



Holy Family Church (HFC) and Office
167 Bugden Avenue, Gowrie ACT 2904

Sacred Heart Church (SHC)
100 Casey Cres, Calwell ACT 2905

Parish Suburbs: Banks, Calwell, Chisholm, Conder, Fadden, Gilmore, Gordon, Gowrie, Isabella Plains, Macarthur, Richardson, Theodore, Tharwa & rural surrounds in ACT.

Parish Schools: St Clare of Assisi, Conder; St Francis of Assisi, Calwell; Early Learning Centre - SFA, Holy Family School, Gowrie; Early Learning Centre - HFS, St Mary Mackillop College - Isabella and Wanniasa Campuses.

Website: <https://ccparish.org.au/>  <https://www.facebook.com/CCPTuggeranongSouth/>
Read our Parish Bulletins here: <https://ccparish.org.au/about-us/bulletin/>
Mass Sunday Livestream: <https://www.youtube.com/@corpuschristisouthtuggeran8526/streams>

PARISH PRIEST
Fr Simon Falk
simon.falk@cg.org.au
ASSISTANT PRIEST
Fr Mark Ha
mark.ha@cg.org.au
DEACON - Dcn Matt Ransom
PARISH OFFICE
Evelyn Pond 9-1 Tues to Fri
Inoka Fernando 9-1 Thurs/Fri

Ph: 02 6291 6688
Tuggeranongsouth@cg.org.au

31 January & 1 February 2026

4th Sunday Ordinary Time/ Word of God Sunday

What is happening this week?

Fri 30th Jan	05:00-06:00pm 06:00pm	HFC HFC	Adoration Mass
Sat 31st Jan <i>St John Bosco</i>	09:00am 10:00am 05:00-05:30pm 06:00pm	SHC HFC HFC HFC	Mass Reconciliation Reconciliation Mass
Sun 1st Feb <i>4th Sunday in Ordinary Time/ Word of God Sunday</i>	08:00am 10:00am 11:30am 05:00-05:30pm 06:00pm	HFC HFC HFC HFC HFC	Mass Mass (livestreamed) Baptisms Reconciliation Mass
Mon 2nd Feb <i>The Presentation of the Lord</i>	Office closed. 09:00am 07:00-09:00pm 07:00-09:00pm	HFC Parish Centre Assisi Room	Mass SVdP Gowrie Conference SVdP Calwell Conference
Tues 3rd Feb <i>St Blaise</i> <i>St Ansgar</i>	05:30pm	HFC	Mass
Wed 4th Feb	09:30am 02:30-4:00pm 05:30-06:00pm 07:00pm	SHC Vikings Erindale HFC Parish Centre	Mass followed by Rosary Cancer Support Group Novena with Nestor RCIA
Thurs 5th Feb <i>St Agatha</i>	07:00am	HFC	Mass
Fri 6th Feb <i>St Paul Miki & Companions</i>	05:00-06:00pm 06:00pm	HFC HFC	Adoration Mass



SACRAMENTAL CO-ORDINATOR
Orla Rutledge
tuggeranongsouth.sacraments@cg.org.au

PARISH PASTORAL COUNCIL
Rachel Kennedy (Chair)
tuggeranongsouth.ppc@cg.org.au

PARISH FINANCE COUNCIL
Gerard Heffernan (Chair)

PASTORAL CARE CO-ORDINATOR
Agnes Miller (volunteer)
Barb Cologon (volunteer)

PARISH SAFEGUARDING VOLUNTEERS
Anne Gowen
Kristy Everding
tuggeranongsouth.safeguarding@cg.org.au

YOUTH CO-ORDINATORS
Osley Gwese, Sophia Kesina and Dannica Mathias
tuggeranongsouth@cg.org.au

PARISH SCHOOL OF RELIGION CO-ORDINATOR
Kim Peisley (volunteer)

PARISH SCHOOLS

ST CLARE OF ASSISI
CONDER
Matt Egan-Richards (Principal)
Phone: 6294 1860

ST FRANCIS OF ASSISI
CALWELL
Sean Rutledge (Principal)
Phone: 6292 4500

EARLY LEARNING CENTRE
SFA CALWELL
Gabrielle Adams (Director)
Phone: 02 6292 4500

HOLY FAMILY
GOWRIE
Kate Markcrow (Principal)
Phone: 6292 1222

EARLY LEARNING CENTRE
HFS GOWRIE
Sally Gibson (Director)
Phone: 6292 7932

ST MARY MACKILLOP COLLEGE
ISABELLA PLAINS & WANNIASSA
Jacqueline Heffernan (Principal)
Phone: 6209 0100

Parish Safeguarding Commitment:

Corpus Christi Parish is committed to safeguarding and upholding the dignity and rights of all 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. For more information, visit the Canberra Archdiocesan website at: <https://catholic.org.au/professional-standards>.

