



Holy Spirit Catholic Parish

93 Burdekin Ave, Amaroo ACT and 220 Victoria St, Hall ACT
Supporting and supported by Holy Spirit, Good Shepherd,
Mother Teresa Primary Schools and St John Paul II College

16-17 September 2023

24th Sunday in Ordinary Time | Year A



Holy Spirit Amaroo

Monday

No Mass
Office closed

Tuesday

9:15am Mass
5:30pm Faith Formation

Wednesday

9:15am Mass
6pm Holy Hour and
Reconciliation

Thursday

9:15am Mass

Friday

7:00am Mass
7:30am Morning Beans
12:00pm Mass

Saturday

4:30pm Reconciliation
5:00pm Mass

Sunday

8:00am Mass
9:30am Mass
5:00pm Mass

The Embrace of Sin

(Matthew 18: 21 - 35)



If ever someone was locked in the embrace of sin, it's the servant in this parable about mercy. Though compassion is shown to him, he's incapable of returning it. Watch the way he treats his fellow servant! His unforgiveness imprisons him in the same way.

The spirit of unforgiveness lurks in Peter's question about "how much" forgiveness is required. What he's really asking is: When can I reasonably refuse to forgive those who offend me? Surely there's a limit to how much forgiveness is strictly necessary.

Jesus won't play this game. Jesus paints God as a king willing to forgive an outrageous sum owed him, not because it's necessary – a king has no obligation to forgive anything – but for compassion's sake. Peter, in the guise of the first servant, sees his anger against his brother as actually justifiable. In the world of gospel parable, that attitude is destined for destruction. Holding others bound to their sin poisons our love. Our forgiveness reveals how far short we fall of the mercy God shows to us. When I'm in opposition to a sister or brother, I know it's for my sake, as much as for theirs, that I find my way to forgiveness. To the extent that I choke my neighbour with my wrath, that's how far the embrace of sin has choked the love out of me.

Whom do you find hardest to forgive? What makes it hard, and what price do you pay for unforgiveness?

Pray

Go from this place into the land beloved of God. Tread lightly on the land, that your footprints may not harm. Touch gently with your hands, that healing may bring hope. Tremble softly in anticipation of the Spirit's presence, transforming life with love in every time and place. *(pause)* Amen.

Ponder

As Scripture says, "Do not give the devil a chance to work on you". Resolve not to allow unforgiveness a breeding ground in your heart. Confess it and reconcile with your offender as quickly as possible.

Kids' Corner

Anna is learning to play a song on the piano, but her fingers keep hitting the wrong keys. It takes two weeks of practice before Anna can finally play the whole song through without any mistakes. But what if Anna only had one chance to get it right? Do you think she could do it? Could anyone? Probably not.

Jesus knows that we sometimes sin over and over again. But he doesn't give us only one chance. He wants us to know that we can keep asking for forgiveness and trying to do better. Of course, Jesus wants us to treat others the same way too.

Loving God, help me forgive like you do. Amen.

www.gpbs.com.au



St Francis Xavier Hall

Sunday Mass

8:30am
2nd and 4th Sunday of
each month

This Weekend's Readings: Sirach 27:30—28:7, Romans 14:7-9, Matthew 18:21-35

Parish News and Events

- * **Community Garden | Saturday 16 September at 10am - 12:30pm**
- * **Morning Beans for Young Adults | Friday 22 September at 7:30am-9:00am - Blossoms Café Ngunnawal —spill in at anytime!**
- * **Tuesday 19 September 2023 - 5:30pm-7:00pm | Adult Faith Formation**
Topic for this week: Penance and Anointing of the sick
- * **TLIG prayer meeting | Sunday 24 September at 3:30-4:45pm** in the Parish Office. (Prayer & Fellowship). Bring your rosary beads. All are welcome. For further information on the True Life of God Messages visit the Parish website. Contact: Tom Kalliath: 0434 689 957 or Tony Cassar: 0497 804 676
- * **RCIA program - Becoming Catholic** | The first session of the program will be held in the Parish rooms on Thursday 19 October 2023 at 7:00pm. If you would like to find out more about the program, please see Fr Troy or Fr Eden or contact Theivani on theivani@holyspiritgungahlin.org.au

Celebration time!



