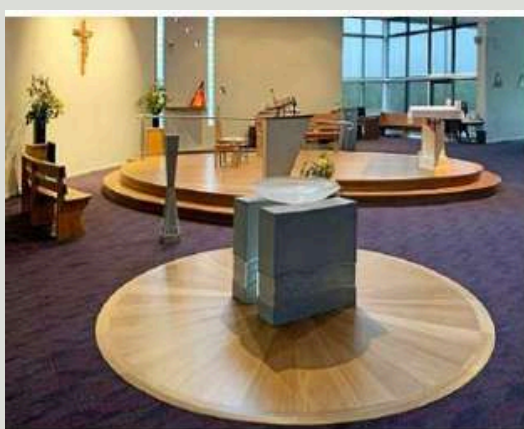
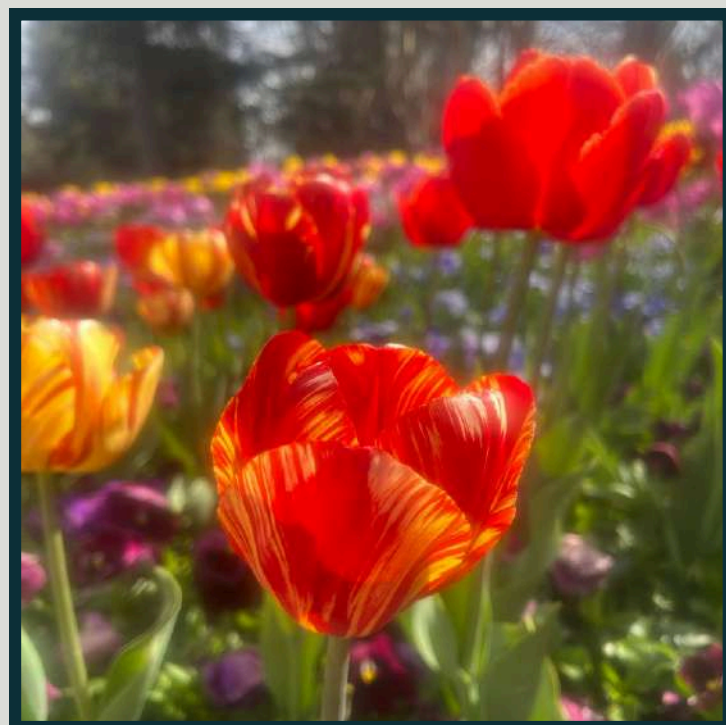




TO BE ON EARTH THE HEART OF GOD



ST JOHN THE APOSTLE PARISH - KIPPAX ACT
SEPTEMBER 2025

Time for Reflection

The Seeds of Possibility

Winter may look barren, but beneath the frozen ground, unseen life is stirring. Roots are quietly stretching, seeds are slowly awakening, and the hidden world of soil is preparing the great unveiling of spring. What seems lifeless is in fact a season of preparation, of unseen growth.

So too in the inner life of the spirit. There are times when we may feel dormant, even still, but deep within, God is at work. Ten thousand seeds of possibility are forming in the hidden ground of our hearts, becoming the landscape of our next season.

Nature reminds us that nothing ever truly stands still. A stream that ceases to flow will stagnate or dry up. In the same way, our spiritual life must keep moving, stretching toward the light, open to change. Growth is built into creation, and we are part of that same rhythm.

Consider the apple. Each core hides five chambers, each chamber holding one or two seeds. And yet, every seed is unique—shaped not to replicate its parent exactly, but to bring something new into being. Through cross-pollination, the apple seed inherits traits from two different trees, just as a child inherits from both parents. The result could be something familiar, or something surprising—a tart crab apple or a new, sweet variety no one has tasted before. Each seed contains a future we cannot predict.

The same mystery lies at the heart of faith. In Scripture, the seed often symbolizes the Word of God, carrying life and promise within it. In Jesus' parable of the sower (Matthew 13:1-23), the seed is the Word, and the soil is the human heart. When the Word falls on good soil—on hearts open and receptive—it grows into a harvest of spiritual abundance.



God scatters seeds into our lives through His Word, through moments of grace, through the presence of others. Yet the fruit that emerges depends on how we receive, tend, and allow those seeds to grow. Growth is not about outward performance but inner transformation. What begins in secret, beneath the surface, becomes visible in time.

Just as a seed relies on the mystery of soil, water, and sunlight, our growth relies on the Spirit of God. The Holy Spirit teaches, nourishes, and shapes us, helping us bear the fruit of maturity—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Galatians 5:22-23). This growth is not for us alone; it ripens in community, as we encourage one another and share in the harvest together.

