

"I Will Give You Rest"

Today Jesus tells us, "Come to Me, all you who labour and are burdened and I will give you rest." God understands that we get tired and worn out. He wants us to come to Him when we need to rest. He refreshes our souls and gives us the energy and strength to carry on.



Jesus, I'm so tired! Please help me! Do you ever feel like quitting when a job gets hard? Maybe you get tired of school or helping your Mom or Dad. When you feel like giving up it's time to start praying! Your work might seem easier when you pray, but even if it still seems hard you will be happier knowing that you are doing it for God.

Jesus tells us to take His yoke on our shoulders. A yoke is a sort of bar that is used to help carry heavy things. Jesus is saying that we should do His work. For some people that means preaching like He did, or healing the sick, or being a priest, but for most people it means just doing everything we have to do out of love for God.



www.thekidsbulletin.com

SACRAMENT OF BAPTISM:

Baptisms are usually celebrated on the fourth Sunday of every month. Please contact the Parish Office at least **6 weeks** before the date.

SACRAMENT OF MARRIAGE:

Couples must contact the Parish Office to arrange at least **6 months** before the desired date.

MASS INTENTIONS:

Intentions must be booked at least by the Wednesday, one week before the desired date.

F Q N E Y M Y V K K D X G X E
Q Q K O Q R G H U M B L E M S
W O Q F A V E I E D T E O R Z
Y M O E V B N Y Q Q K C T B V
F N W L S W T H V A D C M U W
P H K G R O L E T R W T F R D
E M G I B U E A G E W W R D A
Z A A V G P S R R W C H V E Y
M S S E Z J Z T F E C W L N T
Q U Q Y V X T H G Q A R X J N
R E S E M X E N U E L Y N R W
X C C O I I Y X M J F I A A K
E I Z A U S S L Y J K E G Y D
Y I J O L L V N I X L E R H V
W G T R L L S K E R E S T K T

HUMBLE	ALL	LEARN	LIGHT	YOKE
SOULS	WEARY	GENTLE	TAKE	HEART
COME	GIVE	EASY	BURDEN	REST



The LORD
is gracious and full of compassion,
Slow to anger and great in mercy.

The LORD is good to all and
His tender mercies are over all His works.

Psalms 145:8-9



St. Joseph the Worker Parish
Gros Islet, Grande Riviere & Monchy

CONFESSIONS

Every Saturday
9.00 - 10.00 a.m.
&
by appointment

Synod 2021-2023: Communion/Participation/Mission

14TH SUNDAY IN ORDINARY TIME - 5TH JULY 2026 - YEAR A

His Yoke is Easy.

Jesus is portrayed in today's Gospel as a new and greater Moses. Moses, the meekest man on earth, was God's friend. Only he knew God "face to face", and Moses gave Israel the yoke of the Law, through which God first revealed Himself and how we are to live.

Jesus, too, is meek and humble. But He is more than God's friend. He is the Son who alone knows the Father. He is more also than a law-giver, presenting Himself today as the yoke of a new Law and as the revealed Wisdom of God.

As Wisdom, Jesus was present before creation as the firstborn of God, the Father and Lord of heaven and earth. And He gives knowledge of the holy things of the kingdom of God in the gracious will of the Father, Jesus reveals these things only to the "childlike", those who humble themselves before Him as little children. These alone can recognize and receive Jesus as the just savior and meek king promised to daughter Zion in the First Reading.

We, too, are called to childlike faith in the Father's goodness as sons and daughters of the new kingdom, the Church. As Paul exhorts in the Epistle, we are to live by the Spirit we received in Baptism, putting to death our old ways of thinking and acting. Our "yoke" is to be His new law of love, by which we enter into the "rest" of His kingdom.

As we sing in the Psalm, we joyously await the day when we will praise His name forever in the kingdom that lasts for all ages. This is the sabbath rest promised by Jesus, the rest first anticipated by Moses, but which still awaits the people of God.

(excerpt: stpaulcenter.com)

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SUNDAY READINGS

First Reading

Zec.9:9-10

Second Reading

Rom.8:9,11-13

Gospel

Mt.11:25-30



MASS TIMES

Gros Islet

Morning Prayers:

Mon -Fri

5:45 a.m.



MONDAY

6:00 a.m./12:30 p.m.



TUESDAY

6:00 a.m.



WEDNESDAY

6:00 a.m./12:30 p.m.

G/Riviere: 6:00 p.m.



THURSDAY

6:00 a.m./12:30 p.m.



FRIDAY

6:00 a.m./12:30 p.m.



SATURDAY

6:30 a.m./6:00 p.m.



SUNDAY

Gros Islet/G. Riviere

7:30 a.m.

Gros Islet/Monchy

10:00 a.m.



HOLIDAY

Variable



St. Benedict - Feast Day July 11th

Benedict of Nursia (c.480–543) was born just as the Roman Empire was disintegrating, and during his youth, the Italian peninsula was the scene of constant war. Benedict moved from his birthplace to Rome, but disgusted with the paganism and immorality he saw there, he retired to a cave some 30 miles east of Rome where he lived as a hermit and endured severe privations.

