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Year A 14TH SUNDAY OF ORDINARY TIME

"TO THE HEIGHTS" YOUTH EDITION BACK IN AUTUMN

Sunday Mass Readings

First Reading:

Zechariah 9:9-10

Responsorial Psalm:

Psalm 144(145):1-2,8-11,13b-14

Second Reading:

Romans 8:9,11-13

Gospel:

Matthew 11:25-30

'Come to me, all you who labour and are overburdened, and I will give you rest.'



image: canva.com

Hear

Grab your Bible and look up the Gospel reading. Don't have one? No worries, you can find this week's readings online [here](#).

Check out [this video](#) on the readings for children.

Pray

In the Gospel today we hear Jesus' familiar words: "Come to me, all you who labour and are overburdened..."

- What is the Holy Spirit saying to you through this piece of Scripture? How do these words resonate with you personally?
- How do you feel when you hear Jesus promise you rest? Is there something in your life causing you anxiety? Something you are unsure how to deal with? Imagine yourself laying it down at the feet of Jesus, surrendering it to Him and breathing in His peace as He takes it from you and makes it His own burden to carry.
- Jesus also speaks about a childlike spirit in this Gospel: pray for the grace of a childlike surrender to God the Father this week, in any difficult situation that comes your way.

Talk

In today's readings we hear Jesus remind us of the importance of having a childlike heart.

- We all learn a lot as we go through life: let each family member think of 10 things they have learned to do since they were born. Rank them in order of hardest to easiest!
- Why do you think it can be easier for a child sometimes to accept what Jesus teaches? Why do adults complicate things at times?
- What can the adults in the family learn from the children, and vice versa, about faith and how we view the world too?

Family Challenge!

If we shoulder Jesus' yoke with Him, it means we are both looking the same way, we both have the same perspective. Make a special effort this week to see things as Jesus sees them. If someone annoys you, ask yourself: "What does Jesus see in this person?" If something worries you, ask "What does Jesus see in this situation?"

THE LITTLE ONES

Today's reading from Matthew's Gospel comes after a discourse in which Jesus reproaches people who have witnessed his mighty deeds yet still lack belief. In this context, today's Gospel explains the reason for this unbelief and reveals what is necessary for faith. Today's Gospel also continues to enhance our understanding of discipleship as last week's Gospel did.

Jesus first prays in thanksgiving to God who has made himself known to Jesus' disciples. He praises God who has made himself known to the "little ones" and not to the wise and learned. As in other recent readings from Matthew's Gospel, a contrast is made here between the unbelieving Pharisees, who are wise and learned, and the faithful disciples, tax collectors, and sinners with whom Jesus keeps company.

The second part of this reading calls to our attention the unity between the Father and the Son. God has made himself known through Jesus, and in knowing Jesus, we come to know the Father. In Jesus' life and in his person, God reveals himself to us.

In the concluding sentences of today's Gospel, Jesus' teaching is again contrasted to the teaching of the Pharisees. This common theme of Matthew's Gospel probably reflects tension that existed between Jesus and the Pharisees and between the Pharisees and the community of Christians for whom Matthew wrote. Pharisaic Judaism became the predominant form of Judaism after the destruction of the Temple in Jerusalem about 70 A.D. Here that tension is expressed as alternative paths of holiness. The careful observance of the Mosaic law taught by the Pharisees could be experienced by some as difficult and burdensome. In contrast, Jesus' way of holiness is presented as uncomplicated and even restful.

taken from **Loyola Press Sunday Connection**

CHECK IT OUT: HOLY FAMILY MISSION



Holy Family Mission is a residential community for young Catholics aged 18-30. It is a house of formation where young people come for a year to learn about their faith so that they can live it more fully and share it with others. Their motto is: "Know, Love and Serve God." HFM offer formation in five areas: 1) Spiritual Formation, 2) Personal Formation, 3) Academic Formation, 4) Community Life and 5) Mission and Outreach. Closing Dates: EU residents - 20th August 2023 | Closed for non-EU residents. Email info@holyfamilymission.ie for more information.

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Shoulder My yoke and learn from Me

"YOKE"

"Yoke" isn't a word we're all that familiar with, at least not in its original meaning: we can refer to something as that yoke over there, but that doesn't help us with today's gospel.

A yoke was a farm implement which could be worn over the shoulders of one or two animals to pull a plough, generally.

Jesus invites us to shoulder His yoke with Him - that through working alongside Him and taking His burden on us we find rest for our souls. It sounds so contradictory - how can taking on a burden be a source of peace and rest for us?

Fr Mike raises an interesting point in his video: when we shoulder the same yoke as Jesus we find ourselves sharing his line of vision: if we see situations and people as Jesus sees them, with love, compassion, truth - it can only help to lighten our worries, our need to control, holding onto grudges, being held back by our own limitations!

This Week's Challenge:

- Each morning this week ask Jesus to show you how to shoulder His yoke. If you find yourself in a situation that's difficult or frustrating, stop and ask yourself, "What would Jesus see in this person / this situation?" and act according to that!



Wearing the Yoke of Jesus and Your Vision (Fr Mike Schmitz)



Give me your eyes - Brandon Heath

To the Heights Youth Resource back in Autumn



Family Prayer

Father in Heaven, we thank you for revealing Yourself to us through Your Son Jesus, and that through knowing Him we can know You. Amen

EVENTS

Campa Mhuire Mháthair Catholic Summer Camps for Primary School Children: Ardmore and Tramore in July. (Also in Ballina, Killarney and Mitchelstown). Music, Action Songs, Arts & Crafts, Games, Prayer and a whole lot of fun! More info on <https://www.holyfamilymission.ie/campa-mhuire-mhathair/>

Holy Family Mission Applications: Are you aged 18-30? Looking for a Gap Year opportunity? Applications for Holy Family Mission now open for 2023/2024! Closing Dates: EU residents - 20th August 2023 | Closed for non-EU residents. Email info@holyfamilymission.ie for more information

Visit of Padre Pio Relics to St Mary's Church, Cahir: Saturday 29th July. Healing Mass at 6pm followed by blessing with relics afterwards. All welcome!

Youth2000 Summer Festival: National Catholic Youth Festival of faith, fun and fellowship for those aged 16-35 years at Clongowes College, Co. Kildare from 10th - 13th August. Donation only. An unforgettable weekend of talks, testimonies, music, drama, prayer, games, time to chill and meet new people and experience faith in a new way. Free bus from Waterford (book early to secure seat!) For more details and information on how to book go to www.youth2000.ie

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