



# JESUS, THE GOOD SHEPHERD PARISH

~ East Lake Macquarie ~

◆ St Francis Xavier's Belmont ◆ St Patrick's Swansea ◆ St Pius X Windale ◆

· FOURTEENTH SUNDAY IN ORDINARY TIME · YEAR A · 5 JULY 2026 ·

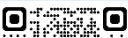
## Parish Presbytery


**Parish Priest** Fr Gerard Mackie PP  
**Postal Address** PO Box 277  
BELMONT NSW 2280  
**Phone** 02 4945 1244  
**Email** [gem5403@gmail.com](mailto:gem5403@gmail.com)

## Parish Office

**Accounts and Administration Officer** Mrs Liza Ruitenbach  
**Street Address** 40 Ernest Street  
BELMONT NSW 2280  
**Postal Address** PO Box 277  
BELMONT NSW 2280

**Phone** 02 4945 4402  
**Email** [elmparish@mn.catholic.org.au](mailto:elmparish@mn.catholic.org.au)

**Facebook**  [Jesus the Good Shepherd Parish-East Lake Macquarie](https://www.facebook.com/pages/category/Catholic-Church/Jesus-the-Good-Shepherd-Parish-East-Lake-Macquarie-105542444421379/)

**Webpage**  <https://mn.catholic.org.au/parish/jesus-the-good-shepherd-east-lake-macquarie/>

**Columbarium** All enquiries via Parish Office

## Office Hours

**Monday** 8:30AM to 1:30PM  
**Wednesday** 8:30AM to 1:30PM  
**Thursday** 8:30AM to 1:30PM

## Schools

### St Francis Xavier's Catholic Primary School Belmont

**Principal** Mrs Freda Pascoe  
**Street Address** 42 Ernest Street  
BELMONT NSW 2280  
**Postal Address** PO Box 206  
BELMONT NSW 2280  
**Phone** 02 4945 2404  
**Email** [admin@belmont.catholic.edu.au](mailto:admin@belmont.catholic.edu.au)  
**Website** [www.belmont.catholic.edu.au](http://www.belmont.catholic.edu.au)  
**OOSH** <https://stnicholasoosh.org.au/belmont>

### St Patrick's Catholic Primary School Swansea

**Principal** Ms Lucy Harvey  
**Street Address** 213 Northcote Avenue  
SWANSEA NSW 2281  
**Postal Address** PO Box 141  
SWANSEA NSW 2281  
**Phone** 02 4971 1560  
**Email** [admin@swansea.catholic.edu.au](mailto:admin@swansea.catholic.edu.au)  
**Website** [www.swansea.catholic.edu.au](http://www.swansea.catholic.edu.au)

### St Pius X Catholic Primary School Windale

**Principal** Mr Stephen Pryde  
**Street Address** 2 Lake Street  
WINDALE NSW 2306  
**Postal Address** As above  
**Phone** 02 4948 8467  
**Email** [admin@windale.catholic.edu.au](mailto:admin@windale.catholic.edu.au)  
**Website** [www.windale.catholic.edu.au](http://www.windale.catholic.edu.au)

## Diocese of Maitland-Newcastle

**Bishop** Bishop Michael Kennedy  
**Street Address** 841 Hunter Street  
NEWCASTLE WEST NSW 2302  
**Postal Address** PO Box 780  
NEWCASTLE NSW 2300  
**Phone** 02 4979 1200  
**Email** [chancery@mn.catholic.org.au](mailto:chancery@mn.catholic.org.au)  
**Website** [www.mn.catholic.org.au](http://www.mn.catholic.org.au)

## Liturgical Celebrations

### Weekday Mass Times

**Monday:** 8:30AM Belmont  
**Tuesday:** 8:30AM Windale  
**Wednesday:** 8:30AM Swansea  
**Thursday:** 8:30AM Belmont  
**Friday:** 8:30AM Swansea  
**Saturday:** 8:30AM Belmont

### Sunday Mass Times

**Saturday:** 5:00PM Swansea  
**Sunday:** 7:30AM Windale | 9:00AM Belmont

### Live Stream

Our Mass continues to be livestreamed daily and is available via Facebook <https://www.facebook.com/pages/category/Catholic-Church/Jesus-the-Good-Shepherd-Parish-East-Lake-Macquarie-105542444421379/>.

