

GOSPEL

Mt 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.'

■ The Gospel of the Lord.

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Breaking Open the Word

COMFORT AND REST

At times life seems burdensome and overwhelming. Depending on where we live in the world or what's been happening to us, this burden can be almost impossible to carry. Today's Gospel offers us—and for those countless numbers in other parts of our world who are faced with suffering, starvation, even death—a consoling and necessary word. We are privileged listeners to Jesus' prayer to the Father. It is, characteristically, in the style of a Jewish blessing prayer, given Matthew's Jewish audience.

The prayer praises God for disrupting social favouritism in favour of children. These are the 'little ones' from last week's Gospel. For Matthew, the socially unaccepted and rejected ones are those whom God blesses with wisdom and insight. This is divine revelation that comes from Jesus through his communion with God.

The final part of today's Gospel is worthy of lingering contemplation. Jesus invites all who listen to the Gospel—and that includes us—to allow him to shoulder our burdens and concerns. He models for us how to be. He is 'gentle and humble of heart'. The evangelist draws Jesus' self-description from the wisdom writings of the First (Old) Testament. It is this wisdom in which souls find comfort and rest. It is a 'yoke' that is easy to bear. Into this welcoming and restful presence, we are invited in our Sunday celebrations of the Eucharist.

Fr Michael Trainor

THE SAVING WORD

FOURTEENTH SUNDAY IN ORDINARY TIME / A

5 JULY 2026

FIRST READING

Zech 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.'

■ The word of the Lord.

RESP PSALM

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

R. I will praise your name for ever, my king and my God. (or Alleluia!)

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**

Rom 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.

■ The word of the Lord.

GOSPEL ACCLAMATION

cf. Mt 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!

Welcome to St Nicholas' Catholic Parish, Tamworth for National Aboriginal and Torres Strait Islander Sunday The Fourteenth Sunday in Ordinary Time Year A

5th July 2026

Fr Christopher Onuekwusi – Parish Priest
Fr Clarence Canafe – Assistant Priest
stnicholasparish@armidale.catholic.org.au ☎ (02) 6766 2228
Parish Website: https://www.stnicholasparish.org.au/

Parish Secretaries: Finance: Stephanie Hetherington - Mon/Tue 9-5pm
Administration: Anne Jones Wed/Fri 9-5pm Pauline Skewes Thurs 9-1pm
Parish Office hours: Monday – Friday 9am - 5pm

Catholic schools in our parish

McCarthy Catholic College Principal: Mr Michael Whitton
☎ (02) 6761 0800 Students currently enrolled: 1,006
St Nicholas Primary School Principal: Mr Peter Flynn
☎ (02) 6766 1500 Students currently enrolled: 576

ENTRANCE: 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.

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

‘MY YOKE IS EASY.’ During the Vietnam War a soldier once saw a boy carrying a child on his back. ‘He must be heavy,’ the soldier remarked. ‘He’s not heavy,’ the boy replied, ‘he’s my brother.’ Hopefully, we experience the yoke of Jesus as light and easy. Serving others and living the Gospel can be burdensome at times but it also brings freedom and joy to our hearts and rest for our souls.

Psalter Week 2

Monday 06/07 St Nicholas’ Mass 7am
Hosea 2:16-18, 21-22: Ps 144:2-9: Mt 9:18-26:
Tuesday 07/07 St Mary’s Mass 9am Fr John Curran
Hosea 8:4-7, 11-13: Ps 113B:3-10: Mt 9:32-38:
Wednesday 08/07 St Nicholas’ Mass 7am
Hosea 10:1-3, 7-8, 12: Ps 104:2-7: Mt 10:1-7:
Thursday 09/07 St Mary’s Mass 9am
Hosea 11:1-4, 8-9: Ps 79:2-3, 15-16: Mt 10:7-15:
Friday 10/07 St Nicholas’ Mass 7am
Hosea 14:2-10: Ps 50:3-4, 8-9, 12-14, 17: Mt 10:16-23:
Saturday 11/07 St Nicholas’ Mass 9am
St Benedict, abbot
Is 6:1-8: Ps 92:1-2, 5: Mt 10:24-33:
Vigil Mass 6pm
Sunday 12/07 St Mary’s 7.30am Mass
St Nicholas’ 9.30am & 5.30pm

SACRAMENT OF RECONCILIATION: Saturday 4pm – 5.30pm

BAPTISMS are held Saturdays at 11am & Sundays at 12 noon. If you wish to book a Baptism, please email or telephone the Parish Office on 67662228 for more information. Candidate for Baptism Forms can also be completed and submitted on our parish website.

