



**TO BE ON EARTH THE HEART OF GOD**



**ST JOHN THE APOSTLE PARISH - KIPPAX ACT  
JULY 2024**



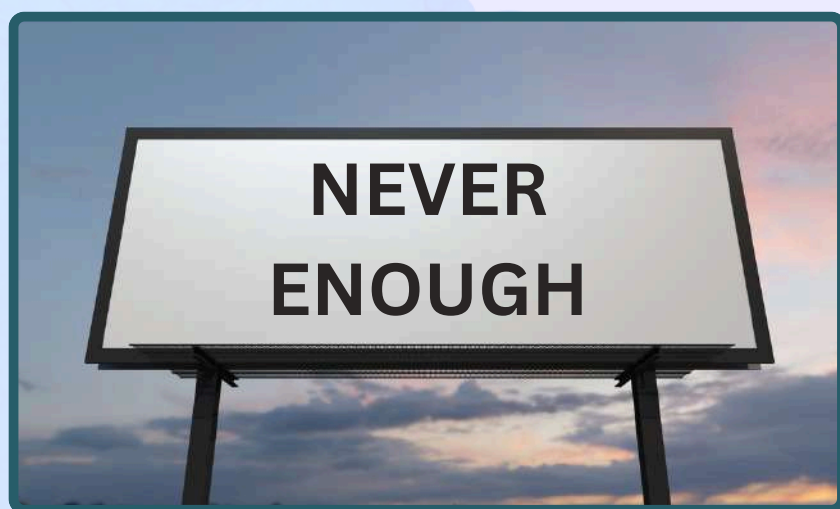
# *Time for Reflection*



## **God's Grace is Sufficient for us.**

We live in an era of "not enough."

- There are not enough hours in the day.
- There is not enough time.
- There is not enough water.
- There are not enough daylight hours.
- There is not enough food.
- I didn't get enough sleep.
- I don't get enough attention.
- I don't have enough relaxation time.
- I don't have enough money.
- I don't have enough friends.
- I am not good enough.
- We don't have enough profits.
- We are not thin enough.
- We are not smart enough.
- We are not pretty enough.
- We are not fit enough.
- We are not successful enough.
- We are not famous enough.

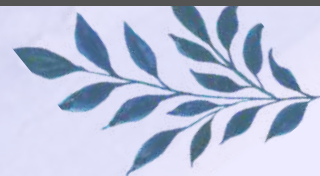


Much of our time is spent hearing, explaining, complaining, or worrying about what we don't have enough of. The fundamental human anxiety about scarcity feeds the fear that we are not enough or do not have enough to meet our needs or the needs of others.

But what if life wasn't about having "enough" but about embracing sufficiency? Sufficiency isn't a quantity or amount of anything. It is an experience, a mindset we generate, a declaration, a belief that there is enough, and that we are enough. Sufficiency is a consciousness, an attention, an intentional way of thinking about our circumstances.

Sufficiency is a perspective we bring forth from within that reminds us that if we look around and within ourselves, we will find what we need. There is always enough. When we live in the context of sufficiency, we find a natural freedom and integrity. We engage in life from a sense of our own wholeness rather than a desperate longing to be complete. We feel naturally called to share the resources that flow through our lives – our time, money, wisdom, energy – at whatever level those resources exist.

## *Time for Reflection*



Sufficiency is the truth. It is a place to stand, a perspective that generates a completely new relationship with life, with money, and with everything that money can buy. Sufficiency is about recognizing and appreciating what we already have.

Jesus told St Paul, "**My grace is sufficient for you**", (2 Cor. 12:9). This statement offers a profound reassurance that counters the fear of not having enough. Jesus' words redirect our focus from our perceived deficiencies to God's abundant grace.

The world often measures sufficiency in terms of material wealth, power, or personal achievement. Jesus, however, redefines what it means to be sufficient. His grace provides for our deepest needs—spiritual, emotional, and even physical—showing that divine sufficiency transcends worldly measures. Embracing the sufficiency of God's grace can lead to a deep sense of contentment and peace. When we trust that God's grace is enough, we can let go of the anxiety and striving that often accompany feelings of not having enough.

Understanding that God's grace is sufficient can also give us confidence to pursue our purpose and calling without fear of inadequacy. It assures us that we have what we need to fulfill the tasks and roles God has set before us, as God's grace equips and empowers us.

