

# St Benedict Parish St. John the Baptist Church

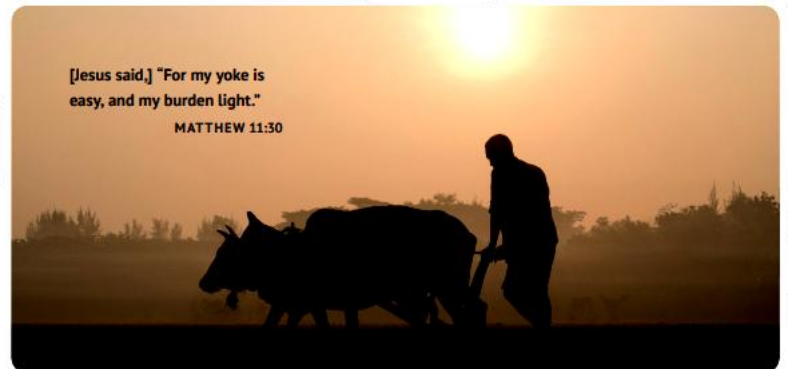
July 5, 2026

14h Sunday in Ordinary Time

## Take Up the Yoke

ANN M. GARRIDO

The invention of the yoke 6,000 years ago marked one of the great advances in human history. The yoke—a wooden beam fitted across the neck—harnessed the energy of two cattle pulling in the same direction, hastening the tilling of soil and transport of goods. It is easy to see why, among many ancient peoples, the yoke became a symbol of subjugation. When the Roman army won a battle, they forced defeated soldiers to walk beneath a “yoke” of spears to indicate they were now in a state of servitude. The prophet Jeremiah once walked through Jerusalem wearing a yoke to warn the people they were about to be conquered by Babylon. In Judaism, however, the Torah was also sometimes referred to as a yoke. It was a law to be submitted to, but it also was a way of life that offered an alternative to the cruel “yokes” imposed by kings. The Book of Sirach encourages youth to “Take [Torah’s] yoke upon your neck; that your mind may receive her teaching.... See for yourselves! I have labored only a little but have found much” (Sirach 51:26–27). It is unclear exactly what Jesus meant when he invited us to accept his yoke, but it is likely that he was echoing the invitation of Sirach. He wanted us to know that following God’s law makes it possible for us to work together, accomplishing much that we could not do on our own. And that God’s law is a gentle law—one that enables rather than oppresses. Are you willing to receive Christ’s gentle teaching and make it your own? ● Published with permission by Liguori Press



### REFLECT:

Is there a teaching of Jesus you find challenging?

**\*ST. BENEDICT “The Painted Church” 84-5140 Painted Church Rd.**

**Captain Cook, HI 96704 Phone 808-328-2227**

**thepaintchurchhawaii.org Fax: 808-328-8482**

**Mass : ST. BENEDICT Saturday 4:00 p.m. Sunday 8:00 a.m. Capt. Cook Tuesday-Friday 7 am**

**\*ST. JOHN THE BAPTIST 81-6410A Hawaii Belt Rd. Kealahou**

**Saturday 6:00 p.m. Sunday 10:00 a.m. Confession: Sat. 9-11 a.m. St. Benedict Church email: [st.benedict@rcchawaii.org](mailto:st.benedict@rcchawaii.org)**

*Pastor Administrator : Fr. William Quiamjot (Ke-yam-hoat) [wquiamjot@rcchawaii.org](mailto:wquiamjot@rcchawaii.org)*

*Business Manager Susan Keen Office Phone 808 328 2227 Secretary Carlyne Craven*



**Stewardship of Treasure  
Mahalo for your generosity!**

June 13-14, 2026

Collection	\$ 2324.00
Peters Pence	191.00
Maintenance	75.00
Food Pantry	40.00
<b>Total</b>	<b>\$2630.00</b>

**Attendance**

St. John	74	8
St. Benedict	89	5
	163	13

[thepaintedchurchhawaii.org](http://thepaintedchurchhawaii.org)

We do not accept PayPal but this OSV QR Code is easy to use and offers choices for ministries you choose to support for St. Benedict and/or St. John.



