



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

24-25 August 2024

21st 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

Hard Sayings

Many people walked away from Jesus after he spoke about being the Bread of Life. This passage is often called "the crisis" in John's Gospel; Jesus loses a large portion of his followers back to the world after this. He turns to the Twelve, to test their willingness to remain. As usual, Peter represents the group with his fearless answer, "Lord, where would we go?"

Suppose you were to reject the life of faith today as being too demanding. The Church's teachings aren't contemporary enough. The leadership seems flawed. The liturgy needs work. The community is, for all its profession of faith, just a bunch of sinners. If you bundled all of your grievances against the Church into a handkerchief and tied it to a stick and got ready to walk, just where would you be going?

Most people who walk away in anger have only their anger for company. Most "retired Christians" I know still carry that handkerchief of outrage around with them, dangling from the stick. We can imagine that those who became disillusioned with Jesus muttered about it for years to come. "Some prophet he was. Some saviour!" But those who stayed with him and his words of eternal life, got past the cross and all the way to Easter.

What is the hardest saying of Jesus for you? How do you live with it?

Pray

Dear friends in Christ, God's love is greater than all our lack of caring. God's forgiveness is bigger and wider than any hurt or harm we can receive or give. So open the windows of your hearts and hear the good news. We are loved. We are forgiven. We live in the grace of God. Amen.

Ponder

Perform a ritual of reconciliation with the Church itself. What has affected your relationship with the Church the most: that it has changed so much, or not enough? Ask for the ability to forgive, and pray for the gift of understanding.

Kids' Corner

But out of them all the Lord delivers him; he watches over all his bones. (Psalm 34: 20 - 21)

Newborn babies are tiny and fragile. Their bones are softer than ours. Would you believe they have more bones than adults? It's true! Babies are born with over 300 bones, while adults have 206 bones. How can that be? Baby bones are made up mostly of a soft, bendable material called cartilage (KAR-till-edge). As babies grow, the cartilage grows stronger and gets replaced with bones. Those bones grow together and strengthen so that by the time you are an adult, your bones are fully grown. You're halfway there right now – not a baby and not yet an adult. So take good care of your bones. God loves each and every one of them!

Creator God, thank you for ... me! Amen.

www.gpbs.com.au

Parish News and Events

- * **Christian Meditation** | Tuesdays 7:00pm in the church
- * **Thursday 29 August at 9:15am** | Anointing Mass followed by morning tea. All are welcome to attend.
- * Sunday 1 September 2024 | 10:45am—The Focolare Families group will meet again 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.
- * **Senior Youth Group Years 7-12** | Saturdays 6:00pm-8:00pm (24 August, 7 September, 21 September) Come along to the parish centre. \$5 donation for food and snacks. Contact Ashish and Shain 0491 122 203.

OH WHAT A NIGHT!

When you can't start the Games Night because there's too much excitement - then you know that Holy Spirit Parish has come to play!

Our Games Night was a wonderful success as we played and ate, talked and laughed all night.

Thank you to everyone who came and helped to "christen" our renovated Hall. There are many people to thank, but undoubtedly the biggest accolade goes to our Quiz Master, Frances Dinn – who showed no mercy with her clever, sneaky and often nostalgic questions. Thank you, Frances!

Thank you to all the volunteers, especially the set up and break down crews, the judges and the raffle sellers. And thank you to all the PPC who threw themselves into the event.

And the support from our parishioners and Gungahlin community was fantastic. It says a lot about us – and the whole community, that we support each other this way.

We will report on the financial side as soon as all the results are in. The overwhelming result of the night? Let's do it again soon!

Alison

Chair PPC



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
Bill Honess
A Kunda

Anniversaries

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

Recently Deceased

Annette Margaret Hennes
Raul Fernandez Chavez
Roz Murphy
Jonathan Crowley
Paul Leighton

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 | Cf Psalm 85:1-3

Turn your ear, O Lord, and answer me;
save the servant who trusts in you, my God.
Have mercy on me, O Lord, for I cry to you all the day
long.

First Reading | Joshua 24:1-2. 15-18

Joshua gathered all the tribes of Israel together at Shechem; then he called the elders, leaders, judges and scribes of Israel, and they presented themselves before God. Then Joshua said to all the people: 'If you will not serve the Lord, choose today whom you wish to serve, whether the gods that your ancestors served beyond the River, or the gods of the Amorites in whose land you are now living. As for me and my House, we will serve the Lord.'

The people answered, 'We have no intention of deserting the Lord and serving other gods! Was it not the Lord our God who brought us and our ancestors out of the land of Egypt, the house of slavery, who worked those great wonders before our eyes and preserved us all along the way we travelled and among all the peoples through whom we journeyed. We too will serve the Lord, for he is our God.'