The lesson of the seed is one of trust. Beneath winter's stillness, spring is being prepared. Beneath the surface of our lives, God is at work, shaping something unique and unrepeatable. We do not yet know what fruit will appear, but we can trust the One who plants, waters, and brings the harvest.



EDITOR'S NOTES

As the season of Spring unfolds, our front cover captures its beauty with photographs taken by Fr. Chung. Three of these feature blossoms from our own parish gardens, while the fourth offers a glimpse of Canberra's vibrant Floriade. Together, they remind us of new life, colour, and hope blossoming in our community.



September has been a month rich in music, welcome, and celebration. At our 10:00am Sunday Masses, we are delighted to have welcomed two new choirs into our parish life—the African Choir on the first Sunday of each month and the Vietnamese Choir on the second. Their presence not only enriches our liturgy but also reflects the wonderful diversity of our community.

We also marked Child Protection Week from 7 September, concluding with Safeguarding Sunday on the 14th. These days are important reminders of our shared responsibility to ensure our parish is a place of safety, trust, and care for all.



A significant milestone in our parish journey was reached this month with the naming of our newly merged parish. With the approval of Archbishop Christopher Prowse, our community will now be known as Our Lady of the Sacred Heart Parish, a title given to Mary by Fr. Jules Chevalier, msc, founder of the Missionaries of the Sacred Heart. On page 10, Elizabeth McDonald shares a thoughtful reflection on this title and what it means for us as a community.



Next month, we will also mark the 118th anniversary of Fr. Chevalier's death with Mass on Tuesday, 21 October at 9:30am, followed by morning tea (see page 17).

Finally, September concluded with a joyful celebration of the 50th anniversary of the St John's St Vincent de Paul Conference. The festivities, held on the weekend of 27–28 September, coincided beautifully with the Feast Day of St Vincent de Paul on 27 September. You can read more about this inspiring milestone on pages 8 and 9.



May these stories and celebrations remind us of the ways in which our parish continues to grow, serve, and flourish in faith.

*Blessings
Marian*

Baptisms

We welcome into the SJA Community
Body of Christ.

The following children were baptised during the month of September:

Isabella Lim

daughter of Teejay and Katrina

Isla and Lily Bol

daughters of Brodie and Chantelle

Pia Vella

daughter of Adam and Kristy

Adanna Ezeafurukwe

daughter of Marius and Adaku



Pope Leo's Prayer Intention October 2025

**For collaboration between different
religious traditions.**

Let us pray that believers in different religious traditions
might work together to defend and promote peace,
justice and human fraternity



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

Obituary
Mary French
(21 December 1934 – 6 August 2025)



Mary French was a founding member of the St John the Apostle Parish and played an important part in developing the community. She and her husband Eric, who died earlier this year, were engaged in every aspect of Parish life and left a lasting legacy for all of us.

Mary was a woman of faith. She was faithful to her Church and to all those she befriended over her many years here. One aspect of Mary's contribution to the Parish was her gift of hospitality.

She made a practice of sitting in a different area of the church each week, talking to those around her and introducing herself to anyone new to the Parish. Mary was an active participant in all the Parish 'Potluck' dinners, lunches and coffee mornings. She made every MSC priest who served here feel welcome in her home – feeding them and treating them like her own family. She corresponded with all the priests when they departed Kippax, keeping in touch with them for the rest of her life.

Mary was instrumental in the training of the Parish lectors for over 30 years. She had high standards and encouraged all our Readers to proclaim the scriptures clearly and with meaning. She also coached some of our priests in the delivery of their homilies – at their request!

The Parish Library was a labour of love for Mary as she was a Librarian and knew the importance of providing good quality input through books to assist in people's spiritual development.

Mary was a consummate story teller. She was a long-time member of the ACT Storytellers Guild and very committed to the importance of the oral tradition. Mary used to practice her stories aloud whilst on her daily walk along Drake Brockman Drive in Holt. She would then perform these stories at public events, like Floriade, and at storytelling concerts.

I was privileged to share some of Mary's faith journey. We belonged to the same Parish based Prayer Group for over 38 years and she is greatly missed by the members of our group. Although we sometimes had theological differences Mary was happy for each person to have and express views that differed from hers.

Mary French will be remembered with great affection by the many St John the Apostle parishioners who were fortunate to be part of her faith filled life.

