



# 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

13-14 July 2024

15th Sunday in Ordinary Time | Year B



## Holy Spirit Amaroo

### Monday

No Mass  
Office closed

### Tuesday

9:15am Mass  
7pm Christian Meditation

### Wednesday

8:20am John Paul II College  
9:15am Mass  
6pm Holy Hour and  
Reconciliation

### Thursday

9:15am Mass

### Friday

7:00am Mass

### Saturday

4:30pm Reconciliation  
5:00pm Mass

### Sunday

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



## St Francis Xavier Hall

Saturdays 5:00pm

## Nothing but a Walking Stick

*Jesus called the Twelve to him, and sent them out in pairs. He gave them authority and power to deal with evil opposition ... Then they were on the road. They preached with joyful urgency that life can be radically different; right and left they sent the demons packing; they brought wellness to the sick, anointing their bodies, healing their spirits. (Mark 6: 7 - 8, 12 - 13)*

Jesus sent out his disciples without a degree in theology, without a certificate from the diocesan training program, and without a catechism. Two by two, they walked along with no more than a pair of sandals and a walking stick, both crucial to keep them on the journey. With so little, they still summoned the authority to cast out demons, heal the sick, and preach repentance.

This amazes me, having the degree, pedigree and reference books by the score to keep me in the arena of orthodoxy. Yet I'm not certain that demons are at all intimidated by these things. Though institutions may grant credibility, only God can provide the authority for ministry. And God grants it to slackers like Peter, not much of a fisherman but possessed of interesting impulses; to James and John, much admired by their mother, at least; and even Judas, more loyal to himself than to the Lord. It seems God favours those who are willing to stay on the road and travel light. The walking stick is the best credential of all.

***What do you carry, in your heart and on your back, that limits your ability to serve?***

### Pray

O God, breath of our souls, you are the heartbeat of our delight and longing. We give you thanks for all the moments of our lives that are filled with the joy of being your creatures on this amazing planet. Thank you for the languages of music and rhythm that cross all boundaries. Thank you for all the signs and symbols of your presence with us. Help us to be the song you sing and the movement you dance so that with your people throughout the whole earth, we might enjoy the glorious life that you lavish upon your beloved world. Amen.

### Ponder

Time to lighten the load! Identify one element in your life – a relationship, attitude, behaviour – that chronically keeps you from progressing on the spiritual journey. Take steps to reconcile, heal, and move forward. *"Don't think you need a lot of extra equipment for this. You are the equipment. No special appeals for funds. Keep it simple."*

### Kids' Corner

*I will hear what God proclaims; for the Lord proclaims peace. (Psalm 85: 9)*

When you pray, you can talk to God about whatever is on your mind and in your heart. You can share your struggles, worries and hopes. Ask God for help. But like any good conversation, prayer also includes listening. So spend time just being quiet with God sometimes. Listen to God, and you'll be amazed at what you will understand.

Loving God, help me listen to you. Amen.

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

# Parish News and Events

- \* **Christian Meditation | Tuesdays 7:00pm** in the church
- \* **Parish Games Night (Trivia Rounds). Saturday 17 August 2024. 6:15pm to 9:00pm.** Sausage Sizzle \$10 for Adults. \$5 for under 12 years old. For more information please visit our website.
- \* **Children's Sacramental Program Information Session Tuesday 30 July at 1:00pm and 6:00pm**

## Message from Parish Pastoral Council (PPC) Alison Weeks

When I recently returned to chair the Parish Pastoral Council, I was excited to discover a group of very talented and committed parishioners, wanting only the very best for Holy Spirit Parish. Our deepest thanks to Sean Ryan who steered the Council with such energy and wisdom.

We have a lot to do but firstly we are hosting a great Games Night on Saturday 17 August. Holy Spirit has created a bit of a reputation around our Games Night which is famous for its hilarious fun, fabulous prizes and high value raffle. This year will be even better! Especially as we gather as a friendly community.

