

14th Sunday in Ordinary Time — 5th July 2026

St Benedict's Parish Newsletter Stratton-on-the-Fosse (find us on Facebook)

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Sunday Masses

Saturday	5.00pm	St Benedict's
Sunday	10.00am	Abbey Church
Sunday	11.00am	St Benedict's

14th Sunday Gospel voices are frequently heard in the Old Testament as well as in the New (today's first reading is a fine example), and St Paul, in today's second reading, refers us to a Gospel Spirit – the Spirit of Jesus – which is to be discerned, often in unexpected and surprising ways, in contemporary lives. Jesus himself, in the short passage from St Matthew's Gospel which we hear next, gives us some of the most essential of all elements of the message: thankfulness to God, day-to-day humility and support for others (our 'brothers and sisters'). At the heart of the Gospel is the revelation of Jesus who gives us a gentle reference to his Cross ('All things have been handed over to me by my Father') with a reminder of the loving rewards offered to those who participate in the Father/Son relationship which He represents so vividly for us and for all who hear Him

Before and After Mass Prayer leaflets are available at the back of church to help us prepare for Mass and make our thanksgiving afterwards. On weekdays at Holy Ghost Church in Midsomer Norton, the Blessed Sacrament is exposed for Adoration both before and after Mass, and Adoration is also held in St Benedict's before the weekday Masses (which are usually followed by recitation of the Rosary). This is to remind us, in the spirit of the summer holiday, that the prayer of the Mass is central to the prayers we are able to make all the time, wherever we may be, whatever we may be doing and however pressing our preoccupa-

11th July Parish Outing/Pilgrimage Belmont Abbey – We will leave St Benedict's church at 9.30am prompt so please **assemble in the church car park at 9.15am**. There is a planned stop at Tintern Abbey at 11.00am and we will arrive at Belmont at 1pm. Please **bring a packed lunch** which we will have in the grounds at Belmont. We will join Belmont Parish for Mass at 4pm and aim to leave Belmont at 5.30pm, returning at approximately 7.45pm

Weekday Masses

Tuesday 7th July — Week 14 in OT	9.30am	Holy Ghost
Thursday 9th July — Week 14 in OT	6.30pm	St Benedict's
Rosary	7.00pm	
Friday 10th July - Week 14 in OT	9.30am	Holy Ghost
Saturday 11th July - NO MORNING		

Downside Abbey Festival 16-19 July. There will be a series of concerts by artists including David Bednall and the Bristol Brass Consort, the Choir of St Mary's, Wimbledon and the Tenebrae Associate Artists. The highlight of the four-day festival will be a 'Come and Sing', directed by Sir John Rutter – full details and information to book tickets is available on the website [Downside Abbey Festival 2026 | Downside Abbey](#) or collect a pamphlet at the back of the church

First Holy Communion Today we give our full support to the ten children - Nikolai Asquith, Dara Breddy, Wilfrith Carter, Augustin Cooney, Jeanna Galera, Rowan Goldstrom, Namaali Liedong, Alfred Medlicott, Samantha Medrana and Saoirse Ryan - who have been preparing for their First Holy Communion which they receive this morning. Our prayers are also for their families – those who 'sing' for them today – and grateful thanks go to Mrs Bennett and the other catechists in charge of the First Communion course. We can join them all for a further brief celebration in the Parish Hall after Mass

Sea Sunday Next weekend (July 11th-12th), together with all parishes in England and Wales, we have the annual prayers and second collection for seafarers, fishers and their families – as well as the 'apostles' or chaplains who support them. The organisers have sent the following message to parishes: 'Stella Maris (formerly called Apostleship of the Sea) is seeking one volunteer please to help with Sea Sunday (which falls on 11/12 July this year) in this parish. The volunteer will read out the appeal (which Stella Maris will provide) at the end of Masses that weekend. If you can kindly do this, please contact roland.hayes@stellamarismail.org

CAFOD-DEC Venezuela Earthquake Appeal

You can help our neighbours affected by the 24 June earthquakes in Venezuela with emergency shelter, water and food. CAFOD is already working with local Church partners to support people who have lost their homes, but we need your support to help more survivors. Your donation will provide essential supplies and help families rebuild their lives. Donate to the CAFOD-DEC Venezuela Earthquake Appeal today: cafod.org.uk/Venezuela or call [0300 999 0030](tel:03009990030) or using the QR code. Please keep our neighbours in Venezuela in your prayers.



First reading -Zechariah 9:9-10

‘Behold, your king is coming to you, humble.’

Thus says the Lord: Rejoice greatly, O daughter of Sion! Shout aloud, O daughter of Jerusalem! Behold, your king is coming to you; righteous and having salvation is he, humble and mounted on a donkey, on a colt, the foal of a donkey. I will cut off the chariot from Ephraim and the war horse from Jerusalem; and the battle bow shall be cut off, and he shall speak peace to the nations; his rule shall be from sea to sea, and from the River to the ends of the earth.

Responsorial Psalm Ps 145(144):1-2. 8-9. 10-11. 13c-14. R cf. 1

I will bless your name for ever, my God and king.

I will extol you, my God and king,
and bless your name for ever and ever.
I will bless you day after day,
and praise your name for ever and ever.

The LORD is kind and full of compassion,
slow to anger, abounding in mercy.
How good is the LORD to all,
compassionate to all his creatures.

All your works shall thank you, O LORD,
and all your faithful ones bless you.
They shall speak of the glory of your reign,
and declare your mighty deeds.

The LORD is faithful in all his words,
and holy in all his deeds.
The LORD supports all who fall,
and raises up all who are bowed down.

Second reading—Romans 8:9, 11-13

**‘If by the Spirit you put to death the deeds of the body,
you will live.’**

Brothers and Sisters: You are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you. So then, brothers and sisters, we are debtors, not to the flesh, to live according to the flesh. For if you live according to the flesh you will die, but 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.

Memorial Acclamation

**Save us, Saviour of the world, for by your Cross and
Resurrection you have set us free**

Gospel—Matthew 11:25-30

‘I am gentle and lowly in heart.’

At that time Jesus declared, ‘I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; yes, Father, for such was your gracious will. All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. Come to me, all who labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.’

St Catherine of Siena

‘We must receive that sweet Sacrament, because it is the food of our souls, for without that food we cannot preserve the life of grace. A man should do what he can to remove such things as would hinder his approach; and when he has done all he can, it is enough – I will not have you act as those who neglect to fulfil the precept of the Church because, as they say, they are “not worthy”:- What foolish sort of humility is this? You will not be more fit at the end than at the beginning! God alone is worthy of Himself; and He can render us worthy by His own worthiness, which never diminishes’ (14th century)

Lord Jesus, I thank You for Your abiding presence in the Eucharist. I am grateful for Your love, mercy, and sacrifice. May my heart overflow with praise and thanksgiving, and may my life reflect the grace You pour into me. Amen.

Foodbank—Most needed items: Instant Mash, Instant Coffee (small), Vegetarian tinned meals, Squash/long life juice, Tinned tomatoes, Jars of Pasta sauce, Tinned custard, Tinned rice pudding, UHT milk, Tinned vegetables (carrots and peas), Washing-up liquid, Deodorant, Shampoo, Conditioner, Soap, Toilet Rolls, Toothpaste Household Cleaners.

Parish Safeguarding— Parish Representative –

Hettie McDermott is the Parish safeguarding representative and she can be contacted on

mcdermothj@outlook.com