



# Our Lady of Lourdes, Perth

Parish Newsletter 5<sup>th</sup> July 2026

## 14<sup>th</sup> Week in Ordinary Time Year A

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

**Life** can leave us carrying many burdens: concerns about our families, health, work, finances or **the future**. Some burdens are visible to others, while others remain hidden within our hearts. **We may continue** with our daily responsibilities while **quietly** feeling tired, anxious or discouraged.

**Jesus** does not **promise** a life without difficulty. Instead, He invites us to bring our struggles to Him and to walk through them in **His company**. He says: *“Learn from me, for I am gentle and humble in heart.”* Christ does not approach us with harshness or condemnation. He receives us **with patience**, understands our weakness **and offers the peace** that the world cannot give.

The “rest” Jesus offers is more than physical relaxation. It is the peace **of knowing** that we are loved, forgiven and never alone. It is **the strength that** comes when **we** no longer try to carry everything by ourselves but **entrust our lives to God**.

Each celebration of the Eucharist is an opportunity to **respond to Christ’s invitation**. We come before Him with our gratitude, hopes, fears and weariness. At the altar, Jesus gives Himself to us and renews our hearts through His Word, His grace and His presence in Holy Communion.



*As we begin the summer months, perhaps with opportunities for holidays and rest, let us also make space for spiritual renewal. Let us remain close to Sunday Mass, find moments for prayer and allow Christ to restore what has become tired within us.*

*Whatever burden you are carrying today, hear His invitation personally: “Come to me.” Place it in His hands, walk beside Him and discover that His yoke is easy and His burden light.*

### PRAYER AFTER THE HOMILY

Lord Jesus, gentle and humble of heart, we come to You with all that we carry. Receive our worries, heal our wounds and calm our anxious hearts. Teach us to trust You, to walk beside You and to believe that we are never alone. Give rest to the weary, hope to the discouraged and peace to all who seek You. Remain with us, Lord, and make our hearts more like Yours. **Amen.**

### HOSPITAL VISITS BY A PRIEST

If you know someone in hospital who would like a visit from a priest for prayer, spiritual support, Holy Communion (Viaticum: communion for dying), Confession, or the Anointing of the Sick, please contact the Priest on call, at 07842 538056 ASAP.



### ON THE WEEKEND OF 25–26 JULY 2026

as we celebrate the Feast of Saints Joachim and Anne, the Church will also observe the Sixth **World Day for Grandparents and the Elderly**.

Pope Leo XIV has prepared a special message for this occasion, entitled

**“I will never forget you” (Isaiah 49:15).**

He reminds grandparents and older people that God’s loving care never abandons them, even in times of weakness, loneliness or suffering.

**The Holy Father encourages families and parish communities to remain close to the elderly and to value their faith, wisdom and witness.**

*May our grandparents and elderly parishioners always know that they are valued, loved and never forgotten by God or by the Church.*

**As a sign of our care and appreciation, we warmly invite everyone, especially elderly parishioners to join us on Tuesday 28<sup>th</sup> July for Holy Mass at 10.00am, followed by tea, coffee and some sweet treats.**

JUBILEE YEAR OF

SAINT FRANCIS

1226 - 2026

### ST FRANCIS OF ASSISI LOVED THE CHURCH BECAUSE HE LOVED CHRIST

*Saint Francis of Assisi discovered true peace when he stopped relying on himself and placed his whole life in the hands of Christ. He embraced simplicity, humility and trust, believing that God would provide what was truly necessary.*

This Sunday, Jesus invites us: **“Come to me, all you who labour and are overburdened, and I will give you rest.”** Saint Francis accepted this invitation with his whole heart. He found rest not by escaping responsibility, but by walking closely with the gentle and humble Christ. **During this Jubilee Year, let us ask for the grace to surrender our burdens to the Lord, to live more simply and to bring Christ’s peace to those who feel tired, anxious or alone.**

**DROP-IN ALL WELCOME!**

**FRIDAY AFTERNOON GATHERING, JULY BREAK**

*Please note that our Friday afternoon gatherings will take a break during the month of July.*

We look forward to welcoming everyone back after the summer break for a friendly natter, a cup of tea or coffee, and, of course, a jammy dodger.

**OUR LADY OF LOURDES  
ROMAN CATHOLIC CHURCH  
DIOCESE OF DUNKELD**

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**EXPERIENCING  
CHRIST IN THE  
EUCHARIST**

**Parish Eucharistic Revival Project**

In August, our parish will begin a new programme of prayer, formation and spiritual renewal focused on the Eucharist.

Through four formation meetings, we will reflect on

1. the real presence of Jesus Christ in the Blessed Sacrament,
2. the mystery celebrated at every Mass,
3. the meaning of Eucharistic Adoration, and
4. the way the Eucharist should shape our daily lives, relationships and choices.

These meetings will prepare us for the introduction of a trial programme of monthly Holy Hours before the Blessed Sacrament.

All members of our parish community, together with those who are open to discovering this form of the Lord's presence —perhaps for the first time— are warmly invited to share in this journey of renewal and to draw closer to Jesus, who gives Himself to us in the Eucharist.

**THE LITURGY OF THE WORD**

**First reading** Zechariah 9:9-10  
*'Behold, your king is coming to you, humble.'*

**Responsorial Psalm** Ps 145(144) R. cf. 1  
*I will bless your name for ever, my God and king.*

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

**WEEKDAY SERVICES**

**Tuesdays:** Holy Rosary 9.30am Holy Mass at 10.00am followed by coffee/tea in the hall

**Thursdays:** Holy Rosary 9.30am Holy Mass at 10.00am.

**ALPHA IS FOR ANYONE WHO WISHES TO  
EXPLORE THE CHRISTIAN FAITH**

We continue the ALPHA Course on Wednesday 8<sup>th</sup> July at 6.30pm in Our Lady of Lourdes, in the church hall. *You are warmly invited to come along, to bring a family member, friend or anyone who is curious, to share some food and to get to know each other.*

**Come along and see what you think**



**Pope's Worldwide Prayer Network**

**The Pope's Prayer Intention for July 2026**

For respect for human life: *Let us pray for the respect and protection of human life in all its stages, recognizing it as a gift from God.*



**EXCELLENT INSPECTION REPORT FOR  
OUR LADY'S RC PRIMARY SCHOOL**



Our Lady's RC Primary School and Nursery Class has received an excellent inspection report, with every area assessed as "very good."

Inspectors praised the strong leadership, dedicated staff and positive culture of continuous improvement. Pupils were described as polite, articulate and kind, while the school was commended for its care for every child's wellbeing, dignity and development.

The inspection team expressed confidence in the school's continued progress and confirmed that no further visits are required.

*We offer our warmest congratulations to the headteacher, teaching and support staff, nursery team, pupils, parents and carers, and everyone who contributes to the life of Our Lady's RC Primary School.*

*This excellent report is a wonderful recognition of your commitment, hard work and care for every child.*

*May God continue to bless the whole school community as it grows in knowledge, faith and love.*

Fr Leszek has been approached by his Provincial in Poland asking if he is able to provide one of the seminarians with an opportunity to practice and improve his English language skills. Filip Sieradzki will be with us in Perth for the month of August. If you have room in your home and can offer accommodation to Filip for the month, please get in touch with Fr Leszek direct or email the parish secretary at [ololadmin@dunkelddiocese.org.uk](mailto:ololadmin@dunkelddiocese.org.uk)

