



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

8-9 July 2023

14th Sunday in Ordinary Time | Year A



Holy Spirit Amaroo

Monday

No Mass
Office closed

Tuesday

9:15am Mass

Wednesday

9:15am Mass
6:00pm Holy Hour and
Reconciliation

Thursday

9:15am Mass

Friday

7:00am Mass
7:30am Morning Beans
12:00pm Mass

Saturday

4:15pm Reconciliation
5:00pm Mass

Sunday

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

All This Stuff

(Matthew 11: 25 - 30)

Consider the last time you struggled with a too-heavy suitcase or had to pack and move your possessions to another address. Compare that with the yoke of Christ: the burden of love we carry in our hearts. Which experience is better, more life-giving, more real?

The yoke of Christ is the mandate to love, even when it means sacrifice, even if it involves suffering. It's not the silly, romantic love that shows up in all the movies, but the day-to-day love of parents for children, the plodding fidelity of spouses, the single-hearted devotion of artists to their craft, the constancy of friends who support us even when the news is bad. It's a mirror of the love God has for us, and when we're faithful in love, we open a window to that greater love for those around us to experience.

Love is a burden; but it's a lovely one to bear. Anyone who has loved, in sickness and in health, for richer for poorer, knows that some burdens are a privilege to carry. If our love is tied up in the things of this world, we'll be dragging that overstuffed suitcase around and wondering why we ache so. If our hearts are free to love others, Christ will carry that love to places we haven't dreamed of.

Pray

Listen! Can you hear it? It's the sound of the Beloved, leaping upon the mountains and bounding over the hills! Let us go from this place, open to the Beloved's movement in our lives, and open to embracing love's beauty in the world. Go – ready to greet the stories of another as opportunities for love. And ready to be transformed by God the comforter, God the redeemer, and God the sustainer. Amen.

Ponder

How do you spend your love, on people or things? Are the burdens you carry difficult, or easy? Make a decision to simplify. Be drastic! Give away one-third of what owns you: books, clothes, CDs, money, or some other item that's collected around you. Contemplate what the new space in your life means, and what it's for.

Kids' Corner

A yoke is a big piece of wood that fits across the necks of animals like oxen to help them drag heavy things like wagons and ploughs. Is there something that worries you today and that drags you down? Are there fears that burden you? Jesus invites you to come to him and give him your worries and fears. Whenever we do this, we find that suddenly, our load is lighter. Our hearts are at rest.

Jesus, take this burden from me and help me find rest in you. Amen.

- www.gpbs.com.au



St Francis Xavier Hall

Sunday Mass

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

This Weekend's Readings: Zechariah 9:9-10, Romans 8:9, 11-13, Matthew 11:25-30

Upcoming Events

- * **Fridays 7:30am-9:00am | Morning Beans for Young Adults (18-30)** Blossoms Café Ngunnawal —spill in at anytime!
- * **12 July | CatholicCare / Archdiocesan Marriage Preparation Program | 5:00 pm – 9:00 pm**
Marriage Preparation program for engaged couples. The cost for the whole package is \$300 per couple. **Information and registration -** www.marriagefamily.org.au
Enquiries: Helena Zobec marriage.preparation@cg.org.au OR 0405 440 463
- * **Sunday 16 July 9:30am | World Youth Day Pilgrims Blessing Mass and Morning Tea** Join us to pray for our WYD Pilgrims.
- * **Wednesday 19 July 7:00pm | Parish Pastoral Council Discernment Evening**
If you are still considering about becoming a member, please come along to the discernment evening or contact Fr Troy during office hours to discuss.
- * **Saturday 26 August at 7:00pm | Parish Family Games Night**
Save the date! Tickets to go on sale soon.
- * **8-15 October | Parish 30th Anniversary Celebrations**
Save the date for this week long celebration of various events.

Becoming Catholic



Interested in finding out about the Catholic faith or interested in becoming a Catholic?

If you, or anyone you know, would like to become a Catholic or to simply learn more about the Catholic faith, this process is a good place to start.

An introduction evening will be held in the Parish rooms on **9 August 2023 at 7pm.**

If you would like to find out more about the program, please see Fr Troy or Fr Eden or contact Theivani on theivani@holyspiritgungahlin.org.au

Adult Faith Formation

Tuesday 18 July at 5:30pm

Parish Office – all are welcome

Topic:
The Mystery of the Catholic Church



Holy Spirit Catholic Parish, Gungahlin

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



For those who are sick

Jim Banks
Dorrell Hogan
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
Sean Burke
Jan Morris
Bill Honess
Ghylianne Chelmiah

Recently Deceased

Anniversaries

Eva Cabardo Arado
Sem Anthony Cabardo
Maria Pedic
Robert Barnes
Antoinette
Ranjet Singh

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

[Prayer Requests](#)

Parish Morning Tea

Sunday 16 July 2023
after the 9:30am Mass

Please bring a plate to share!



Headline from the Parish Council

On Wednesday the Parish Council held its regular monthly meeting. On the agenda was a range of matters from the important work by our St Vincent de Paul conference in the Parish, to the Parish's 30th anniversary.



At the top of our discussion was the upcoming commissioning Mass for our 2023 World Youth Day pilgrims. We are lucky to have 10 pilgrims going from our Parish to these celebrations. We ask as many parishioners as possible to join Fr Troy and the pilgrims for this **commissioning Mass at 9:30am on 16 July 2023**.

