



To be on earth the Heart of God

KIT@Kippax

Time out for reflection

What the World needs now is Kindness!

Kindness is the highest form of Wisdom Jewish Talmud

I recently heard a presenter on the radio say that the world is becoming angrier. Then a friend said to me, "we all need to be kinder to each other". It got me thinking, if the world is getting angrier, is kindness the solution? What follows is a short but limited reflection on kindness.

In the field of psychology, kindness and its impact on wellbeing has been gaining more and more attention in recent years. Psychological research reveals that being kind promotes wellbeing and good mental health.

The World Health Organisation (WHO) defines mental health as 'a state of well-being in which an individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.'

There is substantial evidence that claims when individuals engage in kind acts and pro-social behaviour it can:

- boost the giver's happiness, life satisfaction and positive affect.
- nurture a greater sense of purpose and meaning in life.
- reduce the risk of some mental illnesses like depression.

True kindness is a gift of the Holy Spirit. As St Paul tells the Galatians, "but the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness" (Gal. 5:22).

Kindness is no small thing. It yields marvellous fruit both in our lives and ripples out to benefit the whole of the world. Proverbs is the book of wisdom and tells us that when we are kind we will find life, "Whoever pursues righteousness and kindness will find life, righteousness, and honour" (Proverbs 21:21).

Kindness starts with ourselves. If we listen to our self-talk we would come to realise how unkind we are to ourselves, we wouldn't say those same words to someone we love: I am hopeless, I am stupid, I am clumsy, etc. We label, name, compare and despair. It may be easier to be kind to others than to ourselves, so befriending ourselves may be the starting point in making the world a kinder place.

Sometimes we forget that showing kindness takes practice, it doesn't always come naturally. It's all about channelling the love God gives us to those around us. It is about practising the virtue of patience.

When you practice kindness, feelings of self-pity abate. When you are extending kindness it helps put your life into perspective, encouraging you to appreciate what you have. It boosts self-esteem, confidence, and compassion.

Kindness is 'love in action'. It builds up rather than puts down and focuses on the needs of others rather than the self. Kindness is visible and active. It moves beyond the spiritual and the emotional, to the physical and practical. It works for peace and unity and is sensitive to the feelings, hurts, pains, and joys of others.



BE THE LIVING
EXPRESSION
OF GOD'S
KINDNESS;
KINDNESS IN
YOUR *face*,
KINDNESS IN
YOUR *eyes*,
KINDNESS IN
YOUR *smile*.

St. Teresa of Calcutta

Loving Kindness Meditation

You can begin by sitting or lying down in a comfortable position, closing your eyes. Sit with your back erect, without being strained or overarched. Take a few deep breaths, relax your body.

We start with wishing well to ourselves. Repeat the phrases slowly and for a chosen period of time or repetitions:

May I be happy,

May I be healthy,

May I be safe,

May I live with ease.

You can next call to mind somebody that you care about—a good friend, or someone who's helped you in your life, someone who inspires you. You can visualize them, say their name to yourself. Get a feeling for their presence, and then direct the phrases of loving-kindness to them.

May you be happy,

May you be healthy,

May you be safe,

May you live with ease.

Call to mind someone you know who's having a difficult time right now. They've experienced a loss, painful feeling, a difficult situation. If somebody like that comes to mind, bring them to your prayer.

This aspiration can extend infinitely to all beings in a boundless way, leaving no one out, "May all beings be happy, healthy, safe and live with ease."

Editor's Note

As we head into March and leave February behind we also leave Summer and embrace Autumn. Transition from one season to another is a time of change, and Autumn offers visible change where the trees change colour, leaves fall to the ground leaving the trees bare and the ground a carpet of burnt orange and red colours.

I find change exciting because it is full of possibilities that promises new potentialities. One of the changes happening in the parish office is Kirsty Vera has joined the parish team. Kirsty is learning the parish finances and will eventually take over as the finance officer. A small bio on Kirsty is on page 12.

The liturgical seasons also offer change. On the 22 February–Ash Wednesday, we moved from ordinary time into Lent. The Lenten season is a time of reflection, a time to discern how God is calling us to continue Christ's mission. It is 40 days that replicate Jesus' 40 days in the desert. Lenten practices of prayer, fasting, and almsgiving have the power to transform us, not only individually but also as a community.

