

OUR LADY AND ST. HELEN'S



CONDORRAT.

117, Achray Road, G67 4JG

Tel. 01236-731-258

Priest: Rev. Paulinus Onyenuru OP.

Deacon: Paul McNair

www.ourladyandsthelen.org

olsthelen@rcag.org.uk



Mass times

Monday to Friday	10 am
Saturday Vigil Mass	6 pm
Sunday	10 am & 12 noon

Adoration of the Blessed Sacrament

Monday to Friday	9:00 -9:45 am
------------------	---------------

Confessions

Tuesday and Thursday	9:20 am
Saturday	5:20 pm

Fourteenth Sunday in Ordinary Time -A
Sunday, 5th of July, 2026.

1st Reading: Zechariah 9:9-10

Behold, your king is coming to you, humble.

Responsorial Psalm: Psalm 145(144)

I bless your name forever, my God and king.

2nd Reading: Romans 8:9, 11-13

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

Gospel: Matthew 11: 25-30

I am gentle and lowly in heart.

Reflection: Do not let the World Set Your Direction.

The compass is one of the most important instruments ever invented. For centuries, it has guided sailors across vast oceans, keeping ships on course even when storms or strong currents threatened to carry them away. A magnificent ship without a compass is still in danger of drifting aimlessly. Its size, beauty, and strength cannot compensate for the absence of direction.

St. Paul, in his letter to the Romans, reminds us that the Holy Spirit is the compass of the Christian life. God created us as body and soul, breathing into us the breath of life. Through Baptism, the Holy Spirit dwells within us, directing our hearts toward our true destination, eternal life with God. As our relationship with Christ deepens through prayer, the sacraments, and obedience to God's word, this inner compass becomes more sensitive to the promptings of grace. We do not receive more of the Spirit. Rather, we mature in the Spirit and learn to recognize His direction more clearly.

St. Paul's words are particularly relevant in our age. Modern culture constantly tells us to "follow your feelings," "live your truth," or "do whatever makes you happy." While feelings are part of our humanity and should not be ignored, they are not reliable guides for moral decisions. Feelings change with circumstances. They can be influenced by social media, peer pressure, entertainment, and passing trends. If our choices are governed only by what feels good at the moment, we become like a ship carried wherever the waves happen to push it.

This challenge is especially significant for our young people. They are growing up in a world where instant gratification is celebrated, where likes and followers often determine self-worth, and where truth is frequently reduced to a matter of personal preference. Yet St. Paul calls us to something far greater. "If by the Spirit you put to death the deeds of the body, you will live." The Christian life is not about suppressing our humanity. It is about allowing the Holy Spirit to order our desires so that we choose what is good, true, and life-giving, even when it requires sacrifice.

Safeguarding holds a vital place in the life of the Archdiocese of Glasgow. Our parish is committed to promoting safeguarding awareness and embraces our collective responsibility to provide care and protection for everyone.

A pertinent question for each of us this week is this: **Who or what is directing my decisions? Is it my emotions, the opinions of others, the latest trend, or the quiet voice of the Holy Spirit?** A compass is valuable only when we trust it enough to follow it.

Let us allow the Holy Spirit to be the true compass of our lives, so that no matter how strong the currents of this world become, we remain firmly on course toward Christ and the eternal life He has promised.

Hymns for Sunday

Entrance: Be Thou my vision	No. 168
Offertory: Meekness and Majesty	No. 475
Communion: Soul of my Saviour	No. 628
Recession: Seek ye first	No. 604

Our Lady of Aberdeen (Feast, Thursday), St. Benedict (Feast, Saturday).

The Funeral Mass of **Margaret McGee** comes up **on Wednesday, the 8th of June, at 10 AM.** Let us continue to pray for the family.

Death: *Helen Doyle.*

Anniversary: *Robert Johnston, Sadie McCunn, Patrick Tourish (snr), Winifred McDonald.*

Second Collection next week is for Sea farers (**Sea Sunday**)

Stella Maris Collection

Next Sunday is “Sea Sunday”, when the Church prays for all those who live and work at Sea. Seafarers and fishers play a vital role in all our lives, but they often work in difficult, hazardous conditions.

Infant Baptism. There will be an infant baptism at the 12 noon Mass on the 19th of July.

Completion of the Parish Hall

We are delighted to announce that the Parish Hall has been completed, two weeks ahead of schedule. We thank God for this wonderful achievement and express our sincere gratitude to everyone whose hard work made it possible.

As we prepare to put the Hall into full use, we are looking for **three to four parish volunteers** to assist with its day-to-day management and coordination. If you are willing to offer your time and talents to this important ministry, we would be delighted to hear from you. Please speak to Fr. Paulinus or any member of the Parish Pastoral Council if you are interested in serving.

Collections for 28/06/2026

Offertory: £531.35

Gift Aid envelopes: £335.

Peter’s Pence Collection: £616.79 Thank you.

Ecumenical Prayer Service on the occasion of the Commonwealth Games: Glasgow Churches Together and Run the Race Glasgow. To mark Glasgow’s welcome to the Commonwealth Games and to pray for unity, friendship and peace among all peoples. Sunday, 26th July 2026 at 3.00 pm in St Andrew’s Metropolitan Cathedral, Clyde Street. Church Leaders, Civic Leaders, representatives of the Trades House and Merchants House, congregations, athletes and their families are warmly invited to attend. Light refreshments will be served afterwards.

RSVP office@glasgowchurches.org.uk

Safeguarding holds a vital place in the life of the Archdiocese of Glasgow. Our parish is committed to promoting safeguarding awareness and embraces our collective responsibility to provide care and protection for everyone.