

St John the Apostle Parish

A Missionary of the Sacred Heart Parish

16th Sunday in Ordinary Time
21 July 2024

Year B
#34.24

Time to re-energise

Fifty years ago, the word 'stress' was only ever applied to materials like steel and the wings of planes. But since then, along with 'pressure', it has crept into our language and more lately become an everyday term. Everyone experiences stress now. You can even hear Grade One students talk about the stress they're under at school! Perhaps it's the ever-growing pace of life or an innate competitiveness but pressure and stress have become part of daily life for most people in the so-called civilised world.

Although he may never have used the words 'stress' or 'pressure', Jesus knew all about the demands of ministry with other people. When the disciples returned from their first efforts away from Jesus he knew that they needed time out to debrief, to pray and to re-energise themselves. He ordered them all into a boat and they headed for a lonely place where they could be by themselves and rejuvenate. Jesus recognised the importance of taking time out.

If you are engaged in a vocation or ministry that sees you meeting the needs of others, you need some time out to reflect on your experiences; time to hold those people up to God in prayer; time to make sense of your work and the interactions you've shared; time to simply recharge your batteries so that you can once again give fully of yourself.

Unfortunately, when Jesus arranged for himself and the disciples to have time out, the crowd anticipated where they were going and actually beat them there! When the disciples arrived at their lonely spot, they were once again overwhelmed by the crowd. However, Jesus recognised the demands of the crowd as being more urgent than the demands of the disciples and himself. He took pity on them – he was moved by compassion – and responded to their need.

Resource used: *Gospel Reflection*, by Greg Sunter

“Be on earth the Heart of God”

Parish Administration

Parish Priest

Fr. Tru Nguyen msc

Email: TruDuc.Nguyen@cg.org.au

Assistant Priest

Fr. Chung Tran msc

Email: chung@stjohnkippax.org.au

Pastoral Associate/Parish Manager Marian England

Email: marian@stjohnkippax.org.au

Parish Secretary Sharon Greaves

Email: kippax@cg.org.au

Finance Officer Kirsty Vera

Email: kirsty@stjohnkippax.org.au

Parish Office:

25 Blackham Street HOLT ACT

Office Hours: Mon-Fri
9.00am-3.00pm

Telephone: 6254 3236

Email: kippax@cg.org.au

Web: www.stjohnkippax.org.au

MASS TIMES

Vigil Saturday 5:00pm

Sunday 8:30am, 10:00am, 6:00pm

Mon, Wed, Thurs, Fri 9:30am

Liturgy of the Word with Communion:
Tues 9:30am

Ministry

Sacristan: Maryanne Ferguson

Kippax@cg.org.au

Pastoral Council Chair

Jenny McGee

Email: ppc.kippax@cg.org.au

Safeguarding Officers:

Carl Madsen and Jenny McGee

safeguarding.kippax@cg.org.au

ST JOHN THE APOSTLE PRIMARY SCHOOL

Principal: Matthew Garton

Pawsey Circuit Florey

Phone: 6258 3592

Email: office.sjaps@cg.catholic.edu.au

www.sjaps.act.edu.au



St John the Apostle Parish Kippax

is committed to the care, wellbeing and protection of children, young people and people at risk in our community



St Vincent de Paul Society
good works

Winter Appeal

A leaving collection will be held after all Masses this weekend for the annual Vinnies Winter Appeal. Funds raised stay with the Kippax Conference and will help us sustain our support for vulnerable companions in our community. Eftpos facilities are available and receipts can be provided. Thank you for your generosity.

St John's Friendship Group

next meeting on

Wednesday 31 July

for Mass at 9:30am, followed by morning tea in the parish centre.

Please come and join us, you are all most welcome.

Please bring a plate to share.

ROOM FOR RENT

Male or female to rent out one room in a 3 bedroom house. The rent per week will be \$300 includes all bills (internet, electricity and gas for cooking) in holt

Nunga Umaru

Contact: nunga_1@hotmail.com or 0427807961

Tim Fischer Oration on Ethics in Public and Political Life 2024

7 Augst – 6:00PM

Speaker: Professor Helen Alvare, Levy Endowed Chair in Law and Liberty at Antonin Scalia Law School, George Mason University Virginia USA

Q&A: Chris Uhlmann, Political Journalist and TV Presenter ***For more information & tickets visit www.tfo.org.au***

Save the Date: 8 August

Archdiocesan Women's breakfast with Dr Helen Alvare

Thursday, 8 August, 7.30 - 9.00am Join us as we explore meaningful connections, marriage, family, career, mission and community-building. More details to come!

