



St Joseph's
Queens Road Aldershot
GU11 3JB

St Mary's
Belle Vue Road Aldershot
GU12 4RX

T: 01252 320956
E: office@aldershot-catholics.uk
W: www.aldershot-catholics.uk
Facebook: /AldershotCatholics
Twitter/Instagram:@AldstCatholics

Office Opening Hours

Monday - 10am - 2.30pm
Wednesday 10am - 2.30pm
Thurs 10am - 2pm



Mass Times
14th Sunday of Ordinary Time

Mass Intentions
Request via the parish office phone or email: office@aldershot-catholics.uk. Mass intentions traditionally support the parish priest's income.

Confession
Saturday: St Joseph's 11–11.45am
St Mary's 4.45–5.15pm Or contact the parish office on 01252 320956 to arrange a convenient time.

First Saturday Devotion.
1st August 2026
Confessions available from 11 am at St Joseph's during the first Saturday prayers and readings. Mass at noon, concluding with final prayers at 12:45 pm. All are welcome.

Votive Candles
Votive Candle Offerings
Please note that not all votive candle money boxes are currently in operation.

At St Joseph's, The money box in the chapel at the back of the church, in front of the statue of Jesus, is currently out of service.

At St Mary's, all votive candle money boxes are temporarily unavailable. Until the money boxes have been repaired, parishioners are kindly asked to use the contactless payment machine when making offerings for votive candles.

Thank you for your understanding and cooperation.

Sat	4th	StM	5.30pm		
Sun	5th	StJ	9.00am		People of the Parish
		StJ	10.30am		Nathaniel Cummings RIP
Mon	6th	StM	9.30am	St Maria Goretti	
Tues	7th	StJ	9.30am	Feria	Johny Collins
Wed	8th	School	9.30am	Feria	
		StJ	7.00pm	HOLY HOUR	
Thurs	9th	StJ	9.30am	St Augustine Zhao Rong & Companions	
Fri	10th			NO MASS	
Sat	11th	StJ	12.00pm	St Benedict	Johny Collins

15th Sunday of Ordinary Time

Sat	11th	StM	5.30pm		
Sun	12th	StJ	9.00am		
		StJ	10.30am		People of the Parish



Today we hear Jesus pray to the Father, only two more times will Matthew pray to the Father, in the Garden before His Passion and from the cross before His death. He thanks the Father for although many have rejected Jesus a few have opened their hearts to Him, and through this have become more knowledgeable of God than the contemporary theologians and Priests.

This reality still applies to our modern lives here in Aldershot. When we look around at our world today, we see a culture that is utterly exhausted, Spiritually, psychologically. We live in an era of constant noise, endless notifications, and the relentless pressure to perform, achieve, and prove our worth at work and in our daily lives. We carry the heavy burdens of financial anxiety, broken relationships, secret anxieties, and the silent weight of our own sins. It often feels like we are running on a treadmill that never slows down.

It is into this very weariness that our Lord speaks some of the most comforting words to you this Sunday. He looks at each of you and says, "Come to me, all you who labour and are burdened, and I will give you rest."

Notice how Jesus does not offer us a self-help program, He does not give us a checklist of five steps to a stress-free life or encourage us to feel like victims. He offers us Himself. The antidote to our exhaustion is not a course or a holiday or a new hobby; it is a person.

In the beginning of today's Gospel passage. Jesus prays, "I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the learned and have revealed them to the childlike."

What does it mean to be childlike in the eyes of God? It does not mean being childish or immature. It means recognising our total dependence on our Heavenly Father. The "wise and the learned" of Jesus' time—the scribes and Pharisees—prided themselves on their intellectual superiority and their meticulous keeping of hundreds of religious laws. They made faith a heavy, crushing burden. They thought they had God all figured out.

We live in a world where we hear phrases such as "pull yourself up by your boot laces" or "everyone is a self-made man only the successful ones admit it." When we rely entirely on our own intellect, our own strength, and our own resources, we close ourselves off from grace. We become spiritually arrogant. A child, however, knows they cannot survive on their own. A child reaches up for a parent's hand when the path gets steep. A child knows when and how to ask for help to find true rest, we must drop our masks of self-sufficiency. We must approach the Lord with the humility of a child, admitting that we cannot carry the weight of the world on our own shoulders.

Jesus then makes an invitation that sounds like it makes no sense. He says, "Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light."

