

FIRST READING

A reading from the prophet Zechariah
9:9-10

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

**R./ I will praise your name for ever,
my king and my God.**

SECOND READING

A reading from the letter of St Paul to the Romans
8:9, 11-13

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

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

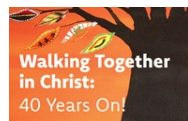
GOSPEL READING

A reading from the holy Gospel according to Matthew
11:25-30

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.’

RCIA – Do you know someone interested in becoming a Catholic? The Rite of Christian Initiation of Adults is an established ‘Journey of Faith’ that has parishioners accompany discerning adults, on their path to Sacramental initiation into the life of the Church. Please contact: Moira Tetteroo on: m 0411 124 056



HEAD, HEART & HANDS - 40 YEARS ON.

In November 1986

St Pope John Paul II addressed ABTSI Peoples at Alice Springs. His words were pivotal and continue to resonate. Heads, Hearts & Hands is an activity for parishes, schools and groups. Visit:

www.natsicc.org.au/resources-data/sunday-resources-2025-bletd-4lnh-sbhrl-dgl2f



**CHRIST OUR LIGHT
CATHOLIC PARISH**

HIGHETT / CHELTENHAM

Parish Office:

9 Centre Dandenong Road,
Cheltenham, VIC. 3192

Our Lady of the Assumption Church
9 Centre Dandenong Road, Cheltenham

St Agnes' Church
25 Spring Road, Highett

Telephone: (03) 9583 6161

Email: col@cam.org.au

Website: www.olacheltenham.org.au

FOURTEENTH SUNDAY IN ORDINARY TIME – YEAR A

4th/5th JULY, 2026



Praise to God, and joy in God’s merciful love, justice and peace, are themes which run through the readings for this Sunday. The First Reading from Zechariah describes how God will defeat his enemies and establish himself as king – not through war and aggression, but with humility and peace. The Psalm is a great hymn of praise, central to the Jewish faith. It speaks of God’s kindness and compassion to all, and offers us the reassurance that the Lord will always be faithful and loving, ready to support and raise us up when we fall. In the Second Reading, Paul reminds the Romans, and ourselves, of what the suffering and death of Jesus has achieved for us. He speaks of the power of the Holy Spirit in our lives. In today’s Gospel, through his own prayer to his Father in heaven, Jesus reminds us that he is the one who will reveal God to us. Humility and gentleness are the virtues he emphasises; rest and freedom from burdens are the gifts he promises. This week we pray particularly for all those who feel overwhelmed by the pressures of daily life – whether through ill-health, conflict, poverty, loneliness or isolation. With the help of our prayers and action, may they come to know the love and peace of Christ.

Australian Catholics:Scripture reflection

PARISH PRIEST:

Fr Alan Fox BH: 9583 6161 / AH: 9532 1794
 Email: Alan.Fox@cam.org.au

PARISH OFFICE HOURS:

9583 6161
 Monday - Friday 9am – 3pm
 Secretary: Julie Binstead
 Accountant: Maureen Ryan

OUR SCHOOLS:

Our Lady of the Assumption PS 9584 9488
 Principal: Mr Richard Jacques
 Email: principal@olacheltenham.catholic.edu.au
St Agnes' Primary School 9532 0344
 Principal: Mr Thomas Hartney
 Email: principal@sahighett.catholic.edu.au

MASS TIMES – CHELTENHAM & HIGGETT**SATURDAY VIGIL & SUNDAY MASSES:**

Saturday [St Agnes Church] 6:00 pm
 Sunday [OLA] 9:00 am, 11:00 am

WEEKDAY MASS TIMES:

Tuesday [St Agnes Church] 9.00 am
 Tuesday [OLA Church] 6.00 pm
 Wednesday [OLA Church] 9.15 am
 Thursday [OLA Church] 9.15 am
 Friday [St Agnes Church] 9.00 am
 Saturday [OLA Church] 9.00 am

COMMUNION SERVICE (except Public Holidays)

Monday [OLA Church] 9.15 am

SACRAMENT OF RECONCILIATION:

Wednesday [OLA Church] 9:45 am
 Saturday [OLA Church] 9.30 am

BAPTISMS: Contact Parish Office: 9583 6161.

WEDDINGS: By appointment, 6 months' notice required. Saturdays or weekdays (not Sundays).

