



TO BE ON EARTH THE HEART OF GOD



**ST JOHN THE APOSTLE PARISH - KIPPAX ACT
JULY 2025**

Time for Reflection

Mind, Body, Spirit: The Sacred Rhythm of Sleep

Sleep is one of the most underrated elements of holistic wellbeing. In the rhythm of our lives, it is often the first to be sacrificed in the name of productivity, busyness, or distraction. Yet the simple truth remains: adequate sleep is essential—for the peace of our minds, the health of our bodies, and the vitality of our spirits.

We live in a culture that prizes doing over being. Rest is often equated with laziness. But sleep is not a luxury; it is a sacred necessity. When we sleep, the mind can process, integrate, and heal. Memory is consolidated. The emotional storms of the day are gently soothed. Without sufficient sleep, our capacity to think clearly and respond compassionately diminishes. Irritation, anxiety, and even depression can creep in when we are chronically sleep-deprived. A consistent lack of rest may even contribute to serious mental health conditions over time.

Physically, the toll is just as profound. The body undergoes vital repair during sleep—tissues regenerate, muscles rest, the heart slows down, and the immune system is strengthened. Studies consistently show that those who sleep less than seven to eight hours a night are more prone to illnesses, from the common cold to more serious conditions like cardiovascular disease and diabetes.

But what about the soul?

Sleep is a spiritual act. When we surrender to sleep, we relinquish control. We let go. In doing so, we enter a sacred space where the soul is free to be nourished and renewed. Dreams become messengers. Silence becomes a sanctuary. Whether we are aware of it or not, sleep is a time of spiritual recharge. It reconnects us with something deeper than ourselves, preparing us to rise with a renewed sense of purpose and joy.

So many ancient traditions understood this. The rhythm of rest was built into the very structure of life—Sabbaths, siestas, and sacred nights. In Christian spirituality, sleep is even seen as a symbol of trust in God's providence: "In peace I will lie down and sleep, for you alone, O Lord, make me dwell in safety" (Psalm 4:8).

If we truly desire to live in balance—mind, body, and spirit—then sleep must be honoured as the foundational practice it is. It's not merely a passive state. It's active healing. It's deep connection. It's the beginning of joy.

You deserve it. Eight hours a night. Every night.

Let your rest be as intentional as your work. Let your dreams be as sacred as your prayers. And let your sleep be the silent sanctuary where your soul is restored.



Garden talk

*There's beauty all about for us to see;
a garden laden down with fruit and flower
whose murmurings betoken daily praise.*

*The bells, the birds, the bushes and the trees
ring out their songs of ecstasy and love
and make this world another Paradise.*

*If we but listen we can hear the notes
of nature's beings to their Maker strong:
they are the tones of harmony and peace.*

*Love's own sweet music from the flowers and trees
and every living thing that He has made
that grows and graces Mother Earth,*

*their raiment flashing like the stars above
and in the summer sun each day they play
a symphony of beauty to their God!*

Eamonn Murtagh

EDITOR'S NOTES

Over the past few months, our parish has been exploring the possibility of establishing a Mental Health Ministry—a space where individuals and families affected by mental illness can feel genuinely welcomed, supported, and embraced. This initiative aligns with Pope Francis' call for parishes and dioceses to normalise conversations around mental health and to dismantle the stigma that too often surrounds it. He has spoken openly about receiving psychoanalytic treatment for anxiety during his time in Argentina, reminding us all that vulnerability is not a weakness but a shared human experience.

Pope Francis consistently challenged the “throwaway culture” that neglects the most fragile among us. Instead, he urged the Church to become a place of compassion, where those suffering from mental distress are treated with dignity, love, and spiritual accompaniment.

As we take our first steps in shaping this ministry within our own parish, we begin with awareness. True health embraces the whole person—body, mind, and spirit. This month's reflection focuses on the vital role of sleep in our overall well-being. When we tend to our need for rest, we honour the sacred rhythm of life that God has woven into our being. Mental Health is also featured on pages 8 & 9.

In Parish Life This Month

From 7–12 July, Frs. Tru and Chung participated in the MSC retreat *Gifted & Blessed* at Douglas Park. On 22 July, Fr. Chung departed for Vietnam, where he will assist in facilitating the same retreat for Vietnamese MSCs. We keep him in our prayers and look forward to his return on 8 August.



Looking Ahead to August

Fr. Tru will be on annual leave from 7–14 August. During his absence, we will be joined by Fr. Kimi, who will celebrate Masses with us over that weekend. We will also celebrate the Feast of the Assumption on Friday 15 August—a Holy Day of Obligation and one of the most significant Marian feasts in the liturgical calendar, alongside Christmas.

As a community of faith, we honour Mary's glorious entry into heaven, body and soul.

