



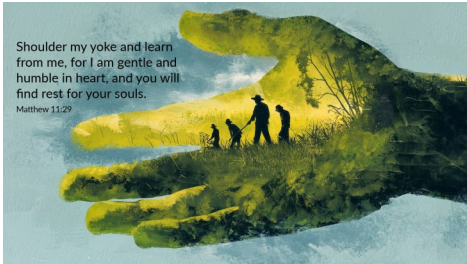
Grounded in Faith  
Growing in Love  
Living in Hope

# St Nicholas of Myra Catholic Parish



14th Sunday of Ordinary Time Year A  
4 / 5 July 2026

National Aboriginal and Torres Strait Islander Sunday



Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.  
Matthew 11:29

## PARISH OFFICE

**Office Hour:** Monday - Friday 9 am - 5 pm  
**Lunch:** 1pm – 1.30pm (*Office closed*)  
**Telephone:** (02) 4721 2509  
**Email:** [enquiries@stnicholasofmyra.org.au](mailto:enquiries@stnicholasofmyra.org.au)  
**Website:** [www.stnicholasofmyra.org.au](http://www.stnicholasofmyra.org.au)  
**Facebook:** @SNOMParrith  
**Parish Emergency Numbers:**  
**4732 3039 or 0416 910 334**

## PARISH PRIESTS AND DEACON

**Parish Priest:** Fr Joe Manjaly  
E: [joe@stnicholasofmyra.org.au](mailto:joe@stnicholasofmyra.org.au)  
**Assistant Priest:** Fr Rojan George  
E: [rojan.cheriyadan@parracatholic.org](mailto:rojan.cheriyadan@parracatholic.org)  
**Deacon:** Wilfredo (Willy) Limjap  
**Nepean Hospital Chaplain:**  
Fr Zvonimir Gavranovic  
E: [Zvonimir.Gavranovic@parracatholic.org](mailto:Zvonimir.Gavranovic@parracatholic.org)

## STAFF

**Office Manager:** Rodney Howard (M, Th, F)  
E: [parishmanager@stnicholasofmyra.org.au](mailto:parishmanager@stnicholasofmyra.org.au)  
**Admin Assistant:** Sharon Clarke (Th, F)  
E: [reception@stnicholasofmyra.org.au](mailto:reception@stnicholasofmyra.org.au)  
**Sacramental Coordinator:** Rodney Howard (T,W)  
E: [sacramental@stnicholasofmyra.org.au](mailto:sacramental@stnicholasofmyra.org.au)  
**Catechists Coordinator:** Margaret Wilson  
E: [catechist@stnicholasofmyra.org.au](mailto:catechist@stnicholasofmyra.org.au)  
**Volunteer Admin Support:** Margaret Cobden  
**RCIA Coordinators:** Allan & Josephine Linga  
E: [enquiries@stnicholasofmyra.org.au](mailto:enquiries@stnicholasofmyra.org.au)

## ORGANISATIONS

### St Vincent de Paul

**Hub:** 8861 9770

### Catholic Care

E: [enquiries@ccss.org.au](mailto:enquiries@ccss.org.au)  
02 8843 2500

## PARISH SCHOOLS

**St Nicholas Primary** Ph: 4752 3300

Principal : Miss Kirsty Reynolds

**St Mary Mackillop Primary** Ph: 4724 3200

Principal: Mr. Scott Buchan

## GOSPEL REFLECTION

When we hear the term, *yoke*, we tend to think about the yoke that is used to harness oxen together or the yoke that someone might carry on their shoulder to balance a heavy load. This yoke across the shoulder was adopted into tailoring and so the shoulder piece set into a shirt is also called a yoke. However, in the Jewish tradition there is a completely different meaning to the term. The yoke of a rabbi was his particular interpretation of Torah (the Law); his particular teaching. Disciples who followed a particular rabbi sought to take on his yoke; his particular interpretation. The yoke of any rabbi was best identified by asking him, 'Which is the greatest commandment?' A rabbi's answer to this question revealed his interpretation of Torah. When Jesus is asked that question, he answers, 'Love God and love your neighbour,' and goes on to say that all of the rest of the Law and the prophets flows on from these two commandments. This is the yoke – the interpretation of Torah – that Jesus taught.