The Holy Spirit Parish is pleased to announce the following program of events and activities to celebrate this significant milestone for our Parish in the Archdiocese of Canberra and Goulburn.

◆ **Sunday 8 Oct - 30th Anniversary Youth Mass and post Mass youth celebration** (marking the beginning of a road to WYD 26). We hope to have this Mass and celebration supported by our Catholic schools.

◆ **9 -15 Oct** - Starting on Monday 9 Oct 23 we would have a week long effort to support businesses in our local community, especially parishioners owned and operated businesses. I look forward to hearing from parishioner's who own businesses in our local community.

◆ **Saturday 14 Oct - 5pm Multicultural Mass** to showcase our evolution as a Parish over the last 30 years. We are looking for our various parish community culture groups to reach out to express their support to participate in this Mass.

* **6:30pm - Parish 30th Anniversary party.** More information on the party will come out in the next week or so. The information will include timings, catering arrangement, and ticketing arrangements.

◆ **Sunday 15 Oct -**

* **8am Mass - Seniors Mass** and special blessing

* **9:30am Mass - Children and families Mass** supported by our Catholic primary schools followed by a whole of Parish morning tea.

* **No 5pm Sunday Mass** as we would like to see all of you at the other Masses over the weekend.

Its a full program but one worthy of our 30 years. Please mark these events in your diaries and stay tuned on the Parish website, bulletin, Pocket Parish app or on the Parish social media channels. It will be a great time.



Church Cleaners Needed

If you are able to spare an hour or so on a Saturday morning could you please consider joining the amazing parishioners who clean our church. There are a minimum of four volunteers in our cleaning teams who clean our church from 8am on Saturday mornings.

We have four teams so each team is only generally rostered once each month. We need more volunteers as a two of our teams are short and it would be great if we could further expand our teams. If you may be able to help once a month please contact Anne at the office officesupport@holyspiritgungahlin.org.au

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



For those who are sick

Jim Banks
Dorrell Hogan
Alan Demascus
Kathy Morris
Elisabeth Faith O'Connell
Caitlin Wigglesworth
Kwang Hui Lim
Grant
Maria Therese Cummins
Gail
Elizabeth
Adriano Cesar Junior
Maria Teresa Meireles
Theresa and Joseph Tan
Cyril Jolicoeur
Bill Honess
Ghlyanne Chelmiah
Tony Johnston
Brianna Alter
Joyceline Radjam
Jason Yeh
Jaya Raghwan
Julie Mirfan
Paul Johnston
Edwin Joseph Dsouza
Alan Kay
John Sweeny
Siew Yeoh
Sharon Davis
Michelle
Don Rose
Mark Bush
Flavia Santon
Rob Fitzgerald
Sharon Soon

Recently Deceased

Peter Knight
John Bicket
Herlof (Hal) Nerdal

Anniversaries

Ellen Barnes
Dinko Maricic

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

[Prayer Requests](#)

Parish Youth Groups Update

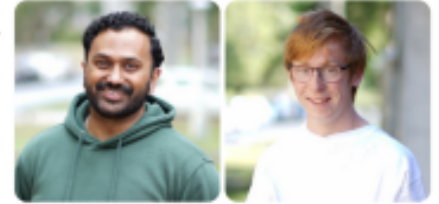
WHO NEEDS WNTK. TO KNOW.

Welcome to our *Who Needs to Know?* Parish update!

It's a short summary of our current plans, progress, challenges and prayer points for our Holy Spirit Parish community

Melwyn Monteiro + Matthew Allen
Parish Youth Coordinators | HSP

AUGUST UPDATE | 2023



PROGRESS - YOUTH GROUP

Where did we start?

