

# St. Joseph's Catholic Church



## Fourteenth Sunday in Ordinary Time

July 5, 2026

*“You will find rest for your souls.”*

### Mission Statement

*Grounded in the gospel of Jesus Christ through liturgy, Eucharistic worship and outreach, St. Joseph's Parish calls the faithful to an active involvement in parish life and responsible participation in extending Christ – like values to the wider community.*

### Liturgy Schedule

#### Weekend

Saturday: 5:15 p.m.  
Sunday: 9:00 a.m., 11:00 a.m.

#### Weekday

Monday 5:15 p.m.  
Tuesday 9:00 a.m.  
Wednesday 9:00 a.m.  
Thursday 9:00 a.m.  
Friday 5:15 p.m.

#### Holy Hour and Divine Mercy Prayers

Monday and Friday 4:00 p.m.

#### Sacraments

##### Baptism

Sunday after the 11:00 a.m. Mass – Registration required, please contact the Parish.

##### Confession

Monday, Friday & Saturday 4:00 p.m. – 5:00 p.m.

##### Marriage

Six months' notice is required, as well as a Marriage Preparation Course. Please contact the Parish.

##### Anointing

Please contact the Parish.

#### Parish Office Hours:

Monday to Friday 8:30 a.m. – 4:30 p.m.;  
(closed 12:00 noon – 1:00 p.m.)  
Susan Lett, Parish Secretary

### Parish Organizations

Catholic Women's League

Kathi Colwell & Susan

Conway Williamson

Knights of Columbus, 11670

Patrick Greenwood

### Parish Ministries

Finance Committee

Rev. Cosmas Ajawara

Parish Pastoral Council

Ben Krasna

Lectors

Carol Kavanaugh

Eucharistic Ministers

Carol Kavanaugh

Ministry to Sick & Homebound

Chris Jones & Monna

Splinter

Ministry to Seniors (Cards)

Judy Saunders

Ministry at Extending Care

Mary Clancy

Ushers

Ian Stewart

Sacristans

Fran Price

Culture of Life

Ben Krasna

Parish Engagement

Mary Clancy

Funeral Choir

Shirley Kelliher

Junior Liturgy

Kelly Canning

Sacramental Preparation

Altar Servers

Kelly Canning

Music Ministry

Theresa Whalen-Witjes

Youth Choir

Sheila Fowler

### Parish Schools

St. Thomas More Catholic School - Sandra Fragoso, Principal  
234 Norman Rogers Dr., Kingston, ON K7M 2R4  
613-542-1575

St. Paul's Catholic School - Chantal Courneyea, Principal  
266 McMahon Ave., Kingston, ON K7M 3H2  
613-542-6101

392 Palace Road, Kingston, Ontario K7L 4T3 Tel. 613-547-5004  
Email: [stjoseph.kingston@archkingston.ca](mailto:stjoseph.kingston@archkingston.ca) Parish Website: [www.stjosephskingston.ca](http://www.stjosephskingston.ca)

**Rev. Cosmas Ajawara, Pastor**

## **Fourteenth Sunday in Ordinary Time**

**July 5, 2026**

### **Introduction**

Jesus reveals to us the tenderness of the Father, inviting us into a loving embrace. We, in turn, can emulate this by being a people of compassion and hospitality.

### **First Reading: Zechariah 9:9-10**

The prophet shares a vision of the forthcoming joyful reign of a servant king and calls all to be jubilant in anticipation.

### **Second Reading: Romans 8:8-9, 11-13**

We are called to live a life according to the spirit of the living God, who resides in each one of us and makes us God's sons and daughters.

### **Gospel: Matthew 11:25-30**

Jesus knows the heart of the Father and reflects that tenderness to all, who, drawn low by the pressure of life, trust in him.

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### **MASSES FOR THIS WEEK**

#### **Monday, 6 July**

5:15 p.m. Edgardo Vingculado Torres – Tessie Nobles

#### **Tuesday, 7 July**

9:00 a.m. Intention of Thomas Holmes – The Family

#### **Wednesday, 8 July**

9:00 a.m. Clemente Dela Cruz – Erlinda Alfonso

#### **Thursday, 9 July**

9:00 a.m. Anna Freundorfer – Derek & Tulip  
Fernandes & Family

#### **Friday, 10 July**

5:15 p.m. Leo Devette – Annette Devette

#### **Saturday, 11 July**

5:15 p.m. Amado Marcial (1<sup>st</sup> Anniversary) – Marietta  
Marcial

#### **Sunday, 12 July**

9:00 a.m. Mr. & Mrs. Pietro Santin – Teresina Santin  
11:00 a.m. People of the Parish

*Join our online Mass on Sunday's at 11:00 a.m. visit  
[www.stjosephskingston.ca](http://www.stjosephskingston.ca).*

### **PRAYERS FOR THE DECEASED**

You are asked to remember in prayer those recently deceased.

