



# Holy Spirit Catholic Parish

93 Burdekin Ave, Amaroo ACT

Supporting and supported by Holy Spirit, Good Shepherd,  
Mother Teresa Primary Schools and St John Paul II College

9-10 October 2021

28th Sunday in Ordinary Time | Year B



## What's happening online

### Sunday

9:30am Mass

### Daily

7:30pm Rosary

### Friday 15 October

12:00pm Memorial Service



## Possessed

The lie about all of our stuff is this: we possess it. In fact, our possessions own us more powerfully than we can ever hope to claim them. Make a mental list of what you think you've got: home, car, lawn, furniture, education, bank accounts, title, position, relationships, and responsibilities. Whatever we have, it also has us. And what it costs us to maintain all of our stuff goes much deeper than our wallets. It takes time and life and effort and will to keep all the stuff of our lives in place.

Even the poorest person on the planet possesses something; the goal isn't to renounce all resources because we can't. We'd still be in possession of our lives. The spiritual goal is to surrender what we possess, so that it can't make us less free. If we surrender our resources to God's purposes, then no one can take anything from us. We become liberated when our worldly wealth is at the disposal of God's will. Those who walk off with heavy hearts are dragging their possessions with them.

Tread lightly in your relationships. Make fewer demands, give without expecting anything in return. Free them, and yourself, from the burden of expectations.

**"No chance at all if you think you can pull it off by yourself. Every chance in the world if you let God do it".**

[www.gpbs.com.au](http://www.gpbs.com.au)

## Love People, Not Things

People were created to be loved. Things were created to be used. The reason why the world is in chaos is because things are being loved and people are being used.



### Mass Time this weekend:

Sunday 9:30am via Zoom.  
Please see parish app for meeting details.

## TODAY'S READINGS

**Readings:** Wisdom 7:7-11, Hebrews 4:12-13, Mark 10:17-30

**Entrance Antiphon:** If you, O Lord, should mark iniquities, Lord, who could stand? But with you is found forgiveness, O God of Israel.

**Responsorial Psalm:** Fill us with your love, O Lord, and we will sing for joy!

**Gospel Acclamation:** Alleluia, alleluia! Happy the poor in spirit; the kingdom of heaven is theirs! Alleluia!

**Communion Antiphon:** The rich suffer want and go hungry, but those who seek the Lord lack no blessing.

- Liturgy Help

# Memorial Service

It is with great sadness that we announce the sudden passing of Fr Thonn's father Wilfredo A. Riosa on 7 October 2021. We extend our deepest condolences to Fr Thonn and his family and pray for the soul of Wilfredo Riosa to rest in eternal peace with the Lord.

A Memorial Service will be held via zoom on Friday 15 October 2021 at 12:00pm.

Zoom link: <https://us02web.zoom.us/j/87401408804> or use meeting number 874 0140 8804 to join this service.



*Holy Spirit Catholic Parish, Gungahlin*

God of love and mercy, embrace all those  
whose hearts today overflow with grief,  
unanswered questions and such a sense of loss.  
Grant them space to express their tears.  
Hold them close through the coming days.

## Travel Light, Travel Right

Have you ever felt like a camel? I did several years ago. With a good friend, we embarked on a long-awaited holiday to Italy where we had both studied a number of years earlier. Back in university I travelled all over the United States and Europe with just a small backpack and not even a credit card to my name.

But this time we were loaded down like pack animals. You never realise just how much stuff you've packed until you drag it with you up and down the canals of Venice like a mini caravan. As I lugged my oversized rolling suitcase up the stairs of the Grand Canal I realised all too well just how encumbered my life had become. And so I worry whenever this reading of the "camel through the eye of a needle" gospel comes around. Sometimes I look around my house at all the accoutrements I've gathered, and I feel very much like a dromedary loaded down with wares.

A while back an environmental group suggested that people carry around with them all the trash they produce in a week. All of it. Chicken bones and empty shampoo bottles, old Kleenexes and ice-cream sticks, tin cans and used coffee cups. Then we'd know just how many trappings we rely on to sustain the life we lead. And it might also give us a glimpse of how our life can get too caught up acquiring and maintaining "things" rather than enjoying the freedom that comes from knowing God's love is sufficient.

