



# 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

10-11 August 2024

19th 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

## Get Up and Eat

Some people liked it when Jesus criticised the religious leaders of his day – though it didn't go down well with the leaders, obviously. And some liked it when he upheld every jot and title of the law. Unless they were lawbreakers, who liked it when he broke the law. Jesus was popular when he held out hope for sinners, though not with the righteous. The problem with Jesus was, he couldn't please ALL of the people ANY of the time.

But he could manage to offend everyone at once. When Jesus said he was manna from heaven, nobody was happy with that. It sounded like blasphemy, a claim that reached too high. How could anyone say they were from heaven? This bread from heaven thing was going too far.

Jesus offers himself as living bread to feed that part of us that will never die. When Jesus says, "get up and eat," it's a bad time to start doing theology. The right response is to tuck in your napkin. I know people who run around in circles trying to decide what they believe about the Eucharist, whether or not they're worthy to receive, whether or not they can take the Host from a layperson or a gay person. If Jesus is the bread of life, and dinner is served, I don't want to be the one who says no, thank you.

## Think a moment before you answer: Why do you receive holy communion?

### Pray

We accept the love of Christ, which is for us, and for all people. We desire to be changed by this love that we might bless the world and each other with kindness, tender-heartedness, and forgiveness. Let Christ's love grow to rule our lives in everything. Amen.

### Ponder

Receive Eucharist this week. Take refreshment when it is offered. Open the window of your heart and let darkness out, light and Spirit in.

### Kids' Corner

It seems like some people just push us to act in ways we shouldn't. How about the person who's always annoying at school? Or the way your brother always forgets to tie his shoes? Or when your sister gets everyone in trouble? The list can go on and on ... and on! But let's not forget that there are probably times when we are annoying and frustrating to others. God puts up with each of us and forgives us. Let's pass that attitude along to all the people in our lives.

Loving God, show me who needs your love today. 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
- \* **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)
- \* **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

## 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.

### The Measure of a Champion

*"Sports ideally teach discipline and commitment. They challenge you and build character for everything you do in life." -- Howie Long*

"The Measure of a Champion" extends beyond mere victories and titles. It encompasses how an individual handles both triumph and defeat. A true champion demonstrates humility in victory, acknowledging the efforts of their competitors and celebrating with grace. In defeat they show resilience and dignity, using setbacks as opportunities for growth and learning. This balanced approach reflects a deep respect for the sport, opponents and the essence of fair competition. A champion's measure is seen in their consistent display of integrity, sportsmanship and unwavering dedication to excellence. It's about setting a positive example, inspiring others and upholding the values that define the spirit of true competition. Ultimately, the measure of a champion lies not just in their achievements in sport but in their character and conduct throughout their life.

Dear God, Grant us the grace to win with humility and lose with dignity. May our journey reflect true character, embodying integrity and respect. Help us inspire others through our actions, both in victory and defeat and leave a lasting impact that extends beyond our achievements, influencing all aspects of our lives. Amen.—<https://majellan.media/hope-of-a-champion/>

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  
Rosalind Murphy  
Sharni Laffan  
Marc Darlington  
Nancy Phillips  
Ashley  
Ana Al-Adhami  
Linda Dwyer  
Wigglesworth Family  
Alan Demascus  
Jeffrey Gonzalez  
Mary Gardner  
Marie Lincoln  
Wongduean Sawasditas  
Nook Sawasditas  
Daranee Teapthong  
Judeth Barrett

**Anniversaries**  
Gaudencio Alcala  
Sem Anthony Cabardo  
Gaudencio Montaos Sr  
Betty Willis  
Aniceta Arguelles  
Joseph Van Dinh Le

**Recently Deceased**  
Annette Margaret Hennes  
Raul Fernandez Chavez

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

[Prayer Requests](#)

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.HOLYSPIRITGUNGAHLIN.ORG.AU](http://WWW.HOLYSPIRITGUNGAHLIN.ORG.AU)

Made with PosterMyWall.com

## LAST CHANCE TO BOOK !



Book your tickets now via  
Qkr! (preferred) - search Holy Spirit Parish  
Or via this [link online](#)





Holy Spirit Parish  
**RAFFLE**

**TICKET**  
**\$5 or**  
**\$10 for 3**

**OVER 30 AMAZING PRIZES!**

**DRAWN SATURDAY 17 AUGUST | AT 8 PM**

**93 Burdekin Avenue, Amaroo**

**Tickets on sale this weekend. Over 30 great prizes. Fabulous value with something for all the family! Prizes will be drawn at the parish games night! So don't forgot to book your table.**

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



## Readings for 19th Sunday in Ordinary Time Year B

### Entrance Antiphon | Cf Psalm 73:20,19,22,23

Look to your covenant, O Lord,  
and forget not the life of your poor ones for ever.  
Arise, O God, and defend your cause,  
and forget not the cries of those who seek you.

