

TO BE ON EARTH THE HEART OF GOD



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

Time for Reflection

The Gift of Spiritual Joy

Joy is one of the fruits of the Holy Spirit, and it blossoms not because everything in life is perfect, but because God is present with us in all things. St. Paul reminds us in Galatians that joy, along with love, peace, and kindness, grows in us through the Spirit's work. During Advent, we are invited to open our hearts to this deeper kind of joy — not a passing feeling or mood, but a quiet strength rooted in God's unchanging love.

True joy is not dependent on what is happening around us. It doesn't fade when life gets difficult or when sadness visits our days. Instead, it flows from a deep awareness that God is with us — Emmanuel — even in the shadows. The saints knew this secret: that joy is not something we create, but something we receive when we surrender to God's presence. It is found not in getting our own way, but in discovering that life is not about us alone. It is about love — God's love working through us for the good of the world.

Advent is a season of waiting, but also of awakening. As we prepare our hearts for the coming of Christ, we are called to notice the signs of joy already present — in the kindness of others, in the beauty of creation, in moments of stillness and prayer. Jesus said, "These things I have spoken to you, so that my joy may be in you and your joy may be full" (John 15:11). This is the joy that no circumstance can take away — the joy that steadies us, comforts us, and gives us hope as we journey toward Christmas, when Love itself takes flesh among us.



EDITOR'S NOTES

November is always a month of remembrance and hope. It begins with the beautiful feasts of All Saints and All Souls, inviting us to hold in prayer all our faithfully departed loved ones.

Parishioners from both parishes participated in a pilgrimage walk on the 2nd November - feast of All Souls. Walking from St John's to St Thomas. The walk was followed by a BBQ lunch, the pilgrimage is featured on page 9.



On 15 November, we gathered for our Annual Remembrance Mass, a moving celebration in which we prayed for and gave thanks for the lives of those whose funerals we held during the past year. It was a grace-filled mass of quiet tears, and deep gratitude, followed by an enjoyable morning tea.

On 18 November, parents came together for the 2026 Sacramental Program Information Evening. We thank all who attended and look forward to accompanying our families as they prepare their children for the sacraments in the coming year.

The Friendship Group held their final gathering for 2025 on 26 November. There was much joy, shared stories, and anticipation for the new year as we look forward to joining together as a newly merged parish.



The month concluded with a gentle and enriching retreat, "Listening with a Hopeful Heart," held over the weekend of 29–30 November. Two reflective sessions were offered—Saturday afternoon at Charnwood and Sunday afternoon at Kippax—providing space for prayer, listening, and renewal. We thank Fr Khoi for his time and presence with us. Reflections on this retreat can be found on pages 10-11.

Our Youth Group has travelled to Melbourne for the Australian Catholic Youth Festival (ACYF) 2025, taking place from 30 November to 3 December. We pray for their safety, joy, and inspiration, and we eagerly await the stories and energy they will bring home.

We also began a Novena for the Unity of our New Parish on 30 November. as we entrust our parish future to Mary's care, we will pray the Memorare to Our Lady of the Sacred Heart concluding on 8 December, the feast of the Immaculate Conception.

Finally, please note that Friday 19 December, at the 9:30am Mass, will be a special moment for our parish. We will join together to farewell Fr Chung, who from 1 January 2026 will take on the Chaplaincy to Downlands MSC College, Toowoomba. I will also be completing my time of ministry at St John the Apostle Parish and will also be farewelled at this mass. All are warmly invited to attend and share this moment of saying thank you and farewell.



As we end this month of remembrance and step into the season of Advent, may we carry a hopeful heart and a spirit of unity into the weeks ahead.

