

## This Sunday's Counsel

### THEME:

Our life in Christ is fruitful when we allow Him to minister to our burdened and weary hearts.

### PROMISE:

*"Come to me, all you who labor and are burdened, and I will give you rest."* (Mt 11: 28)

### WORD:

Zec 9: 9-10/ Ps 145: 1-2, 8-9, 10-11, 13-14/  
Rom 8: 9, 11-13/ Mt 11: 25-30

### ORDER:

- *Come to me, all you who labor and are burdened...take my yoke...and learn from me.* (Mt 11: 28-29a)

### DIRECTIONS:

- Lift everything up in prayers, surrender all worries and anxieties and give thanks to the Lord through Jesus Christ, His Son, in all circumstances.
- Find joy in the midst of suffering through scriptures and meditation.
- Be an instrument of peace and love by following the example of Jesus humbling himself and giving his unconditional love to all.



BLD Trenton



# Community News

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## Christ's Invitation

### REFLECTION:

There is so much restlessness and stress in our world today. People constantly seek meaning and fulfillment. Many are in need of rest and above all, peace around them and in their heart. But many times, no matter how they try, they are overcome by their faults and failings because they have the wrong attachments and priorities. We know the times when we carry heavy burdens because of failure, loss, pain, guilt and hopelessness. In these situations, we begin to reflect on our relationship with God and how we are connected to Him in prayer.

We may know God, but without prayer our knowledge of Him may not be there. As we are drawn to prayer, our relationship with our loving God goes deeper and the heart of Jesus will be manifested in our life more than our own understanding and achievements. In prayer, the word of God comes to life, re-



vealing God's insight for us in simple ways. Only in admitting our transgressions to God and acknowledging our dependence on Him can we find rest for our soul that we are in dire need of. Today's gospel speaks about God's reward to those who humble themselves in

prayer, acknowledging their weaknesses and failures. We are all sinners who need Jesus, our Savior, to enlighten and straighten our ways.

Our theme this week summarizes this message – Our new life in Christ is fruitful when we allow Him to minister to our burdened and weary hearts.

As Jesus reveals Himself through His words in the gospel, we discover that His heart is one of unconditional love, not hatred, without any trace of uncertainty. God loves this world and every creature living in it. Most of all, He loves us that even in our sinfulness He sent Jesus, not

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### Tending the Flock

## Have The Heart Of Little Ones

In Matthew's Gospel, following the Cry of Exultation, we find one of Jesus' most heartfelt appeals: *"Come to me, all who labor and are heavy laden, and I will give you rest"* (Mt 11:28). Jesus asks us to go to him, for he is true Wisdom, to him who is *"gentle and lowly in heart"*. He offers us *"his yoke"*, the way of the wisdom of the Gospel which is neither a doctrine to be learned nor an ethical system but rather a Person to follow: he himself, the Only Begotten Son in perfect communion with the Father.

Dear brothers and sisters, we have experienced for a moment the wealth of this prayer of Jesus. With the gift of his Spirit we too can turn to God in prayer with the confidence of children, calling him by the name Father, *"Abba"*. However, we must have the heart of little ones, of the *"poor in spirit"* (Mt 5:3) in order to recognize that we are not self-sufficient, that we are unable to build our lives on our own but need God, that we need to encounter him, to listen to him, to speak to him. Prayer opens us to receiving the gift of God, his wisdom, which is Jesus himself, in order to do the Father's will in our lives and thus to find rest in the hardships of our journey.

~ Pope Benedict XVI

*General Audience, December 7, 2011*

BUKAS LOOB SA DIWOS (OPEN IN SPIRIT TO GOD)  
INVITES YOU TO A...  
*Youth Encounter Weekend*  
OPEN TO YOUTH AGES 14-18 (YE18)  
JULY 21-23, 2023  
LOCATION: JOHN PAUL II YOUTH RETREAT CENTER,  
499 BELGROVE DRIVE, KEARNY  
PLEASE CONTACT MILDRED/WENDELL LUMAPAS  
AT 702-686-7384

### Online Giving

You can now send your tithes and love offerings via **Paypal**.  
Donate link can be found at  
[www.bldtrenton.com](http://www.bldtrenton.com)

Or mail check to:  
BLD Trenton Foundation, Inc.  
P.O. Box 1367  
Toms River, NJ 08754

