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PETITIONS & THANKSGIVING LETTERS

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Novena Notes



My Burden is Light

Some people find the practice of religion burdensome. They feel that God and the Church demand too much of them. These include liturgical commitments like going to mass every Sunday, moral rules like the ten commandments and Jesus' teachings, Catholics are also asked to be faithful to their life commitments like marriage and religious life. In addition, the church makes demands of the faithful. Those who seek baptism have to attend a year of RCIA and those who want to get married in church must attend a preparation course. Some people find it too much and others feel excluded from the church.

In the time of Jesus, the Pharisees and Scribes placed heavy demands on the faithful by the way they interpreted the demands of the Law. Very often people found themselves labelled as sinners, and they found themselves left excluded by the community.

While considered a "minor prophet," Zechariah is the prophet who speaks frequently about the coming of the Messiah. His prophecy gave hope to the exiles who had returned to Jerusalem after fifty-nine years of exile in Babylon. They came back to find the Temple and the city in ruins and would have to begin the long process of rebuilding. Zechariah assures them that God will send a Messiah soon. But if God is to make a difference, he says that they must be open to conversion. Those are the first words of his book, *'Return to me, and I will return to you.'* It is only when we change ourselves that God can make a difference in the world.

Now Jesus the Messiah is here and he says, *'Come to me, all you who labour and are overburdened, and I will give you rest.'* While the Law serves as a good guide, it should not become burdensome to those who sincerely seek to be faithful to God.

Paul reflects on this in his letter to the Romans. In Jesus, the spiritual and unspiritual self are one. God is present in our world and in our everyday life. Living the faith is not about observing a Law that is separated from the daily responsibilities of life. Being a disciple of Jesus is to grow to possess the Spirit of Christ.

Living the faith can be demanding at times, as it should be. It calls us to live according to particular moral teachings and make commitments to the church. However, it should not be burdensome. If it is, then we have either misunderstood the teachings of Christ, or we are not open to conversion. Jesus' burden is light. It is not just meeting demands and following rules, but growing to possess the Spirit of Christ.

Reflection by Gerard Louis C.Ss.R.

Readings & responses for the week

14TH SUNDAY IN ORDINARY TIME

Sunday, 5 JULY	Zec 9:9-10; Rom 8:9,11-13; Mt 11:25-30 I will bless your name for ever, O God my King.
Monday, 6 JULY St Maria Goretti, Virgin & Martyr	Hos 2: 16-18,21-22; Mt 9: 18-26 The Lord is kind and full of compassion.
Tuesday, 7 JULY	Hos 8:4-7,11-13; Mt 9:32-38 Sons of Israel, trust in the Lord.
Wednesday, 8 JULY	Hos 10:1-3,7-8,12; Mt 10:1-7 Constantly seek the face of the Lord.
Thursday, 9 JULY St Augustine Zhao Rong, Priest & Companions, Martyrs	Hos 11: 1-4,8-9; Mt 10:7-15 Let your face shine on us, O Lord, and we shall be saved.
Friday, 10 JULY	Hos 14:2-10; Mt 10:16-23 My mouth shall declare your praise.
Saturday, 11 JULY St Benedict, Abbot	Is 61: 9-11; Mt 10:24-33 The Lord is king, with majesty enrobed.

NOVENA DEVOTIONS ON SATURDAY

8.00am, 10.00am, 12.00pm, 4.00pm, 5.30pm

2.00pm (Mandarin)

MASS ON WEEKDAYS

12:15pm, 6.30pm

9.00am, 6.30pm Public Holiday

(confession will be 30 minutes before Mass)

MASS ON SATURDAY

7.00am, 6.30pm (Sunset)

MASS ON SUNDAY

8.00am, 10.00am, 12.00pm, 5.30pm

(confession will be 30 minutes before Mass)

SAFE MANAGEMENT MEASURES UPDATE

No booking is required. There will not be standing room allowed in the main church.

