



14TH SUNDAY IN ORDINARY TIME

July 5, 2026



Mission Statement

"Good Shepherd Parish, under the guidance of the true Shepherd Jesus Christ, is a Catholic faith based community seeking to proclaim and live the gospel message. Recognizing our diversity, we strive to bring together a church family, welcoming all people as we grow together in faith, hope and love."

954 Stuyvesant Ave Irvington NJ 07111 Phone: (973) 375-8568

Fax (973) 375-7040 Email gsirvington@comcast.net

Website: www.goodshepherdnj.com



SERVED BY

Rev. Valentine Ugwuanya Pastor
Denise Perry Secretary
Christian Veliz Music Minister

For more information on our parish please go to:
Goodshepherdnj.com
Or email us at
gsirvington@comcast.net

PASTOR'S REFLECTION ON THE 14TH SUN IN O.T. JULY 5, 2026.

During this time of FIFA World Cup that is being hosted and played in these three countries, United States, Canada and Mexico. There are several cities across these countries that these soccer matches are played now even here in Meadowland New Jersey which remarkably attracted hundreds of thousands of spectators who came to cheer their teams. What is even more incredible is the percentage of these teams who actually would qualify to play the World Cup final. These teams from these countries who look so "ordinary" and yet somehow have the motivation, they trained and played hard for weeks! How do they accomplish that?

However, I also wonder how many of those teams would play the finals if they were playing all by themselves, on deserted stadium, with no one around. My guess is that many wouldn't even want to try or would give up once they felt over-fatigued. It's one thing to play the game (or do anything difficult) with others at your side (with others cheering you on), and a much different thing to do it all by yourself. "For my yoke is easy, and my burden light."

Every time I hear these words of Jesus my first instinct is to ask in what way are our burdens "light"? Is Jesus saying that everything will be smooth sailing if we follow him? Well, a lot of our difficulty with this reading might come from the fact that "yoke" and "burden" seem to be such negative words. We hear them and think of toil, exhaustion or being forced to do unpleasant things against our will. Maybe that's not the image Jesus is going for at all.

What is a yoke? And why is this image used by Jesus? A yoke is a cross piece that is fastened over the necks of two animals and is attached to a plow that they both pull. The yoke is a very practical and effective piece of equipment. By connecting the two animals, it provides a balance to the efforts of each animal. The animals work together, walk the same path, and the strong one will aid the weaker one. The yoke is a great aid for tilling the field and assuring the fullness of the harvest. However, the yoke was a heavy piece that took some effort to properly set up and to carry. Likewise, the word "burden" doesn't have to be a "bad" thing. It can simply mean the "work" or the "goal" we are trying to achieve.

Today we get a rare chance in the Gospel of Matthew to overhear Jesus' intimate prayer to his Father, whom he addresses as Lord of heaven and earth. The Father's majesty extends over the whole universe and appears far beyond human reach. In his prayer, Jesus doesn't thank his Father for his majesty.

God goes further to reach humanity, for his Son, Jesus, gentle and humble in heart, assumes a yoke of burden. The Son of the Most High humbles made himself zero, not only to our human level, but to the level of the lowest grade of slave, whose status is equated with a pack animal. The Son will ultimately go further and carry the yoke of his crossbeam to Golgotha, where he will then be crucified and die for us. He carries our yoke imposed because of sin that through his death and resurrection we might have life.

Our lives are marked by sin which weighs us down and its effects stick to us like muck. The burdens of sin become heavy and make us weary. The yoke of maintaining the illusions of power, position, and prestige over others comes at a great cost. This is not Jesus' yoke. Jesus points the way to free ourselves. By becoming gentle and humble in heart, towards ourselves, others, and God, we can fit under Jesus' yoke. Since Jesus carries this yoke, it becomes easy for us and our burdens light. Let us learn to walk humbly with our Lord and answer his call of meekness and gentility and he give us rest.

Good Shepherd Parish Schedule for Mass & Worship (schedules are subject to change)

Saturday (anticipated) 5:30pm

Sundays —9:00am, 11:00am

National Holidays —9:00am

Weekday Daily Mass 7:30am

Holy Day TBD.

