



# 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

10-11 June 2023

The Most Holy Body and Blood of Christ | Year A



## Holy Spirit Amaroo

### Monday

No Mass  
Office closed

### Tuesday

9:15am Mass

### Wednesday

No 9:15am Mass  
6:00pm Holy Hour and  
Reconciliation

### Thursday

9:15am Mass

### Friday

7:00am Mass  
7:30am Morning Beans  
No 12:00pm Mass

### Saturday

4:15pm Reconciliation  
5:00pm Mass

### Sunday

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

## True Food

(John 6: 51 - 58)

We live in an age that invented junk food: food that is not real food because it supplies no nourishment and can be harmful to eat. It's not surprising, then, that we also consume volumes of reporting that is mostly opinion, and inform ourselves from sources we can't even identify. Our cultures popular stories are thin, recycled, and not transformative. A lot of what we take in – to our bodies, our minds, our hearts – is just junk.

Some people awaken to that reality and try to make changes. They train themselves to walk past the processed food aisle in the market. They turn off the TV, forsake pre-packaged options, seek out stories which lead beyond romance or cynicism. They look for people engaged in vital living, who go beyond the existence loop that many of us have crawled into: work, eat, entertain, sleep. Some people are looking for true food.

Jesus offers true food to those who believe. Eucharist is how we express that, but the sacrament takes us beyond the sacred elements to the flesh-and-blood avenues of our lives. Jesus gave us the Eucharist to open our eyes to the words he spoke, the stories he told, the transformative action of Spirit that helps us break out of the existence loop and into lives that matter. When we've had enough junk food, the true food is on the table.

*What nourishes your body and your spirit? How much cultural junk do you consume, in proportion to the true food of faith?*

## Pray

Generous, loving God, we ask you to give us today our daily bread. As we store the crops, and fill our sheds, stack our shelves, pile high the tins, and wander the aisles of supermarket choice, show us how to see the world through the eyes of the hungry. Teach us how to share with all, our daily bread. Amen.

## Ponder

Consider the ratio of "junk food" in your life to the true food that Jesus offers. Plan a new diet, lessening the amount of time you surrender to useless, lifeless activity. Increase your intake of good food, inspiring stories, real relationships.

## Kids' Corner

There are lots of ways to be hungry. You can be hungry for a snack, a big breakfast or a nice juicy apple. Or you can be hungry for a comforting word when you're sad. Or peace of mind when you're worried. Or strength when you have hard choices to make. Jesus knows when you're hungry. He knows all about it and wants you to know that you're loved, that you can feel at peace and that you can be strong. What good things are you hungry for? Tell Jesus, and in his Body and Blood, you'll be satisfied.

Jesus, thank you for the Bread of Life. Amen. - [www.gpbs.com.au](http://www.gpbs.com.au)

## This Weekend's Readings:

Deuteronomy 8:2-3, 14-16, 1 Corinthians 10:16-17, John 6:51-58



## St Francis Xavier Hall

### Sunday Mass

8:30am  
2nd and 4th Sunday of  
each month

# Upcoming Events

- \* **Sundays 6:00pm-7:30pm | Youth Group (11 June, 25 June )**  
Come along to the parish centre. Gold coin donation for snacks. Contact Matt: [youth@holyspiritgungahlin.org.au](mailto:youth@holyspiritgungahlin.org.au)
- \* **Tuesday 13 June 2023 - 5:30pm-7:00pm | Adult Faith Formation**  
Topic for this week: Jesus Christ
- \* **Wednesday 14 June 2023 at 10:00am | The Chosen Series Discussion group**  
All are welcome to join Fr Troy and fellow parishioners in watching a few episodes of The Chosen with a discussion group to follow. It's not too late to join!
- \* **Friday 16 June 2023 - 7:30am-9:00am | Morning Beans for Young Adults (18-30)**  
Blossoms Café Ngunnawal —spill in at anytime!
- \* **Tuesday 20 June at 1:00pm and 6:30pm | First Holy Communion and Reconciliation Information Sessions** - For children in Year 3 and above wishing to receive the Sacrament of First Eucharist in 2023.

## Vinnies Pantry Donations Required!



Thank you so much for always responding generously to our pantry call-outs. Our pantry supplies are running very low and the demand to help our needy families is very high at present. Our Vinnies team need your help to fill the pantry. Please donate generously.



Please keep in mind that large and bulk items may not necessarily help families who need to prepare a quick emergency meals. Please visit our parish website to find a [helpful list](#) of items you can donate. We would be very grateful if you could please try to stick to smaller sizes rather than bulk sizes as we want to make it easy for families who are already experiencing hardship and distress.



### Donations can be brought to:

Weekend Masses, the parish office or [Stonehouse Amaroo](#).

## Parish Pastoral Council Nominations and Discernment Evening

All parishioners interested in joining the Parish Pastoral Council are invited to submit a nomination and attend a discernment evening.

Fr Troy is looking for people who want to help the parish be the best that it can be. A wide range of skills and energies are needed.