Blessings
Marian



Vinnies Christmas Appeal



St Vincent de Paul Society
CANBERRA/GOULBURN
good works

Christmas is a time of joy, hope, love and peace. It is a time of thanksgiving and sharing with family and friends. However, for individuals and families facing a crisis in their lives, their Christmas has little joy or hope or peace. They are burdened with stress and despair, feeling vulnerable and lonely. Thankfully, love is there. When life changes for families and individuals in trouble, Vinnies is there with a hand up. It is the love for their family and themselves that drives those in crisis to reach out for help and hope. Love is returned through the help provided.



There is a beautiful line in the musical Les Miserable that explores the notion to love another person is to see the face of God. The Mission of the St Vincent de Paul Society is to serve Christ in the poor. God can be recognized in every person, not just in obvious displays of goodness but also in the stranger, the suffering, or the difficult person. In Vinnies we are called to serve the poor with love, respect, justice, hope and joy. We respect each person's dignity and gladly give them a share of our time and possessions.

Families and individuals in crisis are our companions. Vinnies conference members journey with our companions to guide them to a better place. This selection of phrases from Carey Landry's Companions on the Journey captures the essence of our mission to the poor and disadvantaged:

'The love we bear is the hope we share
We are fed and we are nourished by the strength of those who care
To act justly, to love tenderly and to walk humbly with our God
We believe in the love of our God.'

Companions in crisis

Over the past year we have been able to respond to a variety of crises in our companion's lives thanks to the material and financial support that we receive from our generous St John's parishioners and from other organisations. Here are some examples:

Loss of a secure home	<ul style="list-style-type: none"> · Provided guidance on homelessness and legal services · Helped re-homing – advocacy, counselling, information · Paid rent · Provided household goods and furniture · Provided food and food vouchers
Family and domestic violence	<ul style="list-style-type: none"> · Provided guidance on FDV support services · Provided household goods and furniture · Paid rent · Provided food and food vouchers
Unemployment	<ul style="list-style-type: none"> · Provided guidance on support services and training programs · Provided food and food vouchers
Bereavement	<ul style="list-style-type: none"> · Helped with transport costs · Provided food and food vouchers
Sickness	<ul style="list-style-type: none"> · Paid medical and pharmacy bills · Provided guidance on medical support services and programs
Cost of Living	<ul style="list-style-type: none"> · Provided guidance on government support programs and services for education, housing, health, transport, utilities and energy efficiency · Provided guidance on access to no interest loans · Provided guidance on access to low-cost food, clothing, household goods and pet care



Vinnies Christmas Appeal



St Vincent de Paul Society
CANBERRA/GOULBURN
get it work!

How you can help this Christmas?

The launch Vinnies 2025 Christmas Appeal at St John the Apostle Parish Kippax coincides with the beginning of Advent on the weekend of 29th and 30th November.

There are many ways that you give the gift of hope and help make Christmas a joyful celebration for companions in our community that are struggling financially, physically and emotionally due to a crisis in their life.

- Donate non-perishable food items for Christmas hampers by taking a Food Gift Card
- Buy a gift for a child by taking a gift card from the Christmas tree
- Help deliver hampers on Saturday morning 20 December
- Make a financial donation - cash or card.

Food Gift Cards

Five different food gift cards will be available after each Mass on 29th and 30th November and 6th and 7th December. Each card has four non-perishable food items for you to buy. Feel free to take as many different cards as you like. We will gladly accept other non-perishable food items as well. Donations of food can be left near the Christmas tree or in one of the Vinnies blue tubs in the church foyer by Sunday 14 December.



Gifts for Children

Gift cards for children will be hanging on the Christmas tree on the weekends of 29th and 30th November and 6th and 7th December. Each card includes the name and age of the child and their interests to guide you when selecting a gift. Please take only one gift card so that all those wanting to buy a gift can do so. Your gift should be returned unwrapped or placed in a gift bag with the gift tag from the Christmas tree attached showing the child's name. Please return the gift by Sunday 14th December.



Financial donations



You can help needy families at Christmas by making a cash or card donation after each Mass on Saturday 29th November and Sunday 30th November. We will accept donations on 6th and 7th December and 13th and 14th December as well. All donations over \$2 are tax deductible and receipts can be provided. Your donations help us to pay for supermarket gift cards which will be included in the hampers so that families can buy perishable items for their Christmas meals.