### **PRAYERS FOR THOSE WHO ARE ILL**

Please remember in your prayers the following: Donna V.; Rob Hurst; Brian Begbie; Kent Hawley; Bruce Johnson; Mel Kane; Gerry Koster; Raymond Doyle; Marcel Fleury; Dorothy Mulrooney; Tanya Bhudu.

*If there are members of your family or friends who are ill or recently died, and for whom you wish prayers, please contact Susan at the parish office at 613-547-5004.*

**AIR CONDITIONING** Our air conditioning is up and running! The entrance doors will remain closed when our air conditioning units are on. We appreciate your patience while we try to find a comfortable temperature that will work for everyone.

### **Fr. Cosmas Reflection**

#### **Come to Me, and I Will Give You Rest**

Life can be exhausting. Many people today are carrying burdens that no one else sees: financial worries, family struggles, sickness, grief, loneliness, anxiety about the future, and disappointment with themselves. We often smile on the outside while carrying heavy loads within.

In today's Gospel, Jesus does not say, "Come to me when you have solved your problems." He says, "Come to me, all you who labor and are burdened, and I will give you rest."

The rest Jesus offers is not the absence of problems. It is the peace of knowing that we do not carry our burdens alone. When Christ walks with us, even the heaviest cross becomes bearable.

Jesus also says, "Take my yoke upon you." At first this sounds strange. Why would someone already carrying a burden take on another yoke? In Jesus' time, a yoke joined two oxen together. The stronger animal carried most of the weight while guiding the weaker one. Jesus invites us to be yoked to Him. He is the stronger one. He carries what we cannot.

Today, Jesus looks at each of us and says:

"Come to me. Bring me your fears, your failures, your worries, your grief, and your hopes. Walk with me, and I will give you rest."

May we have the courage to lay our burdens at His feet and discover the peace that only Christ can give.

**THANK YOU FRIAR RETO** Some of you may have already heard that Friar Reto will be leaving Kingston in a few weeks. Friar Reto's last Monday Mass is on July 20. He has been appointed to help out at a parish in Don Mills. Since Friar Reto arrived in Kingston, we have been very blessed to have him at St. Joseph's celebrating our Monday evening masses. A sincere thank you to Friar Reto, personally and on behalf of our parish family at St. Joseph's Parish. Wishing you all the best, and please keep in touch with your St. Joseph's family.

**AUTOMATIC DEBIT** Automatic Debit is available for those St. Joseph's family members wishing to have their Sunday Offering and/or Building Fund Collection debited directly from their bank account on a monthly basis. Those who wish to begin Automatic Debit are asked to visit the parish office to complete the necessary paperwork or pick up a form at the welcoming desk at the main entrance of the church.

This week's bulletin is sponsored by:



**CHILDREN'S BULLETIN** Bulletin activity sheets for children can be found at the main entrance each weekend during the summer. Please take one!

**COMMUNITY**

**ST. RITA'S DROP-IN CENTRE** Monday–Friday, 1:00–3:30 PM St. Mary's Cathedral Outreach to the homeless and poor of the city. Providing safety, great food, showers, and good Christian hospitality and dignity. Inquiries: [paty@stmaryscathedral.ca](mailto:paty@stmaryscathedral.ca)

**COME AND SEE SPIRITUAL SPEAKER SERIES** Jesus invited His first followers to learn about Him by spending time with Him, saying, “Come and See” (John 1:39). Today, we are also invited to grow in our relationship with Jesus in the same way. Just as the first disciples went out after meeting Jesus and spread the news that they had found the Messiah, we too are called to share our faith and love of Christ with others. As part of the celebration of the 200th anniversary of the Archdiocese of Kingston, a special spiritual Speakers’ Series has been planned for August 13–15, and all are welcome to come and see and spread the Good News. Find out more about the events planned at each of our entrance bulletin board

**SANCTUS SUMMER CAMP** St. Paul the Apostle Parish is planning a summer camp for kids Gr. 1-7. We are running the same week of camp, twice, July 13-17 and July 20 - 24 from 9:30 - 2:30. It will be a fun faith-filled week filled with crafts, games, songs, activities, etc! It is \$150/camper with a discount for multiple kids for the week! Poster is at all of our entrances, scan the QR code to register.

