



# 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

11-12 September 2021

24th Sunday in Ordinary Time | Year B



## What's happening online

### Sunday

9:30am Mass

### Wednesday

7:00pm RCIA

We are all still working from home so please contact us via email if you need us.



## The Sixteenth Item

A quick run through the supermarket wasn't the place Jennifer expected to learn a lesson in faith, but faith overtook her one Thursday in the checkout line.

Jennifer had figured on just swinging by the shops to grab a few things before picking up the kids at school. One of those plastic handbaskets was all she needed, and she got into the "15 items or less" line to speed up the process. But her run through the store ground to a halt when the elderly couple in front of her started having problems. First the woman forgot something on her list and sent her husband shuffling off to retrieve the item. Then came the inevitable struggle with the card reader. She swiped it upside down. Credit? PIN number? "Honey, what's our PIN number?"

Jennifer kicked herself for coming to the store on Senior Discount Day. The words "stupid" and "idiot" began to flash in her thinking. Then a little booklet in the magazine rack caught her eye. Nestled between "Amazing Astrology" and "Celebrity Diet Secrets" was "Bible for Busy Mums". She took it out and flipped it open to where Jesus talked about taking up the cross. It occurred to her that one of life's little crosses was being offered to her right then and there. She changed her mind, offered up a kindly prayer for the old couple, and dropped the little booklet into her basket.

[www.gpbs.com.au](http://www.gpbs.com.au)

## Good Shepherd 20th Anniversary Cookbook

Good Shepherd welcomes present, past and future members and friends of our school and Parish community to contribute a recipe to our 20th anniversary cookbook. Please click on the link to submit your favourite recipe! <https://cc.recipes/goodshepherdamaroo>

## TODAY'S READINGS

**Readings:** Isaiah 50:5-9, James 2:14-18, Mark 8:27-35

**Entrance Antiphon:** Give peace, O Lord, to those who wait for you, that your prophets be found true. Hear the prayers of your servant, and of your people Israel.

**Responsorial Psalm:** I will walk in the presence of the Lord, in the land of the living.

**Gospel Acclamation:** Alleluia, alleluia! My only glory is the cross of our Lord Jesus Christ, which crucifies the world to me and me to the world. Alleluia!

**Communion Antiphon:** How precious is your mercy, O God! The children of men seek shelter in the shadow of your wings. - Liturgy Help



## Mass Time this weekend:

Sunday 9:30am via Zoom.  
Please see parish app for meeting details.

# In-house drama continues...



It was 9:27 pm Wednesday evening. Jack Frost was investigating another murder case. Jack was sucking on a lollypop which got stuck in a tooth striking a nerve. Not since Kojak have I seen an investigator turn to such an aid to help stimulate the mind to solve the dilemma at hand.

It was at this moment in-house trouble struck again. The mouse is back! Dancing with arrogance on the dresser beside the television, he zoomed back and forward for a few seconds before disappearing again. Within a few minutes he came from his hiding place and scooted into the kitchen. A snack before bed! He then returned covering the same track. Unable to buy pieces or instructions to repair the mouse trap another plan needs to be laid.

Jack Frost gave inspiration. Fathers Thonn and Mark could now become the Jack Frost of the moment in their own home. Fr Thonn could fill the role of Superintendent Stanley Mullet (horn rimmed Harry as Frost nicknamed him.) Like Jack Frost, Fr Mark has had battles with the hierarchy on and off for some time. He can easily sympathise with Jack and relate to him!

The investigation began early Thursday morning. It began with prayer! We decided to call in St Anthony the patron of lost things. 'Dear Ant please hear this Rant! There's a mouse in the house, give us the nous to rid of this louse!'

Now the real work was ready to begin. This highly intelligent mouse would be watching us knowing our every movement. We dressed in disguise hoping this would bamboozle the routine of how the house worked. Confusion was needed to breakdown familiarity. We would gather up information and hopefully make an early arrest. We took mouse prints, gathered droppings, and checked other spots where he may have travelled. With the house cleaner absent due to Covid, there may be too many crumbs on the kitchen floor. Was the bread bin left open? Are the benches left sticky? The bird seed bucket? Where is it most cosy? Or is the pantry now too tidy for mouse use as a location?

