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

20 - 21 June 2026 | **Twelfth Sunday in Ordinary Time | Year A**

Holy Spirit Amaroo

Monday
Office Closed
7:30pm Bible Study

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

St Francis Xavier Hall
Saturdays 5:00pm

Seen in the Ordinary
A Reflection for Families and Parish Life
(Matthew 10: 26 - 33)

Jesus said, "What's the price of a pet canary? Some loose change, right? And God cares what happens to it even more than you do. God pays even greater attention to you, down to the last detail – even numbering the hairs on your head! So don't be intimidated by all this bully talk. You're worth more than a million sparrows." (Matthew 10: 29 - 31)

Jesus speaks about sparrows in a way that quietly reframes how we see ordinary life. Not one sparrow is forgotten, and then comes the line that carries everything else: you are worth more than many sparrows .

For families and parishioners, this speaks into the pace and pressure of daily life. Homes are full of schedules, responsibilities, worries about children, work demands, and the constant effort to keep everything moving. It can start to feel like no one is really seen, even by those closest to us.

This passage challenges that feeling. It reminds us that our lives, and the lives of our children, are held in a deeper awareness than we often realise. What feels small or unnoticed is not dismissed or overlooked .

It also speaks to parish life. It is possible to be involved in community and still feel invisible, or to miss the people quietly struggling around us. The Gospel calls us back to attentiveness, to actually seeing one another again.

That attentiveness often begins in very ordinary moments. A real conversation at the dinner table instead of everyone drifting to devices. A decision to listen fully to a child's story even when it is repeated or poorly told. A choice to check in on someone at parish who has not been seen for a while. These are small actions, but they shape whether people feel forgotten or known.

In simple terms, this is an invitation to slow our gaze. To notice the person in front of us. To remember that nothing and no one in our ordinary lives is as unnoticed as it sometimes feels.

Questions for Reflection

- How might I be missing the people closest to me because I am moving too quickly through daily routines and responsibilities?
- Where in my home or parish life do I most need to practice deeper attention and truly listen rather than simply respond?
- Who is one person I might intentionally notice and reach out to this week so they feel more seen and valued ?

Action Response

In the week ahead, make it a daily practice to truly notice one person in your home or parish life, not just what they need, but who they are. Choose one moment each day to pause and give your full attention in a conversation, however brief it may be. Let this week be less about doing more, and more about seeing more clearly the people already placed in your life.

Sourced from www.gpbs.com.au

Acknowledgement of Country

We acknowledge the Traditional Custodians who have walked upon and cared for this land for thousands of years. We acknowledge the continued deep spiritual attachment and relationship of Aboriginal and Torres Islander peoples to this country and commit ourselves to the ongoing journey of Reconciliation.

Parish News and Events

* **Companion Treat** | There will be a companion treat after the Holy Hour on Wednesday, 24 June. Everyone is welcome, and please bring a plate to share .

* **Seniors' Morning Tea** | after the 9:15 am Mass on Thursday, 25 June.

* **Altar Server Commissioning** | Sunday, 28 June 2026 during the 9.30am Mass.

* **High School Alpha Plus Sacraments Program** | young people participating in our High School Alpha Plus Sacraments Program will be receiving their sacraments during the 5:00 pm Mass on Sunday, 28 June. We ask you to keep them in your prayers and to continue to support them as they journey in faith

* **Sustainability Sunday** | Until further notice, Sustainability Sunday has been **CANCELLED**. Please do not leave any lids or blister packs in the church foyer.

Newcomers Morning Tea

All newcomers who have joined the Parish over the past 6+ months, including those who participated in the RCIA and who were received into the Church over Easter are warmly invited to a **meet and greet morning tea** after the 9.30am Mass on **Sunday, 28 June**. Please join the Priests, parish staff, members of the PPC and members of the Hospitality and Social Inclusion group who would like to formally welcome you. For further information contact the Parish Office 6242 9622.

Need Someone to Talk To?

Life can be challenging at times. If you would like support, encouragement, or a confidential conversation, parish offers a counselling service for those in need. Please contact the Parish Office to arrange an appointment.

