



Mass Times

Monday-Friday

7.30am, 8.30am,
10.15am, & 4pm

SATURDAY

8.30am, 10.15am

Mass for the Sick
3.00pm

SUNDAY

9.00am, 11.15am
& 7.30pm

CONFESSIONS

MONDAY & FRIDAY

10.45am - 12 Noon

3.00pm - 4.00pm

SATURDAY

10.45am - 12noon

2.30pm - 4pm

All Masses are
live streamed at
St. Augustine's

WELCOME!



St. Augustine's Church Child Safeguarding Representatives.

Fr. Flor O'Callaghan O.S.A.

Fr. John Lyng O.S.A.

Ms Geraldine van Dam

Mr. Robert Ryan

Ms Charlotte Gleeson

Mr. Tom Walsh



St. Augustine's Church Limerick 14th Sunday in Ordinary Time 5th July 2026

website: www.augustinianslimerick.com

email: info@augustinianslimerick.com

The Real Yoke

"But when you win your freedom you shall shake his yoke from your neck" (Gen 27:40)

Ever since Isaac tried to settle things between his sons, the yoke on the neck has been a powerful metaphor for slavery and oppression.

Norman saw on English oak.
On English neck a Norman **yoke**;
Norman spoon to English dish,
And England ruled as Normans wish;
Blithe world in England never will be more,
Till England's rid of all the four.

"And so the English plotted to find a way of
shaking off a yoke that was so intolerable."
(Medieval chronicler Orderic Vitalis)

"Nor would we wreak our ancient feud
On Belgian or on Dane,
Nor visit in a hostile mood
The hearths of Gaul or Spain;
But long as on our country lies
The Anglo-Norman **yoke**,
Their tyranny we'll stigmatize,
And God's revenge invoke."
(Thomas Davis, Young Irelander).

So, English complained of Norman yoke and Irish complained of English yoke and there's hardly a country or a group in the world that hasn't railed against the yoke of another. An enduring metaphor. And, what about the real yoke?

In parts of the world where people don't have access to modern machinery you'd see some strange yokes in use. Among the most common is the crude length of unworked wood laid across the necks of a pair of oxen resting in front of that hump of flesh characteristic of Zebu cattle. The yoke fastens, or yokes, them to one another and, by a longer pole, to the trailing plough or cart. There's no upholstery or cushion to soften the harshness of the harness. That's one kind of yoke. Another is often seen resting across the shoulder of woman, child or man with a heavy load of water hanging in balance from each end, the bending bar the only sign of the hidden hardship of drawing water from a distant well. Common too is the sight of man or woman at building-site with pallets of mud bricks suspended from the bar whose fulcrum is the shoulder of the hard-pressed human. Whatever its particular form the yoke is a good metaphor for the slave, the put-upon animal or man, the imposed will of the controller over the controlled. The Biblical writers used it well to allude to bondage and freedom.

Someone of learning tells me that the word subjugate has its literal origin in the Latin "under the yoke". And, further, that it accurately describes a ritual humiliation commonly imposed on losers.

Isaiah predicted a freedom the Messiah would bring in these terms: "In that day his yoke will cease to weigh on your neck"

Paul went further, seeing the Old Law as overly burdensome. "It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery."

Today's gospel has Jesus introducing a yoke, his own, easy and light. It may not always feel like that. But it is something to give us a light step rather than bent back and strained neck.

J.L.



Thought for the Day

The Lord understands us and knows us better than we know ourselves. *O Lord, you have searched me and known me. You know when I sit down and when I rise up; you discern my thoughts from far away. You search out my path and my lying down, and are acquainted with all my ways.* (Psa 139:1-3) He knows of what we are made and so we can come confidently before him with our brokenness and need of his grace.

It might be good during Mass today to become aware of whatever is a burden to me now in my life and ask the Lord for his love and healing touch.

Prayer: Lord, you bore the weight of our humanity to come as near to us as possible. Help us to realise you stand beside us and walk with us on the journey of life.

Source: www.tarsus.ie/Sunday_readings

***"Go forward securely, joyfully, and swiftly,
on the path of prudent happiness"***
(Second Letter of St. Clare)

Lord, I am often filled with fear when
I think of the future,
Haunted by past mistakes and hurts,
and I feel paralysed.

I surrender it all to you now
and trust you to take care of it.
You are the One who makes all things new,
With you I will go forward, securely
and joyfully into freedom.
Amen.

Source: In the Spirit of St. Clare, Daily Reflections

**I will lift up my eyes to the hills
from where comes my help.
My help comes from the Lord
which made heaven and earth.**

Psalm 121 1-2

Knock Basilica Celebrates 50 Years

For fifty years, Knock Basilica has stood as a beacon of prayer, pilgrimage and hope, rising above the quiet Mayo landscape, as generations have journeyed to this sacred place in search of peace, healing and consolation. Since its dedication in 1976, the Basilica of Our Lady, Queen of Ireland has welcomed millions of pilgrims from Ireland and across the world. On Saturday, **July 18th**, as we gather to celebrate the fiftieth anniversary of this remarkable Basilica, we honour not only a building of striking beauty, but a living spiritual home shaped by devotion, community and the enduring message of Knock itself.

We welcome you to join us as we celebrate this historic milestone on Saturday, July 18th. May this celebration remind us that the story of Knock Basilica is still being written in every candle lit, every prayer whispered and every pilgrim who continues to arrive in hope.

More information www.knockshrine.ie

Source: Knock Shrine Newsletter

Thank You

Last Sunday's St. Peter's Pence Collection came to €610.00 and the Church Collection came to €620.
Thank you for your continued support.

COME, HOLY SPIRIT,
FILL THE HEARTS OF YOUR FAITHFUL
AND KINDLE IN THEM THE FIRE OF YOUR LOVE.

HOLY SPIRIT PRAYER MEETING

REDEMPTORIST CONFERENCE CENTRE
Mount St. Alphonsus, Limerick

SUNDAY, JULY 12TH 2026 AT 8PM

EVENING PROGRAMME

- PEACE
- WORSHIP
- TEACHING
- HEARING
- INTERCESSION

Followed by a cappa!

One Spirit • One Church • One Mission

Limerick Diocesan Pilgrimage to Knock Shrine

The annual Limerick Diocesan Pilgrimage to Knock Shrine take place on Saturday 11th July 2026
Buses will run at Pastoral Unit Level