Hamper delivery

Hampers will be delivered on Saturday morning 20th December between 9 and 11. If you would like to help, please add your name, mobile number and preferred delivery time to the delivery sign-on sheet. Alternatively, contact Mike Blyth on 0419 818 410 and give him your contact details and delivery time preference.



Gifts of hope and joy

This year we expect to pack and deliver at least 60 hampers to families and individuals in the suburbs of Holt, Higgins, Latham, Macgregor and Strathnairn. More than half of these are for families with children. We expect to provide gifts to between 80 and 90 children.

Your generosity brings joy and peace at Christmas for Vinnies companions in our community especially those dealing with change due to a crisis. Your gifts send love and hope to these families, for which they are most grateful. On their behalf, we wish you a joyful and peaceful Christmas.

**Contact Mike on 0419 818 410
or other Vinnies members for more information.**

Thank you and wishing you a happy and holy Christmas

Soon . . .

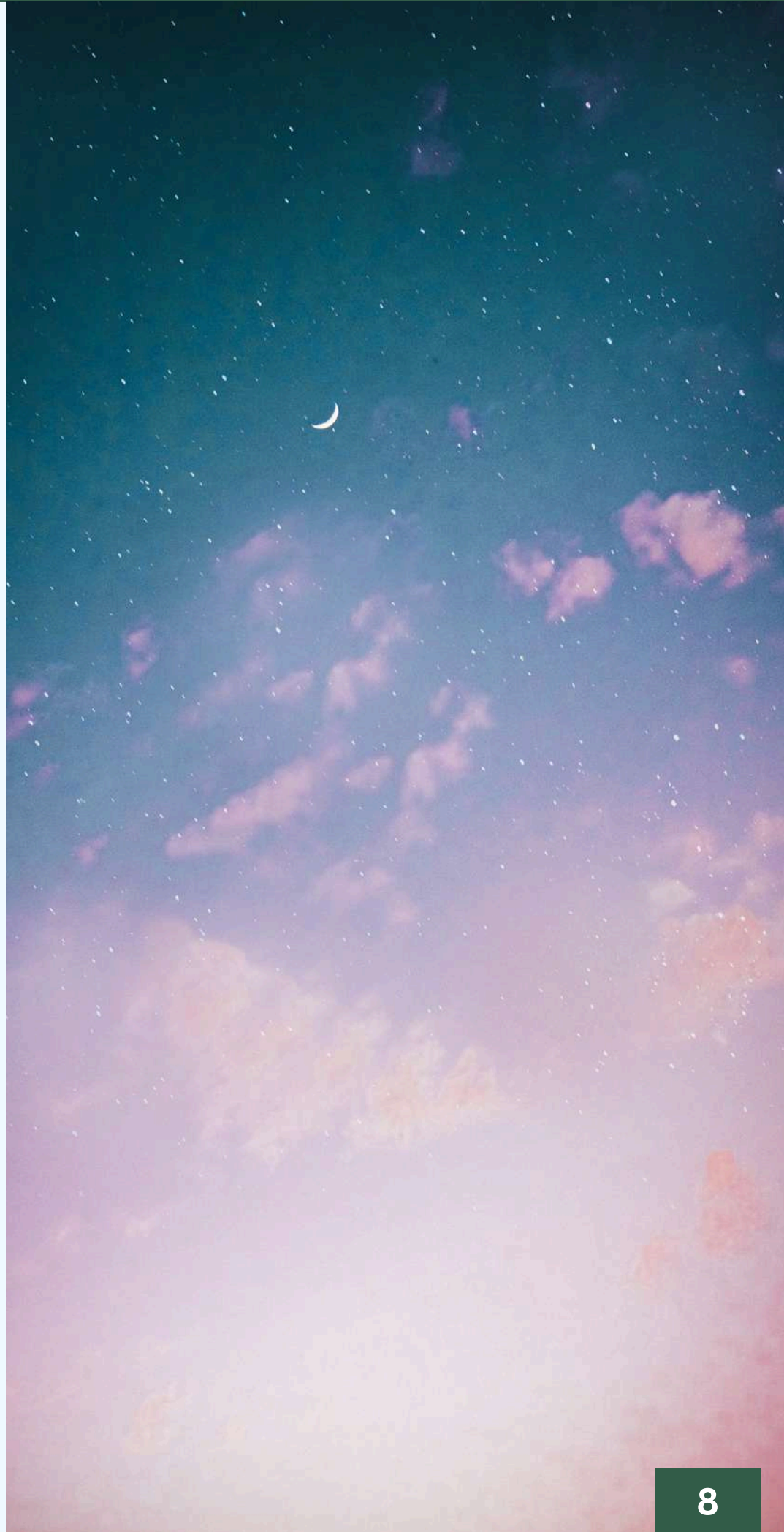
*From the time
we are born
till the time
that we die,
little bits
of heaven
light up
our sky –*