Sacrament of First Holy Communion 2026

The Parish celebration of the Sacrament of First Holy Communion will be held in September 2026.

We warmly welcome children who do not attend one of our Parish Catholic primary schools and who wish to receive the Sacrament of First Holy Communion through the parish program from August to September.

Please click here to register your interest or contact the Parish Office for further information.

Please keep the following individuals in prayer.

For those who are sick
Carmel Blake
Anna Schembri
Phil Sobraty
Sam Cassar
Theresa Tan
Jess Tan
Auabelle Grace & Melita
Ethel Tan
Baby Susannah Roper

Recently Deceased
Dr Sylvester Ezeani
Dora Baquero
Adrian Manwaring
Liling Sagrado
Christopher Gardner
Andreas Andre Untung
Pedro Sagrado
Sr Ursula Drennan RSM
Felix Machado

Death Anniversaries
Godwin Nwaokwennwa
Karl Cloos
Rosa Isabel Cano Mora
Marcieri Palmina
Dominador Aquino Jr.
Renato Aquino
Dominador Aquino
Melquiades Balberona
Vittoria Teuma
Nell Conway
Greg Beckett
Giovauni Taurasi

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

Prayer Requests

Refugee Week
Coordinated by Refugee Council of Australia

A Million Stories

As we come to the end of World Refugee Week.
Let's reflect …….. the Bible encourages us to welcome the Stranger - read the New Testament with the example of the Holy Family who were refugees in a foreign land, escaping execution.
How many of us know a person who is a refugee, or a refugee family and their history? There are refugees in our faith community who have had traumatic and unhappy experiences. They are here, among us, far from their homeland, their families and their culture. Let's put ourselves in 'their shoes' and think how we would be if these were our experiences? The story of the refugee is challenging, personal and sometimes difficult for us to comprehend.
The number of refugees has grown from about 3 million in 1950 to approximately 120 million today .

Please pray for peace and compassion for the Stranger in our midst. These are the challenges all refugees and asylum seekers face throughout Australia and the world.

If you are able to help Caritas change lives, go to - World Refugee Week: Caritas Australia raises awareness of the world's largest refugee camp

Readings for The Twelfth Sunday in Ordinary Time Year A

Entrance Antiphon | Psalm 27:8-9
The Lord is the strength of his people, a saving refuge for the one he has anointed. Save your people, Lord, and bless your heritage, and govern them for ever.

First Reading | Jeremiah 20:10-13
A reading from the prophet Jeremiah. Jeremiah said: 'I hear so many disparaging me, "Terror from every side! Denounce him! Let us denounce him!" All those who used to be my friends watched for my downfall, "Perhaps he will be seduced into error. Then we will master him and take our revenge!" But the Lord is at my side, a mighty hero; my opponents will stumble, mastered, confounded by their failure; everlasting, unforgettable disgrace will be theirs. But you, Lord of Hosts, you who probe with justice,
who scrutinise the loins and heart, let me see the vengeance you will take on them, for I have committed my cause to you. Sing to the Lord, praise the Lord, for he has delivered the soul of the needy from the hands of evil men.

Responsorial Psalm | Ps 68:8-10. 14. 17. 33-35. R. v.14
(R.) Lord, in your great love, answer me .

1. It is for you that I suffer taunts, that shame covers my face, that I have become a stranger to my brothers, an alien to my own mother's sons. I burn with zeal for your house and taunts against you fall on me. (R.)
2. This is my prayer to you, my prayer for your favour. In your great love, answer me, O God, with your help that never fails: Lord, answer, for your love is kind; in your compassion, turn towards me. (R.)
3. The poor when they see it will be glad and God-seeking hearts will revive; for the Lord listens to the needy and does not spurn his servants in their chains. Let the heavens and the earth give him praise, the sea and all its living creatures. (R.)