Make sure you register and roll up for a great community experience by booking through: Qkr! (preferred) - search Holy Spirit Parish

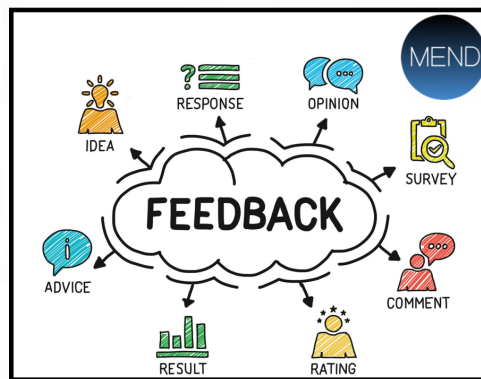
The Parish Council is preparing to make an impact at the Archdiocesan Assembly in October and to conduct an important Assembly of our own early next year. We need your help to do both tasks well.

In a few weeks we will be conducting a survey during Mass asking for your opinions and advice on how the parish is going and how we might support and assist you better on your journey of faith. We will then use the results of the survey (which we will share with you) to serve the parish and represent it at the Archdiocesan Assembly.

So please start thinking about those questions and what you want to tell us.

See you at Games Night!

*Warm regards to all parishioners, their friends and family.*



## St Francis Xavier Church:

The next monthly luncheon will be held on Sunday 21 July at The Lakes, Gungahlin at 12.00 o'clock. Everyone is welcome. For enquiries, or to book please contact Kate on 0415 787 880.



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



**For those who are sick**  
Elisabeth Faith O'Connell  
Kwang Hui Lim  
Elizabeth  
Adriano Cesar Junior  
Maria Teresa Meireles  
Theresa and Joseph Tan  
Tony Johnston  
Jaya Raghwan  
Paul Johnston  
Mark Bush  
Jim Banks  
Barbara Kirk  
Vesna Ljubičić  
Gaudencio Montaos  
Alonso  
Rosalind Murphy  
Sharni Laffan  
Marc Darlington  
Nancy Phillips  
Ashley  
Ana Al-Adhami  
Linda Dwyer  
Wigglesworth Family  
Brigette Gurtler  
Alan Demascus  
Jeffrey Gonzalez  
Rita Looney  
Mary Gardner  
Marie Lincoln  
Joy Newell  
Paloma Crowley

**Anniversaries**  
Joseph Rayapu  
Vittoria Teuma  
Mary Rose  
Nell Conway  
Greg Smith  
John Byrne  
David Kelly  
Clency Mootoosamy

**Recently Deceased**  
Candace Diumanay  
Erin Halligan  
Matthew Palmer  
Michael Taylor  
Liam O'Brien  
Beatrice Pestana  
Cesar Balberona

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

[Prayer Requests](#)

## Children's Sacramental Program 2024

### Sacrament of Reconciliation

For children in Year 3 and above who are baptised Catholic wishing to receive the Sacrament of Reconciliation in 2024. Parent Information sessions will be held on **Tuesday 30 July at 1:00pm and 6:00pm** at the church.

The Sacrament of Reconciliation will be celebrated in September 2024

For more details please contact:

Parish Program: [theivani@holyspiritgungahlin.org.au](mailto:theivani@holyspiritgungahlin.org.au)

Parish Catholic Schools: [mel.unwin@cq.catholic.edu.au](mailto:mel.unwin@cq.catholic.edu.au)

## Becoming Catholic

Interested in finding out about the Catholic faith or interested in becoming a Catholic?

If you, or anyone you know, would like to become a Catholic or to simply learn more about the Catholic faith, this process is a good place to start.

An introduction evening will be held in the Parish rooms in **mid August**.

To register your interest, please contact Theivani on [theivani@holyspiritgungahlin.org.au](mailto:theivani@holyspiritgungahlin.org.au) or 0472921518



## Pastoral Visits to the Sick and Housebound

Fr Troy and Fr Eden are keen to know of people in the Gungahlin area who are sick and/or housebound and who may like to receive a home visit and/or Holy Communion.

