



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

5-6 March 2022

First Sunday of Lent | Year C



Holy Spirit Amaroo

Monday

No Mass
Office closed

Tuesday

9:15am Mass

Wednesday

7:00am Mass

Thursday

9:15am Mass
5:00pm Adoration

Friday

7:00am Mass
6:00pm Stations of the Cross

Saturday

4:30pm Reconciliation
5:00pm Vigil Mass

Sunday

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



St Francis Xavier Hall

Sunday Mass

8:30am
2nd and 4th Sunday of
each month starting
13 March 2022.

Bowed Head, Humble Heart

The devil had a few bargains he was peddling that day in the desert: all the bread you could eat, power and glory fit for a king, a legion of angels for protection. But Jesus wasn't buying. He knew those bargains had a supreme price tag no one should pay. As Son of God, all of those things were already available to him. And as heirs of God's kingdom, those things will be ours as well. The only currency the devil was really peddling was the word *Now*. Immediate gratification is the definition of most of our temptations.

Do we want to eat and drink and be merry now, regardless of the hunger of the world around us, not to mention the danger of our own over-indulged bodies? Do we want to live in our dream house now, while our sisters and brothers live on the street? Do we want our children to go to the best schools today, while much of the world cannot read or write? Do we want to sit in front of the TV tonight, when a lonely person is starving for our company not far away? If we bow to God alone, then the devil's bargain won't sound like such a deal. "*Now or never*" is not the choice, it's now or forever.

Which of the devil's three temptations – self-satisfaction, power, or security – has the strongest allure for you? What helps you to resist the temptation?

Examine the greatest temptation to worldly advantage that you struggle against. Make a pledge this Lent to challenge the authority of this "*demon*".

www.gpbs.com.au

Lenten Reflections Books

If you missed out on grabbing a copy on Ash Wednesday, we have ordered more and expect to have them next week! Keep an eye out for a note via the App.

TODAY'S READINGS

Readings: Deuteronomy 26:4-10, Romans 10:8-13, Luke 4:1-13

Entrance Antiphon: When he calls on me, I will answer him; I will deliver him and give him glory, I will grant him length of days.

Responsorial Psalm: Be with me, Lord, when I am in trouble.

Gospel Acclamation: Praise to you, Lord Jesus Christ, king of endless glory!

No one lives on bread alone, but on every word that comes from the mouth of God. Praise to you, Lord Jesus Christ, king of endless glory!

Communion Antiphon: One does not live by bread alone, but by every word that come forth from the mouth of God. - *Liturgy Help*

Youth Group

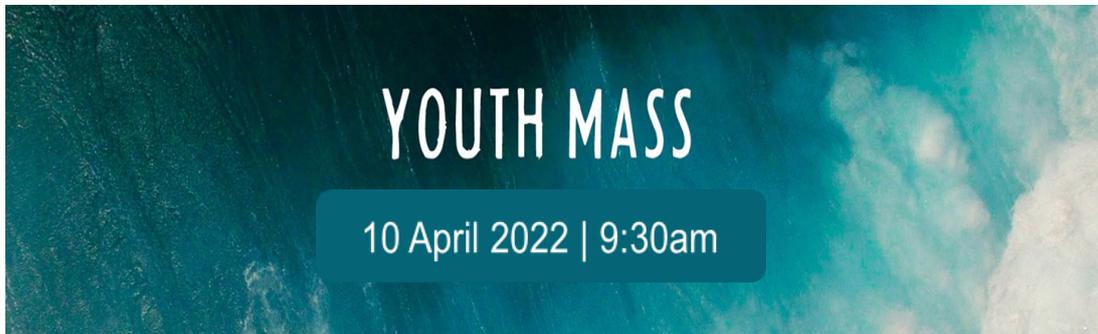
Our youth groups for this term are:

- ◆ 13 March
- ◆ 27 March

Come along to the parish centre on Sundays from 6:30pm—8:30pm.

\$5 per person to cover food. Any questions - email me—Paris at:

youth@holyspiritgungahlin.org.au



Lent



We are very aware that many of us have been discouraged by recent events. But as we enter into this reflective period of Lent, it is worth asking: when I look back on this period of time, will I be satisfied with how I have responded to God, myself, and others? Am I reflecting who God wants me to be and what God wants me to do?