Second Reading | Romans 5:12-15
A reading from the letter of St Paul to the Romans. Sin entered the world through one man, and through sin death, and thus death has spread through the whole human race because everyone has sinned. Sin existed in the world long before the Law was given. There was no law and so no one could be accused of the sin of 'law-breaking', yet death reigned over all from Adam to Moses, even though their sin, unlike that of Adam, was not a matter of breaking a law.
Adam prefigured the One to come, but the gift itself considerably outweighed the fall. If it is certain that through one man's fall so many died, it is even more certain that divine grace, coming through the one man, Jesus Christ, came to so many as an abundant free gift.

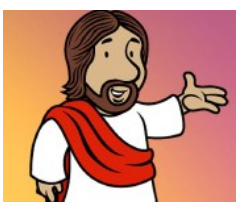
Gospel Acclamation | John 15:26. 27
Alleluia, alleluia! The Spirit of Truth will bear witness to me, says the Lord, and you also will be my witnesses! Alleluia!

Gospel | Matthew 10:26-33
A reading from the holy Gospel according to Matthew. Jesus instructed the Twelve as follows: 'Do not be afraid. For everything that is now covered will be uncovered, and everything now hidden will be made clear. What I say to you in the dark, tell in the daylight; what you hear in whispers, proclaim from the house-tops.
'Do not be afraid of those who kill the body but cannot kill the soul; fear him rather who can destroy both body and soul in hell. Can you not buy two sparrows for a penny? And yet not one falls to the ground without your Father knowing. Why, every hair on your head has been counted. So there is no need to be afraid; you are worth more than hundreds of sparrows.
'So if anyone declares himself for me in the presence of men, I will declare myself for him in the presence of my Father in heaven. But the one who disowns me in the presence of men, I will disown in the presence of my Father in heaven.'

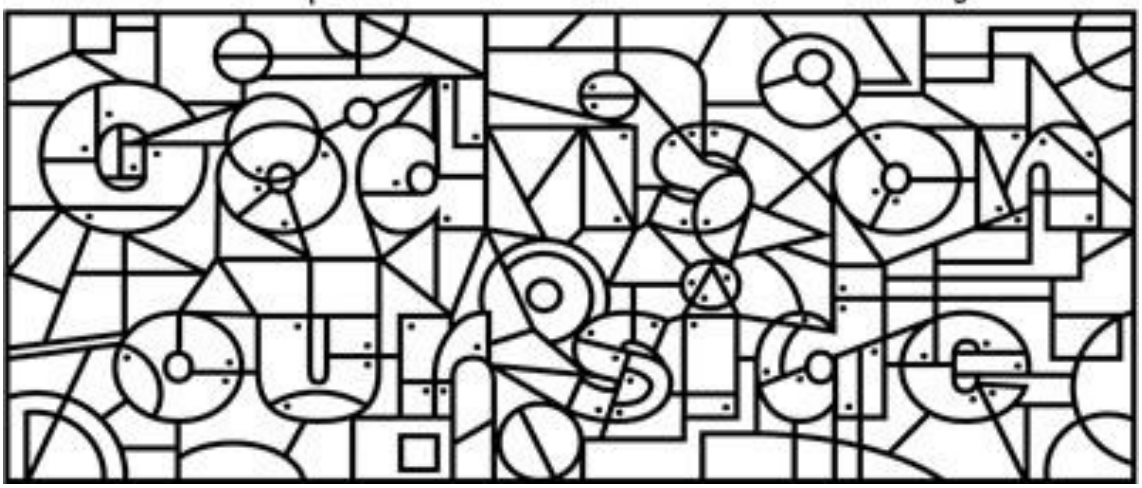
Communion Antiphon | Psalm 144:15
The eyes of all look to you, Lord, and you give them their food in due season.

Source: Liturgy Help © 2026

Kids Corner



Color in the shapes that contain a dot • and discover the hidden message!



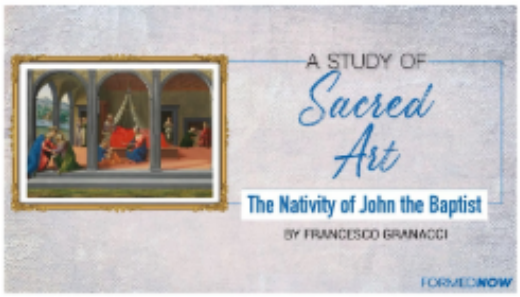
formed™
Forming Catholics for *Life*.