In today's gospel, Jesus calls to him all those who labour and are overburdened. It is the Pharisaic interpretation of the Law that burdens these people. Trying to maintain the Law was burdensome and complicated for the everyday person. Jesus says, 'Shoulder *my* yoke and learn from me ... my yoke is easy.' The yoke of Jesus *was* easy: Love God and love your neighbour. Compared to the 613 *mitzvot* (commands) set out in the Torah and strictly maintained by the Pharisees, the yoke of Jesus was incredibly easy to understand and adopt. So simple, in fact, that it required a child-like simplicity to accept this yoke.

### Historical Context – Jewish education

Education in Galilee at the time of Jesus was highly valued. From the age of five, all boys and girls studied to memorise in totality the five books of the Torah (the first five books of the Bible). This period of study was called *Beth Sefer*. From about 10-14 they continued studying and memorising the remaining books of scripture (*Beth Talmud*). From about 14 or 15, only the very best students would enter *Beth Midrash* and apply to a rabbi to become his *talmid* – disciple – and seek to take on that rabbi's yoke.

### Living the Gospel – Shoulder my yoke

Jesus invites us to shoulder his yoke and learn from him for he is gentle and humble in heart. The yoke he invites us to shoulder is the deceptively simple teaching: love God and love your neighbour. To love God is to consciously make a place in our lives for God. The busy spin that tends to be characteristic of so many people's lives today does not allow room for God; does not allow room for prayer and quiet; does not allow room for compassionate response to others. To love God and love our neighbour we must first make room for them.

### Have you thought? Thank God!

Jesus' quite intimate words to the Father in today's passage carry with them an enormous amount of relief and perhaps released frustration. It is almost a cry of 'Thank God!' for his disciples have finally 'got it'. Jesus blesses the Father for revealing the truth to these simple men whom Jesus had chosen to follow him. The men Jesus chose as disciples were not following another rabbi and so had not been the very best students from their village. They had the education of most children but nothing more – otherwise they would have been following someone else!

### Questions for Adults

Q. Why might God have hidden things from 'the learned and the clever'?

Q. How might we find rest for our souls if we take up the yoke of Jesus?

✉ Greg Sunter

© Liturgy Help 2026

Image Credit: Liturgy Help 2026

**AV OPERATORS**

We are looking for volunteers to assist at our weekend masses by operating the AV, particularly the 8.30am and 6pm Sunday Masses.

**FULL TRAINING WILL BE PROVIDED**

If you are interested please contact Rodney Howard on

on 4721 2509

or [parishmanager@stnicholasofmyra.org.au](mailto:parishmanager@stnicholasofmyra.org.au)

**PETER'S PENCE**



Thank you for your generosity for the Pope's Peter's Pence collection last weekend.

We raised over \$1900 to support the Holy Father in his ministry and in his charitable activities in response to emergencies and needs around the world.

**SICK LIST**

If any of your loved ones who are on our sick list have recovered from their illness through our continued prayers, can you please contact the Parish office to let us know so they can be taken off the list.