**An Act of  
Spiritual  
Communion**

**My Jesus,**

**I believe that**

**You are present in the  
Most Holy Sacrament.**

**I love You**

**above all things, and I  
desire to receive You**

**into my soul.**

**Since I cannot**

**at this moment**

**receive You**

**sacramentally, come at  
least**

**spiritually into my heart.**

**I embrace You as if You  
were already there and  
unite myself wholly to You.**

**Never permit me to be  
separated from You Amen**

**Thank God for the gift of Jesus  
in the Eucharist!**

Monday July 6 Weekday  
Hos 2:16, 17c- 18, 21-22  
Mt 9:18-26

Tuesday July 7 Weekday  
Hos 8:4-7, 11-13 Mt 9:32-38

Wednesday July 8 Weekday  
Hos 10:1-3, 7-8, 12 Mt 10:1-7

Thursday July 9 Weekday  
Hos 11:1-4, 8e-9 Mt 10:7-15

Friday July 10 Weekday  
Hos 14:2-10 Mt 10:16-23

Saturday July 11  
**St. Benedict, Abbot**  
Is 6:1-8 Mt 10:24-33

Sunday July 12  
15th Sunday in Ordinary Time  
Is 55:10-11 Rom 8:18-23

**Mass Intentions**

- **July 4-5, 2026**  
**SATURDAY**  
4:00 PM Missa Pro Populo  
6:00 PM Tomayo Hanato,  
health  
Noe Prado,  
healthy recovery

**SUNDAY**

**8:00 AM Jack Kerscheck, Sp.  
Intention**

**10:00 AM Garcia Family esp.  
JoAnn, Chritine, Aileen , Fred**

**Weekdays July 7-10, 2026**

**Tues. +Adaline & Tony  
Tomesh**

**Wed. Hank Grey, healing**

**Thurs. +Joe Castelli**

**Fri Agnes Carianno, Special  
Intention**

**BUSINESS MANAGER**

**Susan Keen**

**Office Secretary**

**Located at St. Benedict**

**Carolyn Craven**

**Religious Education**

**Angie Tabieros**

**Music director**

**Ariel Hadap**

**Wed. 5: 30 St. John Church,**

**Choir Practice**

**Food Pantry**

**Kenneth & Gloria Ciriako**

**Tom McLoughlin**

**Tee & Kathy Jiminez**

**A WORD FROM POPE LEO XIV**

There is a burning question in our hearts, a need for truth that we cannot ignore, which leads us to ask ourselves: what is true happiness? What is the true meaning of life? What can free us from being trapped in meaninglessness, boredom, and mediocrity?... We need to lift our eyes...to the "things that are above"



(Colossians 3:2). HOMILY, TOR VERGATA, AUGUST 3, 2025 The quotations from Pope Leo XIV are printed with permission, copyright © Dicastero per la Comunicazione-Libreria Editrice Vaticana. All rights reserved.

**St. Benedict Feast Day Celebration**  
**Sunday, Unity Mass, July 12,**  
**10:00 am**

**Entertainment**

**Potluck Lunch**

**Games & Prizes**

**PRAYER FOR THE SICK**

*Watch, O Lord, with those who wake,  
or watch, or weep tonight,  
and give Your angels and saints  
charge over those who sleep.  
Tend Your sick ones, O Lord Christ.  
Rest Your weary ones.*

*Bless Your dying ones.  
Soothe Your suffering ones.*

*Pity Your afflicted ones.  
Shield Your joyous ones,*

- |                            |                               |
|----------------------------|-------------------------------|
| * <b>Geraldine Gabriel</b> | * <b>Deb Reed</b>             |
| * <b>Cindy Pangan</b>      | * <b>Gloria Grapa</b>         |
| * <b>Linda Alcain</b>      | * <b>William Anderson</b>     |
| * <b>Terrance Terada</b>   | * <b>Elizabeth Awa</b>        |
| * <b>Hano Grace</b>        | * <b>Johnny Koene</b>         |
| * <b>Craig Camello</b>     | * <b>Friends &amp; Family</b> |
| * <b>Pam Shultise</b>      |                               |
| * <b>Merla Kline</b>       |                               |
| * <b>Earl Adkins</b>       |                               |
| * <b>Paul Ruskey</b>       |                               |
| * <b>Carla Vonderahe</b>   |                               |
| * <b>Mahina Kaupiko</b>    |                               |
| * <b>John Sanchis</b>      |                               |
| * <b>Kamala Galletes</b>   |                               |
| * <b>Miriam Janczak</b>    |                               |
| * <b>Joevelyn Delas</b>    |                               |
| <b>Reyes</b>               |                               |
| * <b>Gwen Menchaca</b>     |                               |

**Dear Padre,**

**Is it appropriate to display the American flag in our church?** A diocesan bishop—who often delegates this matter to the discretion of the pastor—determines regulations on whether and how to display the American flag in a Catholic church. Displaying the flag, and a book of remembrance for those serving in the armed forces, seems to have originated in many US parishes during World War II. The practice has continued through subsequent wars and national tragedies. While the Bishops’ Committee on the Liturgy advised that national symbols should not be permanent fixtures of a worship space, they may be appropriate at worship services on a civil holiday, etc. This same committee discouraged pastors from displaying the American flag within the sanctuary itself—a space reserved for the altar, or ambo, presidential chair, and tabernacle—but instead to place the flag in the vestibule of the church together with a book of petitions for the living and deceased. Fundamentally, a church building is where the liturgical assembly gathers as one body in Christ—the same Christ of the Eucharist who is beyond time and place, who came to unite our divisions. “The church building is a sign and reminder of the immanence and transcendence of God—who chose to dwell among us and whose presence cannot be contained or limited to any single place” (US Conference of Catholic Bishops, *Built of Living Stones*, 2000). • Fr. Byron Miller,