This Week on Formed

Week of June 21, 2026

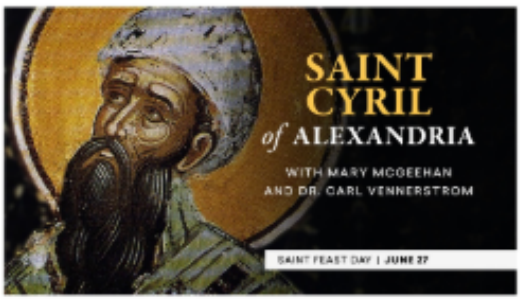
Saint Thomas More: The Age of the Author

This engaging series delves into the lives of the saints who led the Catholic Counter-Reformation. In this episode, learn about St. Thomas More, a patient witness to the faith who endured a heroic martyrdom at the hands of Henry VIII.



The Nativity of John the Baptist

On the Nativity of John the Baptist, join Dr. Ben Akers and Taylor Kemp as they sit down and discuss a piece of Sacred Art depicting this holy event.



St. Cyril of Alexandria | Catholic Saints

During the Nestorian Controversy of the fifth century, heroic saints like Cyril of Alexandria defended the truth of Christ's divinity. In this episode, Dr. Carl Vennerstrom and Mary McGeehan discuss the Nestorian heresy and how St. Cyril's humble, courageous spirit aided the Church during a time of discord.

Our parish has a Formed subscription.
Visit signup.formed.org and select our parish name.

explore life

YOU'RE INVITED.
EVERYONE IS WELCOME.

FAITH | PURPOSE | MEANING

ALPHA Youth

FOR YOUNG PEOPLE AGED 18+

Got questions about life?
You're not alone.

Alpha Youth is a space to explore life, faith and meaning in a relaxed and friendly environment.
No pressure. No judgment.
Just conversations that matter.

Alpha

CONNECT
Meet new people and build real friendships.

WATCH
Enjoy short talks on life's big questions.

DISCUSS
Share your thoughts and hear others in an open space.

DISCOVER
Explore faith and see what Jesus means for you.

"Come and see. Ask anything. You're welcome here."

When: Every Wednesday from 15 July to 23 September
Where: Parish Centre
Time: 6PM (Dinner Provided)
Who: young People Aged 18 +
Register: Alpha Program for Youth – Fill out form

We can't wait to meet you!

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. Our Vinnies team have put together a list to help us donate what will help the grocery recipients best. We would be very grateful if you could please try to stick to these sizes as much as possible as we want to make it easy for families who are already experiencing hardship and distress.

Donations can be brought to weekend Mass or to the parish office.

- 500g Dolmino Pasta Sauce
- 1kg Rice
- 1kg Weetbix
- 750g Cornflakes
- 200g Instant Coffee
- 50 bags Black Tea
- 425g Soup
- 420g Peas
- 420g Peas and Carrots
- 420g Corn Kernels
- 420g tomatoes
- 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 also want to ensure that 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)

Thank You!!

For you were called to freedom, brothers and sisters; only do not use your freedom as an opportunity to indulge your flesh, but through love serve one another.

Galatians 5:13

Call to Connect Retreat

The CTC team warmly invites all women to a day of prayer and reflection

God sees me and God loves me - My identity in Christ

Date:	Saturday 27 June 2026
Timing:	9.00am – 9.30am Registration 9.30am – 3.15pm Retreat
Venue:	St Peter Chanel's function room and church 49 Weston Street, Yarralumla ACT 2600
Cost:	$25.00 includes morning tea and lunch No refunds due to costs incurred
RSVP:	Tuesday 23 June 2026
To register:	Go to Humanitix link: https://events.humanitix.com/god-sees-me-and-god-loves-me-my-identity-in-christ Or use the QR code

Program includes:

- talk, testimonies and sharing groups
- private prayer and reflection, prayer ministry and Adoration
- Reconciliation will be available

Please bring:

- Journal and pen
- Drink bottle

You are precious in my sight, and honoured, and I love you

Isaiah 43:4

Starts 5pm Mass Friday 3 July to after lunch time Sunday 5 July 2026

A Weekend Retreat *about Living in God's Divine Will, the New and Divine holiness spoken about by St Pope John Paul II, held at the peaceful and spiritual setting of Galong retreat centre, in rural NSW.*

Presented by: Fr Emil Milat and Fr Marco Killingsworth

- THE 12 MINOR PROPHETS IN THE BIBLE AND THE DVINIVE WILL (DW): how they prepare us for the DW revelations and the New life in Christ.