*Like a gentle
snow shower
with its blanket
of peace,
it sprinkles
our lives
with droplets
of love . . .*

*It envelops
our days
in calmness
and ease
with the sun
shining brightly
and softly
the breeze.*

*As our
consciousness
delves into
thoughts of
high noon,
we dream of
our heaven and
hope it comes
soon!*

Eamonn Murtagh



Year of Hope Parish Pilgrimage 2nd November 2025

The merging of two parish communities is a significant event and a complex process. The coming together of St John's Kippax and St Thomas Aquinas, Charnwood in a pilgrimage walk between the two churches on Sunday, 2nd November illustrated how a small, shared event can assist. The walk from St John's to St Thomas Aquinas presented the opportunity for people to socialise and share/develop friendships.

The fact that around 70 people participated has encouraged the possibilities of positive outcomes as well as to work to overcome any challenges that merging the two parishes may bring.

The BBQ lunch at the end created a relaxed, social atmosphere where walkers and volunteers were able to share food, camaraderie and ideas. The warm, sunny Spring Day cast sunshine over all participants and organisers. Being able to join together to pray the Memorare of Our Lady of the Sacred Heart was a faith-filled end to the Pilgrimage and a reminder that we all belong to the Parish of Our Lady of the Sacred Heart.



Wendy Wade



Listening with a Hopeful Heart Retreat

**Saturday 29th &
Sunday 30th November**

Fr. Khoi Nguyen, msc presented a deep and meaningful retreat on Listening with a Hopeful Heart at both the parishes of St Thomas Aquinas and St John the Apostle.

The retreat touched on the deep listening skills that make us effective communicators, how we listen to those around us, and what listening with a hopeful heart means in these days of change, and unknown challenges.

Participants were ask to reflect not only on how they listened, but how they viewed hope. Bringing together the important skill of listening, and the faith-filled gift of hope is the way to discern the softly spoken words of God in our everyday lives.



What is listening in our everyday life?

How do you listen?

Why do you need to listen right?

"The essence of good listening is empathy, which can be achieved only by suspending our preoccupation with ourselves, and entering into the experience of the other person."

Dr P. Nichols "The Lost Art of Listening: How Learning to Listen Can Improve Relationships"



What is hope?

What is hope for you at this time of your life, of the community life?

"Being able to see that there is light despite all the darkness."

Desmond Tutu

"We must accept finite disappointment, but never lose infinite hope."

Martin Luther King



What is happening in your life - your personal life, family life and community life in the parish?

What are you hearing God say to you and your community at this time?

"Discernment is faithful living and listening to God's love and direction so that we can fulfil our individual calling and shared mission."

