



# 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

3-4 August 2024

18th 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  
5:40pm Novena to Our Lady  
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

## Got Bread?

Being hungry is not a virtue. If it were, the poor would all be holy, and the rich would all be evil. But that's obviously not true. The state of our hearts can't be measured by the size of our wallets. But the condition of our hearts CAN be measured by our willingness to share what we have. When we seek to alleviate the distress of those in need, we do two things right. We lift up someone locked down by hunger so that he or she might rise to a greater and fuller life. And we also expand our hearts through the practice of generosity so that we might experience "the food that endures for eternal life." It's a win-win situation. For as long as we work only for the food that perishes and hoard that for ourselves, we prolong the misery of the world and will not know the joy that belongs to those whose hearts are free to give.

**When have you been the recipient of someone's generosity in sharing time, warmth, or food with you? How can you share those things with those in need, near and far?**

## Pray

Giver of manna, feed our deepest hungers. Break the bread that nourishes relationships. Break the bread that nourishes life in your presence. We seek you, for you are our life. Amen.

## Ponder

Take a refresher course in the corporal works of mercy: Feed the hungry. Give drink to the thirsty. Clothe the naked. Shelter the homeless. Visit the sick. Visit the imprisoned. Bury the dead. Reflect on ways to participate in these works regularly. *"I am the Bread of Life. The person who aligns with me hungers no more and thirsts no more, ever."*

## Kids' Corner

*What can we do to accomplish the works of God? (John 6: 28)*

Do you have a list of things to do each day? That's helpful. But sometimes, our plans don't go the way we, well ... plan. That's why it's good to ask God, "What do you want me to do?" The answer may surprise you. Of course, God always wants you to do things like love others as you love yourself, pray and make good choices. But sometimes it's not so much what you do, it's who you are that matters. God is waiting for you to be the person God made you to be. That's what faith is about. It's not always thinking, planning and doing. It's living what we believe. It's about being Jesus for the world.

Jesus, transform my life! Amen. [www.gpbs.com.au](http://www.gpbs.com.au)



## St Francis Xavier Hall

Saturdays 5:00pm



## The Assumption of the Blessed Virgin Mary

Thursday 15 August 2024

Mass at 9:15am and 7.00pm at Holy Spirit Church

The Assumption is a principal feast of the Blessed Virgin and a Holy Day of Obligation. It is one of the most important feasts of the Church year. Families and parishioners are encouraged to attend Mass on this day.

# Parish News and Events

- \* **Christian Meditation** | Tuesdays 7:00pm in the church
- \* **Tamil-English Bilingual Mass** | Saturday 3 August at 5:00pm  
All are invited to attend Mass followed by a social gathering of delicious foods.
- \* **Saturday 3 August 2024** | Rosary after 5:00pm Mass
- \* **4 August 2024 at 10:45am** | **The Focolare Families group** will meet again after the 9.30am Mass in the Parish Rooms for about 45 minutes, all mums, dads and kids are invited. If you would like more information, please contact Anna on 0416 668 985 or [focolareamaroo@gmail.com](mailto:focolareamaroo@gmail.com).
- \* **11 August 2024 at 3:30pm-4:45pm**—TLIG PRAYER MEETING in the Church meeting room. (Prayer & Fellowship). Bring your rosary beads. All are welcome. The 5:00pm Mass will follow immediately for those interested in attending this Mass. 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.
- \* **Good Shepherd School Hall Grand Opening** | Tuesday 13 August at 9:00am  
Parishioners are invited to attend the official opening and blessing of our refurbished hall. RSVP by 7 August to [Adriana.hindson@cg.catholic.edu.au](mailto:Adriana.hindson@cg.catholic.edu.au)
- \* **Parish Games Night (Trivia Rounds)**. Saturday 17 August 2024. 6:15pm to 9:00pm. Tickets \$10 for Adults. \$5 for under 12 years old. Book via Qkr or follow this [link online](#)
- \* **Becoming Catholic Information Session** | Wednesday 21 August at 7:00pm  
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. To register your interest, please contact Theivani on [theivani@holyspiritgungahlin.org.au](mailto:theivani@holyspiritgungahlin.org.au) or 0472921518

## Change to Mass Time

Tuesday 13 August 2024 - Due to the Hall Grand Opening event our 9:15am Mass will move to 12:15pm for that day only.