Make a commitment to live in sufficiency, acknowledging that what you have is enough. Commit to not buying any non-necessary items for six weeks and see how your perspective shifts.



*Earth provides enough to  
satisfy every man's needs, but  
not every man's greed.*

~ Mahatma Gandhi ~



# EDITOR'S NOTE

This month, we had the pleasure of welcoming Archbishop Christopher Prowse to our parish for a pastoral visit. On Saturday, 6 July, the Archbishop met with members of St. John the Apostle Pastoral Council, Finance Council, Liturgy Team, SJACare, Catechists, along with parishioners from St. Thomas Aquinas Parish. He discussed the integration of the two parishes under the pastoral ministry of the Missionaries of the Sacred Heart of Jesus. Following the meeting, we enjoyed a delightful lunch, which you can see depicted on page 6. Later this year, we will hold a parish assembly to explore how the MSCs can best provide pastoral care for both parishes.

I attended an MSC Parish Formation Team meeting in Melbourne on the weekend of July 20-21. As a team, we conduct Heart Spirituality retreats in various parishes. Our next retreat will be at Our Lady of the Sacred Heart Parish in Randwick this November. This weekend was spiritually renewing and a blessed time for me and the other members of the team, Fr. Dominic Gleeson msc, Narita Perrotta, and Rev Deacon Michael Hangan.



Fr. Chung spent the last two weeks of July in Vietnam attending a discernment gathering with the Vietnamese MSC community. He had a couple of free days to catch up with family before the commencement of the meeting, photos of his visit are on page 8. On his return home, Fr. Chung will immediately begin his annual retreat and is expected to return to the parish on 9 August.



In August, we will welcome Fr. Roger Purcell msc, the director of MSC Missions, who will be with us during the weekend of 4-5 August. MSC Missions performs outstanding work in the Pacific region, which relies on financial support from within the MSC communities. We look forward to his visit and hearing news from the missions.



The front cover photo was taken by Fr. Chung, it was a prayer focus for their discernment meeting and captures the essence of vulnerability and hope. If there are any budding photographers who have photos that we could use on the front cover of KIT we would love to receive them.

*Blessings*

*Marian*

## Baptisms

We welcome into the SJA Community Body of Christ.

The following children were baptised during the month of July:

*Milo and Rudy Ligana  
children of Bradley & Lauren*



Congratulations to Daniel Sanchez who received both the Sacraments of Penance and Eucharist in July.

## Infused with Divinity

It was the sabbath  
and at the synagogue  
in Nazareth they gathered;  
one of their own, a young man,  
astonished them with his teaching,  
for he talked like one who lived what he  
spoke –  
with utter conviction.  
‘Who is this?’ they marvelled.  
‘How can he work miracles?  
And from whence did he receive such  
wisdom?  
His name is known far and wide, this  
Jesus,  
this man who sounds like a prophet.’  
‘But is he not a carpenter?’  
someone countered.  
‘One whose relatives are here among  
us?  
He is no more than you and me –  
an ordinary human.’  
And so they rejected the son of Mary,  
the one not without honour  
except in his hometown,  
the one whose flesh and blood are  
infused with divinity.

**Shane Murtagh**





# Archbishop Christopher Prowse's Pastoral Visit





# Christmas in July



*we wish you*  
**PEACE**



The SJA Men's Group and their friends celebrated Christmas in July this month. An extra special thank you to the Puniards for organising, to Rod for his singing and to all who attended and made the night a fun and enjoyable one!



# Fr. Chung in Vietnam



Fr. Chung celebrating mass in his home parish assisted by 9 altar servers



Vietnam gathering mass



Hanging out with confres



MSC Vietnam Meeting



Family birthday celebrations



# Recipe CORNER

At the Anointing Mass lunch last month there were a few requests for the recipes of the meals served. We've included the Fish Curry here for you to try, and next month we will include the Chicken and Vegetable bake recipe.



