



# Holy Spirit Catholic Parish

93 Burdekin Ave, Amaroo ACT

Supporting and supported by Holy Spirit, Good Shepherd, Mother Teresa Primary Schools and St John Paul II College

7-8 August 2021

Feast of St Mary of the Cross | Year B



## What's on this week

### Saturday

4:30pm Reconciliation  
5:00pm Vigil Mass

### Sunday

8:00am Mass  
9:30am Mass  
5:00pm Mass

### Monday

Office Closed  
No Mass

### Tuesday

9:15am Mass

### Wednesday

7:00am Mass

### Thursday

9:15am Mass  
5:00pm Adoration

### Friday

7:00am Mass

Pope's monthly  
prayer intentions  
August

## The Church

Let us pray for the Church, that she may receive from the Holy Spirit the grace and strength to reform herself in the light of the Gospel.

## Gospel Reflection

A "one hit wonder" from 1989 was the song by Bobby McFerrin, *Don't Worry, Be Happy*. It was a laid-back, a cappella song that still frequently appears in film and television soundtracks. In some ways, the song became the catchcry of a generation who were overwhelmed by the pace of change that was occurring in society, technology and the world in general. A glance at today's gospel may leave the reader thinking that Jesus, too, is basically saying to us, don't worry, be happy. But the message of Jesus is not as simplistic as that. Instead, he says to us, set your hearts on God's kingdom first and on following God's will for justice in the world and, then, don't worry, be happy. It is not the same throwing of one's hands into the air as the 1980's song. It is not an abandonment of responsibility. Jesus says to us, trust in God, work to bring about the kingdom in our lives and in our world and only then leave the rest to God.

## Living the Gospel - Don't Be Distracted

When we read in today's gospel that we are "not to worry", the word, worry, might better be translated as *distracted*. Jesus says to not be distracted or consumed by the pursuit of money, food and nice clothes. He says that it is the gentiles – those who do not know the love of God – who set their hearts on attaining these things. We are immersed in a culture in society that values these outward signs of success above all else. The challenge is to avoid being caught up in the *distractions* of our material society. One way to do that is through regular prayer and reflection.

- Liturgy Help

Dear God, thank you for today, yesterday  
and tomorrow; my family, my joys, my  
sorrows; for all that made me stronger.  
Amen

## TODAY'S READINGS

**Readings:** 1 Kings 17:7-16, Colossians 3:12-17, Matthew 6:25-34

**Entrance Antiphon:** Come, you blessed of my Father, says the Lord: I was sick and you visited me. Amen, I say to you: whatever you did for one of the least of my brethren you did it for me.

**Responsorial Psalm:** My soul clings to you; your right hand hold me fast.

**Gospel Acclamation:** Alleluia, alleluia! Many women were there by the cross, watching from a distance, the same women who had followed Jesus and looked after him. Alleluia!

**Communion Antiphon:** This is how all will know that you are my disciples, if you have love for one another, says the Lord.

- Liturgy Help

# Ministry Marvels

**Name:** Joe and Irma Jambor

**Time in the parish:**

We moved into Gungahlin and became part of the Holy Spirit Parish back in 1994 some 27 years ago. At that time Mass was celebrated in a demountable hall in Palmerston before relocating to the school hall in Holy Spirit Primary at Nicholls and then Good Shepherd in Amaroo. The Parish team in the early days comprised Fr Bernie Patterson and Srs Anne Cougle and Genny Ryan. Previously we were within the St Michael's Parish located in Kaleen and Giralang.



**Ministry:**

Irma and I have always supported one another and worked as a team. In our time we have been involved in the Parish in a variety of ways such as: being part of the team for the Parish's Baptismal Program, Eucharist ministers, coordinating morning teas in the Parish, coordinating the Parish prayer chain, assisting with the counting and banking of collections and working on stalls for Parish feast days and fetes. Unfortunately, health and mobility issues have lately restricted Irma's involvement. I (Joe) still am involved in activities such as: church cleaning and setting up, running of a Lenten Program, Eucharist minister, facilitating a weekly men's small prayer and scripture study group. In addition, Irma and I continue to be heavily involved in the Cursillo Movement in the Archdiocese.

