



# 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

31 January - 01 February 2026

Fourth Sunday in Ordinary Time | Year A



## Holy Spirit Amaroo

### Monday

Office Closed

### Tuesday

9:15am Mass

### Wednesday

9:15am Mass

6:00pm Holy Hour and  
Reconciliation

### Thursday

9:15am Mass

### Friday

7:00am Mass

### Saturday

4:15pm Reconciliation  
5:00pm Mass

### Sunday

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

## Gospel Reflection

The gospel of Matthew is keen to cast Jesus in the role of the 'new Moses'. Moses was revered in Jewish history not only as the one who led the people out of Egypt, but even more importantly as the one who received the Ten Commandments from God. The first five books of the Bible, known to Jews as the Torah, or the Law, were accredited to Moses for a very long time. So Moses was seen as the one who received the Commandments from God and who also wrote down the Law of the people, the Torah. He was the Law-Giver for the Jewish people. When the gospel of Matthew portrays Jesus as the new Moses it emphasizes the way in which Jesus sought to bring the Law of Moses to fulfilment and bring about a new understanding and appreciation of both the Law and God. Jesus introduced a new way of perceiving God; as a God of compassion and mercy, rather than the jealous, vengeful God that is often expressed in the Old Testament.

The Sermon on the Mount that begins with the Beatitudes comes out of this historical context. Jesus is trying to present a new interpretation of the right way to be in relationship with God; one that is not dominated by rules and regulations. The text is so familiar to us today that it is almost bland. However, at the time it must have been incredibly confronting. The attitudes and states of being that Jesus blesses were not the characteristics that were valued in the society of his time. Poverty, gentleness and mourning were not considered strong, desirable qualities. So, the picture Jesus paints of how to be in right relationship with God and others was confronting the standards and expectations of the time.

## Historical Context – Purity

Purity and impurity was a major issue in 1st Century Jewish society. The Priests and Pharisees maintained that only pure adherence to the Law could make a person acceptable in God's eyes. Impurity came to be associated with physical disease and injury. Those with severe disease or disability were regarded as sinful and punished by God. Jesus' statement, 'Happy are the pure of heart', would have scandalized those who maintained that purity came through strict observance of Law. Jesus suggests that purity (and impurity) comes from within a person rather than from the outside – regardless of their observance of the Law.

## Living the Gospel – Be-attitudes

One way to read the Beatitudes is that Jesus was commending and blessing the various people who found themselves in those sorts of conditions. Another, is as a list of qualities that all people should strive to exhibit. It's not just some people who happen to be economically poor who are blessed. Rather, we must all have a poverty of spirit – a humility about our need for God's merciful action in our lives. All are called to hunger and thirst for justice and all are called to be merciful. The Beatitudes are not a menu to select from, but rather an essential list of ingredients.

## Gospel Focus – Covenant

The structure of the Beatitudes can be seen as yet another attempt by God to re-establish a covenant between Godself and the people. Throughout Jewish history, God called the people back into relationship and re-established God's covenant with them. Like all the previous versions of the covenant, the Beatitudes contain both a series of demands and a series of promises. It is a two-way deal. The first part of each Beatitude is a statement of what the people are called to do and the second part is God's promise of how they will be rewarded for their right action.



## St Francis Xavier Hall

Saturdays 5:00pm

By Greg Sunter Liturgy Help © 2026

# Parish News and Events

- \* **Wine and Cheese on Saturday 07 February 2026:** All are invited to come along to a light wine and cheese gathering after the Saturday 5pm Mass. Please bring some nibbles or wine to share or leave a donation for us to replenish supplies.
- \* **Morning Tea on Sunday 08 February 2026:** All are invited to come along to a morning tea gathering after Sunday at 9.30am Mass. Please bring a plate to share
- \* **Loreto annual Mass and Luncheon:** Saturday 14 March, 2026 at St Francis Xavier Church, Hall. Further details to follow.