Please note: Any inclusions for the Parish newsletter must be received by the parish office no later than 3pm Wednesdays,

Our faith community acknowledges and pays respect to the traditional custodians of the land on which we worship, The People of the Plains, The Kamilaroi people. We pay our respects to their Elders past and present and emerging. May we, too, be good stewards of this land on which we live.

A warm welcome to all new parishioners! To help you feel at home in our parish, we encourage you to introduce yourself to Father after Mass, or you might also consider exploring opportunities to get involved in parish life through various ministries and activities. If so, please see our Parish Notice Board or contact the Parish Office.

Parish toilet is in the Outdoor Function Area. Please ensure children are accompanied by an adult when leaving the church during Mass to go to the toilet or for any other reason.

PRAYERFUL REFLECTION on the readings is always included in this Bulletin, after the Communion Antiphon. You are encouraged to reflect on this every week.

Diary Dates

06 Jul Mon PARISH OFFICE CLOSED 1-5pm
07 Jul Tue CLERGY WINTER SCHOOL - Armidale
Fr John Curran will be the Tamworth ‘on call’ priest
07 Jul Tue ‘Petitions’ Rosary 12.15pm St Nicholas’
07 Jul Tue PARISH OFFICE CLOSED 1-5pm
08 Jul Wed Silent Adoration 10.30-11.30am St Nicholas’
10 Jul Fri Eucharistic Adoration 6-7pm St Nicholas’
14 Jul Tue St Nicholas Seniors, morning tea 10.30am West Diggers
15 Jul Wed Silent Adoration 10.30-11.30am St Nicholas’
17 Jul Fri Eucharistic Adoration 6-7pm St Nicholas’
19 Jul Sun Birthday Blessings All Masses
Morning Tea in the Outdoor Function area, after the 9.30am Mass hosted by the Ignite Parish Group
21 Jul Tue Start of School Term 3
21 Jul Tue St Nicholas Women Connecting meet for dinner at the Tamworth City Bowling Club at 5.30pm
22 Jul Wed Silent Adoration 10.30-11.30am St Nicholas’
22 Jul Wed The Catholic Ladies – lunch – meet at 1pm in the Russell Room at the Services Club
24 Jul Fri Eucharistic Adoration 6-7pm St Nicholas’
25 Jun Sat Men’s Breakfast 7am St Nicholas’
28 Jul Tue St Nicholas Seniors, lunch 11.30am West Diggers
29 Jul Wed Silent Adoration 10.30-11.30am St Nicholas’
31 Jul Fri Eucharistic Adoration 6-7pm St Nicholas’
01 Aug Sat Anointing of the Sick during the 9am Mass St Nicholas’
01 Aug Wed Silent Adoration 4-5.30pm St Nicholas’
02 Aug Sun Special Collection – Retired Clergy and Education of Seminarians
02 - 09 August – Vocations Awareness Week
02 Aug Sun FAMILY MASS – 9.30am, followed by St Nicholas’
Morning tea: Yr 6, Confirmation candidates and Kinder students



Parish Picnic

Sunday 30 August commencing at 11am
Tamworth Miniature Railway
Sausage sizzle and tea & coffee available!



St Nicholas CONFIRMATION Schedule 2026

Information Meeting; Parent/s or Guardians:
Wednesday 29 July 5.30pm or
Saturday 01 August 2pm
Enrolment Masses: Sat 01 August at 6pm, or
Sun 02 August 9.30am or 5.30pm
Reconciliation: Thursday 17 September 5.30pm-6.30pm
CONFIRMATION MASSES: Sat 19 Sep at 6pm or
Sun 20 Sep at 9.30am

AUSTRALIAN CATHOLIC WEEKLY

Copies are available at the back of the Church every week. Sponsored by St Vincent de Paul’s St Nicholas Conference. \$2.00 per copy & money deposited in the collection box. Please collect a copy & stay connected with all the news of our Church in Australia.

