

**YOUTH+YA HOLY HOUR**  
Come and Rest

Matthew 11:28  
"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest."

**Adoration of the Blessed Sacrament**

Presided over by Rev Fr Henry Adler SVD

**FRIDAY 10 JULY 2026**  
**7:00PM**  
**HOLY FAMILY, INGLEBURN**

Open to all ages. Join us for one hour of prayer, meditation, and reflection as we spend time with Jesus present in the Blessed Sacrament.

Follow-up + light refreshments to follow.



**Holy Family**  
Catholic Parish  
INGLEBURN & MINTO

**Holy Family Church**  
136 Oxford Rd, Ingleburn

**Holy Trinity Church**  
57 Guernsey Ave, Minto

**Parish Office:** 136 Oxford Rd (PO Box 111) Ingleburn NSW 2565  
**Website:** www.hfi.org.au  
**Email:** ingleburn@dow.org.au  
**Hours:** 8.45am-2.45pm Tues-Thurs  
**Phone:** (02) 9059 4134

**Fourteenth Sunday in Ordinary Time, Year A**  
**5 July 2026**

**Reflection by Father Henry**

The readings this Sunday invite us to trade the heavy burdens of the world for the refreshing peace of Christ. In a society that praises constant hustle, self-reliance, and status, the Gospel offers a beautiful and contrasting counter-cultural message. Jesus does not call the perfect, the powerful, or the spiritually elite. Instead, He extends a tender invitation to the weary, the burdened, and the humble of heart.

Zechariah foretells a king who comes not with military might, but in meekness, riding on a donkey. Jesus embodies this humble kingship perfectly. He looks at our daily struggles - our anxieties, family pressures, grief, and fatigue - and says, "Come to me." He does not promise to instantly erase every difficult circumstance, but He promises to share the load. A yoke is designed for two; when we pair ourselves with Jesus, He carries the heaviest part of the weight.

Saint Paul reminds us that we are not trapped by our human limitations. Through the Holy Spirit dwelling within us, we receive new life and the spiritual strength to move forward. True rest is found when we stop trying to control everything on our own strength and surrender our worries to God.

This week, let us take an honest look at what we are carrying. Are we weighed down by worry, guilt, or the desire to please others? Bring these burdens to the altar. Let us allow Christ to refresh our souls, learning from His gentleness, and finding real peace in His presence.

**CATECHISTS NEEDED**

"GO, THEREFORE, AND MAKE DISCIPLES OF ALL NATIONS"  
MATTHEW 28:19-20

Volunteers needed to share the Catholic faith with Primary School students in our local public schools!

- ☑ Training Provided
- ☑ Start as a helper
- ☑ All materials supplied
- ☑ No teaching experience required
- ☑ Share the joy of the Catholic Faith

For more information contact our SRE Coordinator Adam Rakvin on 0433245822 or email adamrakvin@hotmail.com

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FAITH FORMATION SERIES

**A BIBLICAL Walk THROUGH THE MASS**

Facilitated by **CHARBEL RAISH**

**DEEPEN YOUR UNDERSTANDING**  
Discover the biblical foundations of every part of the Mass.

**RENEW YOUR WORSHIP**  
Experience the Mass with greater meaning and devotion.

**STRENGTHEN YOUR FAITH**  
Transform the way you pray, live, and love the Eucharist.

**For Catholics, the Mass is the absolute heartbeat of our Faith. We step into the pews week after week, reciting the responses from memory and making the familiar gestures by habit. But have you ever paused to ask yourself, "Do we truly understand what it all means?" In this powerful presentation, Charbel Raish takes us on an eye-opening tour of the Liturgy. Diving deep into the biblical foundations behind every word we speak and every posture we take, Charbel unpacks the profound spiritual significance hidden right in front of us.**

**A Journey that WILL TRANSFORM YOUR FAITH**

Whether you are looking to revitalize your prayer life or completely fall in love with the Eucharist all over any day of the week, this intriguing journey through the Mass is guaranteed to renew your faith and transform the way you worship.