**What do you enjoy about your ministry?**

We like to help out and contribute to the Parish where we can and prefer to get involved in a hands on capacity, particularly working with and getting to know others and develop friendships.

**What do you like about our parish?**

We like the diversity of cultures and ages in the Parish. The Parish has a real sense of vitality and growth. We value the friendships we have made over the years.

**Fun fact about yourself:**

Irma likes and is fascinated by insects. She is always rescuing them from my size 12 shoe and bug spray. Irma also enjoys crafts, reading and Bible study. I (Joe) like rocks (geology) because they are older than me. I also enjoy landscape photography and painting.

**Favourite quote or prayer:**

Joe: Be still and know that I am God (Psalm 46:10)

Irma: Trust in the Lord with all your heart and lean not on your understanding (Proverbs 3:5)

**Parish Comments:**

Thank you Joe and Irma for your gentleness and generosity.

## Get involved!

Would you like to join a ministry in our parish? Please complete this form and someone will be in touch with you soon.

[Sign up here!](#)

# Parish News



## Upcoming Events

- ◆ **Bilingual Mass**—Filipino Community Saturday 21 August 5:00pm
- ◆ **Family Games Night**—Saturday 28 August at 6:00pm
- ◆ **Bilingual Mass**—Sri Lankan Community Saturday 18 September 5:00pm

**RECYCLE** and raise funds for our parish!



Take eligible plastic bottles or cans to Return in drop off point and choose credit my account and enter parish code: **0262429622**



## Term 3 Dates

- ◆ **8 August**
- ◆ **22 August**
- ◆ **Saturday 28 August—Youth Mass**
- ◆ **12 September**

Come along to the parish centre.  
Sundays 6:00pm-8:00pm  
\$5 per person to cover food.  
Any questions - email Paris at:

youth@holyspiritgungahlin.org.au

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



### For those who are sick

Armando Sanchez  
Baby Aarya  
Roland Zocchi  
Luke Bogue  
Cheryl Anderson  
Neil Henderson  
Sanne Bergman  
Anne Morton  
Bernard Croker  
Cellia, Julio Snr, Julio Jnr  
Margaret Highmore  
Oanh Ha  
Sue Rolls  
Cathy Hanson  
Katie Charlton  
Ellie Nobel  
John Pahlow  
Doris Matthews  
Lynn Nerdal  
Sunshine Alonzo  
Guadalupe Cuenca  
Sam Malouf  
Seamus Ferguson  
John Hurley  
Margaret Woods  
Karen Lewin  
Ronald Robles  
Patricia Lebon

### Recently Deceased

Emmanuel Esteves  
Divya D'Souza  
Martinita Paqueo  
Margaret Kidson  
Marilyn Giddens  
Kevin Norton  
Henry Sylvester  
Lloyd Walker  
Maria  
Anthony Ganley  
Cecilia Menezes