● **Time** ● **Talent** ● **Treasure** forms are available in the church foyer. During this season of Lent parishioners are encouraged to discern how God is calling them to participate in the life of God's church in our parish. You are asked to return the forms on Commitment Weekend 18/19 March.

On the 26th of February the parish celebrated its 51st anniversary. We held a parish picnic on this day which is featured on page 4.

Three times a year we celebrate the Sacrament of Anointing of the Sick within mass. The first one for 2023 was celebrated on Friday 24 February at 11:00am mass followed by lunch served in the church foyer, it is featured on pages 9–10.

On Thursday 16 March we will celebrate the Sacrament of Penance for the children of the parish. We pray that this sacrament will draw the children closer to God and be a graced time for them and their parents.

"Gethsemane Prayer" – praying with the Blessed Sacrament will be held every Thursday during March. On Thursday 30 March the 1st Rite of Reconciliation will be offered during Adoration – 7:30pm–8:30pm.

Blessings

Marian



Cover photo, *Reflection-Image and Likeness of God*, was taken at Jarramlee Pond by Mariana Rollgejer



ASH WEDNESDAY

At the 6pm Ash Wednesday Mass Fr Kimi spoke about the Ashes and how to “spot the Catholic”.

As I sometimes do after this Mass I went to the Florey takeaway for some fish and chips for dinner. After placing my order, I sat and waited with a few other people including two young women. After receiving their order, they were walking out when one of them stopped and said to me “Happy Ash Wednesday!” to which I replied “Thank you, you too”. There was no sarcasm in her comment and it was a genuine wish.

I was immediately reminded of Fr Kimi’s words and that I had indeed been spotted. Whether this woman was Catholic, protestant or nothing at all she obviously recognised the symbol and its significance.

This is a reminder that the symbols and expression of our faith and practices can have an impact on other people when we least expect it.

Anthony Noakes

An Ash Wednesday Song for the Heart

Didn’t you love the way our foreheads were so well-crossed with the ashes this year? I was ‘done’ by Di Bruce at the 6pm Mass so I have her and Fr Kimi to thank for the following incident.

You will recall that in his homily Kimi was leading us to spend Lent as a serious preparation for the celebration of the Resurrection. At one stage he referred to merely ‘spotting the Catholic’ in the supermarket’.

Well, I drop into the supermarket on the way home. Thanks to my sturdy ashes, a lady ‘spots the Catholic’. She smiles at me.

“You got the ashes today?”

“Yes, I did,” I say.

She looks quite downcast. “I am so sorry I have missed out.”

“Would you like to share some of mine?”

“I would so love that,” she says.

So, in aisle 4, I remove some of my ashes and gently make a cross on her forehead.

It was a lovely moment of connection for us both in the Lord.

On the way out we meet at the door. She is gracious in her thanks.

I was the fortunate one.

Judy Kenny



Parish Picnic



On Sunday 26 February (51st anniversary of the parish), parishioners gathered at John Knight Memorial Park at Lake Ginninderra for our Parish Picnic. It was a beautiful summer day and we enjoyed a wonderful feast off the BBQ, accompanied by an array of wonderful salads and desserts.

Fr Kimi offered a blessing before lunch and we all enjoyed a splendid afternoon by the lake. It was lovely to meet some new parishioners such as Raymond and Janet as well as Michael and Joyce. We hope to have another picnic later in the year and look forward to gathering as a parish again.

Norma and Tony



St John the Apostle Parish
has partnered up with
Spark Ginninderry and
CIT Canberra for the next
Job Trainer
Ginninderry Construction
Taster Program

Spark Ginninderry

Commencing Monday 6 March 2023, this 8–10 week program will run 4 days a week Monday – Thursday.

St John the Apostle grounds will become a live training site. The construction site is the garden area behind the presbytery. The tasks the students will undertake as part of their learning are:

- Brick laying
- Concreting
- Paving
- Carpentry

Parish Centre will also be used as a class space for learning theory along with a lunch space.

Participants who have successfully completed this program in previous years have gone on to find employment within the construction industry.

This construction program is a training and employment initiative run by SPARK Ginninderry and the Canberra Institute of Technology (CIT).

The program is made possible through JobTrainer and is a jointly funded initiative of the ACT and Australian Governments.

During the months of March and April if you happen to run into any of the participants introduce yourself, say hello and welcome.

