

CATHOLIC ARCHDIOCESE OF CANBERRA AND GOULBURN

CANBERRA INNER NORTH CATHOLIC COMMUNITY (CINCC)

PASTORED BY THE CONGREGATION OF THE BLESSED SACRAMENT (SSS)

THE ASCENSION OF THE LORD (MASS OF THE DAY)
YEAR A | 16-17 MAY 2026



THIS IS ETERNAL LIFE - TO KNOW THE FATHER THE ONLY TRUE GOD

BY DON SCHWAGER
www.dailyscripture.net

In his Last Supper discourse with his beloved disciples Jesus speaks of his glory and the glory of his Father. What is this glory? It is the cross which Jesus speaks of here and the willing offering of his life for us. How does the cross reveal this glory? In the cross God reveals the breadth of his great love for sinners and the power of Jesus' redemptive sacrifice which cancels the debt of sin and reverses the curse of our condemnation (Romans 8:1). Jesus gave his Father the supreme honor and glory through his obedience and willingness to go to the cross for our sake. In times of defense the greatest honor belongs not to those who fought and survived but to those who gave the supreme sacrifice of their own lives for their fellow citizens. The Lord Jesus freely and willingly offered up his life out of obedience to his Father and love for us.

Jesus offers abundant life without end

Jesus offers us eternal life. What is eternal life? It is more than simply a life without end or an eternal state of being. Science and medicine look for ways to extend the duration of human life - but God offers us something vastly greater and more surpassing than a simple extension of physical life. Eternal life is qualitative more than quantitative. To have eternal life is to have the very life of God within us. When we possess eternal life we experience here and now something of God's majesty, glory, and holiness which he shares with us. Through the gift and working of the Holy Spirit, God fills us with the abundant fruit of his peace, joy and love.

We can know God personally

Jesus also speaks of the knowledge of God. Jesus tells his disciples that they can know the only true God. Knowledge of God is not simply limited to knowing something about God, but we can know God personally and be united with God in a personal relationship of love and friendship. The essence of Christianity, and what makes it distinct from Judaism and other religions, is the personal and experiential knowledge of God as our eternal Father - the one who knew us before creation (Eph 1:4 and Rm 8:29) and who knit us in our mother's womb (Ps 139:13 and Jer 1:5). Jesus makes it possible for each of us to personally know God as our Father. To see Jesus is to see what God is like.

CHURCHES

ST PATRICK, BRADDON

SUN 8:00 am Mass
TUE-FRI 12:10 pm Rosary
12:30 pm Mass
FRI 11:30 am - Adoration &
12:30 pm Confession

ST BRIGID, DICKSON

SUN 9:30 am Mass
5:00 pm Vietnamese Mass
(1st and 3rd Sundays)
Maronite Mass
(Last Sunday of the month)
TUE-SAT 8:40 am Rosary
9:00 am Mass
WED 8:00 am - Adoration
11:00 am
5:00 pm - Adoration
8:00 pm
SAT 9:30 am - Adoration &
10:00 am Confession
5:30 pm - Confession
6:00 pm Vigil Mass

Healing Service takes place after the Mass on the 3rd Sunday of the month.

ST JOSEPH, O'CONNOR

SUN 8:30 am Mass
TUE-FRI 8:15 am - Adoration
9:10 am (Confession during
Adoration every
Friday.)
9:15 am Mass
SAT 8:15 am Novena
to Our Lady of the
Perpetual Help
8:30 am Mass
5:15 pm - Confession
5:45 pm
6:00 pm Vigil Mass

Anointing of the Sick is within the Mass at 8:30 am every 1st Saturday of the month.

Recitation of the Rosary takes place after the 9:15 a.m. Mass, Tuesday to Friday.

ST THOMAS MORE, CAMPBELL

SUN 10:00 am Mass
FRI 11:00 am - Adoration
11:45 am
11:45 am Mass

Confession is every Friday, 11:00 am to 11:40 am.

Anointing of the Sick takes place every 1st Sunday of the month at 11:15 am.