Communicating Concerns: Parishioners are encouraged to raise any concerns they may have by emailing Fr Simon or the Parish Office. Alternatively, please phone the Parish Office to organise a time to talk with Fr Simon. Specific safeguarding issues can also be emailed to Maria Hicks, Manager for the Archdiocese's Institute for Professional Standards & Safeguarding (IPSS) by emailing ipss@cg.org.au or phone 02 6239 9806.

Thank you!



The 2025 Vinnies Christmas Appeal -Thank you from Vinnies Calwell and Gowrie Conferences

Our conference volunteers would like to offer our gratitude to every parishioner who donated food, gifts, and gift cards to our Parish Giving tree, gave monetary donations to the Vinnies Christmas Appeal or purchased Christmas cards and calendars during the three weekends leading up to Christmas 2025.

We were completely overwhelmed by the depth of your generosity and consideration for others. Between our two conferences we distributed just over 140 hampers to our companions accompanied by a \$20 voucher for fresh food items, Food Bank or Vinnies Shop vouchers, gifts / gift cards for their children and Share the Dignity Bags for our female companions. Across the three weekends you gave an incredible \$4,431.90 in cash donations and \$10,008 in EFTPOS transactions. **A massive total of \$14,439.90!** The proceeds from the appeal have been divided evenly between the two conferences to assist them to support their companions in the local areas.

We could not have done this without the incredible support of you our parishioners, Holy Family Primary and ELC, St Francis Primary and ELC, St Clair of Assisi PS and Marist, Merici and Mary Mackillop Colleges. While our companions cannot thank you directly, please be assured that your donations brought bring great joy to their Christmas Day celebrations.

Parish Lenten Program 2026:

You are welcome to register for the upcoming Lenten program which will commence on Monday, 16 Feb at 7pm-8.15pm in Holy Family Church and continue on Monday evenings 23 Feb and 2, 9, 16 & 23 March. Registration forms are in the foyer or you can email the parish office or Sharon Brewer, who will be facilitating the evenings, shazbrew@internode.on.net. A donation of \$10 to cover the book would be appreciated, and can be paid when the program commences. We will be using the program from Wollongong Diocese. The night will comprise Scripture, prayers, reflection time, small group discussion and a simple supper. If you can't make every night, that's okay. We hope this is an opportunity for you to grow in faith and community during the Lenten season.



QKR! Enrolments for Parish School of Religion and the Sacraments are done online using Qkr!

Either on your home computer:

Go to <https://qkr-store.qkrschool.com/store/#/home> and sign up.

Or the QKR! App on your mobile device/smartphone

Search for Qkr! in your app store and download / install.

Search for South Tuggeranong (our parish logo will show).

Create a profile (name, credit / debit card). You will then be able to

see the menu for enrolment. Your child's enrolment is complete when you receive an acknowledgement email. The Parish School of Religion begins on 10th of February.

Please contact the parish office if you have any questions.

To all Volunteers...

If you have not taken 'God's Word Reflection Book 2026' yet, please collect it from Children's Liturgy Room.

Please note: one book per family.

New Pastoral Focus 2026



In 2026, the Archbishop has named "GET UP!...LISTEN!...GO!" to be the pastoral intent for the Archdiocese, helping us focus on the Encounter, Discipleship, Mission meaning of Evangelisation in our Catholic Tradition. In brief:

- **GET UP!** — to rise with renewed faith, leaving behind discouragement and spiritual weariness.
- **LISTEN!** — to listen again to the voice of Christ, the promptings of the Holy Spirit, and the needs of our communities.
- **GO!** — to step out in mission, ready to serve, invite, witness, and respond.

From this pastoral focus, the Archbishop points to the ministry of Jesus, who calls people out of paralysis and passivity (John 5:8) into freedom and action—commanding new life and restoring dignity through His divine authority.

The Special Jubilee Year of Saint Francis

The special Jubilee Year of Saint Francis proclaimed by Pope Leo XIV will take place from January 2026 on the occasion of the eighth centenary of the death of Saint Francis of Assisi.



For more information, please visit: [Year of Saint Francis: 'Indulgence is an encounter with God, not a spiritual shortcut' - Vatican News](#)

Corpus Christi Footy Tipping competitions

Lent is almost upon us. Almost as important is that the Footy season is just around the corner as well. The parish runs two footy tipping competitions, one for AFL and another one for NRL. The purpose is to promote community connection and for charity. There is prize money as well. If you would like to participate contact John Brewer on Johnbrew@internode.on.net to find out more.