Reconciliation: Saturdays 4:45-5:15pm

Adoration Mo-Fri 7:30am - 5:00pm

Mass Intentions For the week of July 4—July 11, 2026

Saturday 5:30PM For the People of Good Shepherd Parish
July 04

Sunday 9:00am For God's Guidance and Protection of Fr. Valentine Ugwuanya
July 05 11:00am For God's Guidance and Protection of Pope Leo XIV

Monday 7:30am For the Repose of the Soul of Theresa Persons
July 06

Tuesday 7:30am For God's Mercy and Love for Louis Herbert
July 07

Wednesday 7:30am For the Repose of the Soul of Anna Hinton
July 08

Thursday 7:30am For God's Guidance and Protection of Maya Azzi
July 09

Friday 7:30am For God's Guidance and Restored Health of Dorothy Nwanonyiri
July 10

Saturday 8:30am For God's Guidance and Restored Health of Sandi Mosley
July 11 5:30pm For God's Guidance and Restored Health of Shelley King-Kamara

Kindly keep our parishioner's family, with health and other challenges, in your prayers

Let us always remember in our prayers the sick members of our Parish

Paul Kocum	Sandi Mosley	Debbie Watson	Rihanna Scott	Venus Matthews
Curtis Richards	Carlos Quinones	John Valfour	Corizon Abuzied	Margarete Victor
Bob and Barbara Nezlick	Patrick Roylance	Graylan Banks	Aloysius Patrick Osuji	Avenelle Samaroo

* Please advise if any names should be added or delete from the list

Hospital Privacy | Please remember that current privacy laws regarding patients in hospitals do not allow hospitals/ pastoral care offices to contact parishes. If you or a loved one are in the hospital and want a priest to visit, please call the I office at (973)375-8568

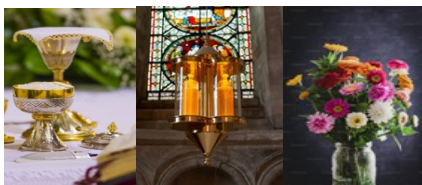
Ministries: If you're interested in ministries of service either as a Lector or Eucharistic Minister, please call the rectory at 975-375-8568 or fill out the Information below and place in the collection basket.

Name : _____

Telephone #: _____

Lector _____ Eucharistic Minister _____

Please Contact Fr. Valentine or call the office, if you are interested in requesting mass intentions, intentions of a Sanctuary Lamp, Chapel Lamp, Altar Bread, or Altar Flowers.



ANNUAL ²⁰²⁶ APPEAL

The Annual Appeal is ongoing, your contributions to the appeal will help so many lives.

Collection Report		June 28,, 2026
Weekly Target		\$6,500.00
Collection (Offering+ Fuel & Energy)		\$ No Data
Surplus (Deficit)		\$
Fiscal Year to Date		
Budget:		\$379,864.00
Actual:		\$
Surplus (Deficit)		\$
Rolling 4 Week Averages		
Average Collection:		\$
Average Surplus (Deficit)		\$

Minister Assignments July 11—July 12, 026

Saturday Sunday	Lectors	Eucharistic Ministers	Presiding
07/11 5:30pm	Denise Perry	Denise Perry Nellie Bate Barbara Banks	Fr. Val
07/12 9:00AM	TBD	Augustine Boakye Stanislaus Egeolu- Obimezie Lorita Onyegbule	Fr. Val
07/12 11: 00am	TBD	Bernadine Osuji Victoria Asoluka Anthonia Ogbo	Fr. Val

GSP EVENT CALENDER

Sunday July 05

Monday July 06

Saint Maria Goretti

Tuesday July 07

Wednesday July 08

Thursday July 09

Saint Augustine Zhao Rong and Companions

Friday July 10

Saturday July 11

Saint Benedict

Good Shepherd Parish Information

RECTORY HOURS: Monday Thru Wednesday 10:00AM-2:00PM; Thursday / Friday 9:00AM-12:00PM

Parish Registration Forms can be found at the back of the church or call the rectory at (973) 375-8568