Elaine Laycock

When Michelangelo Merisi da Caravaggio met Carlo Borromeo

I've long been interested in the life and artistic legacy of the great painter known as Caravaggio (1571-1610). Caravaggio's art is made from darkness and light and his pictures present moments of extreme and often agonised human experience. So, it was with some excitement and no trepidation that I recently began to read a biography of this complex man. Much of his story which biographers and art historians have discovered about him has been accessed in the criminal archives of his time. An often violent and provocative man, he was involved in crimes and misdemeanours. Often living life as a fugitive he simultaneously produced artworks of sublime beauty and originality and which have influenced many other artists including Picasso.

Raised in the northern Italian town of Caravaggio close to the city of Milan, Michelangelo Merisi was born into a family of artisans. The dominant figure in the city during Caravaggio's childhood and youth was Carlo Borromeo, Archbishop of Milan (1564-1584), whose deep piety and sense of mission contrasted with a city devastated by the bubonic plague which raged through the city between 1576 and 1578. Caravaggio lost many members of his family at this time and after the plague had abated he left Milan never to return. Borromeo's influence on the great artist always remained though.

We can ponder the complexities of the blood and guts life led by Caravaggio in the backstreets of Rome with the rich quality and character of his paintings as well as the complexities of the life of a man of the church who led his people through a period of great turmoil and death in a city beset by a plague.

Pam Connor



Caravaggio's Boy Bitten

Source:

https://archives.artgallery.nsw.gov.au/media/archives_2003/caravaggio/



Vinnies

Update September 2025



Our St Vincent de Paul Conference at Kippax celebrated 50 years of Good Works on Sunday 28 September with Mass and a morning tea for parishioners to thank them for their generous support over the decades. Everyone sang happy birthday as the cake was cut and then shared. Displays prepared by members showed how conference work has changed over the years in areas such as providing food to companions and fundraising. There was a display from the Kippax Vinnies Centre as well. It was a great celebration.





The establishment of a Conference of the Society of St Vincent de Paul at St John the Apostle Parish, Kippax occurred on 4 March 1974.

Bill McLean was the first President with John Deighton the Secretary and Mike O'Rourke the first Treasurer. More on the history of the Conference will be detailed in an article in next month's KIT.



St Vincent de Paul Feast Day - 27 September

“The mother of Jesus was there” (Jn 2:1)

How did we get to a point that such a large portion of the parishioners of St John the Apostle and St Thomas Aquinas parishes would vote for our merged parish to be called “The Parish of Our Lady of the Sacred Heart”?

When the name was first mooted, I thought it had little chance of being a choice that parishioners would make. There has been no history of ‘devotion’ to Our Lady of the Sacred Heart in either of the parishes as far as I can see, so the title must have said more to people than any practices associated with a devotion.

When I asked the question, the answer pointed to the “Sacred Heart” in the title. I suspect that Fr Jules Chevalier msc, who gave Mary that title, would be happy with that response. At the same time, he might hope that we could find more riches in exploring how Mary in her relationship with her Son was His first disciple, the one who stood steadfastly with the disciples awaiting the coming of the Holy Spirit.

Recently, I read an article where Fr Chema Álvarez msc places Our Lady of the Sacred Heart firmly within the Spirituality of the Heart. Is that what our parishioners recognised – the Mary who at the wedding feast of Cana pointed out her Son and said: “Do what he tells you”, a direction which led to a miracle of such generosity and so symbolic of **the gifts of His Heart?**

In the Gospel according to John, Mary is there at the beginning of Jesus’ Ministry. In that Gospel she is there once again, right at the end of Jesus’ earthly ministry. This time the scene shows Jesus giving the beloved disciple into her care and directing the beloved disciple to care for her – that elusive “beloved disciple” whose identity has caused so much debate over the centuries. Could the “beloved disciple” symbolise all who believe?

Referring to Acts 1:12-14, Fr Jim Fallon msc wrote of Pentecost: Luke singles out ‘Mary, the mother of Jesus’ for special mention...Mary was there at the beginning of the Gospel [of Luke], and she is here again at the beginning of the miraculous outpouring of the Spirit. She knows what it is like to be embraced in love by God’s Spirit (Luke 1:35), and she continues to ‘treasure’ God’s words and to ‘ponder them in her heart’ (Luke 2:19; see 2:51). She is the mother of Jesus. Here we see her continuing her maternal role in the community of Jesus’ disciples. Gathered around her, with one mind and one heart, they prepare for the fulfilment of God’s promise and for the ‘great things’ which ‘the Mighty One’ (Luke 1:49) is about to do.”