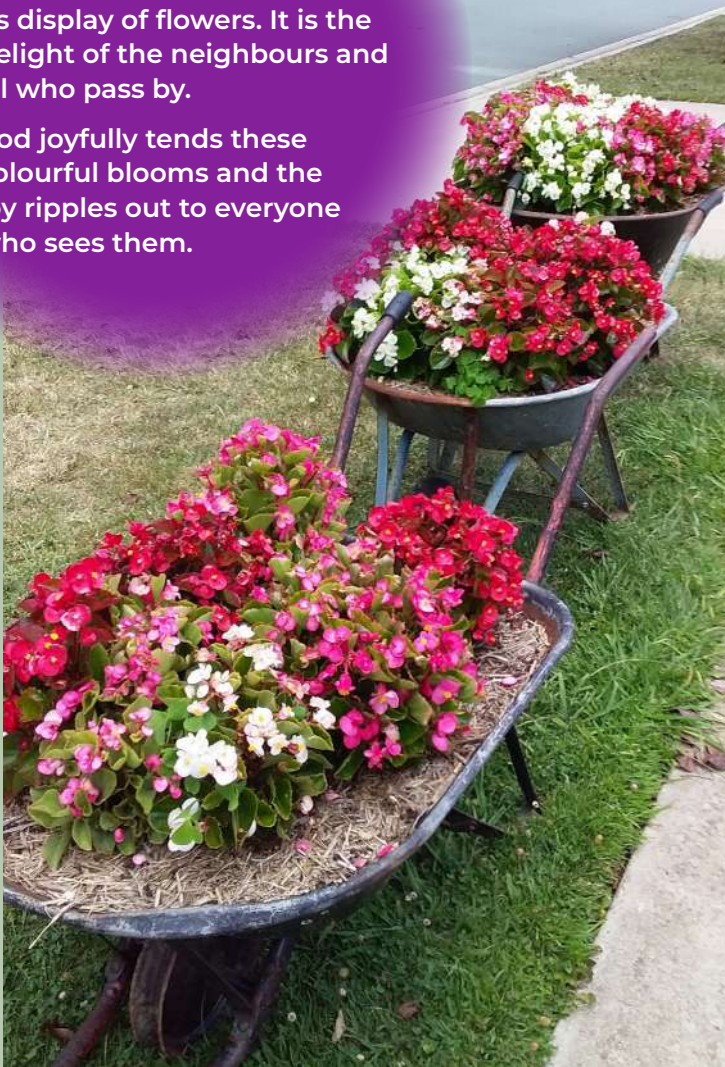


Flower power



The nature strip outside Rod and Barbara Gardiner's home is a sight to behold with its display of flowers. It is the delight of the neighbours and all who pass by.

Rod joyfully tends these colourful blooms and the joy ripples out to everyone who sees them.



The donkeys

Just outside the town of Gort
we saw them –
one was black as coal,
the other of ashen hue –
as they plucked grass
by the roadside
delightfully unaware
of their newfound
admirers.

Both had big flappy ears
that moved to and fro
as if nature had
placed them there
not merely for hearing
but to mark time
to some fairy music
unheard by humans!

We gazed at
these wonderful creatures
whose very appearance
so mild and quiet
calm and contented
spoke peace, PEACE
P E A C E
far more loudly
and more meaningfully
than man –
who rules them
and this world . . .
whose pathetic
peacemaking
must make
them laugh!.

EAMONN MURTAGH





Anointing mass

Friday 24 February

The LORD is my
strength and my shield;

My heart trusts in Him,
and I am helped;

Therefore my heart
exults, And with my
song I shall thank Him.

The LORD is their
strength,

And He is a saving
defense to His anointed.

Psalms 28:7-8





Loaves and fishes

SHARING LUNCH AFTER MASS

Friday 24 February



Sts. Perpetua and Felicity

Saints Perpetua and Felicity were Christian martyrs who lived during the early persecution of the Church in Africa by the Emperor Severus.

In the year 203, Vivia Perpetua, a well-educated noblewoman, made the decision to follow the path of her mother and become a Christian, although she knew it could mean her death during the persecutions ordered by the Emperor Severus. Her surviving brother (another brother had died when he was seven) followed her leadership and became a catechumen as well, meaning he would receive instruction from a Catechist in the Catholic Christian faith and be prepared for Baptism. Her pagan father was frantic with worry and tried to talk her out of her decision. At 22-years-old, the well-educated, high-spirited woman had every reason to want to live – including a baby son whom she was still nursing. We know she was married, but since her husband is never mentioned, many historians assume she was already a widow.

