



Society of African Missions

23 Bliss Avenue
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 Phone: 201-567-0450
 Visit our website
www.smafathers.org



Administration:

Fr Ranees A. Rayappan,
 Provincial Superior
Fr Dermot Roache,
 House Superior

Mass Schedule

Sundays

8:00 am; 10:00 am; 12 noon

Weekdays & Holy Days

8:00 am; 9:30 am; 11:45 am

Christmas & New Year's Day

8:00 am; 10:00 am; 12:00 noon

Confessions

Saturdays 4:30 pm to 5:00 pm

Bereavement & Visit to the Sick

Contact Fr. Dermot Roache
 201-567-0450 Ext. 212

Our Lady of Perpetual Help

Rosary

Every Wednesday at 11:00 am
 Followed by Mass, Adoration
 and Benediction at 5:30 pm

The Little Way of St. Therese of Lisieux

2nd Sundays after 12 pm Mass

Bible Reflection Group

Thursdays: 7:30 pm in the hall

Perpetual Mass Association

Office open Monday-Friday
 from 8:00 am to 3:00 pm

S.M.A. Vocation Office

Fr. Julien Esse, SMA
 551-449-4357

FOURTEENTH SUNDAY IN ORDINARY TIME Masses for the week of July 5 — July 11, 2020

Date	Time	Intention	Requested by:
Sun.-Sat.	8:00	Liv & Dec Benefactors of the SMA	
Sun. July 5	10:00	Sung Choi Family – Mariana Cho (Liv.)	Mariana Cho
	12:00	Celine Dilworth+	The Flynn Family
Mon. July 6	9:30	Robert Doonan+	Susan Murphy
	11:45	Anne Broderick+	Kathleen Spina
Tue. July 7	9:30	Glen Pascual—Padaloy Family (Liv.)	Linda Rubio
	11:45	Deceased Members of the Desrochers Family	
Wed. July 8	9:30	Deceased Members of the Paradis Family	
	11:45	Anna & Guiseppa Pastore+	Anna Pastore
Thurs. July 9	9:30	Etnel & Elaine Cortez (Liv.)	Erlynda Cortez
	11:45	Fr. John F. Murray, SMA+	John McGill
Fri. July 10	9:30	Michael R. Desrochers+	
	11:45	Rose & Larry Peltier+ Ann Kurpiel+	Michelle Supper
Sat. July 11	9:30	Reverend Raymond C Plourde+	
	11:45	Michael R. Desrochers+	

Please note that the Mass Intentions are being honored in private by our Priests.

Today's Readings:

First Reading: Zechariah 9:9-10

The Messiah's coming makes our hearts and souls rejoice, for he humbles himself to share our life.

Second Reading: Romans 8:9. 11-13

We are spiritual people who belong to Christ and are filled with his Spirit.

Gospel: Matthew 11:25-30

The Lord calls us to come to him, that we may find rest for our souls.

“Come to me, all you who labour and are overburdened.”

Illustration

“Shoulder my yoke,” says Jesus, and perhaps few of us have ever seen a yoke unless we have been to an agricultural museum. They look like instruments of torture, and that is more or less what they are. There are different kinds. There is the heavy wooden bar used to “yoke” or couple two oxen together to pull a huge cart or plough, still used in some societies today. Oxen are not called “beasts of burden” for nothing. Even more terrible are the yokes used for shackling slaves. The word “yoke” has become a metaphor for something oppressive: the “yoke of slavery” and servitude.

But there is a better kind of yoke designed to make it easier to carry heavy loads. They are carrying-poles, not too heavy, used by explorers and adventurers on long expeditions, fitting across the shoulders around the back of the neck, allowing two bags to be hooked on and carried at each side. Wearing a yoke voluntarily, because it is helpful, is very different from forcing slaves to bear a yoke and carry terrible burdens.

Gospel Teaching

Jesus uses the word “yoke” in both senses. He is concerned about people “who labour and are overburdened”. He had in mind some of the strict followers of the Jewish faith, whose religious life had become a burden. Scholars enumerated 613 laws which they enjoined people to keep. The idea was that by striving to keep all these laws you made yourself pleasing to God. Jesus spoke harsh words about those scribes and Pharisees who “tie up heavy burdens and lay them on men’s shoulders, but will they lift a finger to move them? Not they!”

The overburdened people awaited a saviour. And Jesus, who, in the words of the prophet Zechariah, would come “triumphant, humble and riding on a donkey” (a mystical way of describing the incarnation, his sharing of our human life), invited those overburdened people, who had no hope of observing all the laws, to “Come to me”. Come to me and follow me, rather than all those rules and regulations devised by the religious leaders. “Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.” Those beautiful words sum up the ultimate purpose of our Catholic life; it is to find rest for our souls. And to underline it, Jesus adds, “Yes, my yoke [with the emphasis on ‘my’] is easy and my burden light.” His yoke is not the heavy yoke of innumerable laws, but the easy yoke of joyfully following him to do his will.

Application

Shouldering Christ’s easy yoke, and learning from him, is what he tells us to do. And we can do this in all sorts of ways. First of all by experiencing his gentleness and humility so that we can love him and realise his love for us. He does not want life to be a burden. He may suggest we let go in some ways, changing our priorities; maybe like Jesus who, when he was burdened with the heavy cross, did not insist on carrying it alone but was glad to have someone to help him: Simon of Cyrene. Sometimes it may just mean talking to someone. “Trouble shared is trouble halved” is a proverb attributed to Dorothy Sayers. Going to confession relieves the burden of sins and guilt, and offers the opportunity to talk confidentially to a priest, who can offer words of encouragement.

Sadly there can be periods in life when little can be done to reprioritise, still less to put down or even share our burdens and responsibilities. Perhaps in saying “shoulder my yoke” Jesus is offering to help us with our burdens. Far from the Lord imposing burdens on us, he asks us to come to him. “The Lord is kind and full of compassion,” as the psalmist says. “Come to me,” Jesus says, “I am gentle and humble of heart.” “Come to me,” rather than seeking solace or relief in the ways of this world, for, as St Paul says in today’s second reading, “your interests are not in the unspiritual, but in the spiritual”. Jesus answers our prayers when we ask his help, and he gives us the strength to carry on with a peace that comes from the Spirit of Christ living in us.

The Living Word