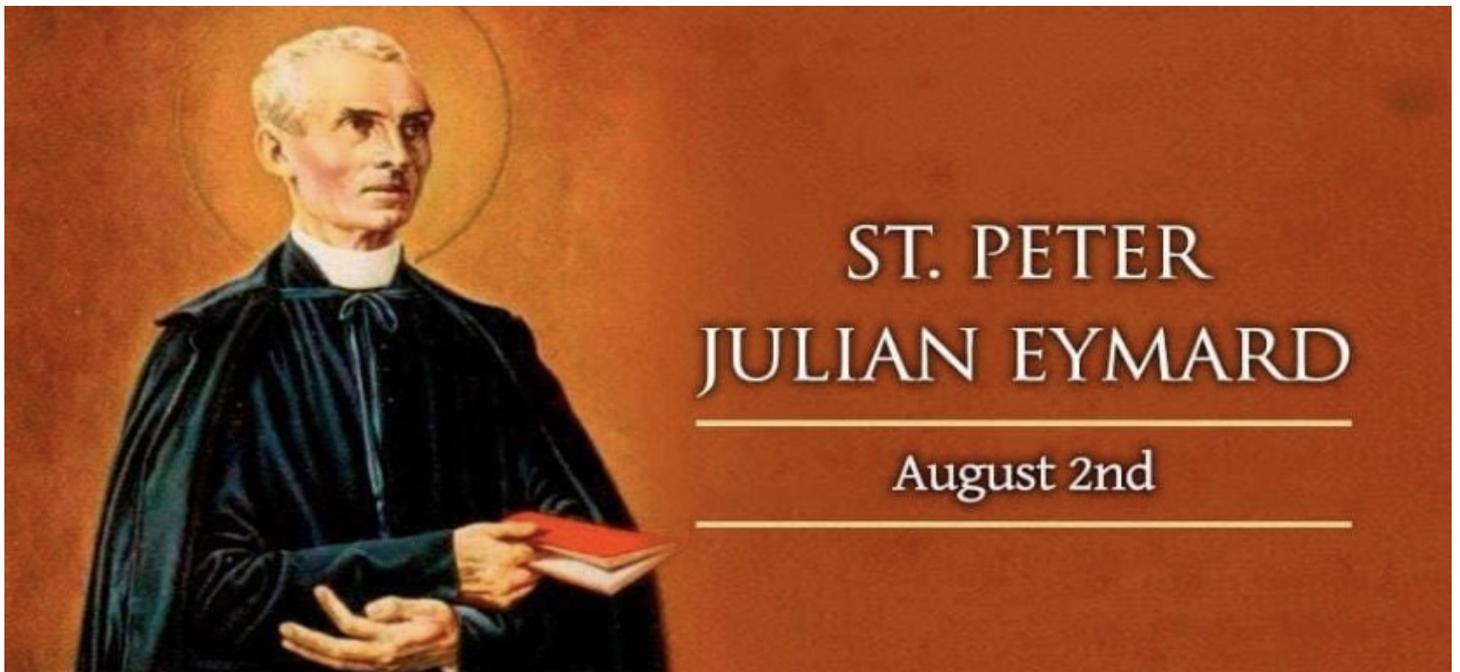
### Anniversaries

Maria Pedic  
Greta Shaji Thomas  
Lazarus Motha  
Jim Newell  
Claudio Dairo Sr  
Maria Sant  
Maria La Rocca  
Phillipa Weeks

### For Those Serving Overseas

Rui Freire

We include those who are members of our Parish or relatives. Prayer cards are available in the foyer.