**THURSDAY 6 AUGUST**  
7:00PM TO 8:30PM  
HOLY FAMILY CATHOLIC CHURCH INGLEBURN (PARISH MEETING ROOM)

**Holy Family Catholic Parish**  
PLEASE REGISTER via the parish website  
hfi.org.au

**DINE & DANCE**

THIS FUNDRAISING EVENT SUPPORTS OUR PARISH PROJECTS: CHURCH ACoustics, ELECTRONIC SIGN BOARD & GO TO AT THE GARDEN AND BUILDS CONNECTIONS BETWEEN FAMILIES THAT STRENGTHENS OUR AMAZING PARISH COMMUNITY

**3 WEEKS TO HIT THE DANCE FLOOR**

**HURRY, TICKETS ARE GOING FAST!**

YOU ARE INVITED TO PARISH MID-YEAR DINNER DANCE  
DATE: 25<sup>th</sup> JULY 2026  
DAY: SATURDAY  
TIME: 7 PM  
WHERE: HOLY FAMILY CATHOLIC PRIMARY SCHOOL HALL, INGLEBURN  
LIVE BAND & DJ

ENTRY TICKETS: ADULTS: \$30 ABOVE \$321: \$15 BELOW \$321: FREE RAFFLE TICKETS: \$2

**Planned Giving Envelopes**

**NOW AVAILABLE**

*The 2026/2027 planned giving envelopes are now available for collection in the Church foyer or you can collect a form to join. Thank you for your continuing financial support to the Parish.*

SERVICE TIMES			
<b>Holy Family</b>	Mass	Wed - Fri	9am
		Tue	7pm
		First Friday of each month	6.30pm
		Sat	5pm Vigil
		Sun	9am and 5pm
<b>Adoration</b>		Tues	7.30pm
	<b>Benediction</b>	First Friday of each month	9.30am
	<b>Reconciliation</b>	Tue Sat	6.30pm - 7pm 9am - 10am
<b>Holy Trinity</b>	<b>Rosary</b>	Mon	7pm
	<b>Reconciliation</b>	Wed	5.45pm - 6pm
	Mass	Wed Sun	6pm 8am

## What's On In Our Parish

### July

- 1 Monthly Morning Tea after 9am Mass
- 10 Youth & Young Adult Ministry - Holy Hour & Adoration of the Blessed Sacrament, 7pm to 9pm
- 11 Youth & Young Adults Ministry Fundraiser - Bingo 4 Blessings, 6pm
- 18 & 19 Social Gathering Weekend  
Catechist Appeal Weekend
- 21 Grade Mass (Year 5 and Year 1), 11:40am
- 25 Parish Fundraising Event: Holy Family Mid-Year Dinner Dance, 7pm in the Parish School Hall
- 27 School Mass, 11:40am

### August

- 5 Monthly Morning Tea after 9am Mass
- 6 Parish Monthly Faith Formation Series: A Biblical Walk Through The Mass facilitated by Charbel Raish
- 15 & 16 Social Gathering Weekend

## Liturgical Dates

### July

- 3 Saint Thomas, *Apostle*
- 11 Saint Benedict, *Abbot*
- 16 Our Lady of Mount Carmel
- 22 Mary Magdalene
- 25 Saint James, *Apostle*
- 26 Saints Joachim and Anne, *Parents of the Blessed Virgin Mary*
- 29 Saints Martha, Mary and Lazarus



### Invitation to Become an Altar Server

*Have you ever considered serving at the altar?*

Our parish warmly invites children, young people and adults who have received their First Holy Communion and would like to become altar servers to express their interest.

Serving at the altar is a wonderful opportunity to participate more fully in the celebration of the Mass, grow in faith, and serve our parish community.

If you are interested in becoming an altar server, or would like to learn more about what is involved, please speak with Father Henry or contact the Parish Office.

We look forward to welcoming new members to this important ministry.

### Parish Planned Giving

You can continue to contribute financially to the Parish via the two collections at the weekend Masses, but if you prefer, the Holy Family Parish bank account details are:

#### First collection

Acct name: Ingleburn Presbytery  
BSB: 066711  
Account number: 001978

#### Second collection

Acct name: Ingleburn Parish  
BSB: 066711  
Account number: 001773

To contribute via planned giving envelopes, contact the Parish Office.

**Thank you for supporting your parish.**

## DATES TO REMEMBER

**Friday 10 July - Y&YA Ministry Adoration & Holy Hour, 7pm-9pm**

**Saturday 25 July - Holy Family Mid-Year Dinner Dance**  
7pm, Parish School Hall

**Thursday 6 August - Parish Monthly Faith Formation**  
"A Biblical Walk Through the Mass", 7pm Parish Meeting Rooms

**Friday 14 August - Y&YA Ministry Fundraiser: Bingo 4 Blessings**  
6pm (first game 7pm) Parish Meeting Rooms

**Saturday 18 & Sunday 19 August - Catechist Appeal**

**Saturday 24 October - Parish Fair**

**Saturday 21 November - Y&YA Retreat**

**Friday 4 December - Parish Carol Night**



### Caring For Our Parish Family This Winter

During the winter months, colds, flu and other illnesses are more common. We kindly ask everyone to be mindful of their own health and the wellbeing of fellow parishioners.