## LENTEN BIBLE STUDY

As promised, The Evangelisation Ministry is introducing a bible study group for the parish. This emerged as a high priority from our parish assembly last year. The group will begin with a special Lenten Program. After Easter it will focus on the weekly gospels. Everyone is welcome to attend. The parish is offering the Lenten Bible Study at three different times.

**Monday 7:30pm**  
**Thursday 1.00pm**  
**Thursday 7:30pm**



The location is the Parish meeting room and cost is \$10 that includes a guide. The evening sessions will be facilitated by members of our Evangelisation Ministry, and the Thursday afternoon study will be facilitated by Father Troy. The focus will be the Sunday Gospel.

Lent starts on Wednesday 18 February and the first Sunday of Lent is 22 February. So, the Bible Study sessions will commence on **Monday 16 February** and **Thursday 19 February** and will continue up until the Easter weekend.

To register, please [click here](#) or write your contact details using the sign-up sheets in the church foyer.

Please keep the following individuals in prayer.



### For those who are sick

Andre Swanepoel  
Baby Langakali  
Miriam Clancy  
Jones Velasco  
Lilian Lee  
Matthew Foster  
Carol Ooi  
Robert Darlington  
Irene Pellegrino  
Etgel Tan  
Dominic Kurian Regi  
Mary K  
Carmel Blake  
Vincent Ciauduro  
Denis De Marco

### Recently Deceased

Felicitas Sagrado  
Jones Velasco

### Death Anniversaries

Allaire Samantha Mannette  
Ryszard Zajac  
Florina Batiandila Cabardo  
Romeo Batiandila Cabardo  
Jesus MA.Q Samson  
Jimmy Unwin  
Araceli Magbutay  
Baby Angel Hampshaw

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



## RCIA

A JOURNEY IN FAITH

### RCIA - Rite of Acceptance into the Order of Catechumens

Next Weekend (7-8 February 2026) during Saturday 5.00pm & Sunday 9.30am Masses, we will celebrate the Rite of Acceptance into the Order of Catechumens. We warmly welcome 07 individuals who are taking the next step in their journey to become Catholic. Please keep them and their sponsors in your prayers as they formally begin this period of intense preparation.

### Notice: Change in Parish Office Email Addresses

Please note that Parish Office email address has been changed. Kindly update your records and use the new email address for all future correspondence. New email addresses as follows;

**Parish Manager – [gungahlin.officemanager@cg.org.au](mailto:gungahlin.officemanager@cg.org.au)**  
**Parish Secretary – [gungahlin@cg.org.au](mailto:gungahlin@cg.org.au)**  
**Office Support/Sacraments - [gungahlin.sacraments@cg.org.au](mailto:gungahlin.sacraments@cg.org.au)**



[Prayer Requests](#)

Thank you.



Dear Parishioners, As we prepare for **Ash Wednesday**, we invite anyone who has palm branches at home to please bring them to the church/Parish Office. These will be used for burning in preparation for the ashes used on Ash Wednesday. Thank you for helping us prepare for this sacred season.

## 2026 Columban Catholic Art Calendars

are available for purchase at the Piety Stall for \$11 each.

## Readings for The Fourth Sunday in Ordinary Time Year A

### Entrance Antiphon | Psalm 105:47

Save us, O Lord our God! And gather us from the nations, to give thanks to your holy name, and make it our glory to praise you.

### First Reading | Zephaniah 2:3; 3:12-13

A reading from the prophet Zephaniah  
Seek the Lord all you, the humble of the earth, who obey his commands. Seek integrity, seek humility: you may perhaps find shelter on the day of the anger of the Lord. In your midst I will leave a humble and lowly people, and those who are left in Israel will seek refuge in the name of the Lord. They will do no wrong, will tell no lies; and the perjured tongue will no longer be found in their mouths. with no one to disturb them.