Blessings

Marian

Baptisms



We welcome into the SJA Community
Body of Christ.

The following children were baptised during the month of July:

Ariel Cerda ~ daughter of Alejandra & Franco

Alexandra Lai ~ daughter of Jenna & Timothy

Weddings

Leander D'Cruze and Claire Kennedy-Spencer

18 July

Funerals



Thanh Chung Phan
15 Oct 1954 - 20 June 2025



Helen Dodds
31 May 1938 - 25 June 2025

Congratulations to Fr Tru



*On the 10th anniversary of your ordination.
24 July*

“Were not our hearts burning within us
while he talked with us on the road
and opened the Scriptures to us?” Luke 24: 32



beauty in the details



A heartfelt thank you to the ladies who keep our parish looking beautiful and welcoming with fresh flowers every week.



MENTAL HEALTH ● MINISTRY



"I never found the companion that was
so companionable as solitude"

Henry David Thoreau

Solitude is important for creativity, self-understanding,
and psychological well-being.

Below are some activities or practices that may help you feel fulfilled or
recharged when you are alone.

Creative Practices

- Journaling or expressive writing – clarifying thoughts, emotions, and desires.
- Sketching, painting, or collage – exploring inner landscapes visually.
- Playing an instrument or composing music – expressing what words cannot.
- Creative movement or dance – embodying emotion and freedom.
- Photography walks – noticing beauty in small or ordinary things.
- Gardening or tending to plants – creative and contemplative engagement with life.

Practices for Self-Understanding

- Silent meditation or centring prayer – cultivating presence and awareness.
- Reflective reading (e.g., poetry, scripture, philosophy) – allowing words to speak inwardly.
- Mindful walking in nature – connecting body, breath, and landscape.
- Solitude retreats – time away for listening deeply to one's soul.
- Dream journaling – uncovering insights from the unconscious.
- Examining one's life through the lens of questions (e.g., "What truly matters?").

Well-being & Restorative Activities

- Bathing rituals or self-care routines – slowing down and honouring the body.
- Listening to music that moves your spirit – allowing feelings to flow freely.
- Decluttering or arranging space – creating external harmony to support inner peace.
- Cooking or baking mindfully – engaging all the senses with care.
- Drinking tea or coffee slowly and intentionally – a pause of sacred stillness.
- Napping or resting in stillness – allowing the nervous system to reset.

Spiritual Nourishment

- Contemplative prayer – being with God in silence.
- Lectio divina – slow, prayerful reading of sacred text.
- Gratitude practice – naming what is good, even in solitude.
- Writing letters to God, self, or others (never sent) – making space for what longs to be said.

MENTAL HEALTH WEEK

- **Date:** 5th to 11th October 2025.
- **Theme:** "Community".
- **Focus:** Encouraging connection and support within communities to promote mental health and well-being.

We will be holding a number of activities during this week.

KAIROS OUTSIDE FOR WOMEN

Kairos Outside is an ecumenical Christian Prison Ministry and is designed to support women who have been impacted by incarceration. It is often said by those in prison “We do the crime, but the family does the time”. Often the families, especially the women, are the forgotten victims of someone else’s crime. This is why Kairos Outside reaches out to the family and friends of inmates, saying “You are not alone.”

The team on Kairos Outside for women provides a safe environment over a weekend, at no cost, where guests are given an opportunity to interact with other women without shame or judgement. This time allows these women, perhaps for the first time, to explore and experience unconditional love and support. And it helps them meet other women who really understand their situation.



2025

**Our next weekend is on
24th, 25th, 26th October 2025.**

If you wish to talk to someone about Kairos in relation to more information, volunteering or attending the weekend please call **Sandy Moore 0421 311 626**. Pamphlets are available.



LONELINESS AWARENESS WEEK

4-10 August 2025

www.lonelinessawarenessweek.com.au

MOMENTS MATTER

Making friends or forming connections takes time and effort, but it often starts with a small moment. A quick hello, a chance encounter, an act of kindness, a compliment, a shared experience or interest, a new hobby or even a funny story – these small but meaningful interactions matter. They spark conversation and help us feel seen and valued.

A sparrow

Like an extraterrestrial,
it is blissfully oblivious
to human pride, folly, sin
and achievement;
all in all, it's just a little bird
flitting from tree to tree
fast as an arrow.

'Tis that precious creature
of which Jesus painted a picture -
that curious being
known as a sparrow.
And as I watch it, a fellow pilgrim
on my own journey,
I wonder what it is thinking.

Unaware that it is constantly
under our Father's care,
it nonetheless leads
a simple life of praise,
sampling its Creator's delights,
caring and providing for its kin,
nesting and reveling in the heart
of creation throughout its days.

