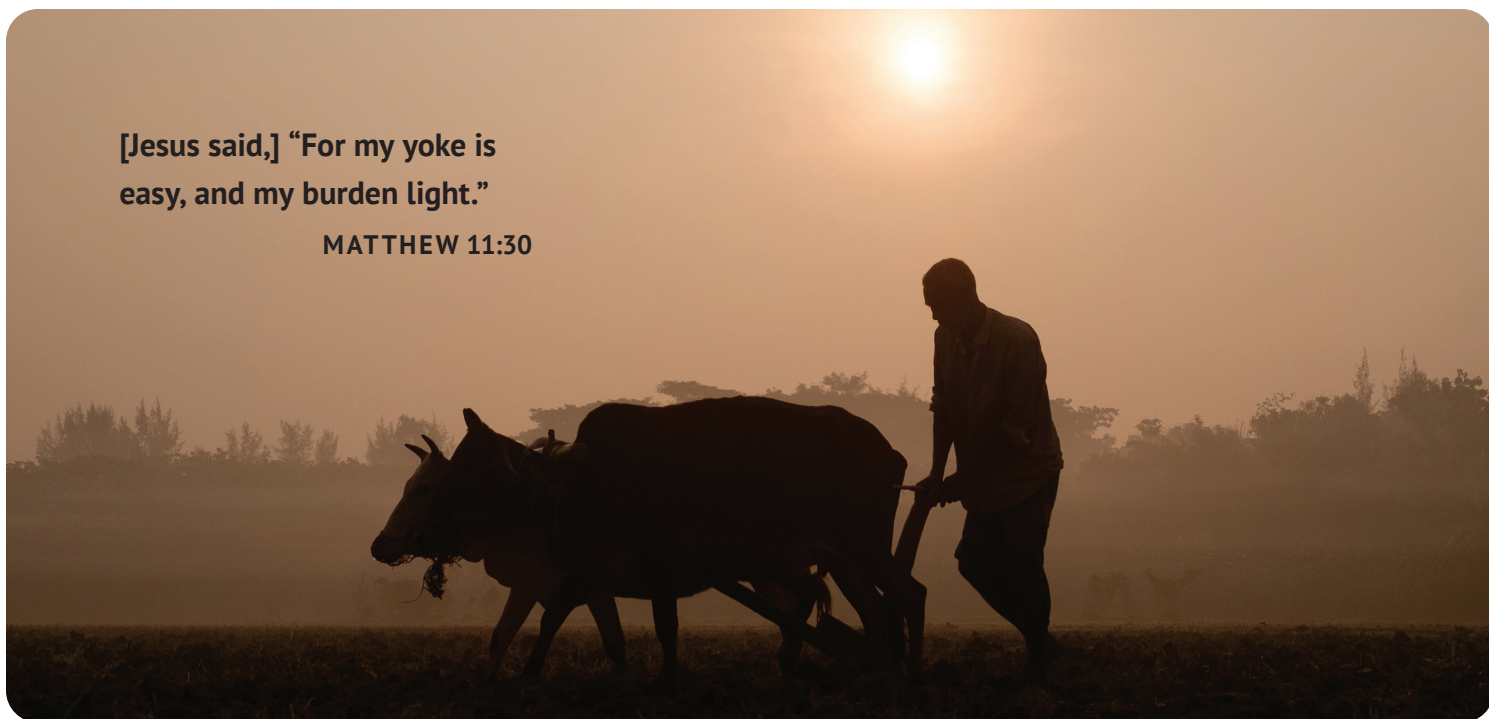




[Jesus said,] “For my yoke is
easy, and my burden light.”

MATTHEW 11:30



Take Up the Yoke

ANN M. GARRIDO

The invention of the yoke 6,000 years ago marked one of the great advances in human history. The yoke—a wooden beam fitted across the neck—harnessed the energy of two cattle pulling in the same direction, hastening the tilling of soil and transport of goods.

It is easy to see why, among many ancient peoples, the yoke became a symbol of subjugation. When the Roman army won a battle, they forced defeated soldiers to walk beneath a “yoke” of spears to indicate they were now in a state of servitude. The prophet Jeremiah once walked through Jerusalem wearing a yoke to warn the people they were about to be conquered by Babylon.

In Judaism, however, the Torah was also sometimes referred to as a yoke. It was a law to be submitted to, but it also was a way of life that offered an alternative to the cruel “yokes” imposed by kings. The Book of Sirach encourages youth to “Take [Torah’s] yoke upon your neck; that your mind may receive her teaching.... See for yourselves! I have labored only a little but have found much” (Sirach 51:26–27).

It is unclear exactly what Jesus meant when he invited us to accept *his* yoke, but it is likely that he was echoing the invitation of Sirach. He wanted us to know that following God’s law makes it possible for us to work together, accomplishing much that we could not do on our own. And that God’s law is a gentle law—one that enables rather than oppresses. Are you willing to receive Christ’s gentle teaching and make it your own? ●

Reflect

Is there a teaching of Jesus you find challenging?

Dear Padre,

Is it appropriate to display the American flag in our church?

A diocesan bishop—who often delegates this matter to the discretion of the pastor—determines regulations on whether and how to display the American flag in a Catholic church. Displaying the flag, and a book of remembrance for those serving in the armed forces, seems to have originated in many US parishes during World War II. The practice has continued through subsequent wars and national tragedies.

While the Bishops' Committee on the Liturgy advised that national symbols should not be *permanent* fixtures of a worship space, they may be appropriate at worship services on a civil holiday, etc. This same committee discouraged pastors from displaying the American flag within the sanctuary itself—a space reserved for the altar, ambo, presidential chair, and tabernacle—but instead to place the flag in the vestibule of the church together with a book of petitions for the living and deceased.

Fundamentally, a church building is where the liturgical assembly gathers as one body in Christ—the same Christ of the Eucharist who is beyond time and place, who came to unite our divisions. “The church building is a sign and reminder of the immanence and transcendence of God—who chose to dwell among us and whose presence cannot be contained or limited to any single place” (US Conference of Catholic Bishops, *Built of Living Stones*, 2000). ●



JOAQUIN OSSORIO CASTILLO / SHUTTERSTOCK

Fr. Byron Miller, CSsR / DearPadre.org

A WORD FROM POPE LEO XIV

There is a burning question in our hearts, a need for truth that we cannot ignore, which leads us to ask ourselves: what is true happiness? What is the true meaning of life? What can free us from being trapped in meaninglessness, boredom, and mediocrity?... We need to lift our eyes...to the “things that are above” (Colossians 3:2).

HOMILY, TOR VERGATA, AUGUST 3, 2025

The quotations from Pope Leo XIV are printed with permission, copyright © Dicastero per la Comunicazione–Libreria Editrice Vaticana. All rights reserved.



Do you have a question for the Padre?

Go to DearPadre.org to send your question and to learn more about *Dear Padre*.

Monday

July 6
Weekday
Hos 2:16, 17c–18, 21–22
Mt 9:18–26

Tuesday

July 7
Weekday
Hos 8:4–7, 11–13
Mt 9:32–38

Wednesday

July 8
Weekday
Hos 10:1–3, 7–8, 12
Mt 10:1–7

Thursday

July 9
Weekday
Hos 11:1–4, 8e–9
Mt 10:7–15

Friday

July 10
Weekday
Hos 14:2–10
Mt 10:16–23

Saturday

July 11
St. Benedict, Abbot
Is 6:1–8
Mt 10:24–33

Sunday

July 12
Fifteenth Sunday in Ordinary Time
Is 55:10–11
Rom 8:18–23
Mt 13:1–23 or 13:1–9