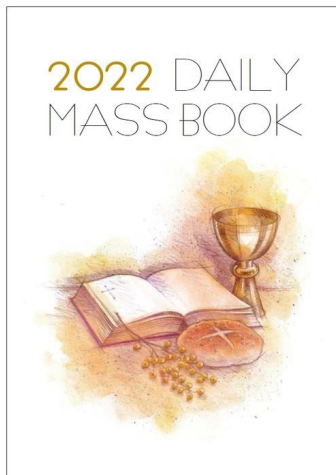
[www.gpbs.com.au](http://www.gpbs.com.au)

# Shopping Time!

## How To Order (Please submit your orders by Tuesday 12 October 2021)

Please contact Magda (office@holyspiritgungahlin.org.au) to place your order. Payments can be made online direct into the parish bank account.

**BSB:** 062 786 **Acc Number:** 00010701 **Acc Name:** Holy Spirit Parish



The Daily Mass Book runs from Advent to Advent. Compact and economical, its 600 pages are printed in two colours throughout and its layout is very easy to follow. It contains all the texts for Sunday and weekday Mass.

**Cost: \$25.00**



## Blessed—Daily Advent and Christmas Reflections 2021

This year has been a rollercoaster of emotions and challenges, especially in light of the pandemic. As we

hopefully ease back into the routines of our lives from the advent of lockdown, may we see how our re-emergence into new life mirrors the Advent season as we await the birth of the Saviour. God chose Mary to give birth to Jesus, and Christ has chosen us as his dwelling when we meditate on his Word and receive him in the Eucharist.

As we countdown the days to Christmas, we pray that by meditating on God's Word in these daily Advent and Christmas reflections, you may be graced with moments of silence to ponder in your heart (cf. Lk 2:19) the many "blessings" in your life—inspiring you in your call to "blessedness" (that is, "holiness") where true happiness is gained (cf. Pope Francis, *Gaudete et exsultate*, 64).

**Blessed** is a 92-page pocket-size book containing short spiritually rich, yet accessible, daily reflections from the beginning of Advent (28 November 2021) through to the Baptism of the Lord (9 January 2022).

**Cost: \$5:00**

Please keep the following individuals in prayer.....



### For those who are sick

Baby Aarya  
Katie Charlton  
Jane Honess  
Bill Honess  
Sue and Ebel Bierman  
Margaret Woods  
Karen Lewin  
Ronald Robles  
Patricia Lebon  
Glenn Mowbray  
Gabrielle Eagles  
Judi Darlington  
Roland Zocchi  
Grace Riosa  
Rita Augustine  
Maria Tran  
Neil and Sharon Henderson  
Maria, Peter & Baby  
Norma Pridgeon  
Sophia Vamvakaris  
Sienna Brady

### Recently Deceased

Cyril Eeles  
Tony Gallego  
Max D'Souza  
Ronald D'Cruze  
Kurvin Moonesamy  
Ben Bongco  
Daisy Lorenzo  
Cyrus Casiano  
Wilfredo Riosa  
Hedda "Eden" Riosa-Serafica  
Sammy Escano

### Anniversaries

Marcello Arguelles  
Isabelle Hellen D'Souza  
Valda Pearl McCabe

### For Those Serving Overseas

Rui Freire

We include those who are members of our Parish or relatives. Please email contact the parish office or click here to request prayers.

[Prayer Requests](#)



# Ministry Marvels

**Name:** Maria Allen

**Time in the parish:**

I and my husband have lived in the Parish for 4 years. We retired and moved from Armidale to Canberra since we have a daughter here

**Ministry:**

I am on the rosters to read at Sunday Mass, clean the Church, do the banking and am part of the RCIA team

**What do you enjoy about your ministry?**

I enjoy being part of the community through the ministries

**What do you like about our parish?**

The parish is very welcoming and vibrant. There are many people involved in the parish and this gives a strong sense of community and faith

**Fun fact about yourself:**

I laugh at my husband's "jokes"!

**Favourite quote or prayer:**

Peace be with you



## Mouse still rules house.....



This is no ordinary house mouse. This is 'Mega Mouse!' It's now over seven weeks since this saga began. What was meant to be a routine update of the state of the house has turned into a major crime drama for those involved. A mouse, a dog and two priests, who would if they could, be crime investigators. At this stage they have had no further request for their PI skills elsewhere! Their training kit which they found free on the internet came with no guarantee of shaping highly skilled detectives. Still, Fathers Thonn and Mark will not be beaten. Who else is in a Mouse Squad? Conquering the task at hand may be recognised by the Church. A Papal medal? Not likely! The medal of Saint Dymphna, the patron of mental health would aid the sagging spirits of these bumbling would be detectives.