## ST. PETER JULIAN EYMARD AND THE HOLY SPIRIT PARISH EUCHARISTIC HOLY HOUR (ADORATION)

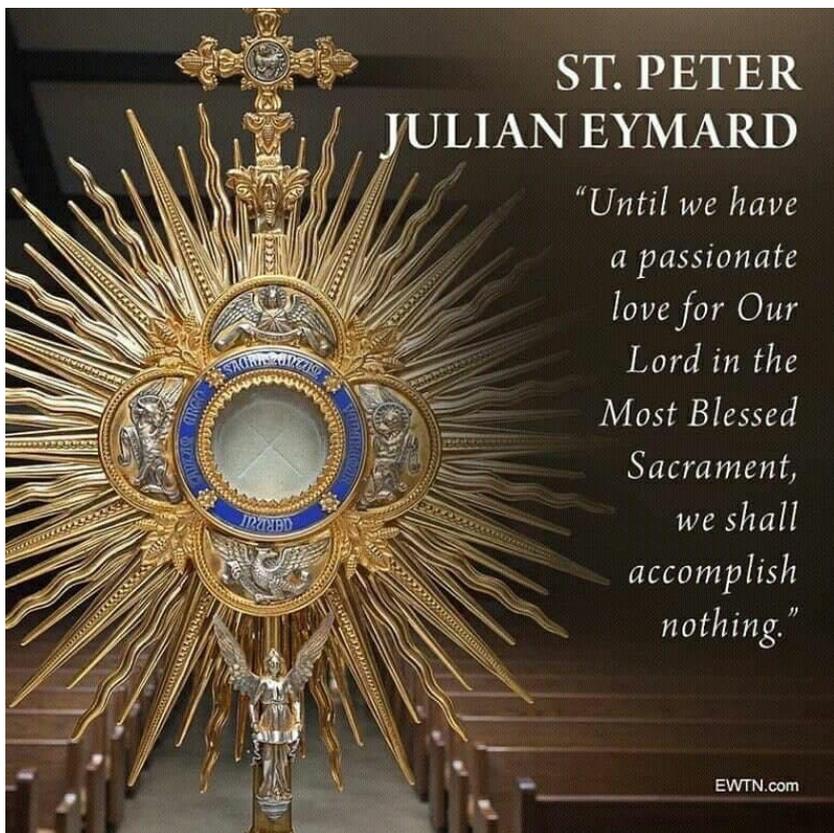
by: Fr. Anthony 'Thonn' C. Riosa, SSS

Called as "Apostle of the Eucharist" by Pope St. John Paul II, St. Peter Julian Eymard, a priest, was born on February 4, 1811 in La Mure, France. He was declared venerable in 1908, beatified by Pope Pius XI on 12 July 1925, and canonized by Pope Saint John XXIII on 9 December 1962. In the Catholic liturgical calendar, his titular feast is being celebrated every 2nd of August. He was a remarkable Saint of the early 19th century who had a strong proponent for the First Communion of children and the frequent reception of the Eucharist for adults where later granted a Decree of Approbation (1863) by Pope Pius IX and backed by Pope St. Pius X (1905). St. Eymard says: "You take communion to become holy, not because you already are." This paved way to the foundation of the Congregation of the Blessed Sacrament for men and the Servants of the Blessed Sacrament for women. Present in all over the world, there are two communities in Australia (Sydney and Melbourne). Through God's graciousness, they continue sharing their Eucharistic charism specifically the Adoration of the Blessed Sacrament.

Here in the Archdiocese of Canberra and Goulburn, through the invitation of Archbishop Prowse, DD, I, Fr. Anthony C. Riosa, SSS, sent by the Congregation of the Blessed Sacrament from the Philippines, spearheaded the propagation of our Eucharistic mission. Assigned as Assistant Parish Priest of Holy Spirit Parish in Amaroo, ACT, I started the live-streaming of the in-person Adoration in the Church every Thursday and the regular daily Eucharistic Holy Hour. What a privilege to be in communion with the Eucharistic Lord especially even in this time of pandemic!

Here are some of the religious reflections from the pious adorers of the Holy Spirit Church in their regular in-person Adoration:

**Maria Peterson:** "We are blessed to have Adoration at Holy Spirit Church every Thursday (5-6PM). To spend this time set aside from our daily lives is a wonderful experience. For me, it is a precious time to be in God's presence, to give 'our Good and Gracious God' (-Fr. Thonn, SSS) glory, praise and honour. Adoration before the Blessed Sacrament offers me the peace of God's presence, without any worldly distractions. The Hymns, Gospel Readings, Reflections, Prayer of Intercessions, Litany and Holy Rosary unite us in prayer, as we pray for our loved ones, our faith-community, our priests and worldly concerns. Adoration is time well spent in loving God and being loved by God; it gives consolation and peace to one's soul as 'Jesus is the Source and Summit of life' (-Pope St. John Paul II). Indeed, Adoration helps us to reflect on God's glory and on ourselves as a reflection of His image."



**Tony Cassar:** "The Eucharistic Holy Hour deepens my personal relationship with Jesus, by responding to the love Christ shares with us constantly in calling us to know and love Him intimately in return. This time with Jesus gives me the opportunity to contemplate, worship and adore Christ and experience His presence made visible under the appearance of the Sacred Host. It's a time to 'look at him while he looks at me' (-St. John Vianney)."