Vacancies occur regularly on the Council and all parishioners are invited to nominate themselves or another who they feel would do a good job. **Guidelines and nomination forms are in the church foyer or on the [parish website](#).**

A discernment night will be held for the nominees once nominations have been received.

Please submit your nominations by Friday 23 June 2023 to: [theivani@holyspiritgungahlin.org.au](mailto:theivani@holyspiritgungahlin.org.au)



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



### For those who are sick

Jim Banks  
Dorrell Hogan  
Rhonda Lipton  
Alan Demascus  
Kathy Morris  
Elisabeth Faith O'Connell  
Caitlin Wigglesworth  
Kwang Hui Lim  
Grant  
Maria Therese Cummins  
Gail  
Peter Knight  
Elizabeth  
Adriano Cesar Junior  
Maria Teresa Meireles  
Theresa and Joseph Tan  
Cyril Jolicoeur  
Richard Smart  
Sean Burke  
Jan Morris  
Bill Honess

### Recently Deceased

Josh Koh  
Donna Altman

### Anniversaries

Teofila Dalauta Balbin  
Pastora Dalauta Sacal  
Eugenio Dalauta  
Aquilina Palicte  
Melquiades Balberona  
Dominador Aquino Junior

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

[Prayer Requests](#)

### Cancelled Mass

Please note there will not be a Mass at St Francis Xavier church on Sunday 11 June due to unavailability of priests.

# How you can contribute to a sustainable lifestyle in our Parish

Those of you with good memories will recall that our Parish launched its Laudato Si' Action Plan on Ascension Sunday. That plan focuses on what we can do at a local level to help the environment and lead sustainable lifestyles.

On the weekend of **24/25 June** the Parish Social Justice Group will be holding "market stalls" after every Mass that will offer some **practical examples** of how we can all contribute to a better environment.

Stalls will include information about:

- ◆ the parish community garden and composting
- ◆ what a carbon footprint is
- ◆ a range of options for recycling items that you don't need anymore
- ◆ best practice for use of our kerbside bins
- ◆ how to avoid using plastics that often end up in our waterways and oceans.
- ◆ and more .....

So why not spend 10 minutes after Mass to visit the market stalls and learn what you can do at home and within our parish.

You may have some good ideas that you can pass on to our Social Justice Group.



## On Today's Menu

I used to love having pancakes for breakfast – whether homemade or hot from the kitchen of some breakfast spot where I'd order extra maple syrup, hash browns, crisp bacon, and fresh-squeezed orange juice. After years of gobbling pancakes, however, I finally had to acknowledge a sad truth: Pancakes filled me up, but they didn't satisfy. Within an hour of eating them, I'd find myself hungry. But with all the calories I'd consumed, I couldn't justify having any more, so I'd let my stomach growl until dinner.

It took all the honesty and courage I could muster to admit that multigrain cereal or whole wheat toast and a piece of fruit actually fulfilled my nutritional needs much better than a warm stack of pancakes slathered with butter and syrup. Eventually I reached the

point where I preferred muesli or cornflakes to my beloved buttermilks, but it was an agonising process that took years of "Should I or shouldn't I?" whenever I went out for breakfast.

My struggle with the truth about pancakes is similar to the anguish we go through when it comes to facing the facts about money, fame, good looks, prestige, and power. They have their delicious allure, but sadly they don't bring fulfillment. Like a glorious pancake breakfast, all those material enticements leave us hungering for something more. Perhaps it's time to consider today's gospel fare: the Body of Christ.

# First Holy Communion and Reconciliation Dates for 2023

For children in Year 3 and above wishing to receive their First Holy Communion in 2023. An information session will be held in the church on

**Tuesday 20 June at 1:00pm and 6:30pm**

## **Commitment Mass**

Saturday 24 June at 5:00pm or  
Sunday 25 June at 8:00am, 9:30am or 5:00pm

## **Celebration of First Reconciliation**

22-24 August

## **Celebration of First Holy Communion**

2 September, 9 September and 16 September

For more details please contact Sacramental Coordinator  
[sacraments@holyspiritgungahlin.org.au](mailto:sacraments@holyspiritgungahlin.org.au)



## **Adult Faith Formation**

**Tuesday 13 June at 5:30pm**

**Parish Office – all are welcome**

**Topic:  
Jesus Christ**



*Holy Spirit Catholic Parish, Gungahlin*





# Mosaic Class

Saturday

17 June 2023

9:00am-3:00pm

\$40pp



Contact the parish office  
to book your spot!



*Holy Spirit Catholic Parish*

# The Vinnies CEO Sleepout

This June, I will be participating in the Vinnies CEO Sleepout again-my fifth time. I would love your support. A few weeks ago I attended the launch of the Vinnies Sleepout for 2023. The Sleepout is not just an opportunity to raise critical funds to support the ongoing work Vinnies do in the community, but also the incredible impact the participants have on the lives of so many people who come to Vinnies for help when they find themselves in tough times.