## FISH CURRY with COCONUT MILK

- 2 tablespoons coconut oil, plus extra for frying
- 1 tablespoon mustard seeds
- 1 onion, finely chopped
- 4 garlic cloves, chopped
- 2 teaspoons finely grated ginger
- 15-20 fresh curry leaves
- ½ teaspoon turmeric powder
- 1 teaspoon chilli powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 2 tomatoes, chopped
- 1 mild red chilli, finely chopped
- 400 ml coconut milk
- 600 -800g skinless, firm, white fish



- 1.Heat the coconut oil in a heavy based frypan over medium heat. Add the mustard seeds and cook 30 seconds or until they pop. Add onion, garlic, ginger and half the curry leaves and stir until the onion is soft.
- 2.Add the spices and stir for 1 minute, or until fragrant.. Add tomatoes, chilli, coconut milk and 125ml water. Bring to a simmer, cover and cook for 10 minutes.
- 3.Add fish and remaining curry leaves, cover and simmer for 6-7 minutes or until fish is just cooked through. Season with salt and pepper.
- 4.Serve with steamed rice and chopped coriander.

- Recipe from Adam Liaw – ‘The Cook Up’ (SBS)
- Serves 4
- Can use tinned tomatoes
- Sauce can be made ahead, reheated and fish added at the last 6-7 minutes.

# Bon Appetit!



The Season of Creation is the annual Christian celebration to pray and respond together to the cry of Creation: the ecumenical family around the world unites to listen and care for our common home. The "Celebration" begins on 1 September and concludes on the Feast of Saint Francis of Assisi (4 October), the patron saint of ecology beloved by many Christian denominations.

An ideal way to participate in the Season of Creation is to understand Pope Francis' new Apostolic Exhortation on the climate crisis, *Laudate Deum*. There are a couple of copies of this Exhortation in the library for you to browse or borrow.

[https://www.vatican.va/content/francesco/en/apost\\_exhortations/documents/20231004-laudate-deum.html](https://www.vatican.va/content/francesco/en/apost_exhortations/documents/20231004-laudate-deum.html)



## Caritas Australia's Women for the World Appeal

Support women to lift their families and communities out of poverty. With your support Memory completed vocational training and became the first female carpenter from her village in Malawi. More women and girls need this support to break the cycle of poverty. You can create real change for women like Memory.

Donate online at: [www.caritas.org.au](http://www.caritas.org.au)





# World Day for Grandparents and the Elderly

## July 28 2024

### ‘Do not cast me off in my old age’

In February, the Holy See Press Office Bulletin announced the theme chosen by the Holy Father for the next World Day for Grandparents and the Elderly, to be celebrated on 28 July 2024 in all dioceses around the world.

In this regard, the prefect of the Dicastery for the Laity, Family and Life, Cardinal Kevin Farrell, said:

“I am deeply grateful to the Holy Father for choosing as the theme for the Fourth World Day for Grandparents and the Elderly the verse from Psalm 71: **‘Do not cast me off in my old age’**. It is the ‘prayer of an elderly person’, reminding us that loneliness is an unfortunately widespread reality that afflicts many elderly people, who are often victims of the throwaway culture and considered a burden on society. Pope Francis urges us to all contribute to the development of a more compassionate and just society, one that does not fail to respect, recognise and champion the wisdom and grace of elders in our families, our parishes and the wider community.

From <https://www.vatican.va/content/vatican/en.html>



May the Lord bless all grandparents and elderly members of our parish,  
St John the Apostle Kippax.

# Social Justice Sunday

## 25th August



In the 2024 – 2025 Social Justice Statement, *“Truth and Peace: A Gospel Word in a Violent World”*, Australia’s Bishops scrutinise the signs of our own troubled times, observe the violence around us, and ask why it is so. They also ask what is needed if there is to be peace.

The Statement will be released on 20 August, so keep an eye out for it in next month’s KIT.

### Cry of the Earth

**“What kind of world do we want to leave to those who come after us, to children who are now growing up?”**

# National Child Protection Week

## 1-9 September

This year National Child Protection Week will continue to champion the message **‘Every child in every community needs a fair go’**.

This message is complimented by the theme: **‘Every conversation matters.’**





# Pope Francis' Prayer Intention

## August 2024

### For political leaders

During the month of August, Catholics are asked to pray that political leaders “be at the service of their own people” and also that they work for the common good, integral human development, and take care of those who have lost their jobs.



## The Snail

That gastropod with  
spiral shell – his house  
he carries all the while  
upon his back  
and moves about with  
slow but steady pace  
as if in judgement of  
this frenzied world –  
he tells us with each  
fibre of his being  
that all our haste,  
our fussiness and huff,  
are but a symptom of  
futility and waste of energy  
that could be better used  
in making slow but steady  
progress towards more  
worthwhile ends . . .  
and these we alone can  
fathom out, for we who hold  
the helm chart the course  
across an ocean – calm and rough;  
the snail in counsel urges,  
‘Steady as she goes!’

