

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.

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

THIS WEEK IN THE PARISH (9 - 15 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:
Sixth Sunday of Easter
Psalter Week 2, Year A/2
Sat: 5:30pm Rosary, 6:00pm **Mass**
Sun: 8.30am & 10am **Mass**
Mon: 8.30am **CS** Tues: 5.30pm **Mass**
Wed: 8.30 am **Mass** Thu: 8.30am **Mass**
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.



2026 National Mass Attendance Count in May
Over the four weekends of May, our parish will take part in the National Mass Attendance Headcount. The count will occur at all Sunday obligation Masses. Some general information (age groups and gender) will be included in later weeks; 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 10 May
♦ Children’s Liturgy during the 10am Mass - Church
Tuesday 12 May
♦ MenALIVE - 7-8am - Parish Hall
♦ Marian Lecture -5:30-7:30pm - Marist College
Wednesday 13 May
♦ School of Religion - 4-5pm - Parish Hall
Thursday 14 May
♦ Prophetic Intercession Training with Cyril John - 8.30am -4pm - Hall (NB: No Friendship Group meeting)
♦ Prophetic Intercession Training - 6-9pm - Hall

Celebrating Mother’s Day
On Sunday, 10 May, we celebrate Mother’s Day and give thanks for the love and care of mothers and all who nurture and guide us.
In our diverse parish, we honour mothers, grandmothers, and all women who share life and faith with others. We also remember those for whom this day is difficult, holding them in prayer. May Mary, Mother of God, inspire us with her faith and love. *Fr Emil will offer a special blessing for all mothers at every Mass this weekend.* Click this [link](#) to read the full message.



Baptism of Zoe Margaret Lee
10 May 2026 8:30am mass

Healing Service after 10am mass | 10 May
Supported by the Community of the Risen Lord (CRL) Canberra. For information about CRL, check their website: risenlordcommunity.com.au



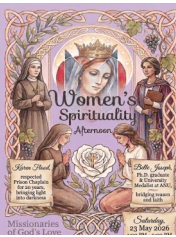
Shepherd’s Corner
 Last week I watched a powerful film about St Maximilian Kolbe called *Triumph of the Heart*, about the last few weeks he spent in the Auschwitz starvation bunker and how he so inspired others — they were singing hymns in such a tragic situation. This is an intense, emotional film, which leaves you feeling uplifted in faith. You can hire it online at [Triumph of the Heart](#). This week Cyril John will visit Canberra and our parish. All welcome to come and learn more about, and partake in, intercessory prayer. *God’s blessings Fr Emil*

Prophetic Intercession Training:
With Cyril John, Papal Knight & Head of CHARIS Intercession.
Wed 13 May Yarralumla 6–9pm
Thu 14 May Pearce 8:30am–4pm (\$20 w/lunch) & **6–9pm**
Register: <https://shorturl.at/Yx8uV>
Enquiries: **Susana** 0419902293
Yohan 0415346775



SAVE THE DATE: Sacred Heart Trivia Night
Mark your calendars for an adults-only evening of fun and connection on **Friday, 22 May**. Following last year’s fantastic success, we look forward to another great night of laughter and community. Further details will be shared soon—save the date so you don’t miss out!

Women’s Spirituality Afternoon
By an MGL Sister, Belle Joseph & Karen Flood - **Saturday 23 May**, 1-5pm, Hall
Bookings open - only 32 spots
25 booked, **7** 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 traveling Statue of Mary into homes *each week* for a night of rosary, prayers, and fellowship over cuppa. A few parishioners have expressed interest in starting this here! We’re excited to launch on our parish feast day, **24 May**. A statue has already been generously donated.

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

MINISTRIES & ROSTERS FOR 16/17 May 2026
Ascension of the Lord Yr A/2
Commentators and Lectors
6.00pm S Short & A Smith
8.30am C West & A Wolnicki
10am F D’Castro & C Paragalli
Extra-ordinary Ministers of the Eucharist
6.00pm A Pantano
8.30am E Tsen
10am B Wilson
Acolytes:
6.00pm C Patron
8.30am G Joseph
10.00am M McAppion
Music Ministry:
6pm *Volunteer please*
8.30am S Fatiaki
10.00am C Walshe & D Tantri
Altar Servers:
Trained servers please volunteer at Mass
Church Linen May: V Pembrey
Welcome Ministry:
6.00pm P Verdon
8.30am F Pelosi
10.00am J & B Wilson
Altar Care (16 May) V Pembrey

Please Remember In Your Prayers
 Recently deceased, [Sister Patricia Mary Bell LCM & Emily Kemaken](#). We remember all our faithful departed, especially those whose birthdays & anniversaries occur at this time, particularly [Antonino Paragalli](#), [Julia Lopes](#), [Jack Mackey VC](#), [Leonie Gave Wilkins](#), [Glen William “Bill” Reed & Fr Anthony McGauran](#). May they rest in peace.

Parish Finances	Year to 31 March		
	Budget	Actual	Actual
	2026	2026	2025
Parish Giving	\$45,500	\$42,993	\$43,306
Other Income	\$7,476	\$7,190	\$9,092
Total Income	\$52,976	\$50,183	\$52,398
Expenditure	\$45,226	\$40,397	\$46,157

Parish Giving for the year so far is only slightly lower than last year by \$313, but it is \$2,507 below budget. Overall income is \$2,215 less than last year and \$2,793 under budget. We recognise these are challenging times and sincerely thank you for your continued support of the Parish.
Current expenditure is \$5,760 below last year’s figure and \$4,829 under budget. This has been achieved by focusing solely on essential maintenance and implementing cost-saving measures where feasible, pending an **improvement in revenue**.

Wider Church & Community Notices
Check [MHOC News](#) & [Facebook page](#) for more details