



Parish Priest: Fr Joy Raphael 476 6131 or 027 312 1869 frjoy@otariparish.co.nz

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PO Box 17-011, Karori 6147
Office open 9.00am—Midday Tuesday to Friday
Hall Bookings: Mira 022 682 5600

Mass times:

Saturday Vigil: 5.30pm Karori
Sunday: 8.30am Wilton and 10.00am Karori
Weekdays: Tue-Fri 9.30am, Saturday 9.00am
Reconciliation: Saturday 9.30—10.00am

St Teresa's School, Karori. Principal: Pip Cook
939 1725

St Teresa 301 Karori Rd. Karori and St Thomas More 30 Worcester St, Wilton. Website www.otariparish.co.nz

5th July 2026

14th Sunday in Ordinary Time

Year A

Take up my yoke

Parishioners, look around you. We live in an **exhausted** world. We carry heavy burdens of financial worry, family stress, and the constant pressure to have everything completely figured out.

Into this exhaustion, Jesus offers a beautiful invitation: *"Come to me, all you who labour and are burdened, and I will give you rest."*

Jesus asks us to take his **yoke**. In ancient times, a yoke joined two oxen so they could pull a heavy plough together. Jesus is not giving us a new list of strict rules. He is saying: **"Get in the yoke with me."** When you walk side-by-side with Jesus, you no longer pull alone. Because he is infinitely stronger, he shoulders the heavy weight, making your stride light.



As St. Paul reminds us, the Holy Spirit lives inside us to grant us this supernatural strength. We do not have to rely on our own power.

Today, let go of the world's heavy expectations. Stop trying to manage the universe and embrace a simple, childlike faith. Hand your worries over to Jesus, step into stride with him, and find true rest for your soul.

Amen.

Catherine Vernon (Parish Administrator)

Liturgy of the Word

This week: 14th Sunday in Ordinary Time: Zech 9:9-10: Ps 144: Rom 8:9, 11-13: Mt 11:25-30: Mt 10:37-42:

Psalm Response: *I will praise your name for ever, my King and my God.*

Next Week: 15th Sunday in Ordinary Time: Is 55:10-11: Ps 64: Rom 8:18-23: Mt 13:1-23:

Upcoming Parish Events



Friday 17 July 6 pm, St Thomas More Church

Near the close of the Season of Matariki, there will be a Memorial Liturgy to remember and give thanks for those from the St Thomas More community who have died. This will be followed by a Potluck Dinner/BYO Drinks. Tea and coffee will be provided. **All are welcome.**



Mark your diaries!
Our next meeting will be held on
Sunday 5th July at
11:15am.
Venue to be confirmed.

Contact Treena bob_brucie@hotmail.com
for further details.



REFUGEE REUNIFICATION TRUST

THE
CHRISTOPHERS
SUNDAY 5TH JULY, 3PM



Ōtari Parish 'Prayer of the Faithful' Writers Needed

Prayer of the Faithful (POF), also called Prayers of Intercession, are written each week for Ōtari Parish Saturday Vigil and Sunday Masses. Writing the prayers involves reading and reflecting on the scripture for the Sunday Mass. There are resources and websites to help and Formation will be offered at a date to be advised. If you feel this is something you would like to do, we would be pleased to welcome you to our dedicated POF team. Please contact Audrey via email: audvic2@xtra.co.nz by 15 July 26.

Ōtari Parish Movie Last Chance

It's not too late to get tickets after all Masses at St Teresa's & St Thomas More churches. **Let's fill the Penthouse theatre to raise money for the Refugee Family Reunification Trust.**

Tickets are \$25 and for Unwaged - \$15 each. See the ticket sellers to make a donation if you can't come.

Thank you from the Faith Formation Group to all those who attended the Lectio-Divina scripture study course. A special thank you to Chris Orsman & David Ross for being part of this team.

Stella Maris Wellington

(previously known as Apostleship of the Sea)

will be celebrates Seafarer Sunday on 12 July 2026. Volunteers offer practical and spiritual assistance to seafarers visiting our port. We urgently seek people to assist in this important service, especially those with languages other than English, particularly Tagalog, Indonesian, Mandarin and/or Cantonese, Hindi and Vietnamese. Donations can also be made to: Apostleship of the Sea Account Number 01 0527 0312182 To receive a receipt or to learn more, please email stellamariswellington@gmail.com

Adoration of the Blessed Sacrament

Exposition of Blessed Sacrament is from 8:30am and Holy Eucharist at 9:30am on weekdays (Except Monday) in the Chapel.

On the first Friday of each month, Adoration will resume after the 9:30am Mass, through out the day, and conclude at 6.30pm with Holy Mass at 6.30pm. **All welcome.**



Parish and Archdiocesan Events

Prepare yourselves for a HUGE Matariki treat!