**PRAYERS FOR OUR COMMUNITY**

**RECENTLY DECEASED:** Ester Gempis

**DEATH ANNIVERSARIES:** Peter Gale, Naitho Lukose, Josef Lusch, Hugh Keavy, Joe Melder, Mary Harrison

**DECEASED:** Tania Felice, Margaret Mary Sullivan, John Nettar, Margaret Donnelly, Paul Borg

**SICK:**

Giselle Antoinette A, Mark Agar, Isabella Agius, Nicholas Agius, Jenet Arellano, Kimberley Balandra, Zig Barglik, Jude Delfin Bayot, Ralph Beck, Margaret Bell, Ingrid Bentham, Vicenta Bernante, Noel Bernardo, Alex Biana, Ivan Brcar, Karan Bradburn, Julie Brenner, Marianne Brigden, Aiden Burke, Ting Cecila, Cliff, Mick C, Claudia & Alfredo Cabrera, Brenda & Ronwald Cadandy, Jose & Norma Calabetto, Aiden Campbell, George & Lena Caruana, John Cluney, Mark Cluney, Nad Coder, Dylan Conway, Christine Court, Elizabeth Dawson, Adelia Delapaz, Raymond D'Lima, Diana Dooley, Lou Doyle, Helen Dowling, Holland D'Souza, Debbie Dunn, Joe Farrugia, Peter Farrugia, Theo Fitzgerald, Sister Theresa Formosa, Cheyne Fynn, Robert Galino, Nancy Galon, Elwyn Geerin, Peter Gill, Tadeus Gwiazda, Olive Gyford, John Hill, Kellie Huggett, Kelly Ibram, Kellie Imray, Theresa Jordan, Danielle Kazare, Baby Alfred Knowles, Olga Kiss, Lara Langon, Baby Yuri Pavn Lara, Helen Lazarus, Ric Limjap, Nikola Ljubic, Mary Kukac, Josephine Magro, Melisa Maiseeh, Angelique Kara Manolis, Baby Capri Marshall, Nathan Martin, Sue Martin, Stanley Mascarenhas, Bryan & Kay McInerney, Moises Millena, Nympha Miller, Sandra Miller, Sydney Morris, Fr Chris Mithen CP, Tracy Mulla, Jacek Nawrot, Delia Nazal, Herminigilda & Donnel Nazel, Dianne Nelson, Bruce Newham, Colleen Nolan, Maria Nyss, Zeny Oringo, Aurora Ostrea, Elsie Pajeta, Maria Pamen, Marios Pericleous, Pam Pizzuto, Ariane Robert, Herve Rochecousta, Luisa Emily Rosales, Trevor Rowe, Daniel Solomon Rowlands, Arren Samia, Norman Samuelu, Jason Sanderson, Roseanne Shirley, Sabbir Siddique, Len Sigle, Valentino Smiroleo, Lisa Sperineck, Brian Sullivan, Joe Tabone, Lorie Tabone, Alan Tago, Carmela Talos, Maria Tamer, Theresa M Taylor, Alicia Tecson, George Try, Robert Turner, Baby Charlotte Vella, Michael Vella, Darryl Von Bock, Susan Voros, Ron Vukovic, Edward Wagner, Milton Watts, David Wakeling, Heather Whitborn, Bob Wrightson, Connie Xerri, Baby Stella Maria Zanette, Michelle Zotz, Thomas Zotz.

**ST NICK'S GROUPS**

**CHILDREN'S LITURGY  
RESUMES 27 JULY**

**MOTHERS WHO PRAY FOR THEIR CHILDREN  
RESUMES 21 JULY**

**YOUNG AT HEART - over 50's**  
10.15am 3rd Tuesday of month in PMR1

**LEGION OF MARY**  
11am Wednesday in PMR 2

**ZUMBA CLASSES**  
7pm Thursday in the Hall

**ST NICK'S FLICKS MOVIE NIGHT**  
7pm last Friday of month in Hall

**YOUTH GROUP - Holy Rollers (9 - 12's)**  
6pm 2nd Friday of month in Hall

**YOUTH GROUP - over 16's**  
4.30pm 2nd and 4th Saturday of month in PMR 2

**CHURCH CLEANLINESS**

A gentle reminder as you leave after Mass, we kindly ask you to help keep our church clean, tidy, and welcoming for the next congregation. by taking your Parish bulletin with you or place it where it belongs, remove any tissues or personal items from the pews.

Your small act of care helps keep our church beautiful for everyone. Thank you for your kindness and cooperation.