Please let us know if we can help you, or pass this information onto family, friends or neighbours and encourage them to contact the Parish Office on 6242 9622 or [office@holyspiritgungahlin.org.au](mailto:office@holyspiritgungahlin.org.au)



## Ministry Rosters! We Need You!!

We invite parishioners to join our Mass ministries and other support ministries in the parish. In particular we currently need:

- ◆ Mass Coordinators (help priests by setting up for Mass) - we especially need volunteers for Saturday and Sunday 5pm Masses
- ◆ PowerPoint operators (all Masses but especially Saturday and Sunday 5pm)

Further information can be found [here](#). If you would like to volunteer, please complete the form in the foyer and place it in the box for the Parish Office, or use this link and please [sign up here!](#). Or you can email [officesupport@holyspiritgungahlin.org.au](mailto:officesupport@holyspiritgungahlin.org.au)

If you have any questions about the roles please contact the parish office. Full training is provided so do not need any prior knowledge. Many thanks for supporting our parish community and generously sharing your time and talents through ministry.



# Community News

## \* **13 & 20 July | Upcoming Marriage Preparation courses for engaged couples**

Upcoming Marriage Preparation courses for engaged couples: Evenings for the Engaged, Sat 13 & 20 July. FOCCUS - Tues 13 th August 5-9pm plus a private follow up session at Marymead CatholicCare. Engaged Encounter- Sydney, Sat 17 & Sun 18 August. SmartLoving – online, 9 lessons, learn at your own pace when suits you. For more information or to register go to [www.marriagefamily.org.au](http://www.marriagefamily.org.au) Enquiries: Text Helena Zobec on 0405 440 463

## \* **18 July | Poetry, Presence & Payday: Aquinas on the Eucharist | 7:00PM**

To mark the occasion of the 750th anniversary of the death of St Thomas Aquinas and to coincide with the 50th anniversary of the founding of the parish of St Thomas Aquinas, Charnwood, a commemorative talk will be presented by Rev Dr Joseph Vnuk OP. July 18, 2024 7:00pm St Thomas Aquinas Primary School Hall, 25 Lhotsky St Charnwood

## \* **19 July | Vocations Dinner & Lunch with the Archdiocese** seminarians at Pearce Presbytery.

Friday 19 July 5:30pm evening prayer in Sacred Heart Church 115 Hodgson St Pearce and 6pm dinner with our three seminarians- sharing their experiences. Then Saturday 20 July 12 noon talk by Fr John Armstrong Spiritual Director of Homebush seminary followed by a light lunch. For men interested in discerning a call to the Priesthood. To rsvp please contact vocations director Fr Emil [emil.milat@cg.org.au](mailto:emil.milat@cg.org.au) 0414523036.

## \* **3 August | MARY MACKILLOP PILGRIMAGE**

Please join Archbishop Christopher Prowse and the Parish of **St Peter's Pambula**, in commemorating Australia's first saint, Saint Mary of the Cross MacKillop. 11.00am (optional) Pilgrim's walk from Eden AFL grounds to Our Lady Star of the Sea Church. Refreshments will be available at Church. 12.00 noon Celebrated Mass with Archbishop Christopher Prowse and visiting priests 1.00 pm Lunch will be provided by the Parish of Pambula. An occasion to share fellowship with other pilgrims. If there are any special dietary requirements, please make these known to us, by emailing our parish office at [pambula@cg.org.au](mailto:pambula@cg.org.au) Please book in via following link [Archbishop's Mary MacKillop Pilgrimage](#)

## \* **7 August | Tim Fischer Oration on Ethics in Public and Political Life 2024 | 6PM**

We are at the crossroads in Australia in particular, and in the Western World in general. Fundamental human values are under great strain, and so an overarching societal narrative is becoming opaque. The Tim Fischer Oration aims to enlighten and encourage us to seek out and promote a free and fair society. Do join us in our noble endeavour. **Speaker:** Professor Helen Alvare, Levy Endowed Chair in Law and Liberty at Antonin Scalia Law School, George Mason University