# ST JOHN THE APOSTLE PARISH

## SAFEGUARDING COMMITMENT

St John the Apostle Parish is committed to safeguarding and upholding the dignity and rights of all 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 centre of all of our thinking and action.

### PARISH SAFEGUARDING VOLUNTEERS

The role of the Parish Safeguarding Volunteer is to be an additional point of contact in the Parish on matters relating to the safeguarding of children, young and vulnerable people, complementing the roles of the Parish Priest and Parish Secretary. They can provide advice on how complaints can be made, and forward concerns, relating to the protection safeguarding of children, young and vulnerable people within the Parish to the Institute for Professional Standards and Safeguarding Manager.

Jenny McGee and Carl Madsen – [safeguarding.kippax@cg.org.au](mailto:safeguarding.kippax@cg.org.au)



We love to celebrate mass with the children and vulnerable people of our parish.  
Safeguarding and care is everyone's responsibility.

### KIT @ Kippax

KIT is produced for the St John the Apostle Catholic Community from contributions submitted by parishioners. Send submissions to [kippax@cg.org.au](mailto:kippax@cg.org.au)

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# JOIN US AT ST JOHN'S!

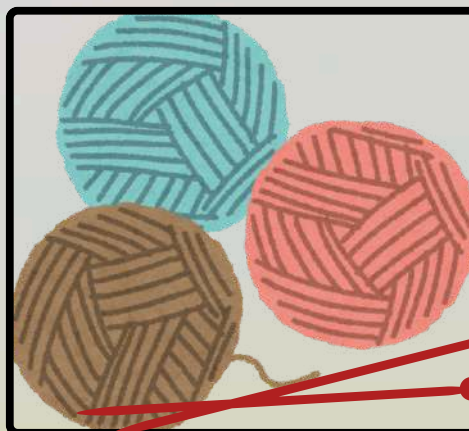


Women's Breakfast  
4th Tuesday of the month

Friendship Group  
Last Wednesday of the  
month



Movie Night  
4th Friday of the month



Pins & Needles  
3rd Monday of the month



Men's Group  
3rd Friday of the month



Community Connections  
3rd Sunday of the month

## AUGUST 2024



1	Thursday	<b>Gethsemane - Prayer with the Blessed Sacrament 7:30pm</b>
2	Friday	<b>First Friday of the month - Mass of the Sacred Heart</b> Meditation – 5:30pm – Parish Library
3	Saturday	<b>MSC Missions - Fr. Roger Purcell msc Visit</b>
4	Sunday	<b>Eighteenth Sunday in Ordinary Time Year B</b>
5	Monday	Bank Holiday
6	Tuesday	
7	Wednesday	
8	Thursday	<b>Feast of St Mary Mackillop - 9:30 mass followed by morning tea</b> Finance Council Meeting 11:00am PPC meeting 7:30pm
9	Friday	Parish Priests, Principals & REC's retreat day Meditation – 5:30pm – Parish Library
10	Saturday	
11	Sunday	<b>Nineteenth Sunday in Ordinary Time Year B</b>
12	Monday	
13	Tuesday	Community Connections – Coffee Ichi café Kippax 2:00pm
14	Wednesday	
15	Thursday	
16	Friday	Meditation – 5:30pm – Parish Library Men's group – Parish Centre 6:30pm
17	Saturday	
18	Sunday	<b>Twentieth Sunday in Ordinary Time Year B</b> Acolyte Formation session – 2:00pm Church Community Connections – Parish Centre 4–5:30pm
19	Monday	Pins & Needles – Parish Library 7:15pm
20	Tuesday	
21	Wednesday	
22	Thursday	
23	Friday	Meditation – 5:30pm – Parish Library Movie Night – Parish Library 7:00pm
24	Saturday	
25	Sunday	<b>Twenty-first Sunday in Ordinary Time Year B</b> <b>Social Justice Sunday</b>
26	Monday	
27	Tuesday	Women's breakfast – Bean Origin café 7:30am
28	Wednesday	SJA Friendship group 9:30am mass followed by morning tea in the parish centre.
29	Thursday	
30	Friday	Anointing after 9:30am mass Meditation – 5:30pm – Parish Library
31	Saturday	