Contact: communications@cg.org.au

PARISH OFFICE NOTICE

To contact Fr. Tru use the following email address: TruDuc.Nguyen@cg.org.au

Fr. Chung will be in Vietnam for community discernment returning after his annual retreat on Friday 9 August.

LITURGY OF THE WORD WITH HOLY COMMUNION

Monday 22 July – 9:30am

Fr. Tru will be attending a funeral interstate.

Stay for a cuppa.

Join us in the parish foyer after the 10:00am mass this Sunday

21 July for a cuppa. While you indulge in a coffee catch up with parishioners or introduce yourself to someone you do not know. Feel free to bring something to share. All are welcome! We look forward to seeing you there.

COMMUNITY CONNECTIONS

Connecting with people living alone

3rd Sunday of the month gathering
This month [21 July] we will be attending the concert at Kangara Waters, Community Hall, 2:00pm

WOMEN'S BREAKFAST



TUESDAY 23 JULY – 7:30AM

BEAN ORIGIN CAFÉ

NETTLEFOLD STREET BELCONNEN

*Come and celebrate the
Feast of St Mary of the Cross
Mary MacKillop*

● **Thursday ● 8 August ● 9:30am mass**

Following mass, we will celebrate this feast day with morning tea.
Please bring a plate to share

“Be on earth the Heart of God”

Heart Spirituality

The Sacred Heart revealed God's mercy on earth

The Heart of Jesus is essentially merciful, because it is the heart of God; mercy is his very nature.

The Blessed Trinity put in his heart for our sake all the treasures of its tenderness and love, and so the Sacred Heart poured them out profusely on every misfortune he came across. His role on earth was not to condemn but to forgive; not to spurn those who suffer but to comfort them; not to alienate sinners, but to enlighten and convert them; not to turn away the sick, but to heal them; not to abandon a lost sheep, but to bring it back to the sheepfold; not to quench the smoldering wick, but to make it burn brightly; not to break the crushed reed, but to strengthen it. That is the Sacred Heart.

What kindness, what mercy!

Jules Chevalier msc
Meditations II, p. 641f Issoudun, 1891

Stewardship

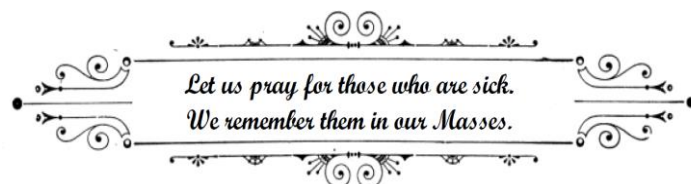
God loved us first!

Today's readings remind us of how our God is compassionate and passionately loves us. God is the one who loved us first. Oftentimes, we are like the people who are blind to His goodness and enticed by sin — something we think will make us happy but does not. God is the one who constantly pursues us and gives us opportunities to say "yes" to Him. He wants to win us back, and ultimately, He will make us happy.

So, we must ask ourselves, who or what is blinding us or leading us away from our ultimate happiness? Stop for a moment and name that thing — money, status, a person, career, laziness, addiction, self-image, health, etc. — that could be leading you away from a full and happy relationship with God.

As Christian disciples, deep down we really know that our true happiness is God. So, what are we waiting for?

www.catholicsteward.com



Recently Deceased:

Anniversary: James Patterson,
Queenie Solomonsz, Dolly Munoz, Mary Mules,
Marie Cowman, Maria Pedic, Thomas Pinner,
Czeslaw Kowalski, Wallace Johnson,
Dianne Fraser, Darryl Bremer, Frank Sculthorpe,
Debra Niquet, Donald Briggs, Domatilla Mallia,
Valentini Vratavic, Therese Van Der Vliet,
Carol Thompson, Betty Coughlin, Barry Swann,
Daniel Keneally, Bernard Coughlin,
Jillian McInerney, Ardina Dudok, June Traynor,
Mathilde Clemence, Diane Eccles, Nola Faulkner,
Andrew Kenna, John Connelly, Olive Cockcroft,
Merle Maloney, Benito Berces, Caleb Heddle,
Jackie Green

Mass Intentions the week of 22 - 28 July

Mon 22/07	
Wed 24/07	Jim Ohlin
Thur 25/07	Kathleen Heatherington
Fri 26/07	John O'Brien

Sat 30/07	
5:00pm	David Whip

Sun 30/06	
8:30am	
10:00am	
6:00pm	

To ensure that a mass time is available please
telephone the parish office to make a booking.