The word 'Lent' means 'springtime'. It is intended to be a time of preparation for energetic growth. It is a time set aside to renew and prepare ourselves to receive the fullness of the resurrection. Yet before there can be

the joy and exuberance of new life, first there must be death – death to selfishness, death to mean-spiritedness, death to anything that serves us rather than others.

To prepare our minds and hearts for the joyous celebration of new life and energy of Easter, we can use Lent as a kind-of spiritual makeover time. Personal pledges to forgo favourite foods, to fast, to give to charity and to extend our prayer time are simple and effective ways to reorientate our hearts from selfishness towards life and love. The Stations of the Cross is an ancient prayer tradition designed to do just this. While it can seem sombre and gloomy to meditate on Jesus' suffering and death, the essence of this prayer is to recognise the 'cross' in our own lives so that we too may participate in Jesus' death and resurrection.

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



For those who are sick

Baby Aarya
Katie Charlton
Ronald Robles
Patricia Lebon
Glenn Mowbray
Gabrielle Eagles
Roland Zocchi
Graham Seymour
Mark Williams
Sr Marie
Laurie Hancock
Jasna Market-Simpson
Nikola Market
Kathy Morris
Heather Hickey
Fr Paul Uwedimo
Muhammad Redza
Charlie Prasad
Gail
Concepcion Libunao
Lita Libunao
Silvio Market

Recently Deceased

Margot Hone
Domenico Costanzo
Carlos Nicolas
Fr Henry Byrne
Jason
Helen Morris

Anniversaries

Basil Rose
Clare Johnston
Greg Smith
Basil Hone
Walter Konik
Bibiana Lejano
Benito Lejano
Michael Cransie
Irene Tabada
Tony O'Shea
Jesusita Arteche
Julita Arteche
Philip Newell

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](#)

Vinnies Pantry Donations

Thank you so much for responding generously to our pantry call-out. We still need more supplies so please keep them coming.

When it comes to donating to stock our pantry, please note that **SIZE MATTERS...** Our Vinnies team have put together a list to help us donate what will help the grocery recipients best:



- ◆ 500g Dolmino Pasta Sauce
- ◆ 1kg Rice
- ◆ 1kg Weetbix
- ◆ 750g Cornflakes
- ◆ 250g Rolled Oats
- ◆ 200g Instant Coffee
- ◆ 50 bags Black Tea
- ◆ Sugar
- ◆ 420g Baked Beans
- ◆ 420g Spaghetti
- ◆ 425g Soup
- ◆ 420g Peas
- ◆ 420g Peas and Carrots
- ◆ 420g Corn Kernels



- ◆ 420g tomatoes
- ◆ 420g Legumes
- ◆ 420g Creamed Corn
- ◆ 420g Beetroot
- ◆ 425g Tuna
- ◆ 410g Tinned Fruit
- ◆ Hard Taco Shells
- ◆ Bottle of Pancake Mix
- ◆ Muesli Bars
- ◆ Instant Noodles
- ◆ 1 litre Long Life milk
- ◆ Jam and spreads
- ◆ Sweet and Savoury Biscuits



We want to ensure vulnerable families receive food that is nutritious and easy to access in a difficult situation. Therefore when purchasing pantry items please try to avoid the following:

- Junk food
- Items with packaging, which can be broken in transit
- Items that need can openers or special equipment (pop-top cans—whether for veggies, meat or fruit—are a plus)