Responsorial Psalm | Ps 33:2-3. 16-23. 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. The Lord turns his face against the wicked
to destroy their remembrance from the earth.
The Lord turns his eyes to the just
and his ears to their appeal. (R.)
3. They call and the Lord hears
and rescues them in all their distress.
The Lord is close to the broken-hearted;
those whose spirit is crushed he will save. (R.)
4. Many are the trials of the just man
but from them all the Lord will rescue him.
He will keep guard over all his bones,
not one of his bones shall be broken. (R.)
5. Evil brings death to the wicked;
those who hate the good are doomed.
The Lord ransoms the souls of his servants.
Those who hide in him shall not be condemned. (R.)

Second Reading | Ephesians 5:21-32

Give way to one another in obedience to Christ. Wives should regard their husbands as they regard the Lord, since as Christ is head of the Church and saves the whole body, so is a husband the head of his wife; and as the Church submits to Christ, so should wives to their husbands, in everything. Husbands should love their

wives just as Christ loved the Church and sacrificed himself for her to make her holy. He made her clean by washing her in water with a form of words, so that when he took her to himself she would be glorious, with no speck or wrinkle or anything like that, but holy and faultless. In the same way, husbands must love their wives as they love their own bodies; for a man to love his wife is for him to love himself. A man never hates his own body, but he feeds it and looks after it; and that is the way Christ treats the Church, because it is his body – and we are its living parts. For this reason, a man must leave his father and mother and be joined to his wife, and the two will become one body. This mystery has many implications; but I am saying it applies to Christ and the Church.

Gospel Acclamation | See John 6:63. 68

Alleluia, alleluia!
Your words, Lord, are spirit and life:
you have the words of everlasting life.
Alleluia!

Gospel | John 6:60-69

After hearing his doctrine many of the followers of Jesus said, 'This is intolerable language. How could anyone accept it?' Jesus was aware that his followers were complaining about it and said, 'Does this upset you? What if you should see the Son of Man ascend to where he was before?

'It is the spirit that gives life,
the flesh has nothing to offer.
The words I have spoken to you are spirit
and they are life.

'But there are some of you who do not believe.' For Jesus knew from the outset those who did not believe, and who it was that would betray him. He went on, 'This is why I told you that no one could come to me unless the Father allows him.' After this, many of his disciples left him and stopped going with him.

Then Jesus said to the Twelve, 'What about you, do you want to go away too?' Simon Peter answered, 'Lord, who shall we go to? You have the message of eternal life, and we believe; we know that you are the Holy One of God.'

Communion Antiphon | Cf Psalm 103:13-15

The earth is replete with the fruits of your work, O Lord;
you bring forth bread from the earth
and wine to cheer the heart.

or

Cf John 6:54

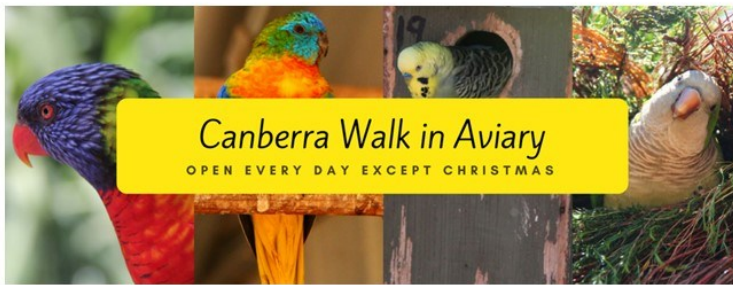
Whoever eats my flesh and drinks my blood
has eternal life, says the Lord,
and I will raise him up on the last day.

Source: Liturgy Help © 2024

A big Thank You to our games night sponsors!



Kitchen Warehouse



Clonakilla



And the generous parishioners of Holy Spirit parish

Community News

* **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

* **7 September | ADORATION RETREAT**

Are you carrying rocks in your daily spiritual backpack? Unload some burdens and refill with hope. Join Sr Kate Atkins, an experienced spiritual guide, as we journey towards Jubilee 2025. Where: St Benedict's Church, 10 Tallara Parkway, Narrabundah— Lunch and Morning Tea provided. \$20 donation

* **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. 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.

* **9-10 November | 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. Choose any of the Weekends: Nov 09-10, Feb 22-23



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.

Natural Fertility Management

Local health professionals and qualified instructors are available help you understand and manage your fertility in an effective and non-invasive manner. Achieve or avoid pregnancy naturally. Address reproductive health issues holistically. See Fertility Awareness Methods at www.marriagefamily.org.au

Fertility Awareness Methods



Archdiocese of
Canberra Goulburn



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.
- ◆ 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

A reminder that next weekend is Sustainability Sunday (weekend)

Remember to bring your **Medicine Blister packs**. If you can, **please separate** the blister packs into those that are 100% aluminum and those that are aluminum with plastic.