WEEKLY ROSTER – 04/05 July 2026

St Nicholas’ Saturday 6pm
C: Paul McDougall W/R1: Belinda Tyrrell W/R2: Cate Allen
Altar Server: Evolet
Ex Min: Kerry Ackhurst Music: Noel Greacen
Collection: David Raffaele/Bill Campbell/Morgan Hawthorne

St Mary’s Sunday 7.30am
C: Katrina Krogh W/R1: Bernadette Virgen W/R2: Judy Scott
Ex Min: Karen King Music: Anne Jones
Altar Server: Will Nguyen
Collection: Carl Cavallaro/Bill Higgins

St Nicholas’ Sunday 9.30am
C: Lucy Roberts W/R1: Maria Lincoln W/R2: Alison Hamilton
Altar Servers: Charles/Jason/Daniel Igbenije
Ex Min: Peter Prisk/Fiona Downey Music: St Nicholas Choir
Collection: Maria Gruer/Josie Cox/Phil Elliott

St Nicholas’ Sunday 5.30pm
C: Merrilyn Gaffney W/R1: Carol Wheaton W/R2: Judy Campbell
Ex Min: Rob Panchasarp Music: Veronica Frost
Altar Servers: Evangelyn/Ethan Nijo
Collection: Volunteers

Counting Team: Paul & Giovanna McDougall
Altar Linen: Rosemary Kinsela
Sacristy Cleaning: St Nicholas Women Connecting
Candelabrum: John Wallace

PLANNED GIVING: SUPPORTING OUR PRIESTS & PARISH

1st Collection (supports the clergy)
BSB: 082 105 A/c No: 001 023 584
A/c Name: St Nicholas Presbytery

2nd Collection (Planned Giving for Parish maintenance)
BSB: 082 105 A/c No: 001 003 255
A/c Name: St Nicholas Parish

Ref: Planned Giving Number/or your name Thank you for your support.

COLLECTIONS: 28th June 2026
1st Collection \$ 1,709.70
Planned Giving \$ 1,583.00
Loose \$ 445.25
\$ 2,028.25
Planned Giving Envelopes are now available for collection at the back of St Nicholas’ and St Mary’s Churches – Thank you!

ANNIVERSARIES – July

Theresa Allsopp, Bernard Andren, Madelaine Atkinson, Gordon Baker, Daphne Botham, Noel Bourke, Joseph Brady, Rocco Bruno, Robert Burke, William Byrne, Mary Camden, Heather Campbell, Harold Carey, John Clark, Julie Ann Clifford, William (Bill) Cogent, Charles Coleman, Patricia Collins, Francis Condon, Leslie Cook, Phyllis Craven, Ida Crowe, Ronald Curtis, Anne Davie, Marolyn Dawson, Barry Dillon, Beryl Dillon, Cecil Dillon, Marjorie Donoghue, Kevin Doyle, Millicent Dunlop, Marris Eckersley, Robyn English, Helen Evans, Edith Ferguson, Bridget Ferris, Richard Fife, Patrick Fogarty, Doreen Galloway, John Gatt, Patricia Gill, Hazel Green, Zachariah Green, Esme Grosvenor, Luke Hannaford, Jeanette (Jan) Harrison, Jeffrey Hayes, John Hayes, Claire Hines, Elizabeth Hodgins, William Hofman, Douglas (Peter) Honess, Joseph Horan, Christopher Hughes, Peter Hughes, Eileen Humphries, Wallace Hunt, Stanley Hyman, Matthew Ironside, Robyn Iuso, Felicia Jackson, Josephine Jackson, William Johnston, Taylor Kelly, John Kendall, Carma King, Eileen Lamb, Fr Harry Leis, Rae (Peggy) Lloyd, John Lunn, Margaret McCardell, Joyce McCulloch, Joyce McDonald, Paul McIlveen, Roxanne McKinnon, Kylie McSween, Lia Maher, Dorothy Manners, Neil Markham, Joan Martin, Norman Matthews, Peter Michell, Mary Nash, Edward Nelson, Anthony (Tony) Nicholls, John O’Connor, Leslie O’Shea, Francis Parkinson, Margaret Petrie, Gary Purdy, Monica Radford, Robyn Radmore, Denise Rust, Owen Ryan, Merle Simmons, Daisy Spronk-O’Callaghan, Florence Stockman, Doris Stocks, Keith Swan, Peter Swanton, Patricia Taggart, Marie Thompson, Mary Tillott, Barry Turner, Mervyn Walton, Margaret Webster, Brody Wendt, George Whiticker, William Williams.