On Friday, July 10, we welcome friend of **Karori Classics** and percussionist extraordinaire Thomas Guldborg to the stage. You can expect some exciting marimba sounds, and witness a special appearance by the other members of the NZSO percussion section. Those of you that came to Thomas' last recital will know that it is quite an adventure and highly entertaining! This concert is for the benefit of KidsCan. Thomas's cycling team, The Fat Father's Club, has made the ambitious goal of raising \$200,000 for KidsCan this year. Let's help them and listen to some great music together as well! Tell all your friends!

When: Friday July 10, 7pm

Where: St Mary's Anglican Church Karori

Who: Thomas Guldborg (marimba)

What: Pieces by Jacob Druckman, Andrew Thomas and Minoru Miki

Benefitting: KidsCan

Koha: suggested donation \$20 adults

\$10 unwaged and kids free

Hope to see you all there,

The Karori Classics team

Upcoming Online Safeguarding Workshops:

Safeguarding is the responsibility of us all. Whether you are involved directly in Parish Ministry or not, enrol to attend an Online Safeguarding Workshop to learn about the actions we, as a Church, are taking to keep each other safe.

Monday the 20th of July 7-8.15pm

Tuesday the 28th of July 7-8.15pm

Register with Kevin Plant by emailing: k.plant@cadw.nz The Microsoft Teams link to join the workshop will be sent out two days prior to the Workshop. See church noticeboard for full list of workshop dates for July - September.

Readings

6-11
July

2026

Mon: Hosea 2:16-18, 21-22: Ps 144: Mt 9:18-26:

Tues: Hosea 8:4-7, 11-13: Ps 113B Mt 9:32-38:

Wed: Hosea 10:1-3, 7-8, 12: Ps 104: Mt 10:1-7:

Thurs: Hosea 11:1-4, 8-9: Ps 79: Mt 10:7-15:

Friday: Hosea 14:2-10: Ps 50: Mt 10:16-23:

Sat: Is 6:1-8: Ps 92: Mt 10:24-33:

Retreat Days and themes at Pā Maria 2026

Take time and space for a guided day of prayer and reflection.

Prayer days at Pā Maria during the year. 9.00am-3.15pm

- **19 September** **Season of Creation**
- **17 October** **Mary**
- **5 December** **Advent**

Presenters: Neil Vaney SM, Chris Skinner SM and Judith Moroney rsm.

Pā Maria. 78 Hobson St, Thorndon, Wellington 6011

Please bring your own lunch. Tea and coffee will be provided. Entry by koha.

Maximum of 20 people so please **RSVP by the Tuesday before the prayer day** to

pamariabookings@gmail.com and indicate which prayer day you wish to attend.

More Catholic Tales Tour at Karori Cemetery

Saturday July 4 @ 2:00 pm - 3:30 pm

Includes visits to significant sites relating to our Catholic heritage, celebrating the lives of those who served the Church and community in Wellington and beyond.

There is a \$10 charge per person (plus non-refundable booking fee). Children under 12 are free. Good dogs are welcome!

For further information and to book a place on the tour see the Friends of Karori Website:

Tours <https://friendsofkaroricemetery.co.nz/event/more-catholic-theses-tour-3/>



Prayer Request

Please pray for our parishioners who are unwell. For those who passed away recently and for those whose anniversaries occur about this time.

Valuing our Senior Parishioners

We appreciate you!



On behalf of Ōtari Parish we would like to thank Ethne Wyndham-Smith for her faithful service over the many years she has been volunteering her time across various ministries and her ongoing support for our young people.

St. Francis of Assisi, Founder of the Franciscan Order, Patron Saint of Italy



A young man with great aspirations

Small in stature and having an extrovert personality, Francis always had in his heart the desire to do great things. He demonstrated this in his 20s when he left for the war between Assisi and Perugia, and later to help end the conflict of the crusades. He was born in 1182 the son of a rich fabric merchant, Pietro di Bernardone, and a noblewoman from Provence, Pica, and grew up occupied with family duties and worldly affairs. When he returned from his war experience, he was ill and shaken, unrecognizable to all. Something left a deep impression on his soul beyond his experience of the war.

A powerful encounter and a question - do you serve the servant or serve the Master?

He never forgot the words he heard in a dream while in Spoleto: "why do burden yourself seeking the servant instead of the Master?" His life took on a new direction, guided by his constant wish to know that to which God was calling him. Prayer and silent contemplation in the Umbrian countryside led him to embrace lepers and outcasts as brothers and sisters, those in the past he had always found disgusting and repulsive.

(More to come ...)

Excerpt from [St. Francis of Assisi, Founder of the Franciscan Order, Patron of Italy - Information on the Saint of the Day - Vatican News](#)

Let us pray and silently contemplate what God is calling us to do this week. Let us be open to listening to God's call and being of service to all those in need.