## Feast Days

4 Jul Saint Elizabeth of Portugal  
6 Jul Saint Maria Goretti, Virgin & Martyr  
7 Jul Blessed Peter to Rot, martyr  
9 Jul Saint Augustine Zhao Rong, Priest, & Companions, Martyrs

## Morning Prayer

Morning Prayer is prayed 15 minutes before our weekday Mass.

## Rosary

We invite everyone to pray the Rosary daily after the 8:30AM weekday Mass from Monday to Saturday. Rosary is also prayed on Saturdays prior to the Vigil Mass at St Patrick's Swansea, commencing forty (40) minutes before the Mass, starting 5:20PM Summer and 4:20PM Winter.

## Votive Candles

Burning votive candles is a common sight in Catholic churches. The light signifies our prayer offered in faith entering the light of God. All are welcome to light candles. Gold coin donations. All proceeds support the Parish.

## Mass at Jesus the Good Shepherd

The following information is to assist parishioners and visitors:

- ✓ **Face masks** are available at the church entrance.
- ✓ **Hand sanitiser** is available at the church entrance.
- ✓ **Holy Water** is available and changed regularly.
- ✓ Please **take your bulletin home** with you after Mass.
- ✓ A selection of **Children's worksheets** is available for children.
- ✓ The **Sign of Peace** remains contactless except between those residing in the same household.
- ✓ The **Communion Host** can be received in the hand, or on the tongue with care. For the latter, proceed to the Priest only and at the end of the line.
- ✓ The **Precious Blood** can be received. A person with symptoms of cold, flu, COVID, or other viruses should not share the chalice with others. Intinction is only for priests.
- ✓ There are two (2) **collection plates** during Mass. Thank you for your continued support. The following option is available:
  - The **First Collection** supports Diocesan **Clergy**:  
Account name: ELM Parish  
Reference: <your name>  
BSB: 066-739 Account Number: 100005583
  - The **Second Collection** supports our **Parish**:  
Account Name: ELM Parish  
Reference: <your name>  
BSB: 066-739 Account Number: 100005586



## Parish Office

When visiting the Parish Office, use the footpath and **not** walk across the garden. On-site visitors are all required to sign-in. Hand sanitizer and face masks are available if needed.

## Sacraments

### Thinking of becoming Catholic?

See Fr Gerard or email [gem5403@gmail.com](mailto:gem5403@gmail.com).

### Anointing of the Sick

Anointing of the Sick is available. See Fr Gerard

### Baptism

The Sacrament of Baptism enquiries are made via the Parish Office.

**Baptism Preparation:** The program is held every first Saturday of the month, except January, at 11:15AM in the Parish Hall at Belmont. Enrolment forms are available at each church or from the Parish Office. Our next session is on **Saturday 1 August 2026**. Bookings are essential.

### Funerals

To organize a funeral please contact the Funeral Directors who will then contact the Parish Priest.

### Columbarium

For an information contact the Parish Office.

### Marriage

For all wedding enquiries or bookings, contact Fr Gerard.

### Penance

The celebration of the Sacrament of Penance is available.

Penance Times:

Belmont: Saturday morning after Mass  
(Be seated and wait in the pew in front of the organ)  
Swansea: Saturday evening before Mass  
(Be seated in pew near confessional back of the church)

## Children's Liturgy

**JOIN US** at St Francis Xavier Church Belmont for Children's Liturgy of the Word during 9:00AM Mass on the **third Sunday of every month**.

This child-centred liturgy offers a friendly, safe, and engaging space (in the church hall) where children can hear and reflect on the Gospel in a way that speaks to their hearts.

All children are warmly invited to participate – come and share in the joy of faith made simple and meaningful for our youngest parishioners.

Stay after Mass for a relaxed morning tea – a great chance to connect with fellow families and parishioners!

## Prayer Requests

### Please pray for

**Sick:** Marlene O'Neill, Laura Langan, Geoff Brown.

(Once the person is no longer in need of prayer, would you kindly inform the Parish Office)

**Recently Deceased:**

**Anniversaries:** Gary Davies.

*Eternal rest grant to them, O Lord, and let perpetual light shine upon them. ✠ May their souls and the souls of all the faithful departed, though the mercy of God, rest in peace. Amen*

Mass Intentions for publication may be submitted on an envelope on the collection plate, or to the Parish Office by email, or by phone; by 9:00AM Wednesday each week ahead. **Envelopes are available at the church entrance.** Please write details clearly to avoid errors. A reminder that you need the permission of the person, or their family, to enable us to publish names.