Mary offers us the consolation and care of a mother for our new parish. The number of images of Our Lady of the Sacred Heart from all around the world where she is taken into the culture of the people and made their own, attest to her place among all the peoples of the church - <https://www.misionerosmsc.es/imagenes-de-nuestra-senora/>

Our Lady of the Sacred Heart also provides us with the pre-eminent model of the disciple who is entrusted to work towards a world where ‘everyone discovers and shares **the Love of God**’.

Elizabeth McDonald

Our Lady of the Sacred Heart



Memorare to Our Lady of the Sacred Heart

Remember, Our Lady of the Sacred Heart,
the great things the Lord has done for you.

He chose you for his mother.

He wanted you close to his cross.

He gives you a share in his glory.

He listens to your prayer.

Offer him our prayers of praise and thanksgiving;
present our petitions to him.

Let us live like you in the love of your son so that his Kingdom may come.

Lead us to the source of living water that flows from his heart,
spreading over the world hope and salvation, justice and peace.

See our trust in you; answer our prayer. show yourself always our Mother.

Amen

MENTAL HEALTH ● MINISTRY

**Seeds of Renewal**

Imagine your mind as a garden. Some days it feels rich and alive, full of colour and fragrance. Other days, it seems dry, overgrown, or even barren. Yet, just as in nature, change is always at work. Beneath the surface of the soil, seeds are waiting for their time to rise.

When life feels overwhelming, even a simple walk in nature can shift our perspective. Away from screens and constant demands, the quiet of nature begins to speak. If trees could talk, they might ask: “Why do you walk in circles when life plants you exactly where you need to be?”

Mental health is not about avoiding struggle but learning to grow through it. Just as winter is not wasted time in the cycle of seasons, our harder seasons are not without purpose. They hold the hidden work of renewal. Frustration, restlessness, and sadness may be the soil where resilience, insight, and compassion take root.

There is a natural tension in life that drives change—like the stretching of a seedling toward the light. The challenge is to find a balance: to rest in contentment without losing the impulse to grow. When we let go of constant worry—about the “empire,” the big picture we cannot control—we discover that peace often comes of its own accord.

All good things, including mental health, require the freedom to change and evolve. Contentment is not something we can clutch in our hands. It is not a prize to be held tightly. Rather, it is a quiet presence in the heart—a wellspring we return to again and again, even as life shifts around us.

So, tend your inner garden gently. Trust the seasons. Allow the seeds within you to grow at their own pace. Go out and meet experience without fear, and let the Spirit of life do its hidden work in you.

Tending the Garden of Your Mind

Simple practices for nurturing mental health

Take a nature walk

Even 10 minutes outdoors can quiet your thoughts and bring fresh perspective.

Notice small growth

Each day, name one “seed” of growth—something you learned, a kindness received, or a step you took.

Practice gratitude

Write down three things you are thankful for. Gratitude shifts focus from what is lacking to what is alive.

Rest with intention

Allow yourself moments of stillness without distraction. Rest is as vital to growth as sunlight and water.

Seek connection

Just as seeds need pollination, we need others. Share honestly with a trusted friend, mentor, or community.



Hope Blossoms in Spring

Hidden seeds below,
winter earth holds quiet hope,
spring waits in the heart.

To count the cost

Forsaking my own life
and family
to follow Christ
is an enterprise akin
to constructing a tower
or fighting an army:
it calls for me to sit down
in all sobriety,
to dwell in a spirit of prayer
to count the cost.

In the mirror of my soul,
whom do I see?
Someone willing to leave
their possessions behind,
or someone who'll be shamed?
For there is no compromise
when it comes to the cross:
either I bear it with Jesus
or I set it aside
and follow my desires.

Yet despite its weight, the cross
contains
Christ's leaven of peace and joy,
the love that saves and is my gain
when everything else is loss.

Shane Murtagh



THE SUNNY SIDE

This earth is full of happiness
if our seeking is sincere,
for every day we wake up
there are many things around
us that are cause for sheer
delight and all of them are
near – if we but look!

But the earth is full of sadness
if we look upon the dark side,
and a melancholy mood can
make this feeling clear – all around
is death and sorrow and tomorrow
seems so full of dread and drear . . .

If we take the two together – both
the happy and the sad are but two
sides of creation to be weighed
against each other in the hope
that higher numbers will emerge
on the sunny side of life's exciting
journey –

Is this happiness the heaven which
we seek for up above
but experience
every day now here below?
Or must we await another when we
pass from here and go to that
blissful state we hear of but as
yet we do not know?