Info Night
EXPLORING FAITH
TUESDAY 17TH FEB
5PM
HOLY FAMILY CHURCH GOWRIE

COME AND FIND OUT ABOUT A PARISH FORMATION PROGRAM DESIGNED FOR THOSE IN YRS 7-12 WHO HAVE AN INTEREST IN FAITH. THIS PROGRAM ALSO OFFERS A PATHWAY TO RECEIVE INITIATION INTO THE SACRAMENTS IF DESIRED. REGO VIA THE QR CODE.
WE LOOK FORWARD TO SEEING YOU THERE!

QUESTIONS?
BERNADETTE.RAYNER@CG.CATHOLIC.EDU.AU



Word of God Sunday - 1 February 2026

The Church in Australia celebrates the Sunday of the Word of God on February 1 in 2026. Pope Francis established the day, which is devoted to “the celebration, study and dissemination” of the Word of God. Visit www.catholic.org.au/wordofgodssunday to access resources to help commemorate the day and for suggestions on how to better engage with Sacred Scripture in various ways and settings.

ARCHDIOCESE EVENT 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. To register for the course go to: <https://cgatholic.org.au/marriagefamily/home/marriage-course-acg>
The Marriage Course Journal 2020 is a key resource, required for the course, and is available from <https://koorong.com>. To learn more, please contact Cathy Madsen by email on cathy.madsen@cg.org.au or by phone on 0422 117 210.

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: 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.

12 March | Senior Student Forum: Prayer, Balance and Community | 9:00am – 10:20am

The forum offers students an opportunity to learn about Benedictine Spirituality from Fr Laurence Freeman OSB, focusing on the importance of Prayer, Balance and Community for young people. Participants will also explore the value of Christian Meditation through a facilitated process.

The forum is open to five senior students from each Catholic school in the Archdiocese. Consider students who are seeking to know and love Jesus. A staff member from each school should also attend. RSVP: Please confirm attendance and student numbers by Friday, 20 February via email to Nathan Ahearne at nathanahearne@mcc.act.edu.au
Venue: Marist College Canberra

12 March | Catholic School Symposium: Forming a school of Dialogue | 12:00 – 3:00pm

The Catholic School Symposium provides an opportunity for educators to consider the challenges and opportunities of contemporary evangelisation and deepen networks between schools. Its purpose is to strengthen Catholic Identity through building contemplative communities of genuine engagement, dialogue and prayer, and to deepen understanding of the intimate connection between prayer, resilience and wellbeing.

The day will include: welcome and introductions, a 30-minute address by Fr. Laurence Freeman OSB on “Forming a School of Dialogue”, discussion in circle groups and Q&A, lunch break, and a plenary discussion.

Fr. Laurence Freeman OSB, a monk of the Benedictine Congregation of Monte Oliveto Maggiore, is director and spiritual guide of the World Community for Christian Meditation (WCCM), a global, inclusive, ecumenical contemplative community. Educated by the Benedictines, he studied English Literature at New College, Oxford University, and before entering monastic life worked with the United Nations in New York, in Banking and Journalism. John Main was his teacher, and Fr. Laurence assisted him in establishing the foundations of the Community. He is the author of several books on Christian Meditation and travels extensively giving presentations and leading retreats. RSVP: NathanAhearne@mcc.act.edu.au

BAPTISM: We welcome Archie, Eloise, Jacob, Hudson & Harlow into our Parish Community as they celebrate the sacrament of Baptism this weekend.

RECENTLY DECEASED: Greg Thornton (Fr Tom's brother), Fr Frank Fuchs, Adam Rennick, Wilma Nardi, Shiron, Scott McMahon, Patrick Bibrowicz, Flavia Peresan, Lynette Tankey, Kevin O'Shea, Maria Perre, Gerard Estrop, Paul Robertson, Dorothy Strickland, St Aileen Wailes RSM (Yass/Goulburn), Marie Smith, Joan Brearley, Sr. Elizabeth "Liz" West, Patricia Andrew, Patricia Betts, Tony Sayer, Denis O'Brien, John Luan Nguyen, Matthew McGrail-Penca; Wade Lovekin, Bishop Pat Power, Debra Bayley, Col Berryman, Dr Neil Harrigan, Patricia Patterson, Ofelia Co, Anna Ivec, Dennis Tarbuck, Dennis Sleigh, David Haire, Teresa Maiuto, Steven Gleeson, Emmanuel Day, Giovanni Feltrin, Joy Huber, Ruth Faulder, Epifanio Bl Encina, Ann Pearson, *May they rest in peace.*