**Delia Luke:** "I'm a regular in-person and live-streaming adorer of the Parish. Feeling light and free, I'm so blessed to adore the Blessed Sacrament. I'm always overwhelmed everytime I silently say my prayers where I can open my troubles and problems to God. My experience with the Eucharistic Lord made a difference in my life and also touched other lives. Knowing that nothing can be

compared to the blessings I received, I'm confident that He is close and listening to me. Truly, He is present in the Blessed Sacrament and I'm blessed and grateful. To God be the highest glory! Amen!"

As St. Peter Julian Eymard says:

"Jesus is there in the Blessed Sacrament, everybody to Him",  
may our hearts be enflamed with the love of Jesus in the Eucharist.

Adveniat Regnum tuum Eucharisticum! (May Your Eucharistic Kingdom come!)  
God bless us.



# Feast of St Mary MacKillop 8 August 2021



Over 100,000 people will be homeless in Australia tonight. And older women are now the fastest growing group of people without a home.

Those who follow in the footsteps of Saint Mother Mary MacKillop have heeded her advice:

***Never see a need without doing something about it***

Here in Lyneham, ACT, you will find Mary MacKillop House, in the old convent of the Sisters of Saint Joseph. CatholicCare has opened a residence for women who are homeless, offering 20 places to single women (mostly older) and 6 to those with children. Opened just over a year ago, it is now full.

“Homelessness is no longer just the experience of that stereotypical person sleeping rough. It’s people like you and me, just one life event away from a devastating change in circumstances - illness including mental ill health, relationship

breakdown, loss of a spouse, domestic violence, or the loss of a job”, says Claire Victory, national president of the St Vincent de Paul Society.

“Older people, who don’t own their own home, and women and children affected by domestic violence, are particularly vulnerable “, Ms Victory told the Catholic Voice, on Tuesday, 3 August.

Mackillop House is more than a shelter, it is a strategy – to help the women go on to find and hold safe, affordable homes. Once a person has a safe place to sleep they can turn to rebuilding other aspects of their lives. Mackillop House stays with them on that journey, helping where ever it can.



On this special day, the feast day of Saint Mother Mary MacKillop – *Saint Mary of the Cross* - please consider donating your time and money to Mackillop

House by ringing 61 637 677 or contacting [mackillophouse@catholiccare.cg.org.au](mailto:mackillophouse@catholiccare.cg.org.au). Further information: [alisonmweeks@bigpond.com](mailto:alisonmweeks@bigpond.com)

*Alison Weeks*

Believe in the whisperings  
of God to your own heart.

Mary MacKillop

# AN INVITATION TO COME AND SEE



Join us for an information evening.

**Wednesday  
11 August 2021  
7:00pm**

Please contact the parish office for more information.

## WE NEED YOUR FINANCIAL SUPPORT

Secure Online Payments

### Online Mass Contribution (First and Second Collections combined)

We encourage you to continue to support our parish by making contributions to our First and Second Collections online. Follow the steps below to make a secure online donation.

1. Click on <https://www.holyspiritgungahlin.org.au/donations-payments/secure-online-payments/>
2. Select Biller Code 1002872 – Mass Contribution
3. Enter your payment details.

### Parish Bank Account Details

BSB: 062 786 Acc Number: 00010701 Acc Name: Holy Spirit Parish

## CONNECT WITH US

**Parish Priest:** Fr Mark Croker

**Assistant Priest:** Fr Anthony (Fr Thonn) Riosa, SSS.

### Parish Office and Presbytery

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

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P: 0472 921 518

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**Office Support:** Naomi Johnson

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**Finance Officer/ Planned Giving:** Tony Rose

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**Sacramental Coordinator:** Katrina Battilana

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**Youth Minister:** Paris Morris

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**Parish Pastoral Council (PPC):** Alison Weeks

E: [alisonmweeks@bigpond.com](mailto:alisonmweeks@bigpond.com)

### Parish App and Parish Facebook Page



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Holy Spirit Catholic Parish

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