- OUR INCARNATE LORD, TEACHINGS FROM THOMAS AQUINAS: how learning about Jesus' Divine and Human natures helps us understand our own new humanity in Christ Jesus. How this dovetails into the Book of Heaven.

- A.I. AND THE DIVINE WILL: how A.I. is a counterfeit to the Holy Spirit Intelligence (H.S.I) we get from the gift of the Third Fiat, of the DW.

- WHAT JESUS SAYS ABOUT THE KNOWLEDGE OF HIS DIVINE WILL e.g. "...one single knowledge of My Divine Will has more value than all the creation together..."

- SOME GENERAL ITEMS OF DIVINE WILL TO CONSIDER

To make a booking contact:

St Clement's Retreat Centre, Kalangan Road, Galong NSW 2585

Phone 02 6380 5222 Email: info@stclement.com.au

For additional information, email Fr. Emil @ emil.milat@cg.org.au

CENACLE

Courses | Forums | Intensives

Who is God?

Formation Forum

Register

Link | bit.ly/formation-forum-god

Contact

institute@cg.org.au

Where?

ACU Veritas Building | Room 301.10.19

Microsoft Teams | Online Offering

When?

Thursday

25 June 2026 | 5:00 - 7:00pm

Community Notices

- **24 June | Veritas Lecture | 05:30 pm**
  Punitive youth justice system reform and the criminalisation of children in out-of-home care in the Northern Territory: Implications for systemic and rights-based reform In recent years the Northern Territory's (NT) youth justice system has undergone a range of reforms involving increasingly punitive responses to youth offending and major changes to youth diversion and prevention initiatives. At the same time, the NT has the highest rate of 'crossover' children nationally, whereby children who reside in out-of-home care (OOHC) engage in offending behaviours.
- **25 June 2026 | Formation Forum** | You are warmly invited to the Cenacle: Institute for Synodal Evangelisation second Formation Forum, "Who is God?" This Forum offers an opportunity to reflect on the identity and nature of God as we explore the Christian understanding of God as Father, Son and Holy Spirit. Through interviews and personal stories, the evening will explore what it means to move beyond simply knowing about God to discovering and developing a relationship with Him. Date: Thur, 25 June 2026, Time: 5 - 7 pm, Place: Veritas Building, Australian Catholic University. Online offering is available for those outside Canberra. Free. Registration required: bit.ly/formation-forum-god. Livestream link will be provided upon registration. For more information, please email: institute@cg.org.au.
- **27 June | God sees me and God loves me-My Identity in Christ | 09:00 am**
  Call to Connect Retreat - God sees me and God loves me – my identity in Christ. CTC warmly invites all women across the Archdiocese to Retreat for the day. Time: 9am - 3.15pm at St Peter Chanel's, Yarralumla, ACT. Cost: $25 includes morning tea and lunch. To register go to https://events.humanitix.com/god-sees-me- and-god-loves-me-my-identity-in-christ . Come along and enjoy a prayerful day together including Adoration, Reconciliation and Prayer Ministry
- **28 June | Sts Peter and Paul's Feast Day | 10:00 am**
  Mary Queen of Apostles Parish Goulburn invites you to celebrate Sts Peter and Paul's Feast day. Beginning with Mass in the Old Cathedral at 10am, a Feast Day Luncheon will commence from 11.40am at the Goulburn Workers Club. The tickets will be available on QKR! or through the Goulburn Mission Office A two-course meal, including tea and coffee is $50 per person, with Guest speaker, Ron Tesoriero discoursing from 12pm. Please send enquiries to goulburn@cg.org.au
- **3 July | Living in the Divine Will retreat Galong NSW | 05:00 pm**
  Living in the Divine Will Retreat: at St Clement's Conference Centre Galong NSW. Lead by Frs Emil Milat and Marco Killingsworth. Friday 5pm 3 July to after lunch Sunday 5 July. The talks focus on how various saints and mystics draw us to live in the Holiness of God.
  For more info. contact Fr Emil on emil.milat@cg.org.au .
- **4 July | Carmina Burana - concert | 03:00 pm**
  The Canberra Choral Society and National Capital Orchestra are uniting again to present two iconic choral masterpieces: Carl Orff's exhilarating 'Carmina Burana' and Francis Poulenc's radiant 'Gloria'. This glorious concert will be conducted by NCO Artistic Director Louis Sharpe, with soloists Rachel Mink (soprano), Dan Walker (tenor) and Sitiveni Talei (baritone), and vibrant local choral and orchestral forces, in beautiful Llewellyn Hall, The ANU.
- **17 – 19 July | INSTAGRACE**
  INSTAGRACE is a three-day Catholic residential program organised by Jesus Youth Canberra for teenagers aged 13 to 17. Running successfully for nearly a decade, it helps young people grow in self-understanding and develop a personal relationship with Jesus through talks, music, and life testimonies.
  Venue: Outward Bound Australia, Naas Road, Tharwa, ACT , Date & Time: Friday, 17 July 2026 (9:00 am) to Sunday, 19 July 2026 (4:00 pm) , Registration Fee: $290, Registration Closes: 12 July 2026 ,
  Registration: Register via the link or QR code provided. For any further enquiries, please contact Jerin Niju on 0469 738 253