### Responsorial Psalm | Ps 145:7-10. R. Mt 5:3

**(R.) Happy the poor in spirit; the kingdom of heaven is theirs!**

1. It is the Lord who keeps faith forever, who is just to those who are oppressed. It is he who gives bread to the hungry, the Lord, who sets prisoners free (R.)
2. It is the Lord who gives sight to the blind, who raises up those who are bowed down, the Lord, who protects the stranger and upholds the widow and orphan. (R.)
3. It is the Lord who loves the just but thwarts the path of the wicked. The Lord will reign for ever, Zion's God, from age to age. (R.)

### Second Reading | 1 Corinthians 1:26-31

A reading from the first letter of St Paul to the Corinthians

Take yourselves, brothers, at the time when you were called: how many of you were wise in the ordinary sense of the word, how many were influential people, or came from noble families? No, it was to shame the wise that God chose what is foolish by human reckoning, and to shame what is strong that he chose what is weak by human reckoning; those whom the world thinks common and contemptible are the ones

that God has chosen – those who are nothing at all to show up those who are everything. The human race has nothing to boast about to God, but you, God has made members of Christ Jesus and by God's doing he has become our wisdom, and our virtue, and our holiness, and our freedom. As scripture says: if anyone wants to boast, let him boast about the Lord.

### Gospel Acclamation | Matthew 5:12

Alleluia, alleluia! Rejoice and be glad; Your reward will be great in heaven. Alleluia!

### Gospel | Matthew 5:1-12

A reading from the holy Gospel according to Matthew  
Seeing the crowds, Jesus went up the hill. There he sat down and was joined by his disciples. Then he began to speak. This is what he taught them:

'How happy are the poor in spirit: theirs is the kingdom of heaven.

Happy the gentle: they shall have the earth for their heritage.

Happy those who mourn: they shall be comforted. Happy those who hunger and thirst for what is right: they shall be satisfied.

Happy the merciful: they shall have mercy shown them.

Happy the pure in heart: they shall see God.

Happy the peacemakers: they shall be called sons of God.

Happy those who are persecuted in the cause of right: theirs is the kingdom of heaven.

'Happy are you when people abuse you and persecute you and speak all kinds of calumny against you on my account. Rejoice and be glad, for your reward will be great in heaven.'

### Communion Antiphon | Psalm 30:17-18

Let your face shine on your servant. Save me in your merciful love. O Lord, let me never be put to shame, for I call on you.

Source: Liturgy Help © 2026

### CATECHISM HELPERS WANTED!

We are pleased to announce that we are getting great interest for our Parish School of Religion who want to do the Sacraments of Reconciliation, Holy Communion and Confirmation. Classes are run for the children on a Sunday afternoon. If you are able to help in any way, for any length of time, please let the Parish Office know and we can hold an Information session in February.

### Kids Corner

Draw a line from the first half of each beatitude to its correct ending



Blessed are those who grieve...

...they will be treated with mercy.

Blessed are the merciful...

...they will be called God's children.

Blessed are those who make peace...

...they will see God.

Blessed are those with pure hearts...

...they will find comfort.

# This Week on Formed

Week of February 01, 2026



## The Presentation

The Presentation is already foreshadowing the Cross. The offering Mary makes at the Presentation in the Temple becomes manifested and reaches its fulfillment at Calvary.



## The Martyrs | Littlest Saints

When a young Christian girl is arrested and imprisoned in ancient Rome, she hears stories of martyrs like St. Catherine of Alexandria and St. Lawrence the Deacon—will she find the strength to make the ultimate sacrifice for her faith?



## Martyrs and Monastics

Dr. Ben Akers sits down with Dr. Elizabeth Klein, Professor of Theology at the Augustine Institute Graduate School, to discuss her Short Course: Martyrs and Monastics. Who are the early Church martyrs? What fueled their witness to the faith? How did monasticism develop? These questions and more are addressed in this show.

Our parish has a Formed subscription.  
Visit [signup.formed.org](https://signup.formed.org) and select our parish name.

