



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

17-18 August 2024

20th 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



St Francis Xavier Hall

Saturdays 5:00pm

Dinner at Wisdom's Table

Do a quick calculation of how many times you've received communion. If you're a cradle Catholic, and have been taking communion since the age of seven, that is, technically speaking, a LOT of communion. The numbers don't really matter, of course, but the habitual reception of communion does. What do we GET, exactly, when we get Eucharist?

The Church teaches that the bread and wine are Christ's Body and Blood. Transubstantiation is the million-dollar word for the event, but it's mostly helpful for theologians. Long before the invention of that word, table fellowship was shared among Christians. They understood that eating and drinking in memory of Jesus made them bearers of his life. They knew that sharing his supper also meant they shared his saving mission in the world. They believed that taking part in this meal was a commitment, a covenant in flesh and blood. This was serious business. To claim Jesus in this way meant that they might die for him.

Most of us in the receiving line at communion time will not be asked to die for Christ. But every one of us IS being asked to live for Christ. Are we in the right line, or aren't we?

If you knew you might be put to death for your faith in Jesus, would you still take communion?

Pray

O God, holy wisdom, we open the windows of our hearts to you and the life you give. Help us to breathe in deeply of your Spirit. Feed us with the bread of life; inspire us with your awesome presence so that we might more fully become the people you have called us to be. Amen.

Ponder

Take a seat at Wisdom's table. Consider some activity you engage in that has little value – reading junk mail, watching TV, playing Solitaire –and spend one week not doing that. Use the time to make a phone call long overdue. Or to pray. Or to spend time with a child. *"Your ancestors ate bread and later died. Whoever eats this Bread will live always."*

Kids' Corner

"I am the Bread – living Bread! – who came down out of heaven." (John 6: 51)

When my favourite cousin moved away, she gave me a special gift. It was a nicely framed picture of herself. "I'll always remember you," she said. "And I hope this will help you remember me." Well, her gift still reminds me of our friendship. And that is special to me. Before Jesus died, he gave us a special gift. He took bread and wine and said, "This is my Body. This is my Blood." Then he told his apostles, "Do this in memory of me." When we receive this gift, Jesus is with us in a special way. What a tremendous reminder of his love!

Thank you, Jesus! Amen.

www.gpbs.com.au

Parish News and Events

- * **Christian Meditation** | Tuesdays 7:00pm in the church
- * **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 or 0472921518
- * **Thursday 29 August at 9:15am** | Anointing Mass followed by morning tea. All are welcome to attend.



You can help St Vincent de Paul Society (Vinnies) in our Parish by joining the Gungahlin Vinnies Conference to be directly involved. If you're interested please contact Drazen Rognic, President, drazen.rognic@vinnies.org.au for further information.

We understand that not everyone has the time to be able to join the local conference so there are other ways you can help Vinnies:

- ◆ Donating non-perishable food items in the basket located in the church foyer before any weekend mass. Did you know that the Gungahlin conference distributes at least 20 hampers of food items to people in need per week.
- ◆ Donate household items such as clothing; kitchen items; toys; books, old DVDs, CDs etc. to one of the Vinnies stores in Canberra and surrounding region. Gungahlin has a Vinnies store located on Hibberson Street underneath Bunnings. This store has a loading zone just for dropping off items in underneath Bunnings.
- ◆ Shop at Vinnies! The quality of everything in the Vinnies stores is very good. Before buying new, check out the merchandise in the Vinnies stores.
- ◆ Did you know that Vinnies operates "Goodies Junction" at Mitchell and Mugga where you can donate and shop for all sorts of household items including furniture, homeware, active gear equipment, electrical items, outdoor goods, to name a few. More information is available at www.goodiesjunction.org.au/
- ◆ Consider volunteering for Vinnies. There are a number of volunteering roles and if interested go to www.vinnies.org.au/act-surrounds/get-involved/volunteering-act-surrounds

Term 3 Youth Group Update

Junior Youth Group

Years 4-6
Sundays 6:00pm-7:30pm

- ◆ **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
Wongduean Sawasditas
Nook Sawasditas
Daranee Teapthong
Judeth Barrett
Bill Honess

Anniversaries

Gaudencio Alcalá
Sem Anthony Cabardo
Gaudencio Montaos Sr
Betty Willis
Aniceta Arguelles
Joseph Van Dinh Le
Albert V. Alcalá

Recently Deceased

Annette Margaret Henness
Raul Fernandez Chavez
Roz Murphy
Jonathan Crowley

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

[Prayer Requests](#)

Entrance Antiphon | Psalm 83:10-11

Turn your eyes, O God, our shield;
and look on the face of your anointed one;
one day within your courts
is better than a thousand elsewhere.