No stone should be left unturned. We then called Moe in as the sniffer dog! His learning in recent times has seen him capture two rabbits whom he dealt with mercilessly. Not only might he sniff out the mouse, but he might also gobble him up. But not just yet! That would be the end of the story. I think there could be another twist in this tale still to go. What? Only time will tell.

- Fr Mark



# Ministry Marvels

**Name:** Catherine Bird

## Time in the parish:

I have been in the parish for 22 years, I have been involved in the parish since I moved into it. My journey whilst been in this parish I have had a bumpy one full of happy times including celebrating milestones such as big birthdays and major achievement's like attaining my bachelor of commerce major accounting.

I have also had some not so happy times with the death of my grandmother and also a bad car accident I had some close friends and felt supported by them as well as my family. With some help from others in the parish and by doing some of the ministries I have also had a bumpy ride with my spiritual growth and have learnt quite a bit about my own faith. I have had a break from ministries' for a little while for a few reasons.



## Ministry:

I have been involved in many ministries including mass coordinator, Eucharistic minister, reader, cleaner, parish pastoral council, Sacristan

## What do you enjoy about your ministry?

I have enjoyed the giving of my talents and interacting with others

## What do you like about our parish?

The care that people give and the genuine interest in others that is shown

## Fun fact about yourself:

I was told that I would never amount to anything not get a year twelve certificate and not ever have a job or be socially interactive when at school. I not only have a year twelve certificate I have a bachelor of commerce major accounting and work in the public service.

## Favourite quote or prayer:

Jesus said come as you are. This is how we should accept others

## Comments:

It has been an honour ministering to those that I have. I have had some amazing experiences while ministering here. I have also met some amazing people that I have become friends with.

\* **Rosary online:** Archbishop Christopher Prowse would like to invite all to pray the Rosary via Zoom. Every Wednesday and Friday at 4:00pm (during lockdown)  
ZOOM DETAILS: <https://us02web.zoom.us/j/85022458332>  
Meeting ID: 850 2245 8332  
Passcode: 543675

\* **Eucharistic Adoration** - Join us daily from 5pm to 6pm livestreamed via Parish Facebook Page.

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



### For those who are sick

Baby Aarya  
Katie Charlton  
Jane Honess  
Bill Honess  
Sue and Ebel Bierman  
Margaret Woods  
Karen Lewin  
Ronald Robles  
Patricia Lebon  
Glenn Mowbray  
Gabrielle Eagles  
Janet Mitchell  
Judi Darlington  
Roland Zocchi  
Cardinal Raymond Burke

### Anniversaries

Gwen O'Shea

### For Those Serving Overseas

Rui Freire

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

[Prayer Requests](#)

*The Lord gives  
his people  
strength.*

*The Lord blesses  
them with  
peace.*

*Psalm 29:11*

# How we celebrated Father's Day 2021.....



Father's Day was definitely about spending time together at home this year! With no shops to purchase a gift we focussed on the things we enjoy most. The children made dad a special hot breakfast, then we went for a walk, we then had a grazing platter and special Father's Day cookies in the evening around a nice warm fire pit in our backyard...the only presents needed was the presence of each other! - Bryant Family



We spent most of Father's day in the hospital after the birth of our new son Gabriel Joseph. We were discharged and were able to spend the evening and night together celebrating.  
—Anthony O'Connell (REC Good Shepherd Primary School)



We planned to go to National Arboretum to do some walking and meet up with my two older girls, Keesha and Kyla who already moved out of the house. But it rained so we stayed at home and attended the 9:30am mass as family with Karyl and Kristin at home. Then we gave our Father's Day gifts and card to Medwin. He was honoured Medwin in the card. Then we went about with our day just relaxing at home.

Photo taken in July with our Family Photo Board .  
- Velasquez family



**Amelia, Socrates, Pete and Harriet**

Amelia and Harriet love any day of celebration but especially a day where they get to spoil their dad and show him how much they love him. The planning for Father's Day started weeks before the actual day. Amelia was keen to order her dad a new Raiders hoodie online. She also spent the days leading up to Father's Day using art and craft material to make him all kinds of surprises. The best part for her was wrapping everything up. By the time Father's Day came around, Pete had approximately 30 presents to open which of course, were all opened for him.