The Marriage Course

# 7 sessions to strengthen your relationship



Thursday Nights | 7-9pm via Zoom | 12 Feb - 26 March 2026

Register here <https://bit.ly/MFRAAlpha>

For more info visit <https://www.marriagecourse.org.au/>  
or contact [cathy.madsen@cg.org.au](mailto:cathy.madsen@cg.org.au)

The  
Marriage  
Course

# Community Notices

## \* **5 February | The Marriage Course (Alpha)**

The Archdiocese is running The Marriage Course which combines face-to-face and zoom sessions. Course times are consecutive Thursday evenings from 12 February through to 27 March (inclusive) via Zoom. The course will be preceded by an in-person meeting on Thursday 5th February and will conclude with a closing dinner. This course welcomes all couples (married or cohabiting) from all faiths and none and is designed for you to discuss questions as a couple in the privacy of your own home. The Marriage Course provides tools to help you develop and grow your marriage from a good to a great one! Each session will have up to date video material and some time for you to connect as a couple.

The Marriage Course Journal is a key resource, required for the course, and is available [here](#)

To learn more, please contact Cathy Madsen by email on [cathy.madsen@cg.org.au](mailto:cathy.madsen@cg.org.au) or by phone on 0422 117 210. To register for the program go [here](#)

## \* **13-15 February 2026 | Dominican Retreat**

Single adults, ages 18-35, are invited to join the Dominican Friars and Sisters for a weekend retreat at St Mary's Towers, Douglas Park, NSW from 13-15 February 2026. The retreat will consist of talks, discussion, silence, Eucharistic Adoration, the Sacrament of Confession, Mass, and time for fellowship. Registration closes 6 February. Fee: \$300 per person. <https://www.trybooking.com/DHJBL>

## \* **14-15 February | The CANBERRA BACH ENSEMBLE**

Christe, du Lamm Gottes (Christ, Lamb of God). Choir, orchestra, and soloists, directed by Andrew Koll. Come and enjoy four Bach Cantatas BWV 22, 23, 127 & 233 on Saturday 14 February at 7.30pm, and Sunday 15 February at 2.00pm at St Christopher's Cathedral, Franklin Street, Manuka. For more info and to purchase tickets, please visit [www.canberrabachensemble.com](http://www.canberrabachensemble.com)

## \* **27 February – 1 March | Lenten Retreat: Meeting Christ in Our Deepest Need**

You are invited to a 3-session Lenten retreat, Meeting Christ in Our Deepest Need: A Lenten Journey, facilitated by Greg Sunter. Greg is an experienced facilitator with a strong background in small-group ministry. Holding Master's degrees in Theology and Education, he helps people engage deeply with Scripture, grow in prayer, and connect faith with daily life. He is well known for his parish newsletter gospel reflections, which explain Scripture in its historical and cultural context and relate it to contemporary lived experience. More about Greg: <https://www.wholehearted.com.au/about/>

Greg will reflect on this year's Lenten Gospels and there are time for personal reflection and optional sharing. Everyone is welcome no prior study needed and no pressure to speak

Time:

- Friday 27th February 6.30 pm - 7.30 pm;
- Saturday 28th February 10 am - 11 am;
- Sunday 1st March 4.30 pm - 5.30 pm

Place: 25 Blackham St, HOLT ACT 2615

Cost: \$20 for all 3 sessions

Register: email: [belconnenwest@cg.org.au](mailto:belconnenwest@cg.org.au)

## \* **10 March | Lenten Retreat: Meeting Christ in Our Deepest Need | 2:00pm**

Marist College Canberra invites all members of the community to an Evening of Dialogue with Fr Laurence Freeman OSB.

Tuesday, 10 March | 7.00–8.30pm Venue: Marist College Canberra

Registration: <https://events.maristc.act.edu.au/eveningofdialogue2026>

The evening will offer a space for respectful dialogue on the National Marist theme 'Full of Grace, transformed by God's love' and its implications for Catholic education in the Canberra community.

The program includes a 30-minute keynote address by Fr Laurence Freeman OSB, followed by facilitated small-group dialogue and a Q&A session led by Genevieve Jacobs.