In fifty days, biscuit tins, teapots, cooking utensils etc. have been turned upside down and inside out. This little rodent eats up to twenty times a day. Little wonder its droppings can be found in forty to hundred different places daily. They are spread from the front of the house, the kitchen, to the end of the house, Fr Mark's bedroom. It is there the dear Father and detectives, if he could be, thought he was safe to sleep each night contentedly. Aided by a machine designed originally as an anti-divorce mechanism, this CPAP machine allows for the most relaxing of snoozes. Its exhaust pipe nullifies pig like noises. That is, snorts which refer to the ailment of snoring. However, trained to sleep with one eye open when investigation into a mouse-case is in the close proximity, you would expect to miss nothing. Not the case! There on the lonely pillow beside the Sleeping Beauty, Fr Mark, one early morning lies a heap of droppings. Imagine how embarrassed Fr Mark felt when he spotted this? If this got out his reputation could be well questioned. Was he sleeping with the enemy? How much more torment can this tiny-tot tease? Only time will tell.

# Multicultural Prayer Nights

## 7-16 October 2021 from 7:30pm

Join us via zoom for Rosary, faith and culture sharing followed by a cuppa. You do not need knowledge of the different languages to join and meditate on the Rosary prayers.

- Thursday 7 October | English
- Friday 8 October | Polish
- Saturday 9 October | Pakistan
- Sunday 10 October | Filipino
- Monday 11 October | Vietnamese
- Tuesday 12 October | Sri Lanka
- Wednesday 13 October | Tamil
- Thursday 14 October | Mauritius
- Friday 15 October | Youth
- Saturday 16 October | Africa

Zoom link: <https://us02web.zoom.us/j/82549282168>

Meeting number: 82549282168

THE *rosary* IS THE  
'WEAPON' FOR  
THESE TIMES. *St. Padre Pio*



*Holy Spirit Catholic Parish, Gungahlin*





# Social Justice Matters



Have you heard of Greta Thunberg? She is a young girl who is challenging the leaders of the world to do something about the impact of climate change on our world. Did you know that Pope Francis has encouraged Greta and other young people like her to continue their battle to make people listen to the cry of the Earth?

The Pope has issued his own challenge for people to act, in his letter (or encyclical) *Laudato Si*. You need to read it (just google *Laudato Si*). It asks all Christians and others to care for the Earth and all the creatures who live on it, including the poor of this world.

The Pope's plea actually goes back to the book of Genesis, when God gave man dominion over the Earth and everything living on it. Dominion doesn't mean domination. It is a responsibility to care for the Earth and its plants, the animals, the land, the oceans and each other.

So what can you do? Lots of things.

You can let local politicians know that you care about the Earth and they need to adopt policies that will help to reduce the impacts of climate change.

You can recycle. You can reduce your consumption generally. Think about eating less meat. Conserve energy and turn the lights off. Use your car less often (walking is good for you).

Finally, did you know that your own Parish has a Social Justice Group that is looking to progress these ideas in Gungahlin? If you have an interest in any of these issues you can contact Peter Peterson at [peterimantpeterson@gmail.com](mailto:peterimantpeterson@gmail.com) or Maureen Hilton at [maureenhilton@gmail.com](mailto:maureenhilton@gmail.com) to learn more about what your local Social Justice Group is doing.

*Mark Carter*

Social Justice Group member



# Seeking a Healthy Mind

**Over the past few weeks Fr Mark has talked about COVID and the effects it may have on parishioners, family members, friends or neighbours. The following has been prepared by one of our parishioners and Social Justice Group member, Peter Knight. Peter is a retired social worker and counsellor and has written the following in response to Fr Mark's concern for all the people whose lives we touch or with whom we might come into contact. Peter writes...**

When I was four years old our family moved to a 30 acre farm on the outskirts of a small country town. I had a lot of time to myself there sitting against the eastern wall of a corrugated iron storage shed particularly in the morning. I was protected from the wind and the sun's rays gently seeped into my body as I observed the wonder of nature around me. Over the five years that we lived on the farm I observed the wonders of creation: The changes in the seasons and the variety of colours they brought with them, the variety of birds and animals and their behaviours and the insects. I was particularly fascinated by the ants, mainly their strength for their size but also their organisational system. I could go on, but you get the idea, this is my special place I go to in my mind when as they say "I am not thinking straight". This helps to slow the mind down and get some order in my thinking and to nurture the spiritual base that developed at this time.