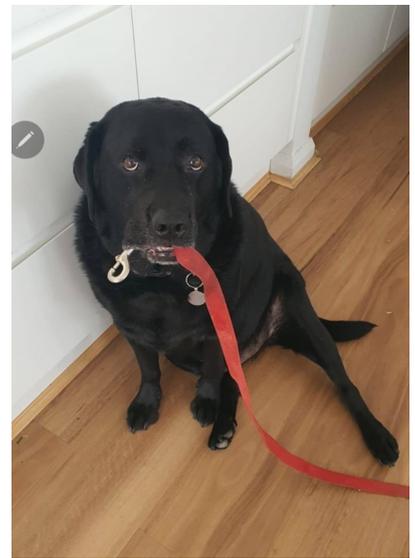
But the biggest surprise for Pete was a male Cavalier King Charles pup we've since called Socrates. With Pete outnumbered in the family, three girls to one boy, we thought it was time to even things up a little.

Thank you for making us feel so safe, putting smiles on our faces every day and loving us all unconditionally. There is no one better at hide and seek, building cubby houses or making obstacle courses in the yard. And if anything needs fixing – you're our man. You are simply the best in our eyes.  
- Catherine Doig (REC Holy Spirit Primary School)



We actually had a simple celebration of Fathers Day, by attending the Online Holy Spirit's Sunday Mass. Nerissa just ordered a special lunch for us to share. For someone with an SLR camera on my side all the time I didn't take any photo on that day. Maybe if it were sunset or outside star gazing I would have. Or maybe I was just enjoying the meal.

My favorite photo, actually there are heaps especially sunsets taken from the Presbytery ground. But since lockdown, I have this panorama photo (taken from my backyard) merged from 8 frames of the Milky Way. I had printed to be framed. My message: "When in lockdown, look up at God's creation." I use my SLR camera and my binoculars to appreciate God's creation. "Great are the works of the Lord, they are pondered by all who delight in them." (Psalm 111:2). And since many have mobile phones with good camera, photography can be a good way of enjoying lockdown. Join Group: <https://www.facebook.com/groups/ACTCAN/> - Danny Ambida



## Geoff Aldis' Fathers Day 2021

1015: Zoom Mass flawless. It's going to be a good Father's day.

1130: Anne and I meet daughter Jo and grandkids Bryson (9) and Imogen (8) and Labrador Bulla at Mt Rogers.

1135: Rain starts, hoods up, keep walking.

1145: Dog finds first mud pool, Bryson on bike has brown line up his back.

1150: Bryson cycles home solo, Anne up to her ankles in mud pool, Imi getting tired.

1215: Back at carpark pushing bike. Muddy girl, bike and dog stand beside car.

1230: Masks off, drive away.

1400: Quiet at home, feet up and football on.

1700: Daughter Jac and grandkids Riley (12) and Sienna (10) arrive to walk around Harcourt Hill.

1710: We're strung out over 100 metres.

1715: One kid wants to go up to the trig point, one doesn't. Short argument.

1730: Getting cold.

1745: Back home, masks off, guests drive off.



Our Dad is a Super Dad, he's always there as a listener to support us and to make sure we're going okay. We couldn't imagine the world without him and we love him further than even the moon and back! - Raj, Sonia, Ashish & Alisha Nair

## Parish Pastoral Council Update

Last month we farewelled Diana Jones from the PPC. Diana stepped down from the Council after a very hectic three year stint of service to her parish. All of you will undoubtedly remember Diana standing in front of us in January 2020 describing her experience of surviving the bushfires which took the lives of her uncle and cousin and destroyed her home town of Cobargo. She galvanised us all to reach out with practical support to get the town back on its feet. (The video can be seen here if you missed it: <https://youtu.be/2oY7Bkl3cEg>). But Diana has done so much more for our parish, especially as a long term teacher at Good Shepherd who has modelled a good Catholic life for her students year after year.

We have also had the pleasure of welcoming two well-known parishioners to our team: Philippa Brotchie and Sean Ryan. We are excited to have these new parish representatives as they both bring a lot of strength, skill and experience to our Council. Phillipa is also a teacher from Good Shepherd who has taken up a number of ministerial roles in the parish. She too models her Catholic faith for her students every Sunday. Sean Ryan is a person of many skills and brings with him organisational experience and a wide parish network. Sean also volunteers in many ministries and assists his wife Kate with Mass Coordination.