**ADULT CONFIRMATIONS 2026**

The Office for Worship will host a Catechesis and Formation Day for those candidates (16+) interested in receiving the Sacrament of Confirmation this year. This will be on **Saturday 29th August, 9.30am – 2.00pm at the Bishop Bede Heather Centre in Blacktown**. A light lunch will be provided on the day. It is recommended that all sponsors attend the catechesis day. A contribution of \$40 is suggested from the candidates to assist in covering the Catechesis Day.

The Confirmation will take place on  
**Tuesday 1st September, 2026**  
**at 7:30pm at the Cathedral.**

**Please Note:** Enrolment forms and a copy of Baptismal Certificates should be sent to OFW **before Monday 18th August, 2026.**

For more information, please contact the Office for Worship [ofw@parracatholic.org](mailto:ofw@parracatholic.org) or 0460 037 795.

**PLANNED GIVING**

*We are grateful for your stewardship*

**FIRST COLLECTION goes to supporting the Priests of the Diocese.**

**BSB** 067 950  
**Acct No** 100003570  
**Acct Name** Parramatta Diocesan Clergy  
**Reference** 6029 [SURNAME]

**SECOND COLLECTION goes to the support of the Parish**

**BSB** 067 950  
**Acct No** 100001692  
**Acct Name** Penrith St Nicholas Catholic Church  
**Reference** [ENVELOPE # OR SURNAME]

## PARISH NEWS

### Mass Readings for 11 / 12 July 15th Sunday of Ordinary Time Year A

<b>1st Reading</b>	Isaiah 55: 10 - 11
<b>Responsorial Psalm</b>	Psalm 64: 10 - 14
<b>2nd Reading</b>	Romans 8: 18 - 23
<b>Gospel</b>	Matthew 13: 1 - 23

### SAFEGUARDING NEWS

#### The Parramatta Way of Safeguarding is to maintain safeguarding records in line with our Records Management System Policy

Our Parish is committed to ensuring that our records are complete, up to date and accurate and that they are stored in a confidential and secure environment. We abide by relevant legislative obligations for record retention.



### PARISH YOUTH

#### HOLY ROLLER

No meeting this month due to School Holidays

**Next Meeting: Friday 14 August, 6:00 – 7:30 pm, in Hall.**



#### YOUTH GROUP - OVER 16'S

**Next Meeting: Saturday 11 July, 4:30 – 6pm, in PMR2**



### ALTAR SERVERS TRAINING

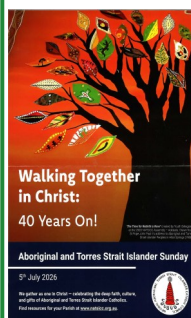


The next training session will take place on **Thursday 23 July at 4.15 pm.** Please contact the Parish Office to register your child for Altar Server training.

### STUART'S UNIT

Stuart's unit has been brought by one of our parishioner. If you know of anyone who is looking to rent a unit please contact RE/MAX Lifestyle Marketing (see back of Bulletin for contact details)

## ABORIGINAL AND TORRES STRAIT ISLANDER SUNDAY



This year invites us into reflection. We mark 40 years since St Pope John Paul II spoke to Aboriginal and Torres Strait Islander Peoples in Alice Springs, and we celebrate 50 years of NAIDOC Week. These milestones are more than anniversaries - they are reminders of enduring faith, resilience, and our shared call to walk together.

At times, it is important to look back. Not to dwell in the past, but to recognise the path that has been travelled - to see the strength, the challenges, and the grace that have carried us forward. In this, we trust in God's providence, present in every step of our journey.

Our theme, Walking Together in Christ: 40 Years On!, speaks to this moment. It calls us to continue the journey with humility and hope - listening deeply, and walking side by side as one Body in Christ, guided by the Holy Spirit.

Across this land, the Church is enriched by the cultures and voices of Aboriginal and Torres Strait Islander Peoples. Their spirituality, connection to Country, and deep sense of community continue to shape and strengthen the life of the Church in Australia.