**Q&A:** Chris Uhlmann, Political Journalist and TV Presenter **For more information & tickets visit** [www.tfo.org.au](http://www.tfo.org.au)

## \* **8 August | Save the Date: Archdiocesan Women's breakfast with Dr Helen Alvare**

Thursday, 8 August, 7.30 - 9.00am Join us as we explore meaningful connections, marriage, family, career, mission and community-building. More details to come! Contact: [communications@cg.org.au](mailto:communications@cg.org.au)

## \* **Vocations Discernment Dinners- alternating between a presbytery and the Archbishop's House**

Second Thursday of the month. For men interested in discerning a call to the Priesthood. A hearty meal provided with insightful discussions & prayer. To rsvp please contact vocations director Fr Emil [emil.milat@cg.org.au](mailto:emil.milat@cg.org.au).

## \* **31 August | Cultural Competency | 10:00AM**

The Catholic Women's Taskforce, Archdiocese of Canberra and Goulburn has a workshop on 31 August. Ylie Shea, a Ngunnawal woman will facilitate the sessions where we will learn about Ngunnawal culture. Venue: Parish Centre Aranda Register via [www.cgwomen.org.au](http://www.cgwomen.org.au)

## \* **26 September | Encountering God in Lectio Divina**

Lectio Divina is Sacred Reading. It is a way of prayer whereby we allow the Word of God to touch our hearts and change our lives. It is a dialogue of love between the person and God as heart speaks to heart through the Word. This weekend retreat focusses on the process of lectio divina by engaging participants in the ancient art of reading and praying with the Word of God in scripture. For more details ring 0242360011 Ext. 114 Cost: \$150



**The Marymead CatholicCare Auxiliary**

warmly invites you to the

## **Winter Warmer Luncheon**

with special guest speaker  
2024 Canberra Citizen of the Year,  
Roundabout Canberra Founder  
and CEO **Hannah Andrevski**

**JULY**

**MONDAY**

**22**

**11.30 for  
12pm**

**2024**

Enjoy a winter buffet style lunch  
with a glass of wine.  
Craft stall and raffle prizes will be  
available for purchase on the day.

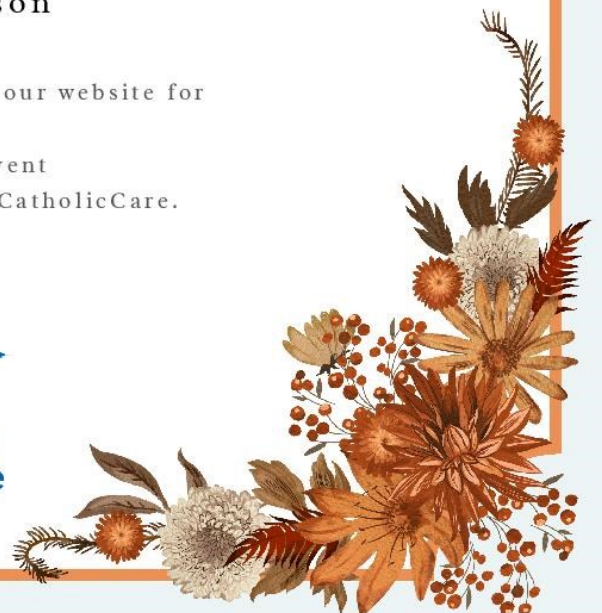
**Royal Canberra Golf Club**  
71 Bentham Street, Yarralumla  
**\$75 per person**



Scan to book or visit our website for  
more details.

Proceeds from this event  
will go to Marymead CatholicCare.

[mccg.org.au](http://mccg.org.au)



### Entrance Antiphon | Psalm 16:15

As for me, in justice I shall behold your face;  
I shall be filled with the vision of your glory.