Parishioners are invited to celebrate Mass with their cultural community at Holy Spirit Parish. If you would like to celebrate a Bilingual Mass for your cultural community, please contact Theivani at the parish office or [theivani@holyspiritgungahlin.org.au](mailto:theivani@holyspiritgungahlin.org.au)

## Term 3 Youth Group Update

### Junior Youth Group

Years 4-6  
Sundays 6:00pm-7:30pm  
◇ 11 August  
◇ 25 August  
◇ 8 September  
◇ 22 September

### Senior Youth Group

Years 7-12  
Saturdays 6:00pm-8:00pm  
◇ 17 August—Games Night  
◇ 24 August  
◇ 7 September  
◇ 21 September

## HELPERS NEEDED

Seeking helpers from the Holy Spirit community to support our Youth Groups by preparing some meals and snacks for the Saturday and Sunday evening Youth Groups. If you can help in Term 3 please contact Theivani at the parish office.

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



**For those who are sick**  
Elisabeth Faith O'Connell  
Kwang Hui Lim  
Adriano Cesar Junior  
Maria Teresa Meireles  
Theresa and Joseph Tan  
Tony Johnston  
Jaya Raghwan  
Paul Johnston  
Mark Bush  
Jim Banks  
Barbara Kirk  
Vesna Ljubičić  
Alonso  
Rozalind Murphy  
Sharni Laffan  
Marc Darlington  
Nancy Phillips  
Ashley  
Ana Al-Adhami  
Linda Dwyer  
Wigglesworth Family  
Alan Demascus  
Jeffrey Gonzalez  
Mary Gardner  
Marie Lincoln  
Paloma Crowley  
Wongduean Sawasditas  
Nook Sawasditas  
Daranee Teapthong  
Judeth Barrett

### Anniversaries

Jim Newell  
Lazarus Motha  
Kevin Norton  
Joshua Stewart  
Gaudencia Alcalá  
Sem Anthony Cabardo  
Gaudencio Montaos Sr

### Recently Deceased

Fr Peter Gannon  
Elizabeth Kevans  
Paloma Crowley  
Annette Margaret Henness  
Raul Fernandez Rojas

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

[Prayer Requests](#)



## BOOK NOW !

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

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.





ARCHDIOCESE OF CANBERRA AND GOULBURN VOCATIONS



# *prayer vigil*

**Tuesday 6 August at 6pm**  
**St Christopher's Cathedral**

JOIN US AS WE PRAY FOR ALL VOCATIONS IN OUR ARCHDIOCESE



Part of 2024 Vocation Awareness Week  
4 - 11 AUGUST 2024



MARY MACKILLOP PLACE

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# ST MARY MACKILLOP FEAST DAY CELEBRATION 2024 8th August

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We invite you to a day of celebration,  
prayer, pilgrimage and thanksgiving  
for

**SAINT MARY OF THE CROSS MACKILLOP  
FEAST DAY - 8TH AUGUST 2024**

at

**Mary MacKillop Place,  
80 William St, North Sydney**

**Mass times**

8.00am in the Chapel

10am and 1pm on Glen Roy Green (bring a hat)

6.00pm in the Chapel

10.00am Mass will be livestreamed free

via our website: [www.marymackillopplace.org.au](http://www.marymackillopplace.org.au)

