OUR PARISH

Contact the Parish Pastoral Council through the office email.

OUR PARISH MISSION:

"All the Church, all the Gospel, all the people, all the time"

OUR PARISH VISION:

*All the Church - we will **WORSHIP** with an open heart.*
*All the Gospel - we will celebrate the **WORD** with joy.*
*All the People - we will care for the **WELFARE** of all.*
*All the Time - we will maintain our **WORKS** with integrity.*

OUR PARISH SCRIPTURE

"Refresh my heart in Christ" - Philemon 1:20b

OUR PARISH SAFEGUARDING COMMITMENT

MHoC Parish & the Archdiocese of Canberra & Goulburn are committed to the care, wellbeing & protection of children, young people & people at risk in our community.
If you need to communicate any concerns, please contact one of our Parish Safeguarding Contacts displayed on the posters on the main church notice boards & our website.

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Our parish is supported by CCTV and S1 Security. Smile!

THIS WEEK IN THE PARISH (16 - 22 May)

Remember to turn your phones off when in the church. A prayerful silence is respectfully requested as we gather to celebrate Eucharist.

Sacred Heart Church Mass & CS Times:

Ascension of the Lord
Psalter Week 3, Year A/2

Sat: 5:30pm Rosary, 6:00pm **Mass**
Sun: 8.30am & 10am **Mass**
Mon: 8.30am **CS** Tues: 5.30pm **CS**
Wed: 8:30 am **CS** Thu: 8.30am **CS**
Fri: 8:45am **Prayers** 9.10am **Rosary** 9.30am **Mass**
5.00pm - 6.00pm Evening Prayer & Adoration

The Pines Living, Farrer, **Mass** 11am held on the last Thursday of the month. Next date: **28 May 2026**
Goodwin Village, **Mass** 9.30am held on the last Saturday of the month. Next date: **30 May 2026**

RECONCILIATION (Confession):
Saturdays 11am-12pm (or by appointment)

FATIMA DEVOTIONS: Next date: 6 June 2026
'The Five First Saturdays' Held on the first Saturday of the month: **Mass 9.30am,** followed by **confessions** with **benediction 10.30am**, concluding with a **Marian Movement of Priests cenacle**.
See blue flyer.

BAPTISMS: Baptism information please see our website or contact the parish office.
WEDDINGS: By appointment, at least 6 months notice is essential. Phone the Office for details.
The BLESSED SACRAMENT CHAPEL
is open daylight hours each day for Adoration & quiet prayer. The chapel is not to be used while Mass is being celebrated. Please do not leave cut flowers or candles in the Chapel.

Mary Help of Christians Parish
South Woden, PEARCE ACT

Parish Priest: Father Emil Milat

Parish Office: 115 Hodgson Cres, PEARCE ACT 2607 *Ph*: 02 6286 1908
Parish Officer: Carmela Sampaga *Office Hours: 9am – 3pm Tuesday - Friday*
Parish email address: wodensouth@cg.org.au *WEBSITE address*: www.mhoc.org.au
Sacramental Programmes: Christina Erwin - wodensouth.sacraments@cg.org.au

For information on how to join planned giving or donate to our parish see our website: www.mhoc.org.au/planned-giving/

Our parish acknowledges & celebrates the original custodians of this sacred land & we commit ourselves to the ongoing journey of reconciliation.

St Vincent de Paul Winter Appeal
23/24 May - Donations & Raffle tickets
Please Join the Vinnies conference team at the parish morning tea after 10.00 am Mass, on 24 May where Father Emil will draw the winning tickets in the Basket of Goodies raffle. We will be collecting donations and selling raffle tickets after Masses over the weekend. Also look out for us at Woden West-field on level 2 near the Flight Centre outlet on Thursday 21 & Friday 22 May.

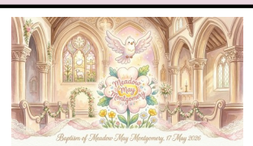
2026 National Mass Attendance Count in May
For the last two weekends of May, our parish will continue the National Mass Attendance Headcount. The count this Sunday at masses - the information will be gender. No personal details are recorded.
Thank you for your understanding and support.

Good Shepherds Appeal continues until end of May
Cash donations can be placed in an envelope marked **"Seminarian Good Shepherd Appeal"** and returned via the collection or Parish Office during May.
To give electronically, please use this link. Thank you!

Coming up in Our Parish:
Sunday 17 May
♦ Children's Liturgy during the 10am Mass - Church
Tuesday 19 May
♦ MenALIVE - 7-8am - Parish Hall
Wednesday 20 May
♦ School of Religion - 4-5pm - Parish Hall
Thursday 21 May
♦ Friendship Group - Package Health Packs - 10am - Hall
♦ Baptism Preparation Evening - 7pm - Hall
Saturday 23 May
♦ Women's Spirituality afternoon - 1-5pm - Hall

PIs NOTE: Fr Emil & our clergy will be attending the Clergy Assembly in Galong from 18–21 May. During this time, all scheduled Masses will be replaced with Communion Services. The parish office will remain open during its usual hours, Tuesday- Friday, 9am-3pm.