As his reputation for holiness and performing miracles spread, many monks tried to attach themselves to him. Benedict agreed to become abbot of a small monastery, but the monks who tried to live under his direction hated his regimen so much they plotted to kill him. After the attempted murder, he returned to solitude. Again monks sought him out, and before long he had established 12 monasteries. He soon moved on again, and with some disciples established another monastery, this time on the mountain above Cassino, about 80 miles south of Rome. At this new monastery, Benedict directed the monks with his beliefs and instructions on religious life and ideas from a number of earlier monastic writings. These were collected in what is now known as the Rule of Saint Benedict.

The “Rule” has a unique spirit of balance, moderation and reasonableness, and became one of the most influential religious books in Western Christendom. Its combination of compassion and discipline made the Rule a model for many later monastic orders, and one reason why monasticism became such a viable life for so many over the next centuries, during which the institution literally shaped the future of Europe. For this reason, Benedict is often called the founder of western monasticism. To this day the “Rule of St. Benedict” remains the most common and influential of precepts used by monasteries and monks, more than 1,400 years after its writing. He is honoured by the Church as the patron saint of Europe and students.

(excerpt: wikipedia.org)
(excerpt: christianitytoday.com)

About The St. Benedict Crucifix: This crucifix was made in honour of St Benedict and is considered a symbol of the fight against evil. On one side, the medal on the crucifix has an image of St Benedict holding the “Rule” in his left hand and a cross in his right. There is a raven and a cup flanking him. Around the outer margin are the words "Eius in obitu nostro praesentia muniamur" ("May we, at our death, be fortified by His presence"). The other side of the medal has a cross with the initials CSSML which mean "Crux Sacra Sit Mihi Lux" ("May the Holy Cross be my light") and NDSMD which stand for "Non Draco Sit Mihi Dux" ("Let not the dragon be my overlord"). The initials CSPB stand for "Crux Sancti Patris Benedicti" ("The Cross of the Holy Father Benedict"). Either the inscription "PAX" (Peace) or IHS" may be found at the top of the cross .

Around the medal's margin on the other side are the initials VRSNSM - "Vade Retro Satana, Nonquam Suade Mihi Vana" ("Begone Satan, do not suggest to me thy vanities") then a space followed by the initials SMQLIVB meaning "Sunt Mala Quae Libas, Ipse Venena Bibas"("Evil are the things thou profferest, drink thou thy own poison").

PLEASE PRAY FOR
THE SICK

Patsy Crafton
Iris Macauldy
Marie Joseph
Claudia Joseph

DECEASED

Lina Modeste
Clement Myers
Cecilia Richard
Francis Charles
Mary Charmont
Jamie Alcindore
Philomene Antoine

WEEKDAY READINGS



MONDAY
Hos.2:16,17-18,21-22
Mt.9:18-26



TUESDAY
Hos.8:4-7,11-13
Mt.9:32-37



WEDNESDAY
Hos.10:1-3,7-8,12
Mt.10:1-7



THURSDAY
Hos.11:1-4,8-9
Mt.10:7-15



FRIDAY
Hos.14:2-10
Mt.10:16-23



SATURDAY
Is.6:1-8
Mt.10:24-33



MASS INTENTIONS

GROS ISLET

CLERGY/RELIGIOUS

INTENTIONS

14TH SUNDAY IN ORDINARY TIME - YEAR A

Sat Jul 4 - 6:00 p.m.

Sun Jul 5 - 7:30 a.m.

10:00 a.m.

Grande Riviere - 7:30 a.m.

Monchy - 10:00 a.m.

I WILL EXALT YOU
MY GOD
THE KING;
I WILL PRAISE YOUR
NAME FOR EVER AND
EVER.

PSALM 145:1

Thks: Augusta Toussaint
Iouanola Finistere
B'day: Alannah Bousquet, Jaeden Glace

MISSA PRO POPULO

Guid & Thks: Joshua Duncan & family

Thks: Dianne & John Mzondo

B'day: Jannel Cadet, Prisca Bruno

WEEKDAY MASS INTENTIONS

Mon Jul 6 - 6:00 a.m.

12:30 p.m.

Tue Jul 7 - 6:00 a.m.

Wed Jul 8 - 6:00 a.m.

Thu Jul 9- 6:00 a.m.

12:30 p.m.

Fri Jul 10- 6:00 a.m.
St. Thomas, Apostle

12:30 p.m.

Sat Jul 11 - 6:30 a.m.
St. Benedict, Abbot

Msgr. Patrick Anthony

Archbishop Robert Rivas
Sr. Frances Norbisch

Fr. Albert Smith
Mother Rosaria Joseph
Sr. Christine Alphonse

Fr. Amalraj
Fr. Cezar Herrera
Rev. Andrew Edward

Fr. Joseph Xavier
Sr. Benedicta Chanda

Sr. Petronilla Banda

Thks: Valdez & Valdine Belrose

Dc'd: Mona James
Mary Theresa Alanzo
Catherine & Adams Alexis

Int: Anthony Robinson

Int: Bernadette Pamphile
Thks: Cyrillia & Althea Palton

B'day: Eldra Sidoine
Deacon Andrew Edward
Thks: Shanta King & family

Dc'd: Annie James
Catherine Dorsithee

Guid & Protec: Mikaela Elliott

Deliv: Lawrence Hyacinth
Thks: Ralph Frederick
Mary Wellington & family

Dc'd: Adams Alexis
Sir Emmanuel Neville Cenac