### First Reading | 1 Kings 19:4-8

Elijah went into the wilderness, a day's journey, and sitting under a furze bush wished he were dead. 'Lord', he said 'I have had enough. Take my life: I am no better than my ancestors.' Then he lay down and went to sleep. But an angel touched him and said, 'Get up and eat.' He looked round, and there at his head was a scone baked on hot stones, and a jar of water. He ate and drank and then lay down again. But the angel of the Lord came back a second time and touched him and said, 'Get up and eat, or the journey will be too long for you.' So he got up and ate and drank, and strengthened by that food he walked for forty days and forty nights until he reached Horeb, the mountain of God.

### Responsorial Psalm | Ps 33:2-9. R. v.9

(R.) Taste and see the goodness of the Lord.

1. I will bless the Lord at all times,  
his praise always on my lips;  
in the Lord my soul shall make its boast.  
The humble shall hear and be glad. (R.)
2. Glorify the Lord with me.  
Together let us praise his name.  
I sought the Lord and he answered me;  
from all my terrors he set me free. (R.)
3. Look towards him and be radiant;  
let your faces not be abashed.  
This poor man called; the Lord heard him  
and rescued him from all his distress. (R.)
4. The angel of the Lord is encamped  
around those who revere him, to rescue them.  
Taste and see that the Lord is good.  
He is happy who seeks refuge in him. (R.)

### Second Reading | Ephesians 4:30 – 5:2

Do not grieve the Holy Spirit of God who has marked you with his seal for you to be set free when the day comes. Never have grudges against others, or lose your temper, or raise your voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ.

Try, then, to imitate God, as children of his that he loves, and follow Christ by loving as he loved you, giving himself up in our place as a fragrant offering and a sacrifice to God.

### Gospel Acclamation | John 6:51

Alleluia, alleluia!  
I am the living bread from heaven, says the Lord;

whoever eats this bread will live for ever.  
Alleluia!

### Gospel | John 6:41-51

The Jews were complaining to each other about Jesus, because he had said, 'I am the bread that came down from heaven.' 'Surely this is Jesus son of Joseph' they said. 'We know his father and mother. How can he now say, "I have come down from heaven"?' Jesus said in reply, 'Stop complaining to each other.

'No one can come to me  
unless he is drawn by the Father who sent me,  
and I will raise him up at the last day.  
It is written in the prophets:  
They will all be taught by God,  
and to hear the teaching of the Father,  
and learn from it,  
is to come to me.

Not that anybody has seen the Father,  
except the one who comes from God:  
he has seen the Father.

I tell you most solemnly,  
everybody who believes has eternal life.  
I am the bread of life.

Your fathers ate the manna in the desert  
and they are dead;

but this is the bread that comes down from heaven,  
so that a man may eat it and not die.

I am the living bread which has come down from  
heaven.

Anyone who eats this bread will live for ever;  
and the bread that I shall give  
is my flesh, for the life of the world.'

### Communion Antiphon | Psalm 147:12,14

O Jerusalem, glorify the Lord,  
who gives you your fill of finest wheat.

or

Cf John 6:51

The bread that I will give, says the Lord,  
is my flesh for the life of the world.

Source: Liturgy Help © 2024

## 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.

# Tamil English Bilingual Mass

A big thank you to all involved for a great parish celebration and wonderful showcase of the Tamil culture.








Holy Spirit Parish

# YOUTH GROUP

Years 4-6



Sunday 11 August  
6:00pm-7:30pm

RSVP via Qkr for catering!