A yoke is a heavy wooden beam placed on the necks of two oxen so they can pull a plough together. In the ancient world, it was a symbol of labour, subjection, and burden. Why would Jesus promise us rest and then immediately tell us to put on a yoke.

A yoke is designed for two. When you take the yoke of Jesus upon your shoulders, you are not pulling the cart alone. He is harnessed right there beside you. In fact, because He is God, He is carrying the massive weight of the load. Our job is simply to walk in step with Him. The burdens of life become light not because the difficulties vanish, but because Christ is sharing the weight with you.

His yoke is the yoke of love, commandment, and discipleship. It is "easy" not because it demands nothing, but because love makes the labour light. When we try to carry the yoke of the world the yoke of pride, greed, popularity, and perfectionism we break under the strain. But Christ's yoke brings freedom.

So today: What burden are you carrying into this church that you were never meant to bear alone? Is it fear for your children? A failing marriage? A diagnosis? The grief of a lost loved one? Not feeling Holy or worthy enough?

Whatever it is open your heart and deliver it to the foot of the altar as the gifts are brought forward and we offer all we are. Leave, it at the altar today. Do not leave this church carrying the same heavy burdens you brought in. Let us learn from His meek and humble heart in the Holy Eucharist, where He gives us the ultimate rest for our souls.

Fr Rob

Parish News Please send any information you would like to be included in parish news to the parish office by Tuesday lunch time for consideration. Thank you

We warmly welcome all visitors joining us for Mass today. We hope you feel at home in our parish community and pray that your time with us may be a blessing.

**Join us for tea and coffee and a friendly chat in the hall after Mass.
Tuesdays and Thursdays after the 9:30 am Mass, and Sundays after the 10:30 am Mass.**

**OUR NEXT 2ND COLLECTION WILL BE
12TH JULY 2026
STELLA MARIS**

Mass at St Joseph's Primary Academy – Wednesday 8th July

Please note that Mass on Wednesday 8th July will be celebrated at St Joseph's Primary Academy at 9:30am.

This is planned to be our outdoor Mass, weather permitting.

Parishioners are warmly invited to join the school community for the celebration.

Venue: St Joseph's Primary Academy, Bridge Road, Aldershot, GU11 3DD

Father Away

Please note that Father will be away on the following dates:

13th–15th July

25th–31st July

There will be no weekday Masses during these periods.

Gift Aid.

Gift Aid is the process through which our parish, as a registered charity, can claim additional money from the Government at no extra cost to you.

If you are a UK taxpayer, every pound you donate has already been taxed. Because your offering is given to a charity, the Church can increase the value of your donation by 25% by claiming back the tax you have already paid. All it takes is a few minutes to complete a simple Gift Aid declaration.

There are potentially thousands of pounds that our parish could claim back each year—funds that are urgently needed. To date, just over 60% of eligible parishioners have completed a Gift Aid form. If you pay tax, please complete a form, available at the back of each church, or ask for advice if you are unsure.

If you make your donations using the contactless giving machine in either church, please remember to register your donation for Gift Aid on the device itself. If you are unsure how to do this, please ask for assistance. Alternatively, you can complete a Gift Aid declaration by scanning the QR code to complete the form online.



Encyclical Letter of His Holiness Pope Leo XIV,

Please find the Encyclical Letter of His Holiness Pope Leo XIV, Magnifica Humanitas, on the safeguarding of the human person in the age of artificial intelligence here:

<https://e.va/magnificahumanitas/>

Pope's July prayer intention: 'for respect for human life

"Each person is a sacred gift that reflects your face, from the first instant of existence to the final breath of their journey on earth..."

Change of Office Hours

Please note that from next week, the parish office hours will be changing. The office will now be open on Thursdays instead of Fridays.

First Holy Communion Parents' Meeting

The next meeting for the First Holy Communion Programme will take place on Sunday 12th July at 3:00pm in the hall. As this is an important part of the programme, we ask that all parents attend. We look forward to welcoming you.

Telephone lines

Apologies if you have been trying to ring the presbytery or the Parish office. A fault developed on the line last weekend and was rectified on Wednesday. Apologies for any inconvenience. I am assured now all is well.

With gratitude to Frances our Parish Administrator who has more patience with inanimate objects than myself.

Could You Help Someone Feel at Home?

A smile. A welcome. A short conversation.

Could You Help Welcome Others?

A warm welcome can make all the difference. Every week, new visitors, returning Catholics, and those seeking a place to belong join us at St Mary's and St Joseph's. We want everyone to feel at home.