Henri Nouwen "Discernment - Reading the Signs of Daily Life"

MENTAL HEALTH ● MINISTRY



Because Love Is Real: A Reflection on Joy and Mental Well-being

*There is a kind of joy that endures —
not because life is easy, but because love is real.*

This joy is not loud or glittering; it does not depend on everything going right. Instead, it is the quiet, steady flame that continues to burn even when the wind howls and the night feels long. It lives beneath the surface of our daily struggles — a calm knowing that we are held, even when we cannot see how.

In the field of mental health, this deep form of joy aligns with what psychologists call **inner resilience** — the ability to find stability and hope even in hardship. It grows when we learn to stop controlling every outcome and instead allow ourselves to be held by something greater: **love, connection, and compassion.**

Letting Go of Control

Often, anxiety arises from our need to control what cannot be controlled — the future, other people, or how we are perceived. When we loosen our grip, even slightly, we make space for peace to enter.

Practice:

Take a few slow breaths.

With each exhale, say quietly: “I release what I cannot control.”

With each inhale, say: “I receive the love that holds me.”

Repeat this for two minutes and notice any softening in your body.

Joy and Mental Well-being

Finding Joy in the Midst of Struggle

True joy does not vanish when things fall apart. It remains — quietly — when plans fail, when doors close, when we are misunderstood or overlooked. This joy flows from the certainty that we are never truly alone.

Practice:

At the end of each day, write down one moment of quiet joy — something small but real: a kind word, a shared laugh, a moment of stillness. Over time, this builds awareness of the light that persists even in shadow.

Transforming Struggle into Strength

Joy is not born from ease, but from truth. Not from success, but from surrender. It grows when we trust that love is present even in what breaks us — when we forgive, show patience, or begin again.

Practice:

When you feel weighed down, ask yourself:

- What is love inviting me to see here?
- What might I learn by being gentle with myself?
- What one small act of kindness can I offer today — to myself or another?

Even the smallest act of compassion can reawaken hope.

To live in this kind of joy is to recognise that mental and spiritual wellbeing are not about avoiding pain but about trusting that love — real love — can hold it all.

Because love is real.
And that changes everything.



Baptisms

We welcome into the SJA Community
Body of Christ.

The following children were baptised during the month of November:



Fian Heaney

son of Tashy and Eoin

Layla Logsdon

daughter of Matthew and Lauren

Annabelle and Edmund Kook

children of Nathan and Kylie



Deaths



Daphne Ashley
18/04/1945 - 03/11/2025

*She loved
& was
loved*





The life of the world

At the gate of a town called Nain,
on the threshold of life,
Jesus and his disciples
came face to face with death.
It was a cortège whose bier
bore the only son of a widow,
a funerary procession
that did not pass in vain.

For the Lord moved forward,
His Heart a cup
overflowing with compassion.

‘Weep not,’
He said to the dead man’s mother.

Then He touched the bier,
and its bearers stood still as statues.
‘Young man,’ He said, ‘I say to you,
arise!’

And the man sat up
and began to speak.

And Jesus, the life of the world,
delivered him to his mother.

Shane Murtagh

The Eight Beatitude

Matthew 5:3-10

Each of the eight Beatitudes, as collected and presented by Matthew in his narrative, is described as being proclaimed by Jesus on a mountain - a setting that brings him closer to the disciples who followed him. Matthew is recording in his own words Jesus' teachings and words and then applied them to the new situations being endured in his community. His community was basically composed of Jewish Christians; they were facing difficult times as the wider society was hostile toward this new movement, which followed the teachings of a publicly disgraced and crucified man.

In Matthew's arrangement of the Beatitudes it is to be noticed that in the first one and the last, the final outcome in each is the same: **'the kingdom of Heaven is theirs.'** Each is in the present tense, that is in the 'here and now.'