The clergy, employees and volunteers of our parish are committed to upholding a duty of care to all children, young people and vulnerable adults, taking all reasonable steps to protect children, young people and vulnerable adults from all forms of abuse and harm and commit to safeguard their health and well-being.

FOURTEENTH SUNDAY-Year A

4th / 5th JULY, 2026

PRAYING FOR:

David Cannon, Frank Cinaglia,
 Milagros Padilla, Theresita Arines,
 Ron Calvert

and all who died recently.

WE ALSO PRAY FOR:

Francis D'Souza, Pat Molloy,
 Cajetan Francis Sequeira, Teofilo Aviles,
 Jesus Aviles, Grazia Fucile, Gregorio Gajo,
 Mick Sullivan, Mick McLaughlin,
 Nellie Andrews, Mason Chapman,

and all who we remember at this time.

*...as we also keep in our prayers
 all those who are currently unwell.*

**Readings for this liturgical year from
 Advent 2025 to Christ the King 2026 are
 taken from Year A in the Lectionary cycle.**

Should you wish to view the Scripture
 Readings for Daily Mass (Australian
 Liturgical Calendar) please visit:
universalis.com/australia.melbourne/1000/Mass

VOLUNTEERS: Please make sure that your
 WWCC/POLICE CHECK documents are
 current, that is, have not expired, and copies
 made available to the Parish Office.

PARISH STEWARDSHIP: Thank you to all
 parishioners who continue to generously
 support our parish i.e., through their
 contributions to both our Thanksgiving and
 Presbytery collections. With the assistance of the
 Archdiocese, we are currently working on
 refining the facility for parishioners to contribute
 to Christ Our Light Parish via an online portal.

**MELBOURNE SYNOD 2026**

We're invited to answer the call to deepen our understanding of synodality in parish life. Timeline for Synod consultation: This month will see the gradual release of the Synod theme papers, with June and July being Consultation and dialogue months for our faith communities. For more information on the Synod please visit: melbournecatholic.org/synod2026

SYNOD CORNER: Why discernment is essential. Discernment is more than discussion. It is a prayerful process of seeking God's will. In a Synod, time is given to silence, prayer, and reflection so that decisions emerge from faith, not haste.

SYNODALITY IN PRACTICE: Join this online Webinar: 7th July 2026, 7-8pm. The call to synodality is a challenge to all levels of Catholic governance. How can you ensure the essence of synodality – inclusion, openness to all viewpoints and deep listening – are realised? For more information and to register visit: catherevents.org.au/event/synodality-in-practice-online-webinar

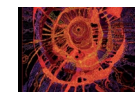
**PETER'S PENCE COLLECTION.**

Thank you for your generous offering last weekend of \$1,201.70 to support the Holy Father's apostolic and charitable intentions.



SUNDAY CUPPA. This Sunday 5th July, all are invited to stay and join fellow parishioners for a cuppa and chat after the 9am and 11am Masses, in the Meeting room.

FAMILY BOOKS Dear Parishioners, may we request when writing the names of your loved ones who have recently died and anniversaries that occur at this time, could you please print clearly, and a phone number is required. We would be most grateful as it is important to have these details correct in honouring them.

**2026 NAIDOC MASS ST FRANCIS' CHURCH.**

Sunday 12th July 2026 11.00am–12.00pm. Aboriginal Catholic Ministry Victoria invites you to the 2026 NAIDOC Mass. Marking the end of NAIDOC Week (5–12 July), an opportunity to come together and celebrate Aboriginal and Torres Strait Islander people. Banner image: artwork by Zaachariaha Fielding.

MASS FOR MARRIAGE ANNIVERSARIES.

11am Sunday 12th July 2026 St Patrick's Cathedral. Married couples and their families are cordially invited to join us as we celebrate the gift of marriage and family. Those who register and are celebrating the following anniversaries: 5th, 10th, 15th, 20th, 25th, 30th, 35th or 40 years and above, will receive a commemorative certificate. For queries please contact ph: 9926 5761 or proclaim@cam.org.au Register by Tuesday 7th July via: www.trybookings.com/DMQDP

SPIRITUALITY IN THE PUB.

Today's church - noun or verb? Reflections, questions & wonderings. Wednesday 22nd July, 6pm-9pm. Hampton RSL 25 Holyrood St, Hampton. Speaker Joe McCarthy works as the Community Chaplain at St Kevin's College. Bookings essential via Michele: 0415 956 107 or Catriona 0419 109 830.