If you are feeling unwell, please consider those around you and take appropriate precautions to help protect our parish community. "Carry each other's burdens, and in this way you will fulfil the law of Christ." Galatians 6:2

## PARISH GROUPS & MEETINGS

### LEGION OF MARY

6.30pm every Wednesday, Church Meeting Room.

### BIBLE READING

9.45am 2nd & 4th Wednesday, Parish Meeting Room.

### BIBLE STUDY

7pm 1st & 3rd Friday, Parish Meeting Room.

### BIBLE SHARING

7pm 2nd & 4th Friday, Church Meeting Room.

### CHILDRENS LITURGY

Every Sunday during 9am Mass.

### YOUTH & YOUNG ADULTS

6.30pm 2nd & 4th Friday, Parish Meeting Room



**We pray ...** For world leaders and all who shape public policy, that they may seek peace, uphold justice and protect the dignity of every human life. For all who have served and sacrificed in war; for those who gave their lives in service of our country, and for all veterans and their families. For those who are burdened in mind, body, or spirit, especially those carrying heavy crosses. For those who feel forgotten, for those who have no one to pray for them, and for the Holy Souls in Purgatory.

**For the sick and homebound:** *May the saving power of the risen Lord bring healing, comfort and peace to their bodies and send strength to their carers. Amen.* For our sick relatives, friends and parishioners and all who have nobody to pray for them; Maria Elizabeth Tuason, Emerlida Castillo, Rebecca Velasco, Susitina Unasa, Josephine Flores Ferrer, Tumua Oláaiga, Pamela Smith, Tuainekore Maraera.

**For our recently dearly departed:** *Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed through the mercy of God rest in peace. Amen.* Maureen Hardy-Smith, Joly Cabuso, Alexander Mackie, Beverley Foley, Esther Thierjung, Richard Chukwulobe, Joanne Cancert, Gogo Nakamandlovu.

**For those whose death anniversaries occur at this time:** *Having returned to the Father, may they rest in peace. Amen.* For those who have nobody to pray for them; For all of our family members and friends; Ricardo R. Celiz Jr, Hazel Pereira, Felicia Pereira.

**Other intentions:** For all families in our parish and wider community, especially those experiencing hardship, division, illness or grief, that they may find strength, hope and support in the love of Christ and the care of one another.

For our young people, particularly those preparing for examinations, making important life decisions, or discerning their future path, that they may be guided by wisdom, courage and trust in God's plan for them.



With joyful hearts, during May, we welcomed the newly Baptised into our Parish community:

**Luis Lopez, Evelyn Amodeo, Matteo Pennisi-Gordon, Noah Perry, Jude Williams, Charlotte Williams, Jaron Manuel.**

*We ask God to bless these children, their parents, Godparents and families, to surround them with your goodness and lead them in Your light each day of their lives.*



### RCIA Program 2026/2027 - Commencing in August

Are you, or someone you know, thinking about baptism or becoming part of the Catholic Church? We warmly invite you to begin this journey of faith through our RCIA (Rite of Christian Initiation of Adults) program.

To express your interest or learn more, please email [ingleburn@dow.org.au](mailto:ingleburn@dow.org.au), speak with Father Henry or contact the Parish Office on (02) 9059 4134.

*All are welcome.*

### St Vincent de Paul Society Winter Appeal

A sincere thank you to everyone who generously supported the St Vincent de Paul Society Winter Appeal last weekend. Your kindness will help provide practical assistance to families and individuals in our local community who are experiencing hardship.

If you were unable to donate during the appeal, you can still support the Ingleburn St Vincent de Paul Conference by donating online via:

<https://my.fundraise.vinniesnsw.org.au/fundraise-your-way/holy-family-parish-ingleburn-st-vincent-de-paul-fundraising-page>

All donations made through this link are allocated directly to the Ingleburn St Vincent de Paul Conference.

Thank you for your continued generosity and support.

*The Ingleburn St Vincent de Paul Conference*

## Vinnies Emergency Food Hampers and "Comfort Gifts"

Holy Family Vinnies gratefully welcomes donations of non-perishable food items, toiletries and small "comfort gifts" to assist individuals and families experiencing hardship in our local community.

Donations may be placed in the plastic tubs near the Piety Stall and are delivered regularly to Samaritan House for distribution through the Vinnies Welfare Service at Macquarie Fields.

Suggested items include breakfast cereal, long-life milk, tinned foods, rice, pasta, tea, coffee, biscuits, toilet paper, toothpaste and soap. Please ensure all items are well within their use-by date and do not require refrigeration.

Thank you for your continued generosity and support.

*The Holy Family Vinnies Members*