HOLY ROSARY | BLACKFRIARS, WATSON

SUN 9:30 am Rosary
10:00 am Mass
5:00 pm Mass
TUE-FRI 5:30 pm Mass
SAT 4:00 pm - Confession
4:30 pm
5:00 pm Vigil Mass
FRI 6:00 pm - Adoration
7:00 pm



READINGS

ENTRANCE ANTIPHON

cf. Acts 1: 11

Men of Galilee, why gaze in wonder at the heavens?
This Jesus whom you saw ascending into heaven will
return as you saw him go, alleluia.

FIRST READING

Acts 1:1-11

In my earlier work, Theophilus, I dealt with everything Jesus had done and taught from the beginning until the day he gave his instructions to the apostles he had chosen through the Holy Spirit, and was taken up to heaven. He had shown himself alive to them after his Passion by many demonstrations: for forty days he had continued to appear to them and tell them about the kingdom of God. When he had been at table with them, he had told them not to leave Jerusalem, but to wait there for what the Father had promised. 'It is' he had said 'what you have heard me speak about: John baptised with water but you, not many days from now, will be baptised with the Holy Spirit.' Now having met together, they asked him, 'Lord, has the time come? Are you going to restore the kingdom to Israel?' He replied, 'It is not for you to know times or dates that the Father has decided by his own authority, but you will receive power when the Holy Spirit comes on you, and then you will be my witnesses not only in Jerusalem but throughout Judaea and Samaria, and indeed to the ends of the earth.' As he said this he was lifted up while they looked on, and a cloud took him from their sight. They were still staring into the sky when suddenly two men in white were standing near them and they said, 'Why are you men from Galilee standing here looking into the sky? Jesus who has been taken up from you into heaven, this same Jesus will come back in the same way as you have seen him go there.'

RESPONSORIAL PSALM

Psalms 46(47):2-3,6-9

R: God mounts his throne to shouts of joy: a blare of trumpets for the Lord. (or Alleluia.)

SECOND READING

Ephesians 1:17-23

May the God of our Lord Jesus Christ, the Father of glory, give you a spirit of wisdom and perception of what is revealed, to bring you to full knowledge of him. May he enlighten the eyes of your mind so that you can see what hope his call holds for you, what rich glories he has promised the saints will inherit and how infinitely great is the power that he has exercised for us believers. This you can tell from the strength of his power at work in Christ, when he used it to raise him from the dead and to make him sit at his right hand, in heaven, far above every Sovereignty, Authority, Power, or Domination, or any other name that can be named not only in this age but also in the age to come. He has put all things under his feet and made him, as the ruler of everything, the head of the Church; which is his body, the fullness of him who fills the whole creation.

GOSPEL ACCLAMATION

cf. Matthew 28:19, 20

Alleluia, alleluia! Go and teach all people my gospel.
I am with you always, until the end of the world.
Alleluia!

GOSPEL

Matthew 28:16-20

The eleven disciples set out for Galilee, to the mountain where Jesus had arranged to meet them. When they saw him they fell down before him, though some hesitated. Jesus came up and spoke to them. He said, 'All authority in heaven and on earth has been given to me. Go, therefore, make disciples of all the nations; baptise them in the name of the Father and of the Son and of the Holy Spirit, and teach them to observe all the commands I gave you. And know that I am with you always; yes, to the end of time.'

COMMUNION ANTIPHON

Matthew 28:20

Behold, I am with you always, even to the end of the age, alleluia.

PRAYER INTENTIONS

OUR RECENTLY DECEASED

Dominga Sumalinog, Justin Pandian, Leone Carse, Paul Thorpe and Teodula Figuracion

IN LOVING MEMORY

Fallen Soldiers in War, Anthony & Emma Biggerstaff, Antonio Cortese, Cedric Santos, Dominic Le, Edna O'Brien, Edward Joseph, Gary Tuite, Jerica Mae Cunanan, Joan Meech, John Bryan, June Pollard, Maria Lucy Condemi, Maria Strazzeri, Mary Bui, Mary Gaudencio, Oswald Beale, Philomena D'Souza, Scott Wyatt, Tom Petry, Victoria Gaudencio and Viviana Lynda Ruiz

*"Eternal rest grant unto them,
O Lord, and let perpetual light shine upon them. May the
souls of the faithful departed, through the mercy of God,
rest in peace. Amen.*

SPECIAL INTENTIONS

Brian Brown, Don Gomez, John Sutton, Maggie McKeown, Max Vucic and Sally Grant

Prayer intentions will remain in the bulletin for four weeks.