Over the past few years on a fortnightly basis, we have been consistently running the Holy Spirit youth group.

Where are we now?

Building on the fruit of the parish youth group, Matthew Allen has risen up to the role to continue and coordinate this initiative. With some innovations, this group is now running on a weekly basis and is integrated with the Sunday Night Parish Mass.

September Dates

- Sunday, 3rd (wk 7)
Youth Series
- Sunday, 10th (wk 8)
Fun Night
- Sunday, 17th (wk 9)
Youth Series
- Sunday 24th (wk 10)
Fun Night

EXPLOSION YOUTH
CONFERENCE (ACT)
For Teenagers

Sep 24th - 27th

Register

Instagram: @explosion youth_



Parent/Guardians Become part of the mailing list.

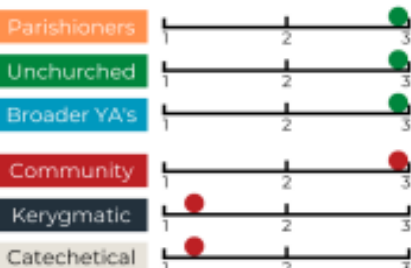
NEW MINISTRIES

Morning Beans - North Side (18-35)

Every Friday since the end of April there has been a regular fellowship opportunity for parishioners and young adults commuting to work or study. The unspoken rule of 'not getting too theological at coffee' keeps the group relaxed and inviting for newcomers. The presence of a Priest and Parish Youth Coordinator provide consistency for the community.

The slogan 'Spill In at Anytime' accommodates the early worker who wants to join for Mass, the late riser who needs that extra hour of sleep, but particularly it accommodates the unchurched. Young Adults are encouraged to bring their unchurched friends along for Mass and/or coffee.

MORNING BEANS



NEW MINISTRIES

Men's Group (18-35)

We have had two gatherings so far with our Men's Group, and a third set to happen in September. We hope to meet on the last Wednesday of each month.

NEXT GATHERING: Wednesday 27 September 2023

Time:

6pm Adoration/Holy Hour

7-7:30pm Catch up followed by dinner (Location TBC)

Location: Adoration at Holy Spirit Church, followed by a short catch up at the Parish Office.

Contact Melwyn: melwyn.monteiro@cg.org.au

Alpha (18-30)

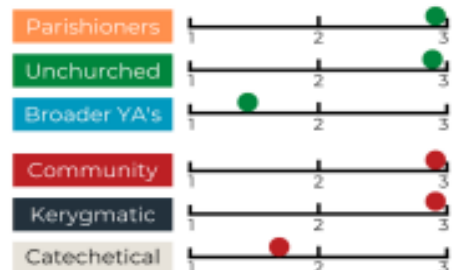
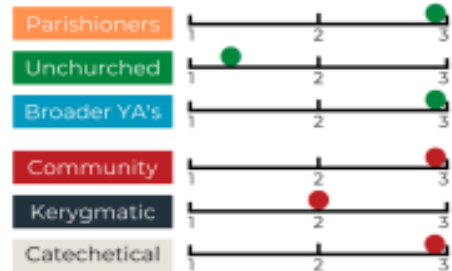
As we conduct multiple Parish initiatives for Young Adults, we hope to provide a parish Alpha that specifically seeks out Yr 12 students, and those who aren't engaged with the Church. This will stand as an evangelisation opportunity, especially those within the parish vicinity. If you are looking for a way to introduce someone you know to a discussion about faith, life and meaning, this will be the place!

Commencing: October - Start date TBC.

Location: Parish Office

Give an expression of interest:

Contact Melwyn: melwyn.monteiro@cg.org.au



CHALLENGES

Some of the challenges we have been facing include:

- Attracting young adults to Morning Beans on Fridays during the colder winter months. We are hoping as the days start to get warmer we will grow in attendance.

