

**First reading Zechariah 9:9-10**

**'Behold, your king is coming to you, humble.'**

Thus says the Lord:

Rejoice greatly, O daughter of Sion!

Shout aloud, O daughter of Jerusalem!

Behold, your king is coming to you;

righteous and having salvation is he,

humble and mounted on a donkey,

on a colt, the foal of a donkey.

I will cut off the chariot from Ephraim

and the war horse from Jerusalem;

and the battle bow shall be cut off,

and he shall speak peace to the nations;

his rule shall be from sea to sea,

and from the River to the ends of the earth.

**Responsorial Psalm 145(144):1-2,8-11,13,14. R cf.1**

**I will bless your name for ever, my God and king.**

I will extol you, my God and king,

and bless your name for ever and ever.

I will bless you day after day,

and praise your name for ever and ever.

The Lord is kind and full of compassion,

slow to anger, abounding in mercy.

How good is the Lord to all,

compassionate to all his creatures.

All your works shall thank you, O Lord,

and all your faithful ones bless you.

They shall speak of the glory of your reign,

and declare your mighty deeds.

The Lord is faithful in all his words,

and holy in all his deeds.

The Lord supports all who fall,

and raises up all who are bowed down.

**Second reading Romans 8: 9, 11-13**

**'If by the Spirit you put to death the deeds of the body, you will live.'**

Brothers and Sisters: You are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you. So then, brothers and sisters, we are debtors, not to the flesh, to live according to the flesh. For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.

**Gospel Acclamation cf. Matthew 11:25**

**Alleluia, alleluia.**

I thank you, Father, Lord of heaven and earth, you have revealed the secrets of the kingdom to little children.

**Alleluia.**

**Gospel Matthew 11: 25-30**

**'I am gentle and lowly in heart.'**

At that time Jesus declared, 'I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; yes, Father, for such was your gracious will. All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. Come to me, all who labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

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**Feast days this week**

**Monday 6th July:** Maria Goretti

**Thursday 9th July:** St Augustine Zhao Rong and his Companions. Our Lady of Aberdeen (Scotland)

**Saturday 11th June:** St Benedict

**The Cycle of Prayer****Europe****Background**

Pope John Paul II dedicated 6 patron saints to Europe:

- St Cyril and St Methodius (14 February)
- St Catherine of Siena (29 April)
- St Benedict (11 July)
- St Bridget of Sweden
- St Teresa Benedicta of the Cross

They reflect the rich spiritual history of the Continent from East to West and across the centuries. In the Cycle of Prayer Europe is remembered in the Summer when a number of the Feasts days occur.

Europe day is marked on 9 May which is the anniversary of the...

**Prayer**

O God, who gave one origin to all peoples and willed to gather from them one family for yourself, fill all hearts, we pray, with the fire of your love and kindle in them a desire for the just advancement of their neighbour, that, through the good things which you richly bestow upon all, each human person may be brought to perfection, every division may be removed, and equity and justice may be established in human society.

**Roman Missal**

***Becoming like children***

*“Put your hand in the hand of the man from Galilee” was the refrain of a popular Gospel song some years back. Putting your hand in somebody else’s is a gesture of intimacy, which is very characteristic of children with their parents. To a loving father or mother a child will give its hand unquestioningly, with complete trust. Holding his or her father’s hand there is nowhere the child will not venture. It is not only willing to be led, but positively wants to be brought somewhere. Somewhere in the growing up process we outgrow our dependency on our parents, and having lost the need for their guidance, even God can become remote for us. Only those who are children at heart can fully understand what Jesus tells us about God — that God reveals Himself to “mere children.”*

*Growing up means ceasing to be dependent. We exchange a child’s dependence on people for an adult’s dependence on things, like money, alcohol, success and influence. But these props are notoriously fickle and the adult world is often plagued by stress and anxiety. Our props may provide temporary relief but can still leave us — as Jesus puts it — “labouring and burdened;” labouring under illusions of grandeur and burdened with unrealistic targets. The heaviest load we have to carry is that of our own unfulfilled ambitions, the burden of our bruised egos. Only a return to humility can restore our lost innocence and our lost paradise., that honest humility that accepts our creature-status, our status as children before God. To enjoy the peace of Christ we must “put our hand in the hand of the man from Galilee’, who guides us along life’s journey and helps us to find the way home.*

*‘Come to me’, he says, ‘all you who labour and are burdened, and I will give you rest.’ In spite of all our problems, we trust him when he says, my yoke is easy and my burden light. [associatioofcatholicpriests.ie](http://associatioofcatholicpriests.ie)*