First Reading | Proverbs 9:1-6

Wisdom has built herself a house,
she has erected her seven pillars,
she has slaughtered her beasts, prepared her wine,
she has laid her table.
She has despatched her maidservants
and proclaimed from the city's heights:
'Who is ignorant? Let him step this way.'
To the fool she says,
'Come and eat my bread,
drink the wine I have prepared!
Leave your folly and you will live,
walk in the ways of perception.'

Responsorial Psalm | Ps 33:2-3. 10-15. 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. Revere the Lord, you his saints.
They lack nothing, those who revere him.
Strong lions suffer want and go hungry
but those who seek the Lord lack no blessing. (R.)
3. Come children, and hear me
that I may teach you the fear of the Lord.
Who is he who longs for life
and many days, to enjoy his prosperity? (R.)
4. Then keep your tongue from evil
and your lips from speaking deceit.
Turn aside from evil and do good;
seek and strive after peace. (R.)

Second Reading | Ephesians 5:15-20

Be very careful about the sort of lives you lead, like intelligent and not like senseless people. This may be a wicked age, but your lives should redeem it. And do not be thoughtless but recognise what is the will of the Lord. Do not drug yourselves with wine, this is simply dissipation; be filled with the Spirit. Sing the words and tunes of the psalms and hymns when you are together, and go on singing and chanting to the Lord in your hearts, so that always and everywhere you are giving thanks to God who is our Father in the name of our Lord Jesus Christ.

Gospel Acclamation | John 6:56

Alleluia, alleluia!
All who eat my flesh and drink my blood
live in me and I in them, says the Lord.
Alleluia!

Gospel | John 6:51-58

Jesus said to the crowd:

'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.'

Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied:

'I tell you most solemnly,
if you do not eat the flesh of the Son of Man
and drink his blood,
you will not have life in you.
Anyone who does eat my flesh and drink my blood
has eternal life,
and I shall raise him up on the last day.

For my flesh is real food
and my blood is real drink.

He who eats my flesh and drinks my blood
lives in me
and I live in him.

As I, who am sent by the living Father,
myself draw life from the Father,

so whoever eats me will draw life from me.
This is the bread come down from heaven;

not like the bread our ancestors ate:
they are dead,

but anyone who eats this bread will live for ever.'

Communion Antiphon

Psalm 129:7

With the Lord there is mercy;
in him is plentiful redemption.

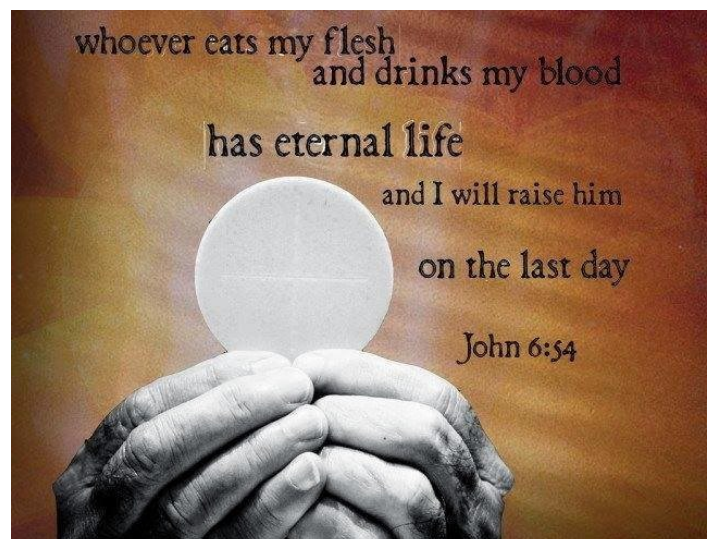
or

John 6:51-52

I am the living bread that came down from heaven,
says the Lord.

Whoever eats of this bread will live for ever.