PRAYER

Let us join in prayer over the coming weeks, especially interceding for the following intentions.

- For our upcoming Alpha program, that it provides an opportunity for those who are disengaged with the faith the opportunity to know God.
- For Morning Beans and our Men's Group, that we continue to grow in numbers and community.



Social Justice Group Message

The Season of Creation allows us to reflect on some of the big issues facing the world today, including the environmental crisis, the plight of the poor and the question of what kind of world we want to leave for future generations.

This week we ask you to reflect on the second transformation that Pope Francis suggests is needed to join the mighty river that will allow peace and justice to flow in our world.

The Pope suggests that we need to transform our lifestyles. We can think about adopting lifestyles where we waste less and reduce unnecessary consumption, especially where the processes of production are unsustainable or exploit our fellow human beings.

For instance, we can all focus on wasting less food. Foodbank estimates that Australia currently creates more than 7.6 million tonnes of food waste each year – enough to fill the Melbourne Cricket Ground 9 times.

When we buy products, we can check where they came from. I'm sure that we don't want to buy clothes produced in sweatshops in Asia that exploit workers, particularly women.

You can check for labels like Ethical Clothing Australia (ECA) and Fair Trade Certified, Global Organic Textile Standard (GOTS), which indicate that workers have been paid a fair wage and that working conditions are safe. Or you can look at Apps like Good On You or Shop Ethical.

We hope the invitation to all parishioners to participate in the Community Garden this weekend was well attended.

Note: If you would like to read Pope Francis' message for the world day of prayer for the Care of Creation go to [Message of His Holiness Pope Francis for the World Day of Prayer for the Care of Creation \[1st September 2023\] \(13 May 2023\) | Francis \(vatican.va\)](#)



Pantry Donations Needed!

Thank you so much for always responding generously to our pantry call-outs.

Our pantry supplies are running very low and the demand to help our needy families is very high at present. Our Vinnies team need your help to fill the pantry. Please donate generously! Donations can be brought to weekend Mass or to the parish office.

Thank you ☺



Suggested items:

425g Soup
420g Peas
420g Peas and Carrots
420g Corn Kernels
420g tomatoes
420g Legumes
420g Creamed Corn
500g Dolmino Pasta Sauce
1kg Rice
1kg Weetbix
250g Rolled Oats
200g Instant Coffee
50 bags Black Tea
420g Baked Beans
420g Spaghetti

420g Beetroot
425g Tuna
Bottle of Pancake Mix
1 litre long life milk



Community Messages

- ◆ **Sunday 24 September** | The chamber choir Igitur Nos along with a lineup of wonderful soloists and orchestra conducted by Matthew Stuckings, will present a concert performance of Handel's remarkable biblical oratorio *Israel in Egypt* at St Paul's Anglican Church, Manuka, commencing at 1:30pm. Bookings can be made by donation through <https://www.trybooking.com/CKYBL>
- ◆ **3rd and 4th October | Retreat at St. Benedict's Catholic Church, Narrabundah**
Come one, come all and receive the blessing, healing and the love of our faithful God. Br. Johnson Sequeira, a Catholic lay preacher and founder of the JCILM Ministry - Jesus Christ Is Lord Ministry, web: <https://jcilmglobal.info/> is leading a spiritual retreat in Canberra. He is blessed with the gifts and charisms of the Holy Spirit, giving him the ability to preach and teach the Gospel with practical understanding and simple illustrations that people can relate to, thereby, making it easier for people to Love Jesus, and to help them apply the Gospel message in day to day life.
For more information please contact 0451 342 204 and 0433 828 266

Food for thought

Relationship Trumps Righteous Indignation

At that point Peter had the nerve to ask, "Master, how many times do I forgive a brother or sister who hurts me? Seven?" Jesus replied, "Seven! Hardly. Try seventy times seven". (Matthew 18: 21 - 22)

"Do you want to be right or do you want to be in relationship?" That was the question Catholic psychologist Sidney Callahan said a friend posed after an extended feud. It was a lesson in forgiveness.