## Pope's Prayer Intentions

You are invited to answer the Holy Father's request and to join with many people worldwide in praying for this intention each month.  
<https://www.popesprayer.va/>

### July's Intention is For respect for human life.

Let us pray for the respect and protection of human life in all its stages, recognizing it as a gift from God.

## Safeguarding in Our Parish

### Our Children and Vulnerable Adults

The Parish of Jesus, the Good Shepherd is committed to the safety, welfare and wellbeing of children and vulnerable adults. Information brochures are available at the entrance to the Church. Our **Parish Promoters of Safeguarding** are all the members of the Parish Pastoral Council.

## Reflection

by Greg Sunter



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! © Greg Sunter

If you have any concerns for a child or vulnerable adult, contact the Office of Safeguarding via P 02 4979 1390 or

E [childprotection@mn.catholic.org.au](mailto:childprotection@mn.catholic.org.au).

**For further information visit:**

Website: [www.officeofsafeguarding.org.au](http://www.officeofsafeguarding.org.au)

Facebook: <https://officeofsafeguarding.org.au/>

Complaints: <https://officeofsafeguarding.org.au/making-a-complaint/>



## Parish News

### Welcome

We welcome new parishioners and visitors. We invite you to pick up and complete our 'New to the Parish?' flyer.

### Children's Worksheets

Each weekend there is a new Children's Liturgy worksheet available at the Church entrance, and some old ones too.

### Winter Appeal

Thank you for supporting the St Vincent de Paul Society's Winter Appeal.

### Pledge Cards

Thank you for your continued commitment and financial support.

## Diocesan News

### NAIDOC Week 2026 (5-12 July)

Join us for the NAIDOC Week Flag Raising Ceremony as we celebrate this year's theme, "50 Years of Deadly"—marking five decades of Aboriginal and Torres Strait Islander excellence, strength, culture, and leadership. Following the ceremony, a community procession will make its way to Foreshore Park for the Awabakal Newcastle NAIDOC Community Festival. The Diocese of Maitland-Newcastle is proud to support this important event and invites all to come together to celebrate, listen, learn, and walk alongside First Nations peoples in the spirit of reconciliation.

**When:** Monday 6 July 2026, 8:45AM **Where:** Civic Park, Newcastle  
**Register:** <https://mn.catholic.org.au/event/2026-naidoc-week-community-festival/>

### Called to Know More: Ministry to Seafarers

Join us for the next Called to Know More gathering as Port Chaplain Mark Spencer shares stories of the lives of seafarers and the Church's ministry among them ahead of Sea Sunday on 12 July. More than 90% of the goods we rely on arrive by sea, carried by people who often spend months away from home facing isolation and challenging conditions. Enjoy a guided bus tour of Port Waratah, the Port of Newcastle, and the Stella Maris Centre at Wickham. Seats are limited, so bookings are essential: <https://mn.catholic.org.au/event/called-to-know-more-stories-from-our-stella-maris-port-chaplain/>

**When:** Thursday 9 July from 11:15AM - 1:30PM  
**Where:** Diocesan Resource Centre Cnr Parry & Tudor Streets Newcastle West

### Faith Stories & Miraculous Healing Testimony

Our Catholic Faith has many treasures, from the Holy Mass to the Eucharist to the Sacraments to the Blessed Mother to the Saints to even unexplainable events like miraculous healings that science and medicine cannot explain. Join us at Vineyards Catholic Parishes for three talks on two of the Church's newest Saints – St. Pier Giorgio Frassati and St. Carlo Acutis, and our Blessed Mother presented by Paul Elarde, and a miraculous healing testimony at Lourdes from his wife, Juliana.

**10 July** - Talk 1 - Our Newest Saints! Part 1: St. Pier Giorgio Frassati

**11 July** - Talk 2 - Our Newest Saints! Part 2: St. Carlo Acutis, Talk 3 - Why Mary Matters?, Talk 4 - Testimony by Juliana Elarde: "I walked out of my wheelchair in Lourdes"

**When:** Friday 6:15PM to 9:00PM and Saturday 10:00AM to 4:00PM

**Where:** Kurri Parish Hall 102 Barton Street Kurri Kurri  
**Register** via: <https://mn.catholic.org.au/event/kurri-kurri-church-presents-faith-stories-miraculous-healing-testimony/>  
**Contact:** Yvonne for more info on 0450 323 206.