STATIONS — OF THE — CROSS

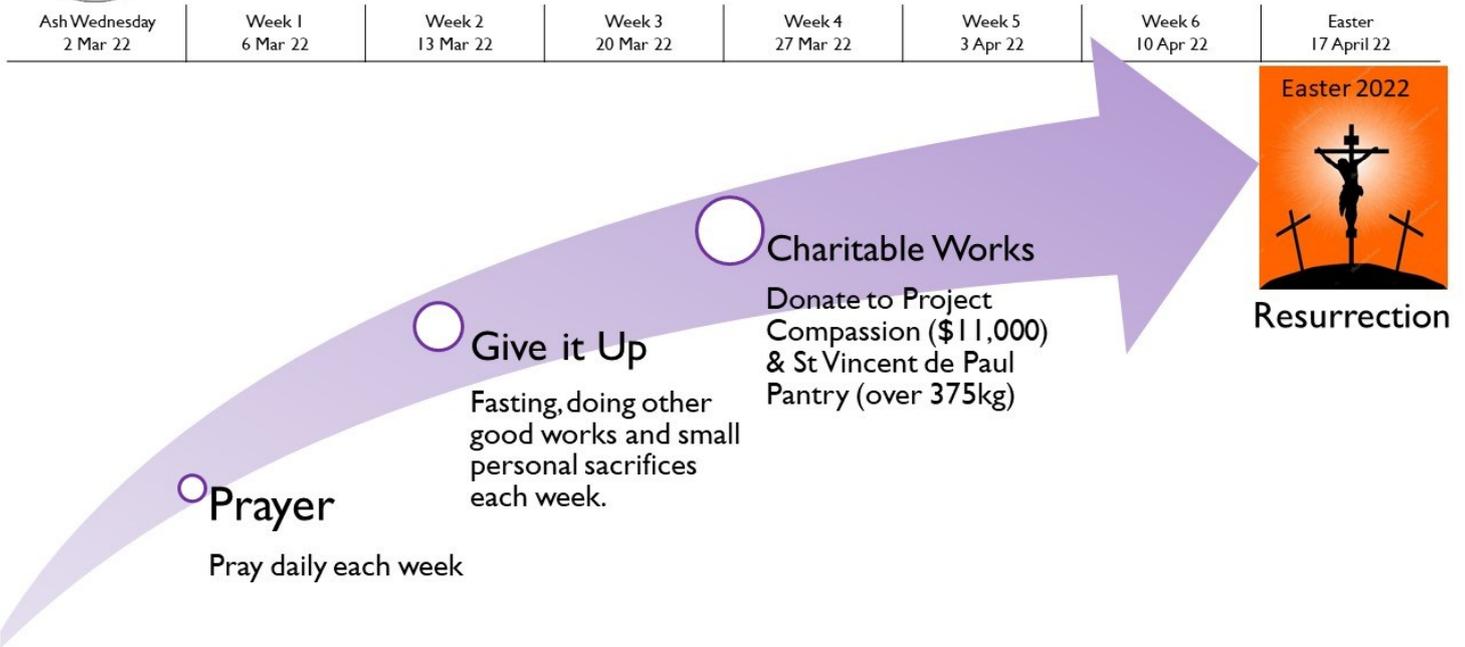
Fridays at 6pm
During Lent starting
4 March 2022



Holy Spirit Catholic Parish, Gungahlin



Walking in their Footsteps - 2022 Lenten Program



Living the Walking in their Footsteps Program

This weekend our Lenten program gets fully into the swing of it and are asking for your participation.

This week we ask you to:

Pray our community prayer during the reflection and take that prayer home. At home we encourage you to pray that prayer each day until next weekend mass. The prayer can be found below and on the website [here](#) and will be handed out by the Parish Social Justice Group after Mass.

Give up buying your morning or afternoon coffee, milkshake etc. as a small sacrifice and devotion during Lent

Lastly, as highlighted in Matthew's gospel on Ash Wednesday, it is a time for alms giving or charity. Please pick up a **Project Compassion** box and bring in some donations for our **Parish Vinnies pantry**. You will be invited during the first collection to bring your donation to the Altar. There will also be an opportunity at the end of Mass to place your much needed donation in the basket at the Altar.



Make Lent special this year with these small acts of selfless and devotion.

Lent Week 1 Prayer

All-powerful God, you are present in the whole universe and in the smallest of your creatures.

You embrace with your tenderness all that exists.

Pour out upon us the power of your love, that we may protect life and beauty.

Fill us with peace, that we may live as brothers and sisters, harming no one.

We thank you for being with us each day.

Encourage us, we pray, in our struggle for justice, love and peace.

Amen



Week 1: Anatercia from Mozambique

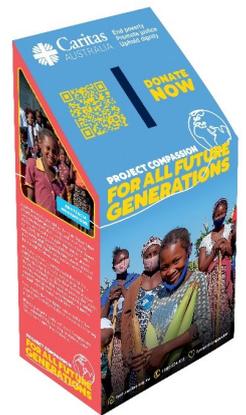
Anatercia 12, was struggling to cope with adult responsibilities after her father died. Then she participated in Caritas Australia- supported training and gained access to psychosocial supports.

Now, Anatercia can easily access clean drinking water, community members are able to grow healthy crops all year round, and there is enough nutritious food to eat. Anatercia feels better supported by her community, has more time to study and do her homework, and hopes to fulfil her dream of becoming a nurse.