Perpetua's answer was simple and clear. Pointing to a water jug, she asked her father, "See that pot lying there? Can you call it by any other name than what it is?" Her father answered, "Of course not." Perpetua responded, "Neither can I call myself by any other name than what I am – a Christian." This answer upset her father and he attacked her. Perpetua reports that after that incident she was glad to be separated from him for a few days – even though that separation was the result of her arrest and imprisonment.

Perpetua was arrested with four other catechumens, including two slaves, Felicity and Revocatus, and Saturninus and Secundulus. Their instructor in the faith, Saturus, chose to share their punishment and was also imprisoned. Perpetua was baptized before taken to prison.

She was known for her gift of "the Lord's speech" and receiving messages from God. She tells us that at the time of her baptism she was told to pray for nothing but endurance in the face of her trials. The prison was so crowded with people that the heat was suffocating. There was no light anywhere and Perpetua "had never known such darkness."

The soldiers who arrested and guarded them pushed and shoved them without any concern. Perpetua had no trouble admitting she was very afraid, but during all this horror, her most excruciating pain came from being separated from her baby. The young slave, Felicity was even worse off, for Felicity suffered the stifling heat, overcrowding, and rough handling while being eight months pregnant.

Two deacons who ministered to the prisoners paid the guards to place the martyrs in a better part of the prison. There, her mother and brother were able to visit Perpetua and bring her baby to her. When she received permission for her baby to stay with her, she recalled, "my prison suddenly became a palace for me." Once more her father came to her, begging her to give in, kissing her hands, and throwing himself at her feet. She told him, "We lie not in our own power but in the power of God."



STs. PERPETUA and FELICITY

When she and the others were taken to be examined and sentenced, her father followed, pleading with her and the judge. The judge, out of pity, also tried to get Perpetua to change her mind, but when she stood fast, she was sentenced with the others to be thrown to the wild beasts in the arena.

The feast day of Saints Perpetua and Felicitas, 7 March, was celebrated across the Roman Empire and was entered in the Philocalian Calendar, the 4th-century calendar of martyrs venerated publicly in Rome. When Saint Thomas Aquinas's feast was inserted into the Roman calendar, for celebration on the same day, the two African saints were thenceforth only commemorated.

The Tridentine Calendar, established by Pope Pius V, continued to commemorate the two until the year 1908, when Pope Pius X brought the date for celebrating them forward to 6 March. In the 1969 revision of the General Roman Calendar, the feast of Saint Thomas Aquinas was moved, and that of Saints Perpetua and Felicity was restored to their traditional 7 March date.

Other Churches, including the Lutheran Church, Church of England and the Episcopal Church, commemorate these two martyrs on 7 March.

INTRODUCING Kirsty Vera



On 20 February we formally welcomed Kirsty to the parish office team. Kirsty will work one day a week as the Finance Officer.

Kirsty comes to us from teaching and has embarked on a change in direction in her working career. Kirsty is currently studying Accounting and Bookkeeping at CIT.

Kirsty and her husband Xavier have three children, Nicolas, Gabby, and Tessa. If you call into the office on a Tuesday say hello and introduce yourself to Kirsty, however the 8:30am mass attendees would probably already know her.

We wish Kirsty well in her studies and her time in the parish office.



Yield to love

There are some days when we
are wrinkled clothes,
washed out or sopping wet;
oh, if only
we could be pegged and hung up
in the sunshine for a while
the next time we're spat out.
Who knows, if we yield to love
like little Thérèse of Lisieux,
we may be yet.

And then when our Lover
lifts us off the line,
we'll be wrinkle free,
fragrant and refreshed –
ready for the winding road
and skies that are sublime.

SHANE MURTAGH

Feast of the Presentation of Jesus in the Temple



The feast of the Presentation of the Lord is also traditionally known as "Candlemass". The tradition celebrating this feast with lighted candles developed from the 5th century. The lit candles symbolized Simeon's prophecy that Jesus would be "a light for revelation to the Gentiles." Parishioners bring their prayer candles for the coming year to have them blessed on the celebration of this feast.







February Baptisms

We welcome into the SJA Community of the Body of Christ
the following children were baptised during the month of February.