RECEPTION OPERATING HOURS

Monday to Friday 9.00am to 8.00pm

Lunch Hour 11.45am to 12.45pm

Saturday 7.30am to 8.00pm

Sunday 8.30am to 1.30pm & 4.30pm to 7.00pm

Closed on Public Holiday

GIFTSHOP OPERATING HOURS

Monday, Tuesday, Wednesday & Friday 10.30am to 6.30pm

Lunch Hour 12.15pm to 12.45pm

Saturday 8.30am to 6.30pm

Sunday 9.00am to 1.30pm

Closed on Thursday and Public Holiday

PRAISE & WORSHIP



NOVENA
CHURCH OF ST ALPHONSUS

PRAISE & WORSHIP

by FRIENDS OF NOVENA

**GIVE IT ALL:
THE FATHER
ALWAYS PROVIDES**

*"There is a boy here who has five barley loaves and two fish, but what are they among so many?"
- John 6:9*

10 JULY 2026 (FRIDAY)
8:00PM TO 9:30PM
MAIN CHURCH



Spotify playlist



Youtube playlist

ANNUAL PROCESSION 2026 NOVENA THEMES



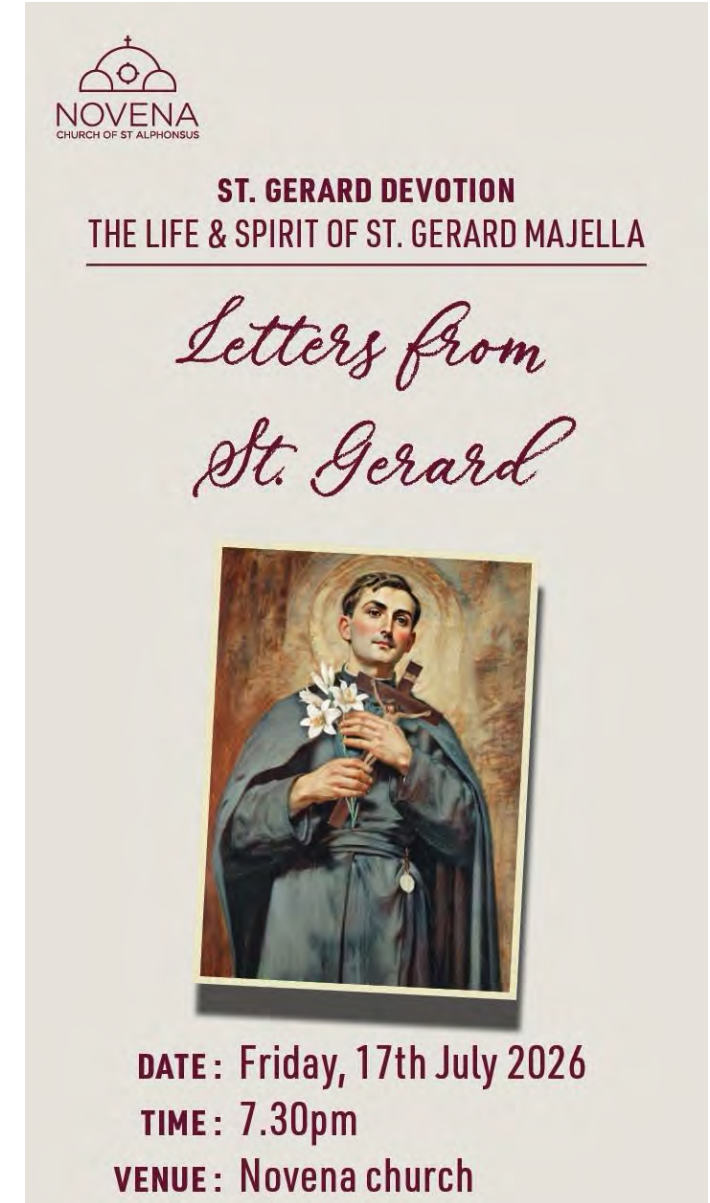
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† 9 WEEK NOVENA DEVOTION SCHEDULE

11TH JUL	MARY – DO WHATEVER HE TELLS YOU
18TH JUL	MARY – MY SOUL MAGNIFIES THE LORD
25TH JUL	MARY – STANDING BY THE CROSS
1ST AUG	JESUS – PARABLE I PRAY ALWAYS AND DO NOT LOSE HEART
8TH AUG	JESUS – PARABLE II GO AND DO LIKEWISE
15TH AUG	JESUS – PARABLE III WHILE HE WAS STILL FAR OFF
22ND AUG	MISSION – YOU WILL BE MY WITNESSES
29TH AUG	MISSION – MAKE DISCIPLES
5TH SEPT	MISSION – HERE I AM, SEND ME (MAKE HER KNOWN, MAKE HIM KNOWN)

ST GERARD DEVOTION




NOVENA
CHURCH OF ST ALPHONSUS

ST. GERARD DEVOTION

THE LIFE & SPIRIT OF ST. GERARD MAJELLA

*Letters from
St. Gerard*



DATE: Friday, 17th July 2026
TIME: 7.30pm
VENUE: Novena church