May the Sacred Heart of Jesus be
everywhere loved.....forever!

SAFEGUARDING

**Have you noticed the Safeguarding
poster in the foyer?**

**Do you know who our Safeguarding
Officers are?**

St John the Apostle Parish Kippax is
committed to the care, wellbeing and
protection of children, young people and
people at risk in our community.

Safeguarding is a shared responsibility

SACRAMENTAL LIFE

Baptisms	1st & 3rd Sun during Mass
Reconciliation	Sat 4:00pm – 4:30pm
Sacramental Program	Contact Parish Office
School of Religion (Parish Centre)	Sunday 9.15am during school term

PRAYER LIFE

Charismatic Prayer: Maida: 0423 658 326	Thursday 10:00am
Meditation	Friday 5:15-6.30 pm
Rosary	Monday – Friday 9:05am
Eucharistic Adoration	1 st Thursday of the Month 7:30pm – 8:30pm
Adult Choir	Wednesday 7:30pm

SOCIAL LIFE

SJAFriendship Group	<i>Last Wednesday of the Month</i> 9:30am Mass and morning tea
Pins & Needles	<i>3rd Monday of the Month</i> 7:15pm Parish Library
Women's Breakfast	<i>4th Tuesday of the Month 7:30am</i> Bean Origin Belconnen
Men's Group	<i>3rd Friday of the Month 6:00pm</i> Parish Centre
Movie Night	<i>4th Friday of the Month 7:00pm</i> Parish Library
Community Connections	<i>3rd Sunday of the Month</i> 4:00pm – 5:30pm Parish Centre

RESPONSE TO THE PSALM:

The Lord is my shepherd; there is nothing I shall want.

GOSPEL ACCLAMATION:

Alleluia, alleluia!

My sheep listen to my voice, says the Lord; I know them, and they follow me.
Alleluia

Readings 28 July 2024

First Reading	2 Kgs 4:42-44
Psalm	Ps 144:10-11, 15-18
Second Reading	Eph 4:1-6
Gospel	John 6:1-15

Bequest: Have you ever thought of leaving a Bequest to your parish?

By remembering your faith community in your Will, you contribute to the spiritual legacy that has enriched your life. Your bequest ensures the continuation of the traditions, teachings, and support that have shaped your journey.

ROSTERS

28 July

Acolyte Roster

5:00pm	Di Bruce, Murray Bruce
8:30am	Sigrid Kropp, Lourdes Asoy
10:00am	Anthony Noakes, Dennis Puniard
6:00pm	Sabina Van Rooy, Peter Polkinghorne

28 July

Lector Roster

5:00pm	Elaine Laycock, Gordon Donnir
8:30am	Shane Murtagh, Victoria Gonzales
10:00am	Marini Ignatius, Edgar Nnajide
6:00pm	Marian Crowley, Andrew Luck

28 July

Ministers of Communion

5:00pm	John Drury, Laurine Smeaton
8:30am	Darren Maharaj, Maureen Burgess
10:00am	Boni & Rosa Benedictos
6:00pm	Brian Mahony, Priscilla Momi

28 July

Hospitality Roster

5:00pm	Joan Galpin, Marie McKie
8:30am	Joan Beswick, Pamela Blackwell
10:00am	Margarete Gill, Marini Ignatius
6:00pm	Francesca Deklin

28 July

SJAShop

5:00pm	
8:30am	
10:00am	Judy Mewburn
6:00pm	

Weekly Rosters

Altar Society	21 July	Angela Boreham
Church Cleaning:	22 July	

On a Lighter note

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"Everyone is out with the flu, the computers all have a virus and the shredder just threw up."