Eamonn Murtagh

A great day to die

God spoke to Saint Mechtild,
“Do not fear your own death, for when that moment comes,
I will draw in my breath and you will come to me as a needle to a magnet.”
Mechtild of Magdeburg.

A bright clear day.
I believe that the American Indians would have said.
“A great day to die.”

Two days ago, someone close died.
Devoted wife, mother, grandmother, friend, child of God
was taken home.

Such mixed emotions!
Grief, loss, gratitude, relief,
for the end to her pain and suffering,
but the sickening sense of emptiness and loss,
that no other can ever fill.

Our world has tilted on its axis,
But the sun shines, the birds sing, and
life goes on as ours must.....

Kathy Teys 6 September 2025



ST JOHN THE APOSTLE

IT'S TIME TO DONATE

GOAL \$10,000

QUARTERLY APPEAL TO COVER EXPENSES:

- * Insurance
- * Electricity
- * Levies

BANK DEPOSIT
 Account Name: St John the Apostle Parish
 BSB: 062 786
 Account Number: 00013630
 Reference: Quarterly Appeal

Quarterly Appeal September Update

**Total amount given \$5,260
by 19 Donors**

July - September Quarterly Expenses

Electricity \$13,492.47

INSURANCES

Public Liability	\$838.74
Property	\$2,829.22
Voluntary Workers	\$204.14
Workers Compensation	\$2,614.67
Ins Brokerage Fee	\$533.93

Total INSURANCES \$7,020.70

Archdiocesan Levy \$3,281.68

Total Qtr Expenses \$23,794.85

Thank you

Sunday Afternoon Readers

Sunday Afternoon Readers will next be meeting in the Parish Library on Sunday 26th October.

Contact Kirsty on kippax.finance@cg.org.au for more details.

All are welcome to come!

Jules Chevalier msc

15 March 1824 - 21 October 1907



Mass - Tuesday 21 October 2025

9:30am

Followed by Morning tea

Sacrament of the Anointing of the Sick

St John the Apostle Catholic Church

Friday 31 October 2025



Mass 11:00am

Followed by Lunch

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

Editor Marian England * **Graphic Design:** Kirsty Vera * **Front Cover:** Fr. Chung Flowers from SJA gardens and one from Floriade.

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

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**

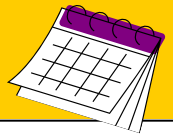


YCS BELCONNEN

**~ AFTER SUNDAY MASS AT 7:00-9:00
SEE. JUDGE. ACT.**



October 2025



1	Wednesday	Feast day of St Therese of Lisieux
2	Thursday	Gethsemane – Prayer before the Blessed Sacrament
3	Friday	First Friday - Mass of the Sacred Heart 9:30am STA Prayer Group - Parish Library 10:00am Meditation - Parish Library 5:15pm
4	Saturday	Feast of St Francis of Assisi
5	Sunday	27 th Sunday in Ordinary Time Migrant and Refugee Sunday - Start of Mental Health Week
6	Monday	Labour Day Public Holiday - Parish Office closed
7	Tuesday	
8	Wednesday	
9	Thursday	
10	Friday	STA Prayer Group Parish Library 10:00am Meditation - Parish Library 5:15pm
11	Saturday	
12	Sunday	28 th Sunday in Ordinary Time
13	Monday	Term 4 Commences
14	Tuesday	Community Connections - Coffee at Ichi Cafe
15	Wednesday	
16	Thursday	
17	Friday	STA Prayer Group - Parish Library 10:00am Meditation - Parish Library 5:15pm Men's Group - Parish Centre 6:30pm
18	Saturday	St Luke Evangelist - Feast Day
19	Sunday	29 th Sunday in Ordinary Time Community Connections - Parish Library 3:30pm
20	Monday	Pins & Needles - Parish Library 7:15pm
21	Tuesday	Jules Chevalier - 118th Anniversary of death mass 9:30am followed by morning tea
22	Wednesday	
23	Thursday	
24	Friday	STA Prayer Group - Parish Library 10:00am Meditation - Parish Library 5:15pm
25	Saturday	
26	Sunday	30 th Sunday in Ordinary Time Book Club - Parish Library 3:00pm
27	Monday	
28	Tuesday	Saints Simon and Jude Apostles Women's Breakfast 7:30am Bean Origin Cafe Belconnen
29	Wednesday	SJAFriendship Group - morning tea 10:15am
30	Thursday	
	Friday	11:00am mass Anointing of the Sick within mass - followed by lunch Meditation - Parish Library 5:15pm