oblation dedicated to your name
purify us, O Lord,
and day by day bring our conduct
closer to the life of heaven.
Through Christ our Lord.

Prayer after Communion

Grant, we pray, O Lord,
that, having been replenished by such great gifts,
we may gain the prize of salvation
and never cease to praise you.
Through Christ our Lord.

The Fourteenth Sunday in Ordinary Time

Lectionary Year A

The Word of God

Saint of the Week

Saturday 11 July 2026

St Benedict (480 - 547)

These are strong readings today and not all that. At certain times we have all felt under pressure, stressed or stretched to our limits. This may have been because of personal or family problems, difficulties, worries, sickness, pressure of work or maybe the lack of work. At some stage we have all felt overburdened by what life throws at us. At times like that we all need a helping hand or an encouraging word. We need human support but we also need something more.

In today's Gospel Christ is offering us a comforting invitation when we feel overburdened: "Come to me, all you who labour and are overburdened and I will give you rest." Christ's invitation is an open door for us to enter at any time but especially when we feel the pressures of daily living getting too much for us to handle. He invites us to go to Him and he offers us rest and peace.

He invites us to learn from Him because of two beautiful qualities he has – gentleness and humility. We need these two qualities so much in our world today where aggression and arrogance are often portrayed as necessary virtues if one is to succeed.

Today's psalm praises God because "He is kind and full of compassion, slow to anger, abounding in love." God's love and compassion took flesh in the person of Jesus Christ. As one writer said: "Jesus is the compassion of God."

Knowing His great love and compassion should encourage us to take up the wonderful invitation Christ offers us today and to learn from His gentleness and humility.

Benedict was born in Nursia, in Umbria, and studied in Rome; but he was unable to stomach the dissolute life of the city, and he became a solitary hermit at Subiaco. His reputation spread, and some monks asked him to be their abbot, but they did not like the discipline he imposed and tried to poison him.

Benedict organised various small communities of monks and nuns in various places, including the great monastery of Monte Cassino. He drew up a set of rules to guide the communal life of monasteries, and, though not the first monastic rule ever, the Rule of St Benedict has proved so wise and balanced that it has served as the foundation of practically every attempt at communal living ever since. It recognises that people aim at perfection but often fall well short of it, and aims to be a "rule for beginners" in which even the least perfect and least able can grow in spiritual stature. To visit a Benedictine monastery of almost any kind is to find oneself spending time among a group of people who, by their strivings to live and grow together, have become more and more *themselves*, as God intended them, instead of being crushed into false uniformity by some idealistic and authoritarian regime.

For those of us in the world, too, the Rule of St Benedict has much to say: it drags our eyes up to the stars but keeps our feet firmly on the ground; it calls us to perfection but keeps us sane.

Let us pray with St Benedict that we may prefer nothing whatever to Christ.

Prayer of the Week

Gracious and holy Father,
please give me:
intellect to understand you;
reason to discern you;
diligence to seek you;
wisdom to find you;
a spirit to know you;
a heart to meditate upon you;
ears to hear you;
eyes to see you;
a tongue to proclaim you;
a way of life pleasing to you;
patience to wait for you;
and perseverance to look for you.

St Benedict