*We welcome the following children  
to our Parish community  
who were baptised in **June***



*Jack Bennett, Daisy Cope, Evie Crebbin,  
Finley Reeve, Chad Yeuny, Hayes Jackson,  
Lailai Meikle, Alaria and Beau Ristmagi,  
Atlas Wood, Amina and Kyra Atie, Summer Jifkins,  
Lewis Raymont*

The Parish will be taking photos during major liturgical celebrations and other events to promote the Parish mission and may use these photos in the Parish Bulletin, Facebook page or website. If you have any concerns please contact the Parish Office.

## CALENDAR

Mon 6/7	Tue 7/7	Wed 8/7	Thu 9/7	Fri 10/7	Sat 11/7 St Benedict Memorial	Sun 12/7 15th Sunday of Ordinary Time
9am Exposition of Blessed Sacrament and Rosary 9.30am Mass 7pm Baptism Preparation	6.45am Mass 9am Exposition of Blessed Sacrament and Rosary 9.30am Mass 10am Catechist Mtg 6.30pm Pastoral Plan Deanery Formation	9am Exposition of Blessed Sacrament and Rosary 9.30am Mass 11am Legion of Mary 7pm Mass followed by Novena of our Lady of Perpetual Help	9am Exposition of Blessed Sacrament and Rosary 9.30am Mass 7pm Zumba	6.45am Mass 12.10pm Mass followed by Divine Mercy Adoration	9am Healing Mass, Adoration and Reconciliation 4.30 Youth Group over 16's Mtg 5pm Reconciliation 6pm Mass	7am Mass 8.30am Mass 10am Mass 11.45am Baptisms 6pm Mass

## PARISH ROSTER 11 / 12 July 2026

IF YOU ARE UNABLE TO FULFIL YOUR MINISTRY IT IS YOUR RESPONSIBILITY TO ORGANISE A REPLACEMENT

	Acolyte MATA	Altar Servers	Community Rep	Reader	Eucharistic Ministers	Music	AV
Vigil	Jenny Hogan Brian Scott	Evalina Hasna Siona Sebastian	Sharon Falleiro	Lauren Hasna	Deb Scott Lee Scully	J.Y. Family Choir	Sharon Clarke
7.00am	Alan Barnes Maryanto Josio	<i>Not required</i>	Margaret Scicluna	Agnes Suluape	Elenita Sajonia Robert Sajonia	No Music	Brian Rees
8.30am	Rodney Howard Michael Tolentino Amanda Clarke	Michael Ostrea Jostick Joseph	Rose Walsh	Jennifer Letran	Erik Deveza Evette Isaaks Shane Didier Serre Peter Nematalla Peter Wheller	Jeffery Mizzi	Sharon Clarke
10.00am	Johan Soertsz Jun Relunia	Amelia Ross Andrew Johnson	Dominic Dawson	John Jordan	Arts Calub Nerissa Calub	AMDG Adult Choir	Mark Johnson
6.00pm	Angelo Aish Aish Sebastian	Francis Obama Joshua Esteban Ram Esteban	Maria Baltazar	Queenie Reales	Carolyn D'Mello Kathryn Wrightson	CFC	CFC

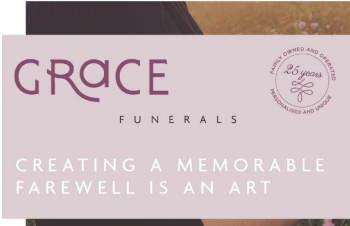
## SUPPORT YOUR LOCAL BUSINESSES



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- 2021
- 2020
- 2019

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- 2022
- 2021
- 2020
- 2019

**RMA AGENT OF THE YEAR AWARDS**  
2023 | Cambridge Park and Penrith  
2022 | Cambridge Park, Kingswood & Werrington  
2021 | Cambridge Park and Kingswood  
2020 | Penrith and Werrington  
2019 | Kingswood

**Multi Award Winning Agency | SUBRUB WINNER**  
2023 | Cambridge Park and Penrith  
2022 | Cambridge Park, St Marys and Werrington  
2021 | Cambridge Park, Kingswood & Penrith  
2020 | Cambridge Park and Penrith  
2017 | Claremont Meadows

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