SICK: *We pray for...* Nicholas Stokes, Michael Weir, Fr Michael Mullens, Tom Davies, Nan Falson, Perry Hardman, Kaye Carrett, Lynn McMahon, Janice Lapworth, Alan Minjoot, Patricia Davies (a.k.a. Dr. P. Hilton), Harold Palmer McCann, Monique Hall, Bob Curtis, Monica Nulley-Valdes, Christopher Price, Geoff Cobden, Judy Reid, Anthony Kelly, Ray Brown, Adrien Samuel, Shane Davie, Maureen King, Sue, Johanna, Cassandra, Maverick Tracey, Francis Cheong, Christine Hall, Peter Maguire, Shona Johnstone, Brian Armstrong, Karen Nixon, Maurice and Vivienne Muscat, Annie Chamberlain, Perry Hardman, Jenny Keen, Wendy Roberts, Patrick Roberts, Harry Parvizi, Margaret Holberton, Gavin O'Brien, Flora Martone, June Lever, Hannah Thomas, Karen Nguyen, Delia Alexander, Jessica Bernadette Elena, Howard Murray, Diane Savage, Barbara Savage, Zenilda Gama, Ayla Haragli, Judith & Werner Kley, Melvyn & Cheryl Nerva, Merle Shep, Dot Pestana, Margaret Latham, *and all our sick family members, friends and parishioners.*

BOOK OF REMEMBRANCE: *During February we remember....* Joseph Merheb, Enrico Soriano, Mary Murray, Mary Daly, Lyle Swann, Mary-Anne McGrath, June Herbert, Vittorio Damo, Iluminada Beringuel, Stefano Carbone, Lirio Lukban, Geoffrey Rooney, Rosemary (Popsie) Serisier, Thomas Eaton, Rosario Marquez, Rodolfo Bautista, Rachael Tarlinton, Marjorie O'Brien, Basilia Aguilana, Mary-Jane Bluck, Ada Peisley, Dan McCarthy, Brian Fitzgerald, Umberto Benassi, William Hogan, Catherine Hudson, William Schultz, Shanice Johnson, Slavko Godec, Vincent McCarthy, Ernesto H. Belardo, Dionicio T. Belardo, Hermana H. Belardo, Herman Woltring. *and all of our loved ones who have gone before us marked with the sign of faith.*

If you wish to have your loved one entered into our Book of Remembrance and remembered each year, you will find a form in the foyer.

Roster 31st January & 1st February 2026— 1st Sunday of the Month					NEXT WEEK Roster 7th & 8th February 2026— 2nd Sunday of the Month			
	Saturday 6pm	Sunday 8am	Sunday 10am	Sunday 6pm	Saturday 6pm	Sunday 8am	Sunday 10am	Sunday 6pm
Acolyte/ Senior Server	Roehl	Val	Geoff	John	Tom	Nestor	Geoff	George
Altar Servers	Hunter E Neriah V	Riley L	Kesiya C Kingson C	Nicola A Elena N-V	Alan R Michael W	Quinn L-J Riley L	Hannah C Liam V	Lily & Edward Chwoy A Joshua D
Readers	Megan B Mark P	Angie N Gerry K	Helen J Bernadette R	Annabelle N Bob C	Anne G Megan B	Trudy D Mike K	Peter D Zed S	Bob C Beth L
Music/DPO	Pete S DPO Susanne S	Lorna G Jim R DPO Han T	Des & Liz G DPO Steven W	Chris & Paula B	CfC Ester D DPO Rudy S	Lorna G Jim R DPO Michelle T	Matt & Gail W DPO Chloe W	Michelle W Graham & Brigita
Offertory Procession	Tom K	Lucas family	Lovelock family	volunteers	volunteers	Agnes M	Velasco family	Beasley family
Eucharistic Ministers	Suzanne M Irena C	Gerard B Chris H	Ophelia D-C Denise M	Tiffany R Lisa C	Roehl O Mark P	Gerry K Alwyn D	Bernadette R	Paddy M
Children's Liturgy	No Children's Liturgy & Cuppas in the school holidays				No Children's Liturgy & Cuppas in the school holidays			
Cuppas								
Collector bags & clear boxes	Christine O	Agnes M	Marian B	Penny O	Joseph S	Angie N	Omar H Maryanne	Brett L
Sanigun after Mass	volunteers needed	volunteers needed	Gayle	Gill	volunteers needed	volunteers needed	Omar & Maryanne	volunteers needed

If you wish to contribute monetarily to our parish we thank you. There is a number of ways that you can do it.
via **Direct Debit**, you will find the forms at the entrance table in the foyer.

The blue Direct Debit Request is for the Central Presbytery Fund (1st Collection) and the Pink Direct Debit Request is for the Church (2nd Collection).

By **Credit-Card**, the yellow form is for the Presbytery Fund (1st Collection) and the purple form is for the Church Account (2nd Collection).

Alternatively you can donate using your credit-card via Qkr! or use the tap machines in the foyer of the church,

On our website at <https://www.bpoint.com.au/payments/corpuschristiparish>

Or **Cash** donations are collected at the metal collection points and with collection bags during mass. *We are very grateful for your donation.*