**2026 SEMINARIAN DINNER – CELEBRATE OUR SEMINARIANS** Sunday, July 12, 2026 Meet & Greet with cash bar begins at 3:00 PM; programming at 4:30 PM; dinner begins at 5:20 PM **Our Lady of Fatima Hall**. Join us for a 4-course Supreme Chicken Dinner hosted by the Knights of Columbus of the Archdiocese of Kingston in order to provide financial support towards the training of Seminarians and funds direct to each seminarian to help defray their annual costs. \$60 per plate purchase ensures your opportunity to participate. Full 10-person table sponsorships available Children’s meal available for \$25. Ticket link: <https://www.zeffy.com/en-CA/ticketing/seminarian-dinner--2026seminarian-dinner--2026>

**2026 ENTERPRISE ANNUAL CHICKEN BARBECUE AND RAFFLE** Saturday, July 11, 2026 Serving from 4pm to 7pm, at Annunciation Parish Hall (664 Church Rd, Enterprise). Serving rain or shine. Dine in or Take away There will be **Mass at Annunciation Church, 669 Church Rd at 4:00pm** Prices **\$20 Adults; \$15 students age 6-13; Free for children 5 and under.** Raffle draw and Silent Auction table available. Music will be provided. Bring a lawn chair and enjoy the live music after eating. All are welcome.

**86TH ANNUAL PILGRIMAGE TO THE SHRINE OF ST. ANN IN CORMAC** On Sunday, July 26th. The

Triduum Masses of preparation will be led by Bishop Michael Brehl, Bishop of the Diocese of Pembroke from July 23, 24 and 25th at 7:00pm each night. The principal Pilgrimage Mass on Sunday, July 26th will be at 11:00am at the Shrine. The Sacrament of Confession is available throughout the day. A Mass of healing with the Anointing of St. Ann’s oil will be celebrated at 2:00pm (**Please bring your own seating**). On site: St. Ann’s religious articles, St. Ann’s Mass League memberships, food and refreshments vendors. For more information: <https://cormacpilgrimage.com/>

**ENCOUNTER SCHOOL OF MINISTRY – “SUMMER ENCOUNTER”** At the Encounter School of Ministry, the promises of God aren’t theory. They become your lived reality—identity, healing, freedom and purpose activated in everyday life. Want to “Taste and See” how you can be transformed from knowing about God to walking in His power? Join us for a “Summer Encounter” **Fri., July 17th** (6:15 pm - 9:30 pm) **Sat., July 18th** (8:30 am – 4:00 pm) **St. Paul the Apostle Parish Hall, Kingston**. Experience a community that believes, and experiences, that God still is still moving. To register or for more information visit: <http://encounterschool.org/kingston/>

**Schedule for the weekends of July 11-12, 2026**

	Lectors	Eucharistic Ministers	Ushers	Music
<b>Sat. 11 July 5:15pm</b>	TBD	TBD	TBD	Summer break
<b>Sun. 12 July 9:00am</b>	TBD	TBD	TBD	
<b>Sun. 12 July 11:00am</b>	TBD	TBD	TBD	
<b>Streaming: A. Lett (streaming will be Saturday, July 11 5:15 p.m.)</b>				
<b>Junior Liturgy: will resume in September</b>				



**KNIGHTS CORNER:** Earlier this week, we celebrated Canada Day and gave thanks for the country and communities we call home. Patriotism is one of the four principles of the Knights of Columbus, alongside charity, unity, and fraternity.

When Council 11670 gathers for its monthly meeting, we begin with a prayer and then stand together to sing *O Canada* before any business or deliberations. This tradition reminds us that love for our dear country is expressed through service: caring for our neighbours, strengthening our communities, respecting human dignity, and working for the common good. As the Canada Day celebrations pass, the call to serve remains. We invite everyone to consider how they can help their neighbours and community. Catholic men seeking a practical way to serve are warmly invited to join us. Vivat Jesus! Follow us on Facebook: St. Joseph’s Knights of Columbus Council 11670, Kingston, Ontario.

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