All are welcome

## Planning to marry in the Catholic Church?

Go to the Archdiocesan marriage and family webpage (without delay) for information and to choose a marriage preparation program that suits at [www.marriagefamily.org.au](http://www.marriagefamily.org.au). For enquiries email [marriage.preparation@cg.org.au](mailto:marriage.preparation@cg.org.au) or text Helena on 0405 440 463.

## THANK YOU from St Vincent de Paul Society

The Holy Spirit conference of St Vincent de Paul offers our heartfelt thanks for your fantastic support in recent months. Thanks to our parishioners, our four Catholic schools, the children, their parents and teachers, we have a fully stocked larder for the first time in a long time. And we will need it. In our first week back on duty last week we had 63 calls for assistance. So you can see that there are lots of needy people in Gungahlin and your generous donations allow us to help them.

A special thanks to our schools who prepared Christmas hampers which were delivered to us at the church. We were able to provide about 100 hampers, which made Christmas a bit easier and brighter for our companions. Thanks also to those parishioners who delivered the hampers on our behalf. We are very grateful also to those parishioners who collected toys and then delivered them to some of the bigger families with a number of children.

Finally we wish you a happy new year and we look forward to your continued support of our conference.

Mark Carter  
For the Holy Spirit conference of St Vincent de Paul



### 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. EFTPOS machines or Qkr!

#### Second Collection (For the upkeep of our parish, staff salaries, insurance, 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. EFTPOS machines or Qkr!



### CONNECT WITH US

**Parish Priest:** Fr Troy Bobbin  
E: troy.bobbin@cg.org.au

**Assistant Priest:** Fr Eden Langlands  
E: eden.langlands@cg.org.au

**Parish Office and Presbytery**  
93 Burdekin Ave, Amaroo Ph: 6242 9622  
Website: [www.holyspiritgungahlin.org.au](http://www.holyspiritgungahlin.org.au)

**Office Manager:** Surani Samaraweera  
E: gungahlin.officemanager@cg.org.au

**Parish Secretary:** Jovina John Britto  
E: gungahlin@cg.org.au

**Office Support:** Chris Konik-Rose  
E: gungahlin.sacraments@cg.org.au

**Finance Officer/ Planned Giving:** Tony Rose  
E: gungahlin.finance@cg.org.au

**Parish Pastoral Council (PPC):** John Mikita  
E: mikitajgm@gmail.com

Download our parish app: [Pocket Parish from App Store](#)  
or [Google Play](#) or sign up for our newsletter [here](#).

#### Parish Safeguarding Commitment

Holy Spirit Parish is committed to safeguarding and upholding the dignity and rights of our children and vulnerable people. We seek to empower children, their families and carers, and vulnerable people, to have a say, to be listened to, and to be protected. This approach is at the center of all of our thinking and action.

**Parish Safeguarding Officers – Susan Pradeep and Louise Johnson.** While their email addresses are not currently available; please send any concerns to Maria Hicks-Manager Institute of Professional Standards & Safeguarding (IPSS) at [ipss@cg.org.au](mailto:ipss@cg.org.au) or 02 6239 9806

#### 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-cg.org.au

**Call to Connect** | Maureen Hilton | M: 0431 123 465

**Couples for Christ (CFC)** | Kotch Velasquez |  
M: 0405 359 421

**Holy Spirit Prayer Group** | Kathy Torcasio 0401 920 028  
Wednesdays at 7:30pm in the church

**Social Justice Group** | Peter Peterson  
E: socialjustice.hsp@gmail.com

**Legion of Mary** | Marie Lazaro 0415 302 319

**Focolare Families Group** | Anna 0416 668 985  
E: focolareamaroo@gmail.com

**Youth Ministry** | E: gungahlin@cg.org.au

**Care Group** | Vacant—please contact Parish Office

**Community Garden Group** | Theivani Evers  
E: amaroocommunitygardens@gmail.com