May they rest in peace

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WEEKLY ROSTER – 11/12 July 2026

St Nicholas’ Saturday 6pm
C: Leonie Hansen W/R1: Sr of Nazareth W/R2: Karen King
Altar Server: Evolet
Ex Min: Cate Allen Music: Noel Greacen
Collection: David Raffaele/Bill Campbell/Morgan Hawthorne

St Mary’s Sunday 7.30am
C: Joan Newley W/R1: Sue O’Halloran W/R2: John Murphy
Ex Min: Kevin McMahon Music: Anne Jones
Altar Server: Will Nguyen
Collection: Carl Cavallaro/Bill Higgins

St Nicholas’ Sunday 9.30am
C: Brian Lincoln W/R1: Patrick Mahony W/R2: Lynne Prisk
Altar Servers: Dominic Vinod/Oscar Lintott/Ndinashe Zuarevashe
Ex Min: Maria Lincoln/Alison Hamilton Music: St Nicholas Choir
Collection: Maria Gruer/Josie Cox/Phil Elliott

St Nicholas’ Sunday 5.30pm
C: Cecilia Dries W/R1: Connor Gibson W/R2: Henry Buckman
Ex Min: Tania Roberts Music: Henry Buckman
Altar Servers: Halley/Callum/Emmett Buckman
Collection: Volunteers

Counting Team: Bill Higgins/Pauline Skewes
Altar Linen: Cecilia Dries
Sacristy Cleaning: Beth & John Ryan/Bruce Stewart
Candelabrum: every 2nd week

BAPTISMS: Please pray for Meabh Smith and Albert Smith, who are receiving the Sacrament of Baptism this weekend. May God bless them abundantly.

SPECIAL INTENTIONS: Please pray for the repose of the souls of Julie Michell, N.C. Chacko, recently deceased and Agostino Cavallaro, Anniversary 8th July. May they rest in God’s peace.

PERPETUAL INTENTIONS: Please pray for the repose of the souls of Alec & Betty Fyffe and Cyril & Grace Cahill, who will be long remembered in our parish.

WE PRAY FOR THOSE WHO ARE SICK

Maddy Anderson (Sydney), Carmel Bennett (Gladstone), Colin Bryant, Michael Bryant, Rev Fr Tony Castelli, Brindley Cavallaro (Sydney), Elizabeth Coroneos (Toowoomba), Dan Daly, Bill Dennis, Kath Donoghue, Cormac Downes (Uralla), Nicholas Doyle (Sydney), Richard Doyle (Sydney), Doreen Eunson, Pat & Tony Favell, Sonia Fawdry (Alstonville), Joan Goodridge, Darren Graham, Sherree Haylock, Ken Honess, Nadia Hurn (Newcastle), Sullivan Hum (Singleton), Kay Mason, Jan & Richard Noad, Penny Pavlakis (Sydney), Richard Panchasarp (USA), Kim Riley (Orange), Adam Urquhart, Maureen White (Orange), Elizabeth Williams, Enid Wright.

“This morning my soul is greater than the world since it possesses you, you whom heaven and earth do not contain.”

~ St Margaret of Cortona



The theme for Eucharist28 is ‘This is My Body, Given for You’. Please scan the QR code, or go to <http://qrto.org/9xJJ1j> for information, resources, videos & podcasts.

The Lord is kind and full of compassion