We reflected on the hard work our St Vincent de Paul conference is doing. At this difficult time of winter and cost of living pressures the demand on their time and services is extremely high. The Council would like to acknowledge the great work our Vincentians are doing and ask that the Parish continue to make a contribution each week with food donations and other support. **Further the conference is looking for new recruits**. If you have a little time and want make a positive constructive difference in the community please consider joining the conference.

The work to refresh the Council is ongoing. We'd like to thank those who have volunteered to join the Council. Our next step is hold a discernment activity under Fr Troy's guiding hand for all current council members and the volunteers to reflect on their personal and spiritual calling to the Council. **This event will occur at 7pm on 19 July 2023**. Post this activity the Council will hold a formation event to consider the Council's role to make the Parish spiritually and collectively richer. More on this in our next update.

The Council is pleased to announce we will be celebrating the **Parish's 30th anniversary in the week 8 to 15 October 2023**. The week long celebration will be a mix of spiritual and community events to recognise this significant milestone. The week aims to have events that cover the breadth of the Parish with activities in Hall and Gungahlin, and events that range across our children, youth, families, multiple cultures, seniors, and much more. Please mark this in your diaries to join us for masses, dinners, expos and other Parish activities.



At this time of First Holy Communion and with prompting from parishioner's letters, we took the time to reflect on how we reach our children and make them a regular part of our Parish activities. These young people are the future of our Parish and an important group to reach and develop into life long members of our global Catholic family. Many good ideas are flowing among the Council members and we need some more time to formulate these ideas into actions. If you have any ideas you would like to put into the mix please contact a Council member so that we can roll these ideas into actions.

We have been advised by the Catholic Education Office through Good Shepherd that the hall will undergo redevelopment in the last half of the year. The full impact and dates are not confirmed but the redevelopment will impact Masses for around 12 weeks. Please stand by for more information.



Lastly on **26 August 2023 we will be holding a Quiz and Games night** to build community and start our road to send more pilgrims to World Youth Day 2026. So start getting your teams of about 8 together and monitor the Parish Bulletin and Facebook for details on the event.

That's all for this month. But if you have anything you think the Council needs to know and consider please reach out to us at Mass, by letter or email. This will help the Council serve you.

Regards

Sean Ryan

Acting Chair for the Parish Council

We all know that plastics take a long time to break down in the soil. If they end up in landfill it will take many hundreds of years for them to break down, and even then, tiny particles can reach waterways and cause problems for wildlife and humans.

Every little thing we do to reduce the cycle of waste ending up in landfill will make a difference. Here are some ideas!

PLASTIC FREE JULY

Here are some ways you can reduce your plastic use

**AVOID BUYING FRUIT AND VEGES
ALREADY PACKED IN PLASTIC**

**STORE LEFTOVERS IN
REUSABLE CONTAINERS**

CARRY A REUSABLE WATER BOTTLE

**USE YOUR OWN REUSABLE BAG TO
COLLECT FRUIT AND VEGES AT
THE SUPERMARKET**

HOLY SPIRIT PARISH

FAMILY Games Night

7:00PM – 9:30PM

SATURDAY 26 AUGUST

HOLY SPIRIT CHURCH &
GOOD SHEPHERD SCHOOL HALL

93 BURDEKIN AVENUE, AMAROO

TRIVIA ROUNDS!
PRIZES FOR BEST THEMED TABLE
GAMES FOR KIDS AND ADULTS
SAUSAGE SIZZLE

\$10 per person

Gold Coin Entry for under 12 years old

FIND OUT MORE @ WWW.HOLYSPIRITGUNG AHLIN.ORG.AU



Give Me A Break

I have a problem: I struggle to rest. Some people don't get to rest – because they have too much work and too many personal responsibilities. That's often the case with me, too, but even when I know I should take time to rest, or am simply blessed with the opportunity, I have a hard time doing so.

I was even an insomniac for a while – how could I sleep when there was so much I needed to get done? I managed to kick that problem, but I'm still trying to figure out how to slow down, or even do nothing at all. Prayer helps –

being quiet and still in conversation with God. I took up knitting, and the repetitiveness is very calming. I got a kitten, who insists I sometimes simply hold her. I tried yoga – also helpful, but there are times in the practice when I am supposed to do nothing but breathe. Impossible, I told the instructor, because I'm not doing anything. We discussed my difficulty. "You know," she said, "you deserve to be happy". That's it, isn't it? We're all worthy, by God's grace, of the peace and happiness of rest. We just have to breathe in God's love to experience it!

- www.gpbs.com.au

*Take into your hands, Lord, the burdens in my life;
help me to trust in 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

Parish Manager: Theivani Evers

E: theivani@holyspiritgungahlin.org.au

P: 0472 921 518

Parish Secretary: Magda Baraniecki

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): Sean Ryan

E: sean.ryan.cdss@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

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

Youth Ministry | Matthew Allen

E: youth@holyspiritgungahlin.org.au

Young Adult Ministry | Fr Eden Langlands

E: office@holyspiritgungahlin.org.au

Care Group | Sonja Vocisano

P: 0438 699 591

Community Garden Group | Parish Office

E: theivani@holyspiritgungahlin.org.au

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