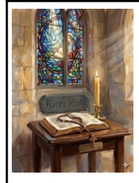
Baptism of
Meadow Mae Montgomery
17 May 10am mass



Baptism of
Zara Judy Elliott-Jeffery
17 May 11:30 am

Shepherd's Corner

Next Saturday is the *women's spirituality* afternoon. The local men's group is using the money raised from the *St Joseph's Camino pilgrimage walk* to shout the ladies a warm Turkish lunch, then three engaging women will share about how women pray in a distinctive way and process deep emotions. This event falls on the eve of the Parish Feast Day and Pentecost — the women will be invited to join a procession with candles to the 5:30pm Vigil Mass and rosary. As Mary was the lynch pin for the first Pentecost, may the deep natural feminine spirit help the parish be infused with the Holy Spirit in a deeper way.
God's blessings Fr Emil



We Remember in Our Prayers – Karen Nixon We pray for the repose of the soul of Karen Nixon, a valued member of our parish community. We extend our sincere sympathy to her family. May she rest in the peace of Christ. **Karen's Funeral Mass** will be celebrated by Fr Emil on **Friday 22 May at 1:30pm**. Let us keep her and her family in your prayers.

Sacred Heart Primary School Trivia Night
The School's Trivia Night will be held on Friday 22 May at 6.30pm. It promises to be a relaxed and enjoyable social evening for parents, carers and friends of the school. Make up a table with friends and family and bring your own drinks and nibbles. For further information, or to book, email communitycouncilshps@gmail.com.

Women's Spirituality Afternoon
By an MGL Sister, Belle Joseph & Karen Flood - **Saturday 23 May**, 1-5pm, Hall
Bookings open - only 40 spots
28 booked, **12** available
Register online via this link
or sign-up sheet in the foyer
or scan this **QR code**

Visiting Statue of Mary Ministry
A beautiful tradition in many parishes is welcoming a travelling Statue of Mary into homes *each week* for a night of rosary, prayers, and fellowship over cuppa. We're excited to launch this on our parish feast day, **24 May** with the first visit being at 7pm on Thursday **28 May.** Please call Vivienne Pembrey on 0412045868 if you would like to attend.

Interested in **hosting** a visit or **helping to organise**? Contact Fr. Emil or the parish office.
Hosts will need: Working with Vulnerable People card, a signed code of conduct, and risk assessment for safety.

MINISTRIES & ROSTERS FOR 23/24 May 2026
Pentecost Sunday Yr A/2
Commentators and Lectors
6.00pm M Blackmore & S Peake
8.30am P Collins & G Joseph
10am A Kaushal & M Fisher
Extra-ordinary Ministers of the Eucharist
6.00pm A Potanin
8.30am M Tsen
10am J Zaide-Crombie
Acolytes:
6.00pm P Verdon
8.30am P Supple
10.00am G Selleck
Music Ministry:
6pm *Volunteer please*
8.30am S Fatiaki
10.00am M McKenna
Altar Servers:
Trained servers please volunteer at Mass
Church Linen May: V Pembrey
Welcome Ministry:
6.00pm M Blackmore
8.30am N Hately
10.00am F Mendes
Altar Care (23 May) C Donohoe

Please Remember In Your Prayers

We remember all our faithful departed, especially those whose birthdays & anniversaries occur at this time, particularly Janina Bielecki, Fr Johannes "John" Van Doren & Fr Vivian Morrison.
May they rest in peace.

Women's Vocations Discernment Dinner at Pearce Presbytery: Thursday 4 June 6pm. For women between the ages of 20 and 40 interested in discerning a call to religious life. Presenter will be Sr Kate Cleary about the mission at *The Farm* in Galong. A healthy meal provided with insightful discussions & prayer. To rsvp please contact on Sr Kate on 0404 112 428 or Vocations Director Fr Emil emil.milat@cg.org.au 0414 523 036.

Wider Church & Community Notices
Check MHOC News & Facebook page for more details

You are warmly invited to the Cenacle: Institute for Synodal Evangelisation Formation Forum, Who Am I?

Who does God say I am? How can understanding my identity help me live with purpose and hope?
The evening will feature interviews and personal stories exploring our identity in Christ, the gifts we are called to share, and the dignity we each hold.
Date: Friday, 22 May 2026 **Time:** 5-7 pm
Place: Veritas Building, Australian Catholic University as well as an online offering for those outside of Canberra.
Cost is free but registration is required:
bit.ly/institute-forum-1
Livestream will be available, with the link provided upon registration. For more information: institute@cg.org.au.