Rite of Christian Initiation of Adults (RCIA) - Becoming Catholic. Do you or someone you know want something more in life? Come explore the Catholic faith. Those who are interested are invited to send their details or contact the office at innorth@cg.org.au.

There will be **NO MASSES** in all CINCC churches during the week commencing **Monday, 18 to Friday, 22 May** due to the Archdiocesan Clergy Assembly taking place that week. Thank you for your understanding.

CENTRAL CANBERRA, BRADDON & DICKSON

- **We're improving St Patrick's facilities.** Install new toilets and acquire a new organ. To contribute, please place donation in the second collection or use the dedicated TAP machine opposite the confessional.
- **Healing Service - St Brigid's.** The service takes place after the 9:30 am Sunday Mass on 17 May.
- **Morning Tea Volunteers Needed - St Brigid's.** We are looking for volunteers for the morning tea roster after Sunday 9:30 am Mass. For enquiries, please contact Trish Moore on 0412 324 644.
- **Unlocking the Mysteries of the Bible (24 Sessions) - St Brigid's.** Everyone is warmly invited every Tuesday evening (commencing 19 May) at 6:15 pm to attend the special presentations that explore the richness of the Bible. Please contact Najib Raya on 0439 581 204 for further details.

ST JOSEPH, O'CONNOR

- **Sacramental Program Enrolment 2026.** Enquire by emailing kirstie.buckley@cg.catholic.edu.au.
- **Sunday Children's Liturgy - During the 8.30am Mass in the School Term.** All children are welcome. Children under five years old should be accompanied by a parent or grandparent.
- **Pentecost Choral Vespers – Sunday, 24 May at 4:00 pm.** Interested in singing? New voices are always welcome! Our rehearsals are held every Tuesday at 7:30 pm. For more info: <https://tinyurl.com/PentecostChoralVespers>

ST THOMAS MORE, CAMPBELL

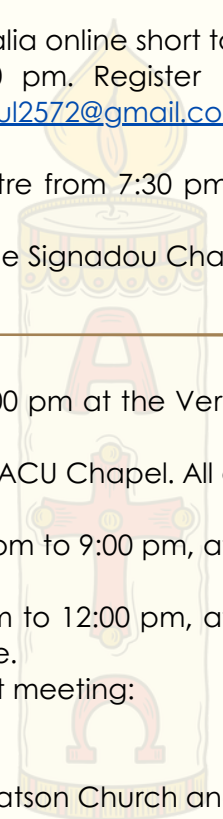
- **21st Annual St Thomas More Forum & Dinner – Wednesday, 3 June.** RSVP by 11:00 am on Friday, 22 May. For more information and to register: <https://bit.ly/stmf-030626> | Access the flyer here: <https://tinyurl.com/StThomasMoreForum2026>

BLACKFRIARS, WATSON

- **School of Religion – First Communion and Reconciliation.** Sessions will be on Fridays, 29 May & 5 June at 6:15 pm at the Holy Rosary Parish Centre. Please contact the office at innernorth@cg.org.au to express your interest and obtain the necessary forms.
- **The Eucharist in the Life of the Church.** Learn more through University of Notre Dame Australia online short talks and group discussion at the Holy Rosary Parish Centre on Monday, 18 May, 7:00 pm. Register at innernorth@cg.org.au. For more information, contact Roger Paul at rpaul2572@gmail.com | <https://tinyurl.com/EucharisLifeChurch2026>
- **Scripture Reflection** for the following Sunday is held each Wednesday in the parish centre from 7:30 pm to 8.30 pm. All welcome.
- **ACU Noon Masses.** Starts with adoration at 11:15 am every Tuesday and Wednesday at the Signadou Chapel (during Semester period).