### The Lord's Provision

**June 30, 2023**

Tithe :\$400.00

Love Offering :\$168.00

**Thank you for your generosity!!!**

## God's Blessings

### Birthday

Leo Duarte	7/8	Jing Bongalo	7/10
Adam Felibrico	7/8	Msgr. Paul Schetelick	7/10
Biboy Llave	7/8	Carmela Toledo	7/10
Paul Hermesen	7/9	Lanie Fincalero	7/11
Sandy Aparicio	7/10	Aissa Panganiban	7/13

### Anniversary

Ross & Jaye Jacinto	7/7
Aris & Lilia Mejares	7/11
Charlie & Nora Dingerdisen	7/12

### Who Are You Gonna Call (or Text)?

For Mama Mary's visit - Beth Felibrico 732-995-7407

For Prayer Service - Mary Anne Arias 732-688-3962

*I will praise your name forever, my gracious and merciful God.*

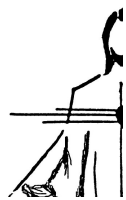
## Communication



There is a great need to listen to and to hear one another. It is the most precious and life-giving gift we can offer each other. Listening without prejudice, attentively and openly, gives rise to speaking according to God's style, nurtured by closeness, compassion and tenderness. We have a pressing need for communication that kindles hearts, that is balm on wounds and that shines light on the journey of our brothers and sisters.

*~ Pope Francis*

## Last Week's Prophecy



• *No matter how heavy your cross, no matter how enormous it is; know that I am always beside you to help you lift it up and trod the path to holiness.*

## Come To Jesus

We are all invited to reflect on an offer from Jesus to let him carry whatever is weighing you down or causing you to worry. The promise is the same. Rest. We have to believe that Jesus is in the midst of our trials. Unless we make conscious effort to connect with the Lord it will be hard for us to face our problems and be peaceful. Let us surrender everything in his care and he is faithful to his promise that he will give us rest (Mt 11:38-29).

In order to be at peace we must learn to trust God. Trusting God can be a very difficult task, you have to work at it. We have to persevere in our faith and prayers. We have to be simple, obedient, meek and humble of hearts like the little ones to follow him. Sounds impossible but we can do it!

Come to Jesus and be faithful in all his words and holy in all his works (Ps 145:1-2,8-9,10-11,13-14). Serving God in our community missions and respective parishes is one example. Taking time to study his words and reflect on it, reaching out to our brothers and sisters who are weighed down with afflictions, these are all the works that means we dwell in his holy spirit. So let us all rest in spirit and come to Jesus.

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as a judge, but as a good shepherd whose heart is eternally compassionate and who is ready to listen to all who come to Him. Jesus offers a warm and personal invitation to all those who are weary and burdened to be refreshed and renewed. He invites the tired, the poor, and the oppressed to rise above their burdens and weariness, to discover the spiritual strength of His gentle and humble heart.

But in order to listen to and accept the message of Jesus, one has to be in the Spirit who dwells in Him. *"Whoever does not have the Spirit of Christ does not belong to Him,"* (Rom 8:9b). We have to place all our actions and activities within the context of God's love by doing what we believe is God's will for us.

Authentic followers of Jesus are child-like, trusting and dependent. Our yoke becomes easy the moment we firmly believe and accept the fact that Jesus is right there beside us and He bears the yoke along with us. Every day we need to listen to the invitation of Jesus to come to Him and receive the peace and joy He offers in the Eucharist. We can experience true rest when we spend time in God's presence, praying or reflecting on His word. Let this be our way of life where we can be still, silent but attentive, and allow Him to work and minister to us.

When we are in the right relationship with Christ, our restlessness dissipates and we will enjoy the peace we long for. We have nobody else to turn to in every aspect of our

existence but to depend entirely on the Lord. *"Lord, to whom shall we go? You have the words of eternal life,"* (Jn 6:68). If we go to Jesus, He will give us His peace, enabling us to live by the Spirit and not by the flesh. To live by the flesh is to live according to the spirit of this world with all of our prejudices and attachments. But to live by the Spirit where Christ dwells is to live according to the Spirit of God where only love and peace abounds. Jesus alone gives peace by shouldering our yoke, making it easy and light (cf. Mt 11:30).

God will always be faithful to His promise, *"Come to me, all you who labor and are burdened and I will give you rest,"* (Mt. 11:28).

Adapted from [www.bldworld.org](http://www.bldworld.org)