



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

20-21 July 2024

16th 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

For Pity's Sake

Jesus said, "Come away by yourselves; let's take a break and get a little rest" ... So they got in the boat and went off to a remote place by themselves. Someone saw them going and the word got around. From the surrounding towns people went out on foot, running, and got there ahead of them. When Jesus arrived, he saw a huge crowd. At the sight of them, his heart broke – like sheep with no shepherd. He went right to work teaching them. (Mark 6: 31a, 32 - 34)

So the disciples went off two by two, preaching and healing and scaring off demons. And when they returned, the great works they'd performed came back to haunt them: people wouldn't leave them alone! It's called success, and it only leads to more work. Finally, Jesus drew his starving disciples aside to grab a bite and a chance to rest. But the deserted place didn't stay deserted for long. Pretty soon a crowd had formed, dog-eyed at the dinner table, begging for scraps.

Jesus looked out at that needy sea of faces and felt heartbroken. He might have been annoyed and frustrated, but his response was what you'd expect from God: love-compelled. Deprived of hope, broken in body, mind and heart, plagued by evil, crowds hounded the healers because the need was so great and the possibility of help so rare. They wanted relief. They wanted a reason to believe. And so Jesus taught them. And because nothing much has changed in the world for two thousand years, the church teaches still.

How can the teaching mission of the church feed the hunger of the world?

Pray

God, we pray for the gift of place – a space where we may experience your presence, where we may attend to the needs of others and ourselves, where we may rest, and where we may serve. For in such a place do we find life and hope, now and always. Amen.

Ponder

Become a good shepherd to those around you. Be a reconciler, exercise generosity, teach by your example of patience and kindness. The Cross got us to embrace, and that was the end of hostility.

Kids' Corner

Jesus said, "Come away by yourselves; let's take a break and get a little rest." (Mark 6: 31)

The rest you get at night is important for your health. When you get enough sleep, you wake up with energy for the day. You can think clearly and work and play hard. With sleep, many things come together for good.

The same is true of our relationship with God. We need to rest in God. Jesus knew this. That's why he invites us to take time each day to be quiet and talk to God. With prayer, many things can come together for good. Try it today.

Loving God, give me quiet time with you today. Amen.

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 Sacramental Program 2024** Information Session 30th July

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.



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

THE POWER OF GRATITUDE

Sometimes, negative things can dominate our lives, overshadowing the joy and beauty around us. Stress, worry and daily challenges often consume our thoughts, making it easy to overlook the positive aspects. This negativity can strain our relationships, causing us to take our loved ones for granted. However, focusing on the good in our everyday lives and appreciating our family can shift our perspective. By recognising and valuing small moments of joy, like a shared laugh or a comforting hug, we can counterbalance the negativity.



These moments remind us of the love and support we have, helping us feel more grounded and less overwhelmed by life's difficulties. Making a conscious effort to express gratitude and cherish our family strengthens our connections and fosters a more positive outlook. Even amidst challenges, taking time to appreciate the simple, everyday blessings can bring light and happiness into our lives, creating a healthier, more fulfilling environment. So, each morning, let us express gratitude for the gift of a new day, appreciating the opportunity to experience life and the love of those around us.

"Dear Lord, Thank You for the countless blessings You bestow upon us each day. Help us to see and appreciate the simple joys and the love of our family. Grant us the grace to cherish these moments and to express our gratitude to You and to one another. In times of difficulty, remind us of the good that surrounds us and fill our hearts with thankfulness. Amen."

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
Wongdeuan Sawasditas
Nook Sawasditas

Daranee Teapthong

Anniversaries
Joseph Rayapu
Vittoria Teuma
Mary Rose
Maria Pedic
Jim Newell
Lazarus Motha
Kevin Norton

Recently Deceased
Candace Dumanay
Bishop Kevin Manning
Michael Taylor
Cesar Balberona
Amparo Lim
Eufracia Olivar Tado

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

[Prayer Requests](#)

Community News

* **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 Concelebrated Mass with Arch bishop Christopher Prowse and visiting priests 1.00 pm Lunch will be provided by the Parish of Pambula If there are any special dietary requirements, please make these known to us, by emailing our parish office at 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

* **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

* **13 August | Marriage Preparation Courses**

Upcoming Marriage Preparation courses for engaged couples: Tues 13th 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 Enquiries: Text Helena Zobec on **0405 440 463**

* **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.