FROM THE OFFICE

- **Cenacle: Institute for Synodal Evangelisation - 'Who Am I?'** Friday, 22 May, 5:00 pm to 7:00 pm at the Veritas Building, ACU, Watson: <https://tinyurl.com/WhoAmIMay2026>
- **Alive Praise Nights - BBQ + Praise Night for Young Adults.** Thursday, 21 May, 6:00 pm at the ACU Chapel. All are welcome: <https://tinyurl.com/AlivePraiseNight-May-2026>
- **Inner North Cana Youth Group (Grades 7-12).** Running fortnightly on Saturdays, from 7:00 pm to 9:00 pm, after the Vigil Mass at St Brigid's, Dickson. Dates: 16 & 30 May and 13 & 27 June.
- **Inner North Cana Kids Group (Grades 4-6).** Running fortnightly on Sundays, from 11:00 am to 12:00 pm, after the Sunday Mass at the Holy Rosary Parish Centre, Watson. Dates: 17 & 31 May and 14 June.
- **Unpacking the Short Sayings of Jesus.** New participants welcome. Meeting fortnightly. Next meeting: Thursday, 28 May. For more information, contact Anna.Wierzbicka@anu.edu.au.
- **St Angela Merici Day Mass – Merici College.** Friday, 29 May, 9:15 am at the Gymnasium.
- **Tax-deductible Receipts from Project Compassion.** These are ready for collection at the Watson Church and Canberra Central foyers. Thank you for your generosity.



"Today our Lord Jesus Christ ascended into heaven; let our hearts ascend with him."

~Saint Augustine of Hippo



YOUR MONETARY CONTRIBUTIONS COUNT A LOT...

First Collection

(Supporting all the priests of the Archdiocese)

A/C Name: **Central Presbytery Fund**, BSB: 062-786 and Bank Account: 00029248
Reference: Your parish location, name and intention (e.g., Campbell Smith 1st collect)

Second Collection

(Maintenance/upkeep of the Churches, staff salaries, liturgical needs, insurance, etc.)

~ **Central Canberra, Dickson & Braddon**: A/C Name **Canberra Central Parish**
BSB: 062-786, A/C: 00013150, Ref: Name & Giving Number

~ **St Joseph, O'Connor**: A/C Name: **St Joseph's Parish**
BSB: 062-786, A/C: 00012798, Ref: Name & Giving Number

~ **St Thomas More, Campbell**: A/C Name: **St Thomas More Parish**
BSB: 062-786, A/C: 00014869, Ref: Name & Giving Number

~ **Blackfriars, Watson**: A/C Name: **Blackfriars Parish Watson**
BSB: 062-786, A/C: 00013341, Ref: Name & Giving Number

Women's & then Men's

Vocations Discernment Dinner:

Firstly, for women between the ages of 20 and 40 interested in discerning a call to religious life on Thursday, 4 June 6:00 pm at Pearce Presbytery. 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.

Then a dinner for men interested in discerning a call to the Priesthood on Thursday, 11 June 6:00 pm at Archbishop's House rsvp to Vocations Director Fr Emil emil.milat@cg.org.au 0414 523 036.



PARISH SAFEGUARDING COMMITMENT

The CINCC 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:

Central Canberra, Dickson & Braddon: Barbara & Catherine | CanberraCentral.Safeguarding@cg.org.au

St Joseph, O'Connor: Noel | OConnor.Safeguarding@cg.org.au

St Thomas More, Campbell: Margie | Campbell.Safeguarding@cg.org.au

Blackfriars, Watson: Nicole | Watson.Safeguarding@cg.org.au

While the abovementioned email addresses are not available currently, please send any concerns or enquiries to: Maria Hicks, Manager Institute of Professional Standards & Safeguarding (IPSS), at ipss@cg.org.au or 02 6239 9806.

CONNECT WITH US...

Fr Renoir Jr. Z. Oliver, SSS (Moderator)

E: renoir.oliver@cg.org.au

Fr Sebastian A. Luistro, SSS (Community Superior)

E: sebastian.luistro@cg.org.au

Fr Anthony "Thonn" C. Riosa, SSS

E: anthony.riosa@cg.org.au

Fr Vergel Dalangin, SSS

E: vergel.dalangin@cg.org.au



WWW.CGINNERNORTH.ORG.AU

Parish Secretaries:

Kathie Guillester and Cerisse Gomez

E: innernorth@cg.org.au

M: 0416 823 447 or 0412 128 038

P: PO Box 900, Dickson ACT 2602



"BE WHO YOU WERE MEANT TO BE
AND YOU WILL SET THE WORLD ON FIRE"
ST CATHERINE OF SIENA

The CINCC acknowledges the Ngunnawal people, the Traditional Owners 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 Strait Islander peoples to this country and commit ourselves to the ongoing journey of Reconciliation.