**DEAR VISITOR TO ST. BENEDICT CATHOLIC CHURCH, ALOHA!**

**THANK YOU FOR VISITING US TODAY! WE WISH YOU A BEAUTIFUL EXPERIENCE AND THAT YOU LEAVE ST. BENEDICT, TODAY, REFRESHED IN SPIRIT AND WITH PEACE IN YOUR HEART! SINCE THE EARLY DAYS OF THE CHURCH, IT HAS BEEN A CATHOLIC TRADITION TO OFFER A “MASS INTENTION”. THIS IS A WAY OF REMEMBERING A PERSON AND LIFTING THEM UP IN PRAYER. YOU MAY ASK THE GREETER FOR A FORM AND ENVELOPE.**

## A Lighter Burden

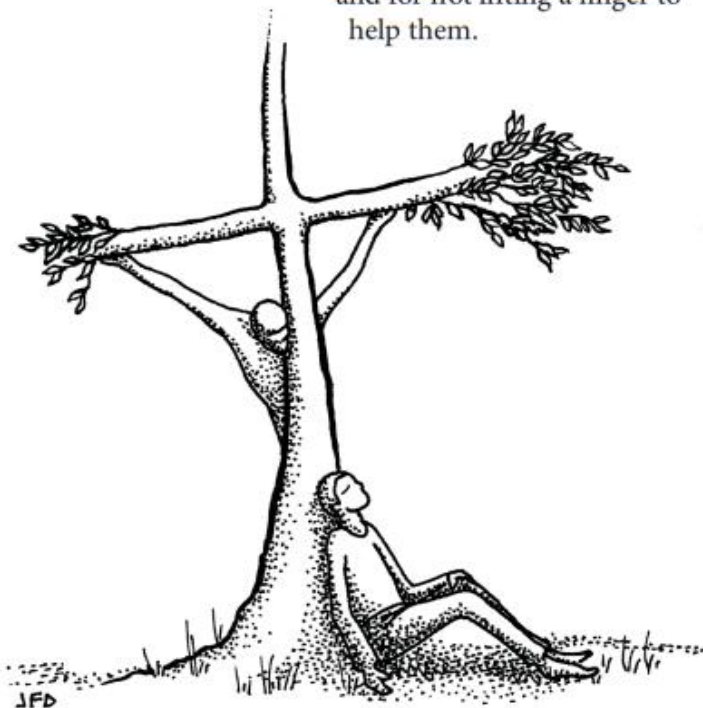
*This Week's Readings at Mass*

- ▶ Zechariah 9:9-10 • Restoration under the Messiah
- ▶ Romans 8:9, 11-13 • Indwelling of the Spirit
- ▶ Matthew 11:25-30 • Jesus and his Father

For the past several weeks, Jesus gave instructions and warnings about how challenging it is to follow him. Yet today's reading gives the opposite impression: "come to me, all you who labor and are burdened, and I will give you rest... for my yoke is easy, and my burden is light."

Jesus' listeners were familiar with the image of a yoke because they were used to harnessing animals to do work in the field or to pull humans in carriages or cargo on wagons. In Judaism, the yoke was also a metaphor for the religious laws spelled out in the Old Testament.

Over time, religious leaders (mostly the Pharisees) added to the 613 official written laws, creating an oppressive burden for an ordinary Jewish citizen. Several times in Matthew's Gospel Jesus, lashed out at the Pharisees for making it almost impossible (especially for poor people, who were the majority of the population) to live by all the rules, and for not lifting a finger to help them.



"Come to me all you who labor and are burdened, and I will give you rest."

**Sheepish Question:**  
Whose burden can I relieve this week? Why is he or she so valuable?

In contrast, Jesus simplifies all of his religion's laws into two: love God and love your neighbor as yourself. For people struggling to keep track of hundreds of rules about how to wash your cups and utensils perfectly, what foods can and can't be on a plate together, what kinds of clothing fiber you could or couldn't wear, or what you could and couldn't do on the Sabbath, having only those two laws to follow was easy and light in comparison. Instead of having to worry about whether they were breaking any rules, Jesus' disciples could judge any decision with the measure of whether an action expressed love for God, self, and neighbor. *That* was the yoke Jesus was inviting them to carry—not the yoke of the Pharisees who cared more about the letter of the law than the spirit of the law.

### Questions of the Week

- 1 What religious rules or laws feel unnecessarily burdensome to you? Why?
- 2 Does the idea of judging all of your actions and decisions by the yoke of Jesus bring you relief? Please explain.