



# Cathedral Basilica of Our Lady of Peace

Cathedral of the Honolulu Diocese • Founded 1843 • National Historic Register

## **14<sup>th</sup> Sunday in Ordinary Time**

July 5, 2026

Beloved Disciples of Christ,

Greetings of peace, love, joy, and hope!

### ***“Grace in the Midst of Burden”***

Do you have someone in your life you can rely on, especially when life’s weight feels too heavy to carry alone? In moments of discouragement or fear, is there a family member or close friend who listens to you with patience, empathy, and genuine concern? Most of us do. Yet even with the people we love, some burdens remain: personal struggles, physical ailments, financial instability, and spiritual dryness. Each of us carries something. The difference is not whether we carry burdens, but how we carry them, and whether they strengthen or weaken us.

This Sunday, Jesus speaks directly to that reality. His words, “Come to me, all you who labor and are burdened, and I will give you rest,” remind us that He is not distant from our struggles. He is someone we can truly rely on. In these difficult times, marked by natural calamities, political and social upheavals, and family disputes of many kinds, His invitation takes on even greater meaning. We have seen lives lost, families separated, jobs threatened, and countless people fighting for their health and future. The world feels different. The weight feels heavier.

Yet even amid all this, life continues. Hope continues. God continues. We know that these trials, as overwhelming as they are, are temporary. If we remain steadfast and face our concerns with faith and courage, we will always find strength knowing that the Lord is with us.

When Jesus says, “*Come to me... and I will give you rest,*” He is not offering a quick fix or an escape. He is offering Himself. He assures us that He walks with us through every valley, every fear, every burden. He helps us carry our crosses, just as He carried His own to Calvary. In His strength, we find the courage to continue. In His love, we find the rest our hearts long for.

And something beautiful happens when we allow Jesus to strengthen us. Our faith becomes a source of strength for others. We often hear the saying, “No man is an island.” It is true. We are created for community, for compassion, for one another. When we rely on Jesus, we become instruments of His comfort, helping others carry their burdens so they, too, may find rest.

As we continue our journey of life and faith, may Jesus walk with us. May we also walk with one another, especially in these challenging times. May we find in Him the rest we long for, not only in the life to come, but here and now, amid our struggles.

Your Friend in Jesus,

Fr. Pascual