Ollie Commbe son of Warwick and Nicole

Xavier O'Donnell son of Conor and Amanda

William Okeke son of Aloysius and Favour

Joey Sterner son of Karel and Monique

Neve and Rowan Anthony children of Cijo and Melissa

FEBRUARY Death notices



Nicholas Roots

6 DECEMBER 1988 –
31 JANUARY 2023

Eternal rest grant unto
him, O Lord,

and let perpetual light
shine upon him.

May he rest in peace.

Amen

Farewell

MARIE MURPHY 7 June 1947–25 January 2023

I have known Marie Murphy for many years. In the early 2000's Marie and I attended a parish spiritual renewal. We were in the same group together and I felt a special bond with Marie.

It wasn't until some years ago, after Marie had suffered a stroke that we began meeting monthly for coffee with Denise Smith (RIP)

and Mary O'Brien. Marie was a very intelligent person, being an ANU graduate and much experienced in her working life. She continued her interest at the "University of the Third Age" by doing conversational French and cryptic crosswords. Her health and mobility did decline over the years and she had spent periods of time in hospital.

Marie continued to attend our coffee meets and Mary and I enjoyed our long conversations with her.

It has been a great privilege and blessing to have known Marie and Mary and I will miss her.

Rest in peace, Marie.

Jan Biggs

Marie Murphy and Inclusive language

Marie was one of four parishioners who, for three years, worked on the Sunday Mass readings changing their text into inclusive language.

This started during the three years that Fr Chris McPhee was our PP (2002–2004) and continued until 2007 with Michael Fallon and Peter Wood.

The group consisted of Judy Kenny, Paddy Mahony, Marie Murphy and Mary French and they met regularly in the parish library and together discussed and decided on the presentation for the coming weekend's readings.

The texts that the group produced were used until the official Church changes were established in 2011.

Marie was an enthusiastic and dedicated contributor, serious about the task, adding her considerable intelligence to the mix and gently accepting of the resulting consensus.

It was very much a lay person's approach to the biblical texts but done with enthusiasm and reverence and considered by the participants as a great honour because they were bringing the Mass closer to the community of which they were a part. They became good friends as a result of sharing in that ministry.

Mary French

MARCH 2023

1	Wednesday		
2	Thursday	Gethsemane Adoration – Contemplative Prayer with the Blessed Sacrament @7:30pm–8:30pm	
3	Friday	Meditation @ 5:15pm – Parish Library	
4 & 5	Saturday Sunday	2nd Sunday of Lent	
6	Monday	Spark Ginninderry 8 week Training Program commences	
7	Tuesday		
8	Wednesday		
9	Thursday	Gethsemane Adoration – Contemplative Prayer with the Blessed Sacrament @7:30pm–8:30pm Parish Pastoral Council @7:00–8:30pm Parish Centre	
10	Friday	Meditation @ 5:15pm – Parish Library	
11 & 12	Saturday Sunday	3rd Sunday of Lent	
13	Monday		
14	Tuesday		
15	Wednesday		
16	Thursday	Sacrament of Penance for the children of the parish 6:00pm Gethsemane Adoration – Contemplative Prayer with the Blessed Sacrament @7:30pm–8:30pm	
17	Friday	Meditation @ 5:15pm – Parish Library Men’s Group @ 6:30pm – Parish Centre	
18 & 19	Saturday Sunday	4th Sunday of Lent Time • Talent • Treasure Commitment Sunday	
20	Monday	Provincial Council meeting Fr Kimi away	Pins & Needles @ 7:15pm Parish Library
21	Tuesday		
22	Wednesday		We welcome Fr. John Bosman msc
23	Thursday		Gethsemane Adoration – Contemplative Prayer with the Blessed Sacrament @7:30pm–8:30pm Liturgy Team Meeting @7:30pm
24	Friday	Anointing after 9:30 am mass Meditation @ 5:15pm – Parish Library Film Night @ 7:30pm – <i>The Boy in the Striped Pyjamas</i>	
25 & 26	Saturday Sunday	5th Sunday of Lent	
27	Monday	Sacrament of Confirmation formation session for parents 7:00pm – 8:30pm	
28	Tuesday	Women’s Breakfast @ 7:30am – Bean Origin Belconnen	
29	Wednesday		
30	Thursday	Gethsemane Adoration – Contemplative Prayer with the Blessed Sacrament @7:30pm–8:30pm 1st Rite of Reconciliation available during Adoration	
31	Friday	Meditation @ 5:15pm – Parish Library	