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

The Catholic Women's Taskforce, Archdiocese of Canberra and Goulburn has a workshop on 31 August. Kylie 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



Register



Year of the Holy Spirit

Reconciliation and First Nations Healing Wounds, Receiving Gifts



The Roundtables

Join others from Across the Archdiocese for a time of prayerful dialogue in the spirit of synodality. We will be listening to members of the Aboriginal Catholic Ministry of the Archdiocese, and reflect on how the Holy Spirit may be guiding the Church to walk with Aboriginal and Torres Strait Islanders.



Where Online (Zoom) and In-Person (Haydon Hall, St Christopher's, Manuka)
When Saturday 20 July 2024 | 12:30pm - 2:00pm
What Prayer + Discernment + Panel + Discussion + Contribution
How cgevangelisation.org.au/roundtables

Entrance Antiphon | Psalm 53:6,8

See, I have God for my help.

The Lord sustains my soul.

I will sacrifice to you with willing heart,

and praise your name, O Lord, for it is good.

First Reading | Jeremiah 23:1-6

A reading from the prophet Jeremiah

The remnant of the flock I will gather to me, and bring them back to their pastures.

'Doom for the shepherds who allow the flock of my pasture to be destroyed and scattered – it is the Lord who speaks! This, therefore, is what the Lord, the God of Israel, says about the shepherds in charge of my people: You have let my flock be scattered and go wandering and have not taken care of them. Right, I will take care of you for your misdeeds – it is the Lord who speaks! But the remnant of my flock I myself will gather from all the countries where I have dispersed them, and will bring them back to their pastures: they shall be fruitful and increase in numbers. I will raise up shepherds to look after them and pasture them; no fear, no terror for them any more; not one shall be lost – it is the Lord who speaks!

'See, the days are coming – it is the Lord who speaks –

when I will raise a virtuous Branch for David, who will reign as true king and be wise, practising honesty and integrity in the land. In his days Judah will be saved and Israel dwell in confidence. And this is the name he will be called: The Lord-our-integrity.'

Responsorial Psalm | Ps 22. R. v.2

(R.) The Lord is my shepherd; there is nothing I shall want.

1. The Lord is my shepherd;
there is nothing I shall want.

Fresh and green are the pastures
where he gives me repose.

Near restful waters he leads me,
to revive my drooping spirit. (R.)

2. He guides me along the right path;
he is true to his name.

If I should walk in the valley of darkness
no evil would I fear.

You are there with your crook and your staff,
with these you give me comfort. (R.)

3. You have prepared a banquet for me
in the sight of my foes.

My head you have anointed with oil;

my cup is overflowing. (R.)

4. Surely goodness and kindness shall follow me
all the days of my life. In the Lord's own house
shall dwell for ever and ever. (R.)

Second Reading | Ephesians 2:13-18

A reading from the letter of St Paul to the Ephesians

Christ, our peace, has made us one.

In Christ Jesus, you that used to be so far from us have been brought very close, by the blood of Christ. For he is the peace between us, and has made the two into one and broken down the barrier which used to keep them apart, actually destroying in his own person the hostility caused by the rules and decrees of the Law. This was to create one single New Man in himself out of the two of them and by restoring peace through the cross, to unite them both in a single Body and reconcile them with God. In his own person he killed the hostility. Later he came to bring the good news of peace, peace to you who were far away and peace to those who were near at hand. Through him, both of us have in the one Spirit our way to come to the Father.

Gospel Acclamation | John 10:27

Alleluia, alleluia!

My sheep listen to my voice, says the Lord;
I know them, and they follow me.

Alleluia!

Gospel | Mark 6:30-34

A reading from the holy Gospel according to Mark

They were as sheep without a shepherd.