100% aluminum



50% aluminum/50% plastic

Bring the following Lids - milk, soft-drink and water bottle lids only. Please remove and discard the foam insert. Please ensure ALL lids are 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. If you are bringing these lids, please **separate** them from the milk, soft-drink and water bottle lids.



Lids with plastic inside



Push/pull lids

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, could you please email me maureenhilton@gmail.com or call on 0431 123 465.

For more information, please contact Maureen Hilton [at maureenhilton@gmail.com](mailto:atmaureenhilton@gmail.com) or Hamish McNeice at hjmcneice@gmail.com

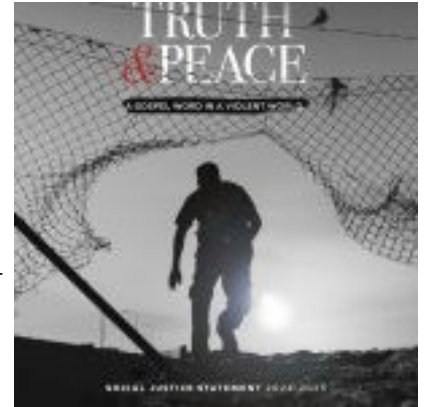
Social Justice Sunday 2024

This 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.

The theme for this year's Social Justice Sunday is: **Truth and Peace, A Gospel Word in a Violent World.**

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?



In a world full of pessimism, we must put our faith and hope in the possibility of peace.

The Australian Catholic Bishops note in their **Social Justice Statement for 2024** that truth is often the first casualty of war.

But peace is possible if we put our trust in Christ who is the way, the truth and the life, as well as the Prince of Peace.

War depends on the rejection of truth, especially the truth of the God given dignity of every human being. Every person matters. Every fellow human being is our brother or sister, not our enemy.

What can you do?

You can pray for peace in our world. You can welcome strangers who arrive as refugees from countries affected by war and violence. You can donate to organisations, like Caritas Australia <https://www.caritas.org.au/> who are providing much needed relief to people suffering in war torn countries.

To read this year's Australian Catholic Bishops Social Justice Statement 2024-2025, click on the following link <https://drive.google.com/file/d/1qpmTG-l2XDl8solyF7UuFsYZ5K0MzRu/view>

Let us remember the mantra of Saint Mary MacKillop: 'Never see a need without doing something about it.' If this seems overwhelming remember the words of Saint Mother Teresa: 'Not all of us can do great things, but we can do small things with great love.'

Mark Carter

Parish Social Justice Group

O God, Trinity of love, from the profound communion of your divine life, pour out upon us a torrent of sisterly and brotherly love. Grant us the love reflected in the actions of Jesus, in his family of Nazareth, and in the early Christian community.

Grant that we Christians may live the Gospel, discovering Christ in each human being, recognising him crucified in the sufferings of the abandoned and forgotten of our world, and risen in each sister or brother who makes a new start.

Come, Holy Spirit, show us your beauty, reflected in all the peoples of the earth, so that we may discover anew that all are important and all are necessary, different faces of the one humanity that God so loves.

AMEN.

CATHOLICPSYCH

— I N S T I T U T E —

Dr. Greg Bottaro, New York based Catholic psychologist, founder of the CatholicPsych Institute and creator of the CatholicPsych Model of Applied Personalism is visiting Australia in September 2024.

In Canberra, Dr. Greg will offer a session of **PREPARED**: a workshop that trains participants in practical strategies to **respond to immediate, short-term, and even long-term mental distress from an authentically Catholic perspective.**

- Saturday 21st September
- 9am-5pm
- Collins Wing, St Benedict's Catholic Parish, Narrabundah
- \$33 / \$25 for students
- morning and afternoon tea provided (BYO lunch)



Learn to identify and address mental distress through a Catholic lens. Register at www.trybooking.com/CULHL or scan the QR:


PREPARED

Mental Health Crisis Response Training



Ripples of Hope - A Vision for a Better World

“Small acts, when multiplied by millions of people, can transform the world.” ~ Howard Zinn ~

Imagine a world where everyone feels seen and valued, where kindness and respect are the norms. It starts with acknowledging each person's worth and acting with compassion.

When we say, “I see you,” we recognise their struggles and strengths, and we choose to stand up for what's right. Every small act of kindness creates ripples of change. By offering support, educating ourselves and standing together, we build a community where everyone has the chance to thrive. Let's embrace the hope that our actions, no matter how small, can lead us toward a more inclusive and understanding world. Together, we have the power to make our vision of a brighter tomorrow a reality. By 'seeing' each other and acting with genuine care, we can create the change we seek.

Dear God, grant us the strength to act with kindness and fairness. Help us work together to create a world where everyone is valued and opportunities are equal. Guide our efforts to bring about positive change and make our vision of a better tomorrow a reality.

Amen.

<https://majellan.media/hope-and-vision/>

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

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

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