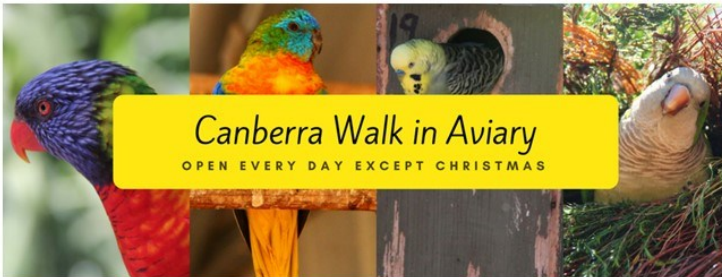
Source: Liturgy Help © 2024



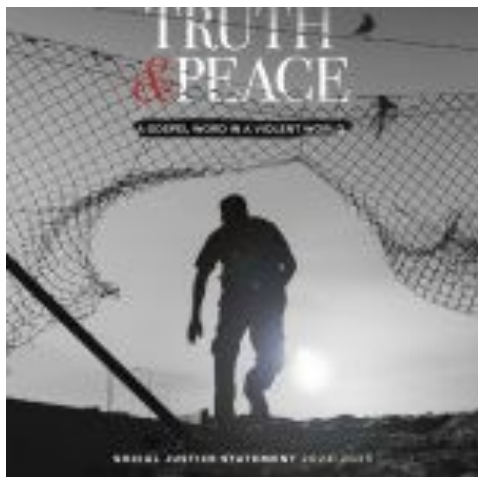
A big Thank You to our
games night sponsors!



Kitchen Warehouse



And the generous parishioners of
Holy Spirit parish



Social Justice Sunday 2024 | Truth and Peace: A Gospel Word in a Violent World

Next Sunday 25 August is Social Justice Sunday. It is a day to remember the many injustices that exist in our world, that impact badly on the dignity of our fellow human beings and to think about what we can do to relieve those injustices. We see war ravaging Ukraine and Palestine, as well as Sudan, Myanmar and other parts of the world. We see the impacts on those affected, including death and destruction, famine and displacement of peoples. Is there any hope anymore? As Catholics we need to maintain our hope in God. Our main hope is to pray together for peace in our world. But we can also support those charities, including Caritas Australia, that are providing relief to war torn countries. <https://www.caritas.org.au/>

Community News

- * **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.
- * **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
- * **8 September | Marymead CatholicCare High Tea Buffet | 2:00pm**
Join the Marymead CatholicCare Auxiliary for a high tea buffet while raising much needed funds for Marymead CatholicCare.

Where: Mecure Canberra, corner of Ainslie & Limestone Avenue, Braddon.
Tickets are \$60 per person & bookings close on 22 August 2024.
Visit mccg.org.au for more details on how to book.
- * **12 - 14 September | Season of Creation Convocation 2024 - Catholic Earthcare Caritas Australia**
Catholic Earthcare Convocation 12-14 September 2024. 12-13 September online presentations, workshops, discussions and spiritual experiences. Saturday 14 September in the Archdiocesan Hub to transform learning into action (online available). Register here: <https://www.trybooking.com/events/landing/1231165>
Contact: catholicearthcare@caritas.org.au
- * **21 September | PREPARED: CatholicPsych Institute Mental Health Crisis Response Training | 9AM**
Join Dr Greg Bottaro from New York for exclusive training event in Canberra, tailored for educators, campus ministers, parish & diocesan staff, parents, and priests, addressing the urgent need to respond to the growing mental health crisis. Learn to identify and address mental distress through a Catholic lens. Register at www.trybooking.com/CULHL
- * **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
- * **17 October | Ordination to the Priesthood of Rev. Mark Ha**
Save the Date Thursday 17 October 2024 at 5.00pm at St Christopher's Cathedral Forrest, Canberra
- * **18-20 October | Come, Holy Spirit - Archdiocesan Assembly**
All are invited to take part in the Archdiocesan Assembly that will explore the theme 'Come Holy Spirit.' This will focus on celebrating the Year of the Holy Spirit and explore new opportunities for evangelisation and synodality in the life and mission of our local Church going forward.



AN INVITATION TO COME AND SEE



Join us for an information evening.

Wednesday 21 August 2024 | 7:00pm

Please contact the parish office to register your details.



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

Focolare Families Group | Anna 0416 668 985
E: focolareamaroo@gmail.com

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