The apostles rejoined Jesus and told him all they had done and taught. Then he said to them, 'You must come away to some lonely place all by yourselves and rest for a while'; for there were so many coming and going that the apostles had no time even to eat. So they went off in a boat to a lonely place where they could be by themselves. But people saw them going, and many could guess where; and from every town they all hurried to the place on foot and reached it before them. So as he stepped ashore he saw a large crowd; and he took pity on them because they were like sheep without a shepherd, and he set himself to teach them at some length.

Communion Antiphon | Psalm 110:4-5

The Lord, the gracious, the merciful,
has made a memorial of his wonders;
he gives food to those who fear him.

Tamil-English **BILINGUAL MASS**

Followed by social gathering

**Saturday 3 August 2024
At 5:00pm**

93 Burdekin Ave, Amaroo

All are welcome and no knowledge
of Tamil is required to participate in
this Mass!



Holy Spirit Catholic Parish, Gungahlin

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
Parish Catholic Schools:
mel.unwin@cg.catholic.edu.au

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: Jovina John Britto

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): Alison Weeks

E: 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

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
E: office@holyspiritgungahlin.org.au

Care Group | Sonja Vocisano
P: 0438 699 591

Community Garden Group | Parish Office
E: theivani@holyspiritgungahlin.org.au

St Francis Xavier Social Group

Greg Farrugia 0412 299 549 gjvita@gmail.com

Gabrielle O'Kane 0417 464 216 okane.hall@gmail.com

Finance Update (6 Months)

Parish Financial Facts That We Need To Be Aware Of That Are Highlighted In The Statistics Below

With declining mass attendances and the reduction in the number of Planned Givers and Pledged Amounts, the "glory" years of the past, where we achieved surpluses of over \$100,000, have truly vanished. As we move from a time of newly constructed buildings to entering the cycle of replacement, repairs and maintenance, we can expect ongoing substantial expenditure in this area for many years to come.

Overall, our income is above budget for the year, with planned giving increased due to a few new contributors and the growing use of the EFTPOS machines. Other, smaller sources of income, such as the Piety Stall, are providing some additional income. Expenditure is below budget for the year to date, primarily due to the departure of the parish secretary and the delay in appointing a replacement. Delays in planned capital expenditure have been offset by increased repairs and maintenance. Along with the rising cost of living we all face, we continue to incur higher expenses in the next quarter. Overall, we have an operating surplus for the moment.

Income & Expenditure (6 months) to 30/6/2024 and Some Past Performances (Excluding Loan Repayments)

	Actual 31/12/2008	Actual 31/12/2015	Actual 31/12/2022	Actual 31/12/2023	Budget to 30/6/2024	Actual to 30/6/2024	Variance
Planned Giver Numbers	348	334	275	253		235	
<u>Income</u>							
Planned Giving/Second Collection	231,699	260,876	284,351	296,557	144,000	156,335	\$12,335
Weddings, Baptisms & Funerals		12,975	21,040	11,085	6,200	5,825	(\$375)
Sacramental, Chaplaincy & Pastoral Programs.		31,525	31,060	19,395	9,000	9,870	\$870
Other Revenue	153,554	39,470	43,711	38,646	16,360	12,922	(\$3,438)
Total	385,253	344,846	380,162	365,683	175,560	184,952	9,392
<u>Expenditure</u>							
Administration	21,709	19,161	37,119	43,950	20,400	15,559	(\$4,841)
Priest's Cars and Superannuation	11,294	16,110	23,095	23,285	11,688	11,690	\$2
Salaries, Super, A Leave & LSL	5,330	81,731	162,622	180,039	97,398	83,738	(\$13,660)
Insurances	16,651	21,847	30,997	26,445	8,962	8,906	(\$56)
Other Expenses	6,137	8,574	10,037	14,243	13,120	9,362	(\$3,758)
Appeals/Donations/Quotas	28,237	49,216	16,504	16,368	8,000	7,414	(\$586)
Capital Items		4,972	12,950	13,786	12,500	5,580	(\$6,920)
Overall Property Expenses	7,741	6,215	4,271	3,122	1,970	1,794	(\$176)
Repairs & Maintenance			58,319	5,056	7,500	13,751	\$6,251
Total	97,099	207,826	355,914	326,294	181,538	157,794	(\$23,744)
Net Surplus/(Deficit)	\$288,154	\$137,020	\$24,248	\$39,389	(\$5,978)	\$27,158	\$33,136

Thank You! everyone for your continued financial and non-financial support of our parish in what continue to be challenging times! For any questions please contact Tony Rose (Finance Officer) at the Parish Office.