The meaning of Jesus' central theme, 'the kingdom of Heaven,' is being pursued, studied and taught with realistic insights and acceptance. This leads to the overarching question: **What is this Kingdom of Heaven?**

***"Jesus seems to have understood the kingdom as:
A new world order, marked by right relationships of justice, love and peace.***

***"It is not a kingdom confined to any particular place, political regime or ideological system.
It is for all people...-hence the mistaken identification of the Kingdom with the afterlife,
which frequently occurs in the history of Christian theology."***

O'Murchu D, msc, 1991

Our summary of the Kingdom, as I taught lower secondary classes some 30 years ago, ran like this:

Kingdom is not a PLACE but a PRESENCE
nor a REALM but a REIGN
nor a GAIN but a GIFT

The eighth Beatitude:

**BLESSED ARE THOSE WHO ARE PERSECUTED
IN THE CAUSE OF RIGHTEOUSNESS
FOR THE KINGDOM OF HEAVEN IS THEIRS.**



I rejoice, if this word is the correct one, that my appreciation of this Beatitude has been pursued, lived, suffered upon in recent times when various churches and institutions have been brought to order. It has being reported and revealed that their 'cause of righteousness' has been gravely and grossly impaired and abused. The fact that the abused and outside authorities exercised their empowerment so that the abuses and the abusers were brought into the light was not a persecution for me, but a sign of the Kingdom...justice...love....peace

This period of shame experienced by those intimately involved, if not all concerned peoples, has made the statement of the eighth BEATITUDE lived...real...in the 'here and now.'

~ Brian Mahoney

Pope Leo's Prayer Intention December 2025

For Christians in areas of conflict.

Let us pray that Christians living in areas of war or conflict, especially in the Middle East, might be seeds of peace, reconciliation and hope.



<https://www.popesprayer.va/wp-content/uploads/2024/05/ENG-HOLY-FATHERS-PRAYER-INTENTIONS-2025-DEF-1.pdf>

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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St John the Apostle Parish Kippax ACT * 25 Blackham Street, HOLT ACT 2615

NOT FOR RESALE OR REPRODUCTION

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**



**MENS GROUP
3RD FRIDAY OF
THE MONTH**



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



**BOOK CLUB
4TH SUNDAY OF
THE MONTH**



**YCS BELCONNEN
AFTER SUNDAY MASS 7PM-8PM
2025**



Christmas 2025

St John the Apostle Catholic
Community



25 Blackham St

KIPPAX ACT

Ph 6254 3236

www.stjohnkippax.org.au

Mass Times

Christmas Eve

Wednesday - 24 Dec

5:00pm

8:00pm

Midnight

Carols start at 11:30pm

Christmas Day

Thursday 25 December

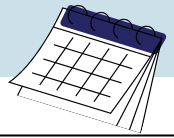
9:00am

[one mass only]

No evening mass



December 2025



1	Monday	
2	Tuesday	
3	Wednesday	
4	Thursday	Gethsemane Thursday - Adoration
5	Friday	First Friday - mass of the Sacred Heart
6	Saturday	
7	Sunday	2nd Sunday of Advent Peace
8	Monday	Feast of the Immaculate Conception 171 st Anniversary of the founding of the Missionaries of the Sacred Heart.
9	Tuesday	
10	Wednesday	
11	Thursday	Adoration - Reconciliaation available during adoration
12	Friday	
13	Saturday	
14	Sunday	3rd Sunday of Advent - Joy
15	Monday	
16	Tuesday	Women's Breakfast - Bean Origin Cafe Belconnen 7:30am
17	Wednesday	
18	Thursday	Adoration
19	Friday	
20	Saturday	
21	Sunday	4th Sunday of Advent - Love
22	Monday	
23	Tuesday	
24	Wednesday	Christmas Eve - Masses 5:00pm - 8:00pm - Midnight
25	Thursday	Christmas Day - Feast of the Incarnation
26	Friday	
27	Saturday	Feast of St John the Apostle
28	Sunday	The Holy Family of Jesus, Mary & Joseph
29	Monday	
30	Tuesday	
31	Wednesday	

Hope

Peace

Joy

LOVE