All members of the Parish Council are here to serve their parish. We want to help where-ever we can. All our names and pictures are on our website and we all welcome your ideas and comments. Please feel free to email me at:

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

We wish you well and hope that we will all be together soon.

With warmth and kindness,

*Alison*



## Legion of Mary Celebrates Its Centenary

We have celebrated our 100<sup>th</sup> birthday last Tuesday, 7th September in a very beautiful virtual gathering of Legionaries around our Archdiocese together with our Spiritual Directors.

The Legion, having reached these long years, gives us opportunity to offer the Legion to many more people in our parish whom we can testify what Legion membership has taught us, how it has transformed us and how we gained many extra graces from it.

Our vision is to grow in holiness and strive to become living copies of Mary and to increase in numbers so that we can actively serve our parish cooperating in advancing the reign of Christ through evangelisation through Mary, who is the surest way to Jesus!

A Legion group (praesidium) called Our Lady Ark of the Covenant was established in our Parish just before Christmas in 2016. Due to increasing number of members, a second praesidium (Mother of Perpetual Help) was established in 2018. However, it was merged to one praesidium as most working members were unable to come at night time meetings. With the endorsement of our Archbishop, Christopher Prowse please learn about us by visiting our website: <http://www.legionofmarycanberragoulburn.com> then come to our meeting as a visitor. We meet on Sundays at 12.30 pm at St Vinnies room at the Church.



# More lockdown adventures!



I sit at my home desk like a space traveller about to embark on a digital journey across the chasm of remoteness. Screens of different sizes flash in my vision. Electronic pings punctate the air. It is easy to get overwhelmed but looking at it from the other side I marvel at the way technology enables us to stay connected. One highlight of my working week is the live online meetings with my class. The students show remarkable patience as I share screens, click the right buttons to admit them from the lobby, field questions and comments in their chat and surf the exuberance of emojis. Just like being at school, there are the priceless moments. In one online meet one student, when given the chance to unmute and share some news didn't want to talk about himself but instead asked, "Well I just actually want to know if everyone is going ok. Can you show me some thumbs up?"

Book week came and the challenge to source a convincing costume without going shopping was set. The internet came to the rescue again with a simple way

to create a face for Fantastic Mr. Fox out of the now ubiquitous face masks. A quick raid of my husband's work jackets and my youngest daughter's wardrobe remnants, completed the look. There have been several adventures in the kitchen with all of us trying our culinary expertise. A as fabulously decadent toasted pineapple French toast sandwiches laced with rum made by our son. My husband, Clive has become quite the bread maker and soup connoisseur. Chocolate chip cookies are my go-to, but I will think twice about blind baking the pastry for a quiche, after setting fire to the greaseproof paper. Even our two daughters in Aranda and Sydney, share their healthy recipes for bagels and pasta bakes via WhatsApp.

This current situation has reminded me each day to stop, think about and be thankful for my blessings. I really look at the bulbs as they bloom more fully each day. I marvel at the different ways the birds visit the birdbath; the currawong that makes such an extravagant splash, compared to the pairs of rosellas who take turns and step delicately into the water, gently flicking the water through their feathers. I listen to the rich sounds all around like the thrumming of wings as the magpies chase each other boisterously, just skimming head height and the unmistakable whirr of the drones delivering coffee and food next door. Connection is everything.





# SAFEGUARDING SUNDAY 2021

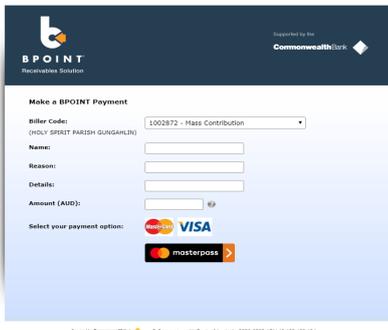
SEPTEMBER 12, 2021

*Help us to hear their cries of pain and to take responsibility for those whose lives have been broken. Help us to recognise the hurt felt by those wounded by abuse, and the failure to be heard.*

This weekend, the Catholic Church in Australia marks Safeguarding Sunday, on which we pray for those who have been abused, their families and supporters. We recognise and apologise for the harm done by priests, religious and lay people in Church settings. We recommit to practices that support survivors and make the Catholic Church and its ministries the safest possible place for children and people at risk.

## 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

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

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**Parish Pastoral Council (PPC):** Alison Weeks  
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### Parish App and Parish Facebook Page



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