Over the coming months, we will be launching a Welcome Team and are looking for friendly, approachable volunteers. No experience is needed, and there is no commitment at this stage—just an opportunity to find out more.

If you're interested, please email Jason Swan Clark at clark.jason@me.com. I will also be speaking about the Welcome Team at all Masses over the coming weeks, with an opportunity to ask questions afterwards.

Church Volunteers Needed

We are looking for volunteers within our church community who can help with small maintenance and repair jobs around the parish. We would especially welcome anyone with skills in electrical work, plumbing, carpentry, DIY, or general handyman repairs.

Even a small amount of time and help can make a big difference in caring for our parish facilities. If you are able to help, please contact the church office. Thank you for your support.

Other News

Catholic Association Pilgrimage to Lourdes, 21st - 28th August 2026

See promotional poster on noticeboard for further details. Come in procession and respond to Our Lady's son to love God and love our neighbours as ourselves. Contact: frances@catholicassociation.co.uk

Retrouvaille

MARRIAGE IN A RUT? Or need help with deeper issues? Retrouvaille has helped thousands of couples find hope and healing in their marriage. Next dates: 2nd - 4th Oct. www.retrouvaille.org.uk/info Tel: 0788 7296983

General News

SENSIBLE GIVING Sign up today to make your donation worth 25% more with Gift Aid	STABLE GIVING Set up a regular monthly donation through a Standing Order to support your parish	SERIOUS GIVING Don't just give the leftovers to God... be generous in your giving
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Parish Financial Support May First Collections	
TOTAL:	7,714.29
Contactless	2,585.35
Direct Debits	480.00
Plate and envelopes:	2,201.14
Standing Orders	2,447.80

WeBelieve Festival at St Mary's College, Oscott. 24-27 July

An unmissable opportunity to discover the traditions and charisms that flow through the Church, to grow in authentic community, and to encounter the transforming love of God.

It's an unmissable opportunity to discover the traditions and charisms that flow through the Church, to grow in authentic community, and to encounter the transforming love of God. Join us the historic and beautiful setting of St Mary's College, Oscott for a feast of the True, the Good and the Beautiful.

[Ticket info](#)

Most parishes aim for 75% of income via standing orders — Aldershot isn't there yet. Please help by setting up a standing order (contact your bank directly) and signing up for Gift Aid. Forms are at the back of the church.

Our details: CDP Aldershot St Joseph
Sort Code:30-93-04 | AccountNo: 00873072

Fundraising for St Joseph's & St Mary's

Our churches, hall, and presbytery need repairs please help us raise funds through any of the following: Donations & Gift Aid forms at the back of the church Give as You Live shop online with 6,000+ retailers and raise free donations at no cost to you. Supporters have already raised over £3,200 for our parish. Sign up free by scanning the QR code on leaflets available after Mass, visiting www.giveasyoulive.com/join, or searching "Give as You Live." Just some of the 6,000+ stores include:



community grubhub Food Bank

St Joseph's Parish supports the Aldershot Community Grubhub. Please donate non-perishable food and essential items (food, toiletries, household goods). Donation boxes are available at the back of the churches and in the Hall entrance. Thank you for your support.

Parish website

The site is being refreshed, but you can download newsletters from: St Joseph's & St Mary's Aldershot, [St Joseph's & St Mary's Aldershot - Catholic Diocese of Portsmouth](#).

Lots more information about what's on in the Diocese from [e-News - Catholic Diocese of Portsmouth](#)

Parish Priest: Fr Rob Stewart T: 01252 320956
Parish Administrator: Frances Grant T: 01252 320956,
E: office@aldershot-catholics.uk
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Safeguarding Team: Michelle Berman T: 07908 101 487
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Portsmouth Diocese Safeguarding Coordinator:
Ruth Attfield T: 023 9421 6486
E: rattfield@portsmouthdiocese.org.uk

Hospital & Home Visits

Going into hospital? Contact Frimley Park Hospital chaplaincy: 0300 613 4184

Unwell and unable to attend Mass? Contact Fr Rob to receive the Sacraments at home.

Schools

St Joseph's Primary Academy

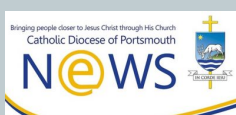
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T: 01252 350583 E: admin@stjosephs.hants.sch.uk

All Hallows Catholic School

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Catholic Diocese of Portsmouth (reg. Charity no 1199568)
Bringing people closer to Jesus Christ through His Church"