Recently my sister and I came to an impasse following a small incident that we both viewed with much more intensity than it deserved. I thought my sister was being selfish and inconsiderate. She thought I was being unreasonable and controlling. After several heated conversations, it was obvious that we were not going to see eye to eye.

I really felt she owed me an apology before I could move on. At first I tried to gain the support of my husband and other family members. Surely they would see that I was right and that my sister needed to concede to my view of the situation. But spouse and siblings weren't buying it. They said they we were both right and both wrong. I hate that!

I couldn't just dive into work and ignore the riff. I wanted things to be back to normal between us – best buddies, confidants, creative springboards. But I had drawn a line and until an apology came, there would be no fence-mending. Then, one morning that question Sidney Callahan's friend had asked came to mind, "Do you want to be right or do you want to be in relationship?" I knew what I had to do. I called my sister and told her I *still* wasn't talking to her. And then we spent the next 20 minutes catching up on all we'd missed in the past week.

The Commissioning

Go from here as those who will make clear God's
forgiveness through your words and actions.

We will be reconciled to those who have hurt us.
We will forgive those who have spoken ill of us.
We will stay open to those who will not listen to us.
We will speak up for those who suffer prejudice.
We will work for peace among those who are in conflict.
We will accept forgiveness when we have failed to offer it.

We go from here as those who will make clear God's
forgiveness through our words and actions.

A Divine Inquiry

"The best way to find yourself is to lose yourself in the service of others."

Mahatma Gandhi

In a world where everyone seems so busy and caught up in their own lives, it's easy to forget the simple but profound act of asking someone, "Are you okay?" As Christians we know the Bible provides us with timeless wisdom on this matter.

"Bear one another's burdens, and in this way you will fulfill the law of Christ." (Galatians 6:2, NRSV). This passage serves as a reminder that showing compassion by asking someone how they are doing can help to lighten their emotional load, fulfilling the very essence of Christian love and community.

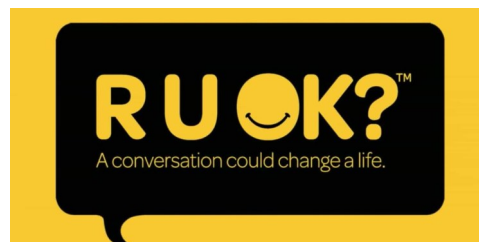
Another guiding scripture is Hebrews 13:16: "Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God." Inquiring about someone's well-being is an easy yet powerful way to do good and share emotional support, and it is a sacrifice that God finds pleasing.

In today's society, it might seem more difficult than ever to look out for one another. The focus on looking out for one another is not as it used to be. Jesus continually tells us to be there for each other, bearing burdens and sharing goodness. Sometimes it takes courage.

So let us have the courage to look out for our neighbour:

*Heavenly Father, grant us the courage to ask
those around us how they are truly feeling.
May we serve as conduits of your love and
compassion, bringing hope and
solace to those in need.
In Jesus' name, we pray.*

Amen.



This week, the secular world encourages us all to be good Samaritans on the annual RU OK? Day. This isn't just a question or a once-a-year initiative; it's a call to action that resonates deeply with Christian values, especially the timeless teaching to "love thy neighbour." RU OK? is calling on all of us to let the people we care about know you're here, to *really* hear them.

In the famous parable of the Good Samaritan, compassion knows no boundaries. It extends to everyone we encounter, including family, friends, and even people we may not know well. And while RU OK? Day serves as an excellent reminder, it's crucial to emphasise that our compassion should not be limited to just one day; it's a continual responsibility.

Family holds a unique place in this equation. Often, we get so caught up in our lives that we forget those closest to us may also need a listening ear or a shoulder to lean on. Just like how the Bible places great importance on family bonds, RU OK? Day reminds us that a simple question can make a world of difference in the lives of our loved ones. But why stop there? Let's make it a habit to continually check on our family members, because sometimes the people who seem the strongest may also need support.