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93 Burdekin Avenue, Amaroo



# FAITH UNDER FIRE

HOW FAITH SUSTAINS US IN  
MOMENTS OF CRISIS + CHANGE



**CAPTAIN GAVIN KEATING**

CHAPLAIN | ROYAL MILITARY COLLEGE, DUNTRON

**WEDNESDAY 14 AUGUST**



**6:30PM - 8:30PM**

[DINNER + SPEAKER + Q&A]



**KING O'MALLEY'S PUB**

131 CITY WALK, CANBERRA

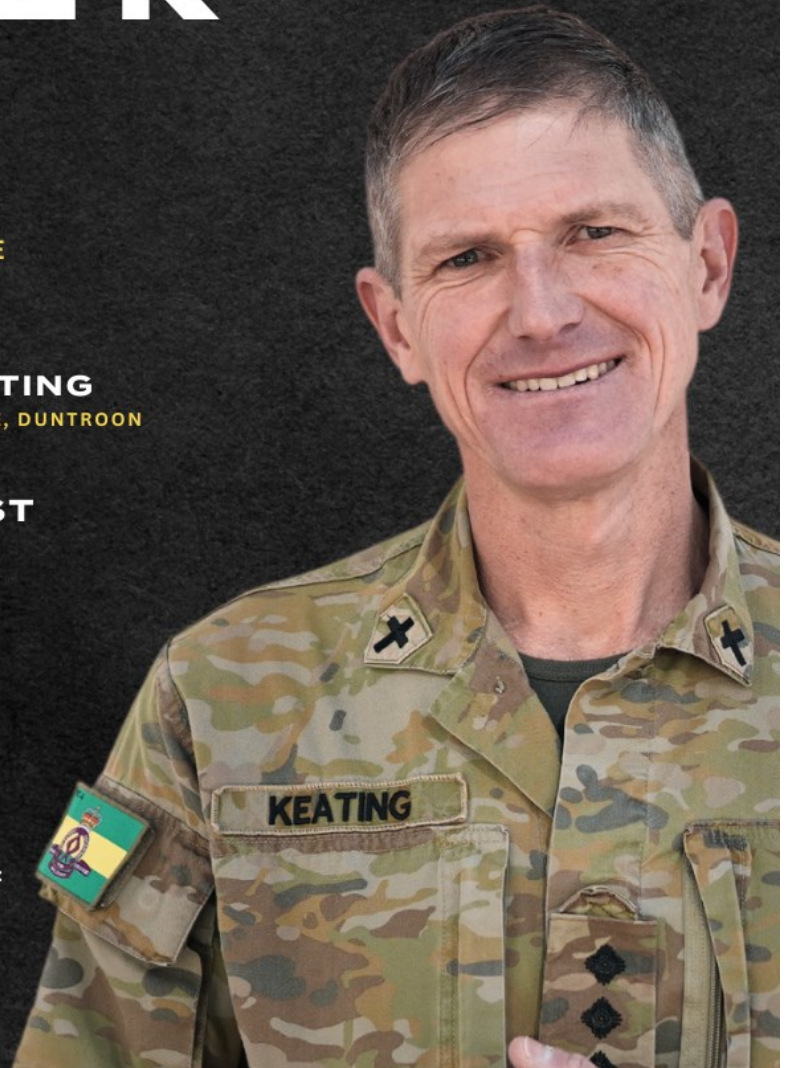
A COLLABORATION BETWEEN YOUR HOSTS:



Catholic Archdiocese  
of Canberra & Goulburn



ACU  
AUSTRALIAN CATHOLIC UNIVERSITY



## Community News

- \* **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.



## The Importance of True Friendship

Some people appear in your life when you need them most. They love you and lift you up, reminding you of the best, even when you're going through the worst. These people are not just friends, they are Earth angels.

~ Anna Grace Taylor ~

Friendships are so valuable in our lives. Good friends give us support, understanding and joy. They're always there during tough times, offering comfort and advice. They celebrate our successes and share in our happiness. Friends help us grow by giving different perspectives and encouraging us to be our best selves. Also, spending time with friends

reduces stress and boosts our mood, which is great for our mental health. Friendships create a sense of belonging and help us feel less lonely. In simple terms, friends make our lives richer, more enjoyable and more meaningful. They are essential for our overall well-being and happiness. The bond of friendship is one to be cherished.

Dear God, thank You for the gift of friendship. Bless my friends with love, joy and good health. Help us support and uplift each other, growing together in understanding and compassion. May our bond strengthen and bring us closer to You. Amen.

Source:majehttps://majellan.media/hope-and-friendship/

## 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**.