Please donate to Project Compassion 2022 to help young people succeed in the future and bring stability to vulnerable youth like Anatercia.

Together, we can help vulnerable communities face their challenges today and build a better tomorrow **For All Future Generations.**

You can donate through Project Compassion donation boxes and envelopes available from your Parish, by visiting caritas.org.au or by calling 1800 024 413.



“You desire truth in the inward being” Psalm 51:6

It is the time to look into our inner selves and reflect on our lives. Are we truly living our lives worthy of the Lord? The Lord invites us all to come and spend some beautiful moments with Him. Come with a heart that seeks repentance and He will guide us to the way filled with His light, joy and peace.

Date: Saturday, 12 March 2022 (9.30am-4.30pm)

Venue: St Benedict's Catholic Church, 10 Tallara Pkwy, Narrabundah, ACT 2604, Australia

Admission is FREE, BYO lunch. Boxed lunch available at nominal cost, RSVP by 9th March, 2022 to p1.rebello@gmail.com

For enquiries please contact: Parveen: 0439642571; Winnie: 0451015527; Prakash 0406381446; Shan: 0412310364; Tom: 0434689957

Silver in the Bush

Last Sunday around three hundred people gathered at Christ the King Church, Taralga to celebrate the Eucharist on the occasion of my Silver Anniversary. Around a hundred people travelled to join me from Holy Spirit Parish. The music was led by our Holy Spirit group and was a wonderful highlight for all. Friends and relatives came from all directions, including my very elderly mother who had a great day.

The celebration continued with a light luncheon, the cutting of a monster chocolate cake and some great memories shared by my younger brother Chris. The bus arrived back around 4.30 pm, but not before some time was spent admiring a capacity Lake George.

Thank to all who made the journey, to all who helped me celebrate this milestone. Special thanks to the Holy Spirit staff who worked over time to make the day a memory I won't forget.

Fr Mark







ALL WELCOME

INTERNATIONAL WOMEN'S DAY BREAKFAST

Tuesday 8 March 2022

7.30 am - 9.00 am

\$20 Breakfast and barista coffee

**7 Bindel Street, Aranda ACT
St Vincents Parish Centre 'Orana'**

**GUEST SPEAKER: SR CLARE CONDON
TOPIC: WAS IT WORTH IT? FIFTY
YEARS OF ADVOCACY**



[Click to Register](#) or phone 0487388873

John Smith, a Protestant, moved into a large Catholic neighbourhood. On the first Friday of Lent, John was outside grilling a big juicy steak on his barbecue. Meanwhile, his neighbours were eating cold tuna for supper. This continued each Friday during Lent.

On the last Friday of Lent the local families came together and decided that something had to be done about John, as he was tempting them to eat meat each Friday during Lent and they couldn't take it anymore.

They decided to try and convert him to Catholicism. They were thrilled when he decided he would become a Catholic. They took him to church and the priest sprinkled some holy water over him and said, "You were born a Baptist, you were raised a Baptist and now you are a Catholic". Now that their biggest Lent temptation was resolved, the local families were relieved.

Next year's Lent soon rolled around. The first Friday of Lent came and at dinner time when the neighbourhood was settling down to their fish dinners there was a wafting smell of steak cooking on a barbecue. The families nearby could not believe their noses! What was going on? They called each other up and decided to meet over in John's yard to see if he had forgotten it was Lent.

The group arrived just in time to see John standing over his grill with a small jug of water. He was pouring small droplets over his steak on the grill and saying, "You were born a cow, you were raised a cow, and now you are a fish."



God of peace and justice,
we pray for the people of Ukraine today.
We pray for peace and the laying down of weapons.
We pray for all those who fear for tomorrow,
that your Spirit of comfort would draw near to them.
We pray for those with power over war or peace,
for wisdom, discernment and compassion
to guide their decisions.
Above all, we pray for all your precious children,
at risk and in fear,
that you would hold and protect them.
We pray in the name of Jesus, the Prince of Peace.
Amen.

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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Youth Minister: Paris Morris

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Parish Pastoral Council (PPC): Alison Weeks

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Parish App and Parish Facebook Page



Pocket Parish
Holy Spirit Catholic Parish

**Holy Spirit is
with you where
ever you go!**

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