The same goes for our neighbours. While RU OK? Day might be an annual event, our responsibility as caring neighbours is a year-round commitment. Following the Christian principle of bearing one another's burdens (Galatians 6:2), we are called to be vigilant and kind-hearted not just today, but every day.

So this RU OK? Day, let's remember to extend our commitment beyond 24 hours. Let's strive to be the Good Samaritans in our families and communities each and every day, asking that simple yet potent question: "Are you Okay?" or, "How are you? Really?"

Through these small but consistent acts of kindness, we not only enrich our spiritual lives but also manifest the Christian ethos of continual love and care for our neighbours and families.

I pray you are okay.

www.majellan.media

Time for laughter! 😊



'It's Pope Francis. He wants to know how we are.'



Australian Red Cross

The Red Cross is working in communities across Australia. We want Australian communities to be strong and for the people in our communities to feel included and able to take part.

You can be matched one-on-one with a friend, receive regular caring welfare calls, be driven to appointments, be provided with a personal alarm or be delivered a healthy meal.

We can also support you to access appropriate housing and care. You can access many of these services through the Federal Government's [My Aged Care portal](#). For more information please visit www.redcross.org.au. Contact us on communityconnect@redcross.org.au

If you are interested or know someone who will benefit from these services, please see the printed brochures in the church foyer.

WE NEED YOUR FINANCIAL SUPPORT

First Collection (Supporting all priests of the Archdiocese)

1. BSB: 062 786 Acc Number: 00029248 Acc Name: Central Presbytery Fund Ref: Gungahlin and Surname
2. Tap and Go machines or Qkr!

Second Collection (For the upkeep of our parish, staff salaries, parish loans, liturgical needs etc)

1. Click on <https://www.holyspiritgungahlin.org.au/donations-payments/secure-online-payments/>
2. Direct Credit: BSB: 062 786 Acc Number: 00010701 Acc Name: Holy Spirit Parish
3. Tap and Go machines or Qkr!



CONNECT WITH US

Parish Priest: Fr Troy Bobbin

Assistant Priest: Fr Eden Langlands

Parish Office and Presbytery

93 Burdekin Ave, Amaroo Ph: 6242 9622

Website: www.holyspiritgungahlin.org.au

Parish Manager: Theivani Evers

E: theivani@holyspiritgungahlin.org.au

P: 0472 921 518

Parish Secretary: Magda Baraniecki

E: office@holyspiritgungahlin.org.au

Office Support: Anne Smart

E: officesupport@holyspiritgungahlin.org.au

Finance Officer/ Planned Giving: Tony Rose

E: gungahlin.finance@cg.org.au

Parish Pastoral Council (PPC): Sean Ryan

E: sean.ryan.cdss@gmail.com

Parish Groups

Craft Group | Beth Forshaw
Mondays 1:00pm Parish Office

St Vincent de Paul | Drazen Roginic President

P: 0401 669 301

E: Drazen.Roginic@vinnies.org.au

Call to Connect | Maureen Hilton

M: 0431 123 465

Holy Spirit Prayer Group | Kathy Torcasio 0401 920 028
Wednesdays at 7:30pm in the church

Social Justice Group | Peter Petersen

E: socialjustice.hsp@gmail.com

Legion of Mary | Grace Magbutay

E: office@holyspiritgungahlin.org.au

Youth Ministry | Matthew Allen

E: youth@holyspiritgungahlin.org.au

Young Adult Ministry | Fr Eden Langlands

E: office@holyspiritgungahlin.org.au

Care Group | Sonja Vocisano

P: 0438 699 591

Community Garden Group | Parish Office

E: theivani@holyspiritgungahlin.org.au

Download our parish app: [Pocket Parish from App Store](#) or [Google Play](#).