Link: <https://www.youtube.com/embed/lppmamzmOb0>

**Pray at the Tomb of St Mary MacKillop.**

**Write your prayers of Petition.**

**Reflect in the Chapel.**

**Spend time in Alma Cottage – the place of St Mary's death.**

**Enjoy free entry into our Museum.**

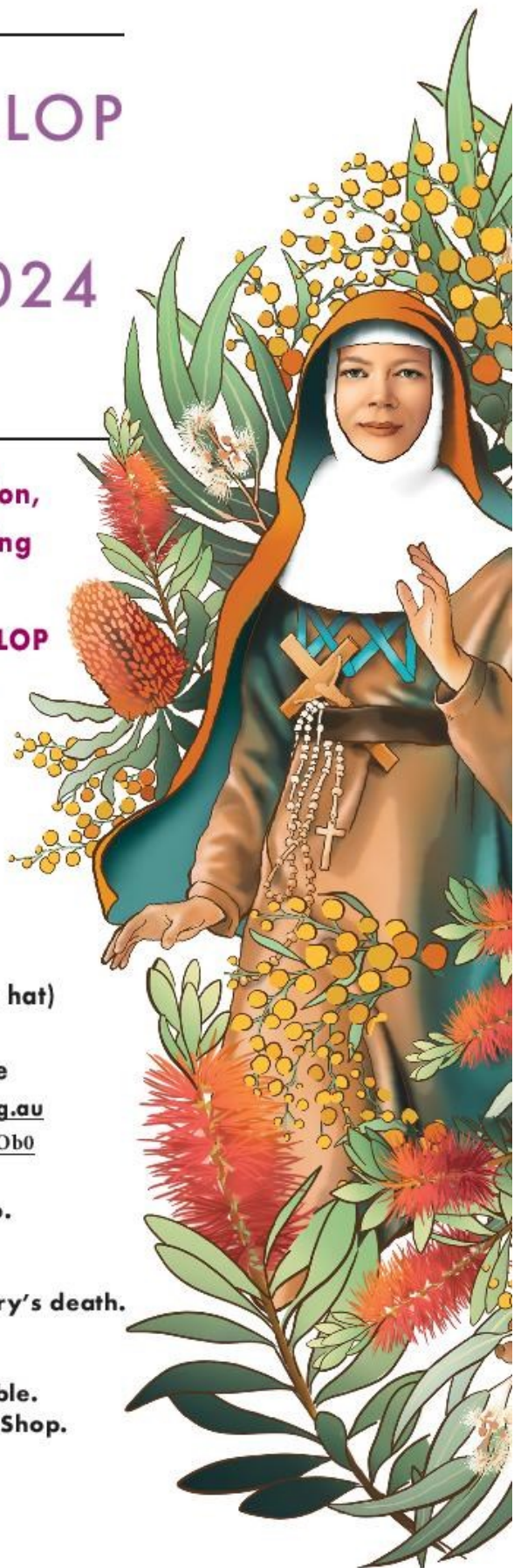
**Light meals and refreshments are available.**

**Purchase memorabilia in our Café and Gift Shop.**

**Accommodation available onsite.**

**[www.marymackillopplace.org.au](http://www.marymackillopplace.org.au)**

**Phone: +61 2 8912 4800**





## Readings for 18th Sunday in Ordinary Time Year B

### Entrance Antiphon | Psalm 69:2,6

O God, come to my assistance;  
O Lord, make haste to help me!  
You are my rescuer, my help;  
O Lord, do not delay.

### First Reading | Exodus 16:2-4. 12-15

The whole community of the sons of Israel began to complain against Moses and Aaron in the wilderness and said to them, 'Why did we not die at the Lord's hand in the land of Egypt, when we were able to sit down to pans of meat and could eat bread to our hearts content! As it is, you have brought us to this wilderness to starve this whole company to death!'

Then the Lord said to Moses, 'Now I will rain down bread for you from the heavens. Each day the people are to go out and gather the day's portion; I propose to test them this way to see whether they will follow my law or not.'

'I have heard the complaints of the sons of Israel. Say this to them, "Between the two evenings you shall eat meat, and in the morning you shall have bread to your hearts content. Then you will learn that I, the Lord, am your God."' And so it came about: quails flew up in the evening, and they covered the camp; in the morning there was a coating of dew all round the camp. When the coating of dew lifted, there on the surface of the desert was a thing delicate, powdery, as fine as hoarfrost on the ground. When they saw this, the sons of Israel said to one another, 'What is that?' not knowing what it was. 'That' said Moses to them 'is the bread the Lord gives you to eat.'

### Responsorial Psalm | Ps 77:3-4. 23-25. 54. R. v.24

(R.) The Lord gave them bread from heaven.

1. The things we have heard and understood,  
the things our fathers have told us,  
we will tell to the next generation:  
the glories of the Lord and his might. (R.)
2. He commanded the clouds above  
and opened the gates of heaven.  
He rained down manna for their food,  
and gave them bread from heaven. (R.)
3. Mere men ate the bread of angels.  
He sent them abundance of food.  
He brought them to his holy land,  
to the mountain which his right hand had won. (R.)

### Second Reading | Ephesians 4:17, 20-24

I want to urge you in the name of the Lord, not to go on living the aimless kind of life that pagans live. Now that is hardly the way you have learnt from Christ, unless you failed to hear him properly when you were taught what the truth is in Jesus. You must give up your old way of life; you must put aside your old self, which gets corrupted by following illusory desires. Your mind must be renewed by a spiritual revolution so that you can put on the new self that has been created in God's way, in the goodness and holiness of the truth.

### Gospel Acclamation | Matthew 4:4

Alleluia, alleluia!  
No one lives on bread alone,  
but on every word that comes from the mouth of God.  
Alleluia!

### Gospel | John 6:24-35

When the people saw that neither Jesus nor his disciples were there, they got into boats and crossed to Capernaum to look for Jesus. When they found him on the other side, they said to him, 'Rabbi, when did you come here?' Jesus answered:

'I tell you most solemnly,  
you are not looking for me  
because you have seen the signs  
but because you had all the bread you wanted to  
eat.