### First Reading | Amos 7:12-15

A reading from the prophet Amos

*Go, prophesy to my people.*

Amaziah, the priest of Bethel, said to Amos, 'Go away, seer; get back to the land of Judah; earn your bread there, do your prophesying there. We want no more prophesying in Bethel; this is the royal sanctuary, the national temple.' 'I was no prophet, neither did I belong to any of the brotherhoods of prophets.' Amos replied to Amaziah, 'I was a shepherd, and looked after sycamores: but it was the Lord who took me from herding the flock, and the Lord who said, "Go, prophesy to my people Israel."'

### Responsorial Psalm | Ps 84:9-14. R. v.8

*(R.)* Lord, show us your mercy and love,  
and grant us your salvation.

1. I will hear what the Lord God has to say,  
a voice that speaks of peace,  
peace for his people.  
His help is near for those who fear him  
and his glory will dwell in our land. *(R.)*
2. Mercy and faithfulness have met;  
justice and peace have embraced.  
Faithfulness shall spring from the earth  
and justice look down from heaven. *(R.)*
3. The Lord will make us prosper  
and our earth shall yield its fruit.  
Justice shall march before him  
and peace shall follow his steps. *(R.)*

### Second Reading | Ephesians 1:3-14

A reading from the letter of St Paul to the Ephesians

*Before the world was made, he chose us in Christ.*

Blessed be God the Father of our Lord Jesus Christ, who has blessed us with all the spiritual blessings of heaven in Christ. Before the world was made, he chose us, chose us in Christ, to be holy and spotless, and to live through love in his presence, determined that we should become his adopted sons, through Jesus Christ for his own kind purposes, to make us praise the glory of his grace, his free gift to us in the Beloved in whom, through his blood, we gain our freedom, the forgiveness of our sins. Such is the richness of the grace which he has showered on us in all wisdom and insight. He has let us know the mystery of his purpose, the hidden plan he so kindly made in

Christ from the beginning to act upon when the times had run their course to the end: that he would bring everything together under Christ, as head, everything in the heavens and everything on earth. And it is in him that we were claimed as God's own, chosen from the beginning, under the predetermined plan of the one who guides all things as he decides by his own will; chosen to be, for his greater glory, the people who would put their hopes in Christ before he came. Now you too, in him, have heard the message of the truth and the good news of your salvation, and have believed it: and you have been stamped with the seal of the Holy Spirit of the Promise, the pledge of our inheritance which brings freedom for those whom God has taken for his own, to make his glory praised.

### Gospel Acclamation | Ephesians 1:17-18

Alleluia, alleluia!

May the Father of our Lord Jesus Christ enlighten the eyes of our hearts that we might see how great is the hope to which we are called.

Alleluia!

### Gospel | Mark 6:7-13

A reading from the holy Gospel according to Mark

*He called the Twelve, and began to send them out.*

Jesus summoned the Twelve and began to send them out in pairs giving them authority over the unclean spirits. And he instructed them to take nothing for the journey except a staff – no bread, no haversack, no coppers for their purses. They were to wear sandals, but, he added, 'Do not take a spare tunic.' And he said to them, 'If you enter a house anywhere, stay there until you leave the district. And if any place does not welcome you and people refuse to listen to you, as you walk away shake off the dust from under your feet as a sign to them.' So they set off to preach repentance; and they cast out many devils, and anointed many sick people with oil and cured them.

### Communion Antiphon | Psalm 83:4-5

The sparrow finds a home,  
and the swallow a nest for her young:  
by your altars, O Lord of hosts, my King and my God.  
Blessed are they who dwell in your house,  
for ever singing your praise

**Source: Liturgy Help © 2024**

HOLY SPIRIT PARISH

# FAMILY

## Games Night

6:15PM – 9:00PM  
 SATURDAY 17 AUGUST  
 HOLY SPIRIT CHURCH &  
 GOOD SHEPHERD SCHOOL HALL  
 93 BURDEKIN AVENUE, AMAROO

**TRIVIA ROUNDS!**  
 PRIZES FOR BEST THEMED TABLE  
 GAMES FOR KIDS AND ADULTS  
 SAUSAGE SIZZLE

**\$10 per person**  
**\$5 for under 12 years old**

FIND OUT MORE @ [WWW.HOLYSPIRITGUNGALIN.ORG.AU](http://WWW.HOLYSPIRITGUNGALIN.ORG.AU)

Made with PosterMyWall.com

**BOOK NOW !**

Gather a few friends or let us place you on a table with other.