THE ARCHDIOCESAN 2026 ASSEMBLY FESTIVAL-"GET UP! LISTEN! GO!"

On Saturday, 22nd August, people will gather from 9am -4pm there will be a hub for this Assembly in the Tumut Mission at Tumut's McAuley College Hall

Samoan Mass at St Matthew's Church, Page

Everyone is invited to join Samoan Mass at St Matthew's Church, Page. The Mass commences at 12.30PM on the 4th Sunday of the Month.

Planned Giving

Thank you everyone for your continued financial support of our parish. For those who contribute by envelopes your new envelopes for the 2026-27 financial year are available in the church foyer from this weekend.
For those who contribute by direct debit or credit card, your payment will continue as there is no need to renew your contribution. If you wish to change your contribution or become a regular contributor please complete a planned giving pledge form (available in the church foyer) and return it to Tony Rose at the parish office.

National Count of Attendance

Thank you everyone for your assistance while we carried out the National Count for the National Centre for Pastoral Research on behalf of the Australian Catholic Bishops' Conference over the first four weekends of May. Attendance at all masses was impacted by the Confirmation candidates performing various ministry roles and the 5pm Sunday Mass on 24 May, when Archbishop Prowse conferred the sacrament of Confirmation on 26 candidates. This was the largest mass with 514 in attendance. This mass also had the largest proportion of attendees under 18 years of age (28.6%).
Overall weekly attendance ranged from 1,230 on the second weekend to 1,438 on the fourth weekend. Females represented 55.8% of attendees on the third weekend. This was highest at the 5pm Hall mass.

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 Lolesio Gisa
E: lolesio.gisa@cg.org.au

Deacon: Joe Blackwell
E: joe.blackwell@cg.org.au

Parish Office and Presbytery
93 Burdekin Ave, Amaroo Ph: 6242 9622
Website: 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

Parish Groups

Craft Group | Beth Forshaw | Mondays 1:00pm Parish Office

St Vincent de Paul | Margie Vest (President) | P: 0401 527 088

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 | please contact Parish Office

Community Garden Group | Theivani Evers
E: amaroocommunitygardens@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 our thinking and action.

If you have any concerns, please contact;
Parish Safeguarding Officers: Susan Pradeep and Louise Johnson.
Email: gungahlin.safeguarding@cg.org.au