We live in very challenging times. We have lost so much freedom and control over our daily routines. A result has been our capacity to make decisions in a routine manner has been made impossible. We cannot make plans because our circumstances can change overnight. Consequently, we are on a sharp learning curve and it becomes difficult to make decisions because there are so many thoughts racing around in our minds. We are given so much information a lot of which is contradictory thus further complicating our thought process.

The media encourages us to contact a help line if we are having mental health problems and this is essential if we contemplate self-harm to gain mind control. Most of us however have the ability and resources to get control ourselves or with a support group. The most obvious way of course for those of us with a spiritual base is to pray. But to put some order in our prayers it pays to prioritise our thoughts. The best way to do this is to make a list of problems in order of frequency and urgency. Sort out those thoughts you can take action on and resolve them, those that aren't urgent put aside for the time being and those that are a major concern but there is no immediate answer, hand those over to prayer, it helps if you can co-opt friends / family to pray for your intentions as well. The main thing in getting control of our thinking is to be kind to ourselves, love our self. Remember we are individuals and are made in God's image and therefore we are special.

Our brain is a very powerful part of us and our imagination and fears can take complete control. When stressed we need to practice techniques to slow the mind down as well as changing our self-talk as outlined above. A popular method used in counselling is to imagine a safe place and put ourselves in that place to slow the mind down and control our thoughts. Your safe place can be a creation of your imagination or from life experience as outlined in my story.

The counselling techniques in this article come from Narrative, Solution focused, Mindfulness and EMDR therapy methods.

*Peter Knight*

Social Justice Group member

- \* **Rosary online:** Archbishop Christopher Prowse would like to invite all to pray the Rosary via Zoom. Every Wednesday and Friday at 4:00pm (during lockdown)  
ZOOM DETAILS: <https://us02web.zoom.us/j/85022458332>  
Meeting ID: 850 2245 8332  
Passcode: 543675
- \* **Eucharistic Adoration** - Join us daily from 5pm to 6pm livestreamed via Parish Facebook Page.



We're taking  
**ONE FOOT FORWARD**  
this October

Thank you for your support! We are on day 8 and have raised over \$3000 and walked 116km. Fr Thonn has been doing the heavy lifting ;-)

## WE NEED YOUR FINANCIAL SUPPORT

Secure Online Payments

### Online Mass Contribution (First and Second Collections combined)

We encourage you to continue to support our parish by making contributions to our First and Second Collections online. Follow the steps below to make a secure online donation.

1. Click on <https://www.holyspiritgungahlin.org.au/donations-payments/secure-online-payments/>
2. Select Biller Code 1002872 – Mass Contribution
3. Enter your payment details.

### Parish Bank Account Details

BSB: 062 786 Acc Number: 00010701 Acc Name: Holy Spirit Parish

## CONNECT WITH US

**Parish Priest:** Fr Mark Croker  
**Assistant Priest:** Fr Anthony (Fr Thonn) Riosa, SSS.

### Parish Office and Presbytery

93 Burdekin Ave, Amaroo Ph: 6242 9622  
Website: [www.holyspiritgungahlin.org.au](http://www.holyspiritgungahlin.org.au)

**Parish Assistant:** Theivani Evers  
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P: 0472 921 518

**Parish Secretary:** Magda Baraniecki  
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**Office Support:** Naomi Johnson  
E: [officesupport@holyspiritgungahlin.org.au](mailto:officesupport@holyspiritgungahlin.org.au)

**Finance Officer/ Planned Giving:** Tony Rose  
E: [gungahlin.finance@cg.org.au](mailto:gungahlin.finance@cg.org.au)

**Sacramental Coordinator:** Katrina Battilana  
E: [sacraments@holyspiritgungahlin.org.au](mailto:sacraments@holyspiritgungahlin.org.au)

**Youth Minister:** Paris Morris  
E: [youth@holyspiritgungahlin.org.au](mailto:youth@holyspiritgungahlin.org.au)

**Parish Pastoral Council (PPC):** Alison Weeks  
E: [alisonmweeks@bigpond.com](mailto:alisonmweeks@bigpond.com)

### Parish App and Parish Facebook Page



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Holy Spirit Catholic Parish

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ever you go!

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