Capital Expenditure and Repairs and Maintenance Carried Out Over The Past Six Months	
Electrical works	Replacement of the electrical switchboard in the church meeting room
SFX Hall	Toilets refurbished, internal and external lighting improved
Presbytery	A new oven was purchased for the Presbytery and various lights replaced and repaired
Garden beds	Plants replaced, a new tree planted in the centre of roundabout and shrubs planted along wall.
Church Eves (around the church) Repair and repaint.	Painting Works done by Frank Glanvic

Thank You! Steve Bannerman and Frank Glanvic for looking after the Grounds around the Church and Presbytery. Many thanks also to Frank Glavinic for his painting works around the place for the cost of materials only, saving the Parish substantial expenditure.

Thank you! Frank for the great work and the time and effort you put in, it is very much appreciated.

A **special thank you** to **George Burke** for all his work around the church too!

**THANK YOU
SO MUCH**
YOU ARE VERY MUCH APPRECIATED!

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 or 0472921518



After Mass one Sunday morning the parish priest noticed a young boy staring at a plaque on the wall inside the church. The plaque included names and flags.

"Father," asked the boy. "What's all this about?"

The priest replied, "It's a memorial to all the local men and women who died in the service."

They stood in silence for a minute. The boy with a concerned look on his face then said, "Did they die at the eight thirty or the ten o'clock Mass?"



One more weekend until Sustainability Sunday (weekend)

A HUGE thank you to everyone who brought blister packs, e-waste items and lids to **Sustainability Sunday (weekends)** in May and June.

We had a great response and people asked lots of questions. We are all on a learning curve regarding just what **Lids for Kids** will accept. Last week I delivered everything that had been collected from the two churches over the two Sustainability Sunday weekends. Pictured is Mary and another volunteer from Lids for Kids accepting our donations.



Medicine Blister packs

A couple of things I learnt is that **Lids for Kids** would like us to **separate** the blister packs into those that are 100% aluminum and those that are aluminum with plastic.



100% aluminum



50% aluminum/50% plastic



Lids with plastic inside



Push/pull lids

Lids

The lids that **Lids for Kids** collect to make furniture etc are – milk, soft-drink and water bottle lids only. Please remove and discard the foam insert. All are to be CLEAN and DRY.

Lids for Kids also collect lids that have plastic inside and push-pull lids. They give these to schools for craft etc.

E-waste

E-waste items include small electrical items including coiled cables, accessories and devices (please reset to factory settings).

Help Needed – it would be great if we could have helpers present at every Mass on Sustainability Sunday (weekend). All it requires is for you to be at Mass about 15 minutes before Mass begins and about 10 minutes after Mass to help people who want to make donations and to answer questions. We are trying to share the load and to make this easy for everyone involved. If you think you could help on the last weekend of the month and be that special person at the Mass you attend, please email me maureenhilton@gmail.com or call on 0431 123 465.

Thank you for your support and we look forward to increasing the range of recyclable items that **Lids for Kids** accept over the next 12 months.

For more information, please contact Maureen Hilton at maureenhilton@gmail.com or Hamish McNeice at hjmcneice@gmail.com



Lids for Kids – want to know more? Why not visit The Hub at 141 Canberra Avenue, Fyshwick or go to <https://www.lids4kids.org.au/copy-of-about-us> to find out more.
Maureen Hilton on behalf of the Parish Social Justice Group

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

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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 or 0472921518.



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



Marymead
CatholicCare
CANBERRA & GOULBURN