By participating in the Sleepout, I discover that it is more than making it through one night of mild discomfort for a compelling cause. I am moved and inspired by the stories of those we help and the work of the incredible team at Vinnies.

This year Vinnies is aiming to raise \$800,000.

I have been asked what difference the Vinnies CEO Sleepout makes after so many years and after so much money raised..... why are there still people living with homelessness??

Each day and night the dedicated teams of Vinnies volunteers and specialist services assist someone out of that dire circumstance, or better still help prevent someone tipping into homelessness by providing emergency assistance, be it food, financial support for accommodation, medical and household bills, car registration or fuel. Sadly, the need for their services is increasing week by week.

Demand is unprecedented.

Each day people continue to find themselves in such a desperate situation that they need to live in their car, a tent, or on someone's couch due to something that's happened in their lives, often at no fault of their own. It might be living with an abusive partner, one bill too many, illness, natural disaster, sheer bad luck, or any number of things. The work of Vinnies continues and is needed more than ever before. It doesn't take much at all to tip families over the edge in this current climate of ever-increasing costs of living and lack of affordable housing.

Since last year's Sleepout, there's scarcely been a day in the national and local media when we haven't heard about the cost of living crisis, housing affordability, and increasing interest rates. We have seen a change in the profile of those who come to us for assistance, many of whom are turning to charity for the first time, and many of whom have jobs. The most recent ABS Census data revealed that all forms of homelessness have remained stubbornly high in our region, increasing with a significant proportion of those affected being women.

I would love your support again, as would Vinnies and those they support in our community.

<https://www.ceosleepout.org.au/fundraisers/david-austin/act>

**David Austin**, Principal at Good Shepherd Catholic Primary School Amaroo is participating for the fifth year.



# One night isn't a lot, but it can make a whole lot of difference




Every night, thousands of Australians experience homelessness, but it doesn't have to be that way. This year Keith Cantlie is taking part in the Vinnies CEO Sleepout for the eleventh year to raise money for the St Vincent de Paul Society to support Australians in need. For one night, he'll be sleeping outside as part of an eye-opening experience to raise awareness and bring home the realities of homelessness. To help break the devastating cycle of homelessness he needs your support. All donations help support those in need.

To support Keith, you can either donate online here <https://www.ceosleepout.org.au/fundraisers/keith-cantlie-cantlie> or there will be a stall on weekend 17-18 June on the parish grounds after each Mass time. There will be succulents and various craft items you can pick up for yourself whilst supporting a very good cause.



**Keith Cantlie**, Cantlie Recruitment and HR Solutions.



-  **\$75**  
Help feed a family for a day
-  **\$120**  
Help a family keep the power on this winter
-  **\$300**  
Help relocate a person sleeping rough to accommodation services



**Catherine Rey**, Principal John Paul II College is participating for the tenth year. Please follow this link to support Catherine.

<https://www.ceosleepout.org.au/fundraisers/catherine-rey/act>

# Cleaner Wanted!

One day per week for the Presbytery  
One day per week for the Parish Office

Fr Eden and Fr Troy are looking for a cleaner.

If you or someone you know can help our priests with this, please contact  
Magda 6242 9622  
Or email  
office@holyspiritgungahlin.org.au



*Thank you!!*

## 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](http://www.holyspiritgungahlin.org.au)

**Parish Manager:** Theivani Evers

E: [theivani@holyspiritgungahlin.org.au](mailto:theivani@holyspiritgungahlin.org.au)

P: 0472 921 518

**Parish Secretary:** Magda Baraniecki

E: [office@holyspiritgungahlin.org.au](mailto:office@holyspiritgungahlin.org.au)

**Office Support:** Anne Smart

E: [officesupport@holyspiritgungahlin.org.au](mailto:officesupport@holyspiritgungahlin.org.au)

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

E: [gungahlin.finance@cg.org.au](mailto:gungahlin.finance@cg.org.au)

**Parish Pastoral Council (PPC):** Steve Seesink

E: [stephen.seesink@gmail.com](mailto:stephen.seesink@gmail.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](mailto:Drazen.Roginic@vinnies.org.au)

**Call to Connect** | Anne Smart  
M: 0415 175 802

**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](mailto:socialjustice.hsp@gmail.com)

**Legion of Mary** | Grace Magbutay  
E: [office@holyspiritgungahlin.org.au](mailto:office@holyspiritgungahlin.org.au)

**Youth Ministry** |  
E: [youth@holyspiritgungahlin.org.au](mailto:youth@holyspiritgungahlin.org.au)

**Young Adult Ministry** | Fr Eden Langlands  
E: [office@holyspiritgungahlin.org.au](mailto:office@holyspiritgungahlin.org.au)

**Care Group** | Sonja Vocisano  
P: 0438 699 591

**Community Garden Group** | Parish Office  
E: [theivani@holyspiritgungahlin.org.au](mailto:theivani@holyspiritgungahlin.org.au)

Download our parish app: **Pocket Parish** from App Store or Google Play.