Book your tickets now via Qkr! (preferred) - search Holy Spirit Parish



Or via this [link online](#)

Please contact the parish office if you have questions.

## HELP US WITH OUR GAMES NIGHT

We are seeking donations for our prizes for adults and children. Please bring these along to Mass or you can drop them off at the parish office.

We are happy to receive any of the following:

- Wines
- Boxed Chocolates
- Gift Vouchers
- Small Toys or Games
- Colouring Pencils/Crayons and Colouring Books
- Pre-packed gift hampers (non-perishable)
- Money for us to purchase prizes



We also need volunteers to help us run a few things.

If you would like to be involved, please contact Theivani: [theivani@holyspiritgungahlin.org.au](mailto:theivani@holyspiritgungahlin.org.au) or 0472921518.

**"It's one thing to be taught kindness. It's another thing to be touched by it."**

Extending kindness to a stranger can be a powerful way to make a positive impact in the world. It doesn't take much effort or time, but the benefits can be significant for both the giver and receiver.

A simple act of kindness like holding the door for someone, offering a compliment or buying someone a cup of coffee can brighten up their day, lift their spirits and make them feel valued. It can also create a ripple effect where the recipient may be inspired to pay it forward to others. Showing kindness to a stranger can also help to break down barriers and promote a sense of community. It can help to counteract negative news stories and restore faith in humanity.

It's important to remember that extending kindness to strangers is not just about doing good for others but also for ourselves. Studies have shown that performing acts of kindness can increase happiness, reduce stress and promote overall well-being.

So how about we make it a habit to extend kindness to strangers whenever we can. You never know how much of an impact it can have on someone's day, or even their life.



***"The greatest gift you can give someone is your kindness because it costs you nothing, but it can mean everything to them."* ~ St Francis of Assisi ~**

Dear God, please bestow upon us the invaluable gift of kindness. Teach us to be patient, understanding and compassionate towards one another. May we embody empathy in our words and actions, lifting each other up in times of need. Guide us to spread warmth and love wherever we go. Amen.

## 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](http://www.holyspiritgungahlin.org.au)

**Parish Manager:** Theivani Evers

E: [theivani@holyspiritgungahlin.org.au](mailto:theivani@holyspiritgungahlin.org.au)

P: 0472 921 518

**Parish Secretary:** Jovina John Britto

E: [office@holyspiritgungahlin.org.au](mailto:office@holyspiritgungahlin.org.au)

**Office Support:** Anne Smart

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)

**Parish Pastoral Council (PPC):** Alison Weeks

E: [alisonmweeks@bigpond.com](mailto:alisonmweeks@bigpond.com)

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

### 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](mailto: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](mailto:socialjustice.hsp@gmail.com)

**Legion of Mary** | Grace Magbutay  
E: [office@holyspiritgungahlin.org.au](mailto:office@holyspiritgungahlin.org.au)

**Youth Ministry**  
E: [office@holyspiritgungahlin.org.au](mailto:office@holyspiritgungahlin.org.au)

**Care Group** | Sonja Vocisano  
P: 0438 699 591

**Community Garden Group** | Parish Office  
E: [theivani@holyspiritgungahlin.org.au](mailto:theivani@holyspiritgungahlin.org.au)

**St Francis Xavier Social Group**

Greg Farrugia 0412 299 549 [gjvita@gmail.com](mailto:gjvita@gmail.com)

Gabrielle O'Kane 0417 464 216 [okane.hall@gmail.com](mailto:okane.hall@gmail.com)