Do not work for food that cannot last,  
but work for food that endures to eternal life,  
the kind of food the Son of Man is offering you,  
for on him the Father, God himself, has set his seal.'

Then they said to him, 'What must we do if we are to do the works that God wants?' Jesus gave them this answer, 'This is working for God: you must believe in the one he has sent.' So they said, 'What sign will you give to show us that we should believe in you? What work will you do? Our fathers had manna to eat in the desert; as scripture says: He gave them bread from heaven to eat.'

Jesus answered:

'I tell you most solemnly,  
it was not Moses who gave you bread from heaven,  
it is my Father who gives you the bread from  
heaven,  
the true bread;  
for the bread of God  
is that which comes down from heaven  
and gives life to the world.'

'Sir,' they said 'give us that bread always.' Jesus answered:

'I am the bread of life.  
He who comes to me will never be hungry;  
he who believes in me will never thirst.'

### Communion Antiphon

Wisdom 16:20

You have given us, O Lord, bread from heaven,  
endowed with all delights and sweetness in every taste.

or

John 6:35

I am the bread of life, says the Lord;  
whoever comes to me will not hunger  
and whoever believes in me will not thirst.

Source: Liturgy Help © 2024

# 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
<b>Planned Giver Numbers</b>	<b>348</b>	<b>334</b>	<b>275</b>	<b>253</b>		<b>235</b>	
<b><u>Income</u></b>							
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)
<b>Total</b>	<b>385,253</b>	<b>344,846</b>	<b>380,162</b>	<b>365,683</b>	<b>175,560</b>	<b>184,952</b>	<b>9,392</b>
<b><u>Expenditure</u></b>							
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
<b>Total</b>	<b>97,099</b>	<b>207,826</b>	<b>355,914</b>	<b>326,294</b>	<b>181,538</b>	<b>157,794</b>	<b>(\$23,744)</b>
<b>Net Surplus/(Deficit)</b>	<b>\$288,154</b>	<b>\$137,020</b>	<b>\$24,248</b>	<b>\$39,389</b>	<b>(\$5,978)</b>	<b>\$27,158</b>	<b>\$33,136</b>

**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

## Community News

- \* **6 August | National Vocations Week (4- 11 August)**  
During National Vocations Week (4- 11 August) An Archdiocesan Vocations Holy Hour will be held at St. Christopher's Cathedral on Tuesday 6<sup>th</sup> August (Feast of the Transfiguration) It will include Adoration, Evening Prayer and Rosary
- \* **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 | 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)
- \* **10 August | Christ Our Firm Foundation Retreat | 10AM**  
Queanbeyan parish Retreat open to all. Men and women (ages +18 +) are invited to join the Dominican Sisters of Saint Cecilia. The day will focus on renewing the foundations of the spiritual life and will include Talks, a Holy Hour, Confession and a time of Fellowship.
- \* **13 August | Marriage Preparation Courses**  
Upcoming courses for engaged couples: Tues 13<sup>th</sup> 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**
- \* **17-18 August | Engaged Encounter Retreat**  
How prepared are you for marriage? Engaged Encounter provides you with deeper insights into each other and into married life. For further information visit: [www.engagedencounter.org.au](http://www.engagedencounter.org.au). Choose any of the Weekends: Aug 17-18, Nov 09-10, Feb 22-23
- \* **19 August | Free Webinar - Natural Fertility Awareness Week | 7:30pm**  
Billings LIFE is pleased to present a free webinar Trust your body's natural signals of fertility: Forget about drugs and devices. Dr Clarissa Lopez, and Caroline But are the guest speakers.. Everyone is welcome to attend this free webinar and learn more about the Billings Ovulation Method®. More info - visit the Billings LIFE website.



# *Novena to Our*

## **MOTHER OF PERPETUAL HELP**

To start on Wed, 7 August 2024 at 5.40 pm before the Holy Hour.

Just as the Child Jesus fled into the arms of his Mother when he was frightened, so too do we flee into the arms of our Blessed Mother with child-like confidence whenever fear envelopes our hearts.

Just as the Virgin Mother consoled and comforted her Divine Child, so too does she console and comfort us, her spiritual children, in our afflictions. We can always come to her in our time of need and receive her help.



# **EVERY WEDNESDAY**





# Happy 30<sup>th</sup> Birthday

## Parish Morning Tea!

Join us to celebrate Fr Eden's birthday on Sunday 4 August after the 9:30am Mass.

Please bring a plate to share.



## 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)

### 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)

**Focolare Families Group** | Anna 0416 668 985

E: [focolareamaroo@gmail.com](mailto:focolareamaroo@gmail.com)

**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)

Download our parish app: Pocket Parish from App Store or Google Play.