THE SACRAMENT OF RECONCILIATION Saturday 4:45PM - 5:15PM

THE SACRAMENT OF BAPTISM In order to have your child baptized at Good Shepherd, the parents must be registered and active members of our parish. Godparents or sponsors must meet qualifications as to have received both sacraments of Communion and Confirmation, attend Mass regularly and been a registered parishioner at a Catholic Church. Baptisms will be held the third Sunday of the month. For more information please call the Rectory at (973) 375-8568

THE SACRAMENT OF MATRIMONY Couples who are planning a wedding should call the parish office to meet the priest, to choose the date of the wedding and before any other arrangements are made call (973)375-8568

PASTORAL OF THE SICK Notify a priest of all who are hospitalized, home-bound, or Emergencies call (973)375-8568

ORDER OF CHRISTIAN INITIATION OF ADULTS, RCIA. Adults interested in becoming members of the Catholic Church and Catholics in need of Sacraments, Confirmation or Eucharist; inquire at the Rectory. To register please call the rectory at (973)-375-8568

RELIGIOUS EDUCATION Sunday of October-April from 10:00-11:00 am in the Church building. For more information please call the Rectory at (973)-375-8568. Children's mass will be every second Sunday of the month, at the 11AM mass.

CONTINUATION OF POPE LEO XIV ENCYCLICAL LETTER ON MAGNIFICA HUMANITAS

CHAPTER ONE A DYNAMIC APPROACH FAITHFUL TO THE GOSPEL

17. In this first chapter, I intend to present synthetically how the Social Doctrine of the Church has taken shape in the recent Papal Magisterium and in the [Second Vatican Council](#), in order to demonstrate its dynamic character. Indeed, in each era the *res novae* require that this teaching address historical questions in the light of revealed Truth. In this regard, artificial intelligence, too, should not be considered as merely yet another theme to be studied or a crisis to be managed, but rather as a development that challenges the categories of Social Doctrine from within, calling for their further development in fidelity to the Gospel.

18. This overview, however, would not be very comprehensible if, before reflecting on the contribution of individual popes and their most relevant documents, we do not first clarify some fundamental principles concerning the way in which the Church exists in history and relates to the world. Failing to do so would expose Social Doctrine to the risk of being perceived as an undue interference in “worldly” matters or as an external code of ethics imposed from above. In reality, it stems from a Church that walks alongside humanity, recognizing the autonomy of earthly realities and the distinction between ecclesial and political communities. Indeed, it is for this very reason that she strives to serve the common good.

A Church journeying through human history

19. The Church is present in the world as a sign of unity for the entire human family. She recognizes today’s questions and challenges as the current setting in which to carry out her particular vocation of listening, dialogue and service, and of being responsive to everything concerning the lives of contemporary men and women. This involvement in people’s lives helps the Church understand ever more clearly that her mission has a historical scope and entails a responsibility for the way in which social relations are built. For this reason, she cannot consider herself a stranger to the forces shaping society. On the contrary, the Church actively participates in the processes by which society grows and is organized, and she offers her own contribution to the creation of a more just and fraternal society. [Pope Francis](#) emphasized this historical dimension of the Church’s mission: “No one can demand that religion should be relegated to the inner sanctum of personal life, without influence on societal and national life, without concern for the soundness of civil institutions, without a right to offer an opinion on events affecting society.” [\[9\]](#)

20. The Church’s vocation and duty to accompany humanity in the specifics of history leads her to recognize that earthly realities possess their own proper character and order. [The Second Vatican Council](#) expressed this principle with particular precision in the Pastoral Constitution [Gaudium et Spes](#), whose sixtieth anniversary we remembered and celebrated with gratitude on 7 December 2025: “If by the autonomy of earthly affairs is meant that created things and societies themselves enjoy their own laws and values... then the demand for autonomy is perfectly in order.” [\[10\]](#) This affirmation shows that creation bears the imprint of an original goodness that our human outlook must preserve, cultivate and bring to fulfillment. In this regard, the Church offers herself in a way that helps to interpret reality in all its depth. She supports with humble firmness the choices that promote the dignity of every person, the cohesion of communities and the good of all. The Church thus stands alongside the world without overpowering it, so that the promise of justice and peace that the Holy Spirit continues to sustain in the heart of humanity may come to fruition in every human endeavor.