Like us, it doubtless has its share
of joys and sorrows;
even so, it serves as a reminder
that love is more than enough,
that the hairs on our heads
are all numbered
and, therefore, that we need fear not,
for as our Lord likes to remind us:
We are of more value than many sparrows.

YCS Canberra is hosting a trivia night on
August 17th

YCS TRIVIA NIGHT

JOIN US FOR A FUN TRIVIA
NIGHT WITH MUSIC AND FOOD

AFTER 6PM MASS · ST JOHN THE APOSTLE PARISH
HALL · 25 BLACKHAM ST. HOLT ACT 2615 · \$5
ENTRY + DONATIONS · ALL DONATIONS MADE GO
TOWARD KARINYA HOUSE

bring a plate to share!

Pope Leo XIV's Prayer Intention

August 2025

For mutual coexistence

Let us pray that societies where coexistence seems more difficult might not succumb to the temptation of confrontation for ethnic, political, religious or ideological reasons.



Feast of the Assumption ~ Friday 15th August

○ Immaculate Mary, Assumed into heaven, you who are most blessed in the vision of God: of God the Father who exalted you among all creatures, of God the Son who willed that you bear Him as your Son and that you should be His Mother, of God the Holy Spirit who accomplished the human conception of the Savior in you. ○ Mary, most pure ○ Mary, most sweet and beautiful ○ Mary, strong and thoughtful woman ○ Mary, poor and sorrowful ○ Mary, virgin and mother woman very human like Eve, more than Eve. You are near to God by your grace and by your privileges in your mysteries in your mission, in your glory. ○ Mary, assumed into the glory of Christ in the complete and transfigured perfection of our human nature. ○ Mary, gate of heaven mirror of divine light ark of the Covenant between God and mankind, let our souls fly after you let them fly long your radiant path, transported by a hope that the world does not contain eternal beatitude. Comfort us from heaven, O merciful Mother, and guide us along your ways of purity and hope till the day of that blessed meeting with you and with your divine Son our Saviour, Jesus. Amen!

Saint Paul VI

From: <https://hallow.com/blog/feast-of-the-assumption/>



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

**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

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Front Cover by Fr. Tru Black Mountain from Mount Ainslie

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Join us at ST JOHN'S

**WOMEN'S BREAKFAST
4TH TUESDAY OF THE
MONTH**



**PINS & NEEDLES
3RD MONDAY OF THE
MONTH**



**FRIENDSHIP GROUP
LAST WEDNESDAY OF
THE MONTH**



**MOVIE NIGHT
4TH FRIDAY OF THE
MONTH**



**MEN'S GROUP
3RD FRIDAY OF THE
MONTH**



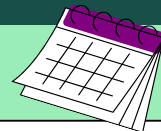
**COMMUNITY
CONNECTIONS
3RD SUNDAY OF THE
MONTH**



**YCS BELCONNEN
AUGUST 17TH 2025 ~ AFTER SUNDAY MASS AT 7:00-9:00
SEE. JUDGE. ACT.**



AUGUST 2025



1	Friday	First Friday - Mass of the Sacred Heart of Jesus Meditation 5:15pm - Parish Library
2	Saturday	
3	Sunday	18th Sunday in Ordinary Time
4	Monday	Bank Holiday - CDF closed
5	Tuesday	
6	Wednesday	
7	Thursday	
8	Friday	Feast of Mary MacKillop Meditation 5:15pm - Parish Library Film Night - 7:00pm Parish Library - Bruce Almighty
9	Saturday	
10	Sunday	19th Sunday in Ordinary Time
11	Monday	
12	Tuesday	Community Connections - Coffee @ Ichi Cafe 2:00pm
13	Wednesday	
14	Thursday	
15	Friday	Feast of the Assumption - Holy Day of Obligation Meditation 5:15pm - Parish Library Men's Group- Parish Centre - 6:00pm
16	Saturday	
17	Sunday	20th Sunday in Ordinary Time Community Connections - Parish Library - 4:00pm YCS Youth Trivia Night - Parish Centre - 7:00pm
18	Monday	Pins & Needles - Parish Library - 7:15pm
19	Tuesday	
20	Wednesday	
21	Thursday	Parish Pastoral Council - Parish Library - 7:00pm
22	Friday	Meditation 5:15pm - Parish Library
23	Saturday	
24	Sunday	21st Sunday in Ordinary Time
25	Monday	
26	Tuesday	Women's Breakfast - Bean Origin Cafe - 7:30am
27	Wednesday	SJA Friendship Group - Parish Centre - 10:15am
28	Thursday	
29	Friday	Anointing of the Sick - after 9:30am mass. Meditation 5:15pm - Parish Library
30	Saturday	
31	Sunday	22nd Sunday in Ordinary Time Social Justice Sunday