### SRE Reflection Day with Bishop Michael

Special Religious Reflection Day with Bishop Michael on 17 July Is postponed and will need to be rescheduled to a later date.

## Diocesan Resource Centre

From Wednesday 8 to Friday 24 July (10:00AM–2:00PM), browse our Pre-Loved Book Sale, featuring religious and general-interest books, with most titles just \$5. All proceeds support the outreach work of CatholicCare Social Services Hunter-Manning.

### The Synodal Way: A journey into what the Global Synod Now Asks of Us

The Synod on Synodality has been one of the most significant events in the life of the Catholic Church since Vatican II. For the first time, lay women and men joined bishops in the Synod Assembly with equal voting rights. Shortly afterwards, Pope Francis adopted the Final Document as part of the ordinary teaching of the Church.

What does this mean for us and for the future of our Diocese? Join us as we explore the key themes of the Final Document, the implementation phase now underway, and opportunities to become involved in local Synodal Teams. Please bring a plate to share and register your attendance.

**CHARLESTOWN Pastoral Centre:** Wed 15 July 6:00PM-8:00PM  
**Register:** <https://www.eventbrite.com.au/e/the-synodal-way-tickets-1991962613800?aff=oddtcreator>

OR

**WARNER'S BAY Church Hall** Mon 20 July 6:30PM -8:30PM  
**Register:** <https://www.eventbrite.com.au/e/the-synodal-way-tickets-1991965186495?aff=oddtcreator>

### Young Adult Retreat 2026: To Be Human

The Young Adult Retreat returns this year, inviting young adults aged 18–35 to explore what it means *To Be Human* and fully alive in this life and for eternity. This retreat offers a unique opportunity to deepen your faith, build lasting friendships, and connect with other young adults from across the Diocese. Featuring expert speakers from around NSW and Australia, a dynamic and engaging program, praise and worship, and the sacraments, this promises to be a transformative weekend.

**When:** Friday 17 July to Sunday 19 July 2026  
**Where:** Camp Elim – Forster  
**Register:** <https://ALIVEYA26.eventbrite.com.au>

### 2026 Magdalene Awards

We warmly invite you to join us as we celebrate and recognise these remarkable women and their contribution to our diocesan community. Sunday 26 July, 9:30AM, Sacred Heart Cathedral  
**Register:** <https://mn.catholic.org.au/event/save-the-date-the-2026-magdalene-award-celebration/>

### Nourishment Day – Refreshing the Hearts of Parish Musicians

Parish musicians are warmly invited to a day of prayer, reflection, learning, and fellowship.

**When:** Saturday 8 August 2026 10:00AM – 3:00PM  
**Where:** 841 Hunter Street Newcastle West  
**RSVP:** <https://mn.catholic.org.au/event/nourishment-day-refreshing-the-hearts-of-parish-musicians/>

## Other

### Aboriginal and Torres Strait Islander Sunday

#### Walking Together in Christ: 40 Years On!

Sunday 5 July 2026 - This year's celebration carries particular significance as NATSICC marks forty years since Saint Pope John Paul II's historic address to Aboriginal and Torres Strait Islander Peoples in Alice Springs in 1986. His words continue to resonate deeply with those communities and the wider Australian Church:

*"The Church herself in Australia will not be fully the Church that Jesus wants her to be until you have made your contribution to her life and until that contribution has been joyfully received by others."*

## Fourteenth Sunday in Ordinary Time

### Entrance Antiphon

Cf. Ps 47:10-11

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.

### First Reading

Zec 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.

### Responsorial 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.**

1. I will give your 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.
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.
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.
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.



### 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

See Mt 11:25

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

### 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.

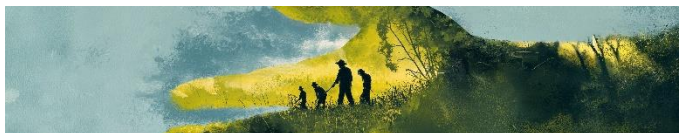
### Communion Antiphon

Ps 33:9

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

OR Mt 11:28

Come to me, all who labour and are burdened,  
and I will refresh you, says the Lord.



## Next Week's Readings

### Fifteenth Sunday in Ordinary Time

First	Is 55:10-11
Psalm	Ps 64:10-14. R. Lk 8:8
Second	Rom 8:18-23
Acclamation	See Matthew 11:25
Gospel	Mt 13:1-23