

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

***KIT* @ KIPPAX**

**2026**

*Happy New Year*

**OUR LADY OF THE SACRED HEART PARISH**

**St John the Apostle - Kippax ACT  
St Thomas Aquinas - Charnwood ACT**

**JANUARY 2026**

# Time out for Reflection

LIFE IS NOT ALWAYS A DEADLINE

*being alive is already enough*

The beginning of a new year often arrives with a familiar invitation: What will you change? What will you improve?

New Year's resolutions tend to follow predictable paths. We resolve to exercise more, eat better, sleep longer, save money, become more organised, learn new skills, improve our work-life balance, and invest more intentionally in relationships. Beneath these resolutions is a sincere desire to live well, to be healthier, happier, and more fulfilled.

Yet quietly, another question waits to be asked:

What if being our true selves was already enough?

What if simply being alive was not a problem to be solved, but a gift to be received?

Many of us move through life as though everything is urgent. Not because we are careless or driven by ego, but because we take life seriously. We know how fragile it is. We know how quickly it can change. And so we live as though every moment must be justified, improved, or used wisely—as if life itself were always a deadline.

But life is not always a deadline.

There are moments that are not asking anything of us at all.

Moments that do not need to be productive, efficient, or purposeful. Moments that simply ask us to be present.

A breath that arrives without effort. The body resting in a chair. Light falling softly across a room.

In these moments, nothing is required of us except to be here.

Being alive is already enough.



This is not an invitation to abandon responsibility or growth. Rather, it is an invitation to soften the way we carry them. When we stop treating every moment as something that must be achieved, life begins to meet us where we actually are. Meaning is no longer something we chase; it is something that reveals itself when we slow down enough to notice.

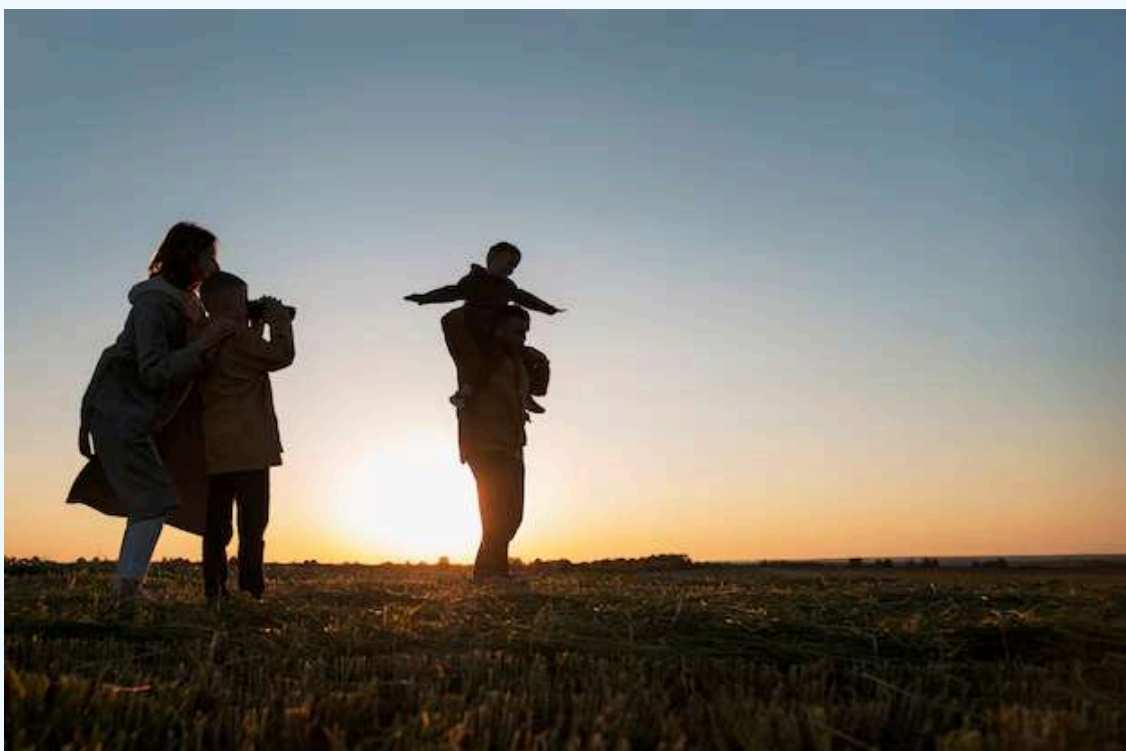
Even God does not rush. Creation unfolds in its own time. Seeds grow unseen in darkness. Grace arrives freely, without demand or condition.

So perhaps this year, alongside any resolutions we choose to make, we might also allow ourselves a different practice:

- to let one moment each day be free of outcome,
- one moment where time does not need to be used,
- one moment where enjoyment is not earned.

What would it look like to enjoy life—not as a reward for effort, but as a response to being alive?

We rest, not because everything is finished, but because life is still happening. And in that gentle knowing, we may discover that wholeness does not always come from becoming more, but from remembering who we already are. Being alive—just this—is already enough.



# EDITOR'S NOTES

January has been anything but quiet in our parish life. Over the past month we have been blessed by the presence and generosity of several priests – Fr Dominic Gleeson msc, Fr Krish Mathavan msc, Fr Thoi Nguyen, and Fr Chris McPhee msc, (photos on page 6) who have generously assisted with our Masses while we await the arrival of our new Assistant Priest, Fr Thanh Le msc (right). We are deeply grateful for their ministry and companionship during this time of transition.



Behind the scenes, important work continues as we shape the life of our new parish. We now have a new parish website – [www.olsh.org.au](http://www.olsh.org.au) – a growing hub for information, news, and connection.

We also have a new parish office email address: [belconnenwest@cg.org.au](mailto:belconnenwest@cg.org.au). This email reaches both Sharon and Kirsty, and will be the best point of contact moving forward.

A new parish bank account has also been established. If you participate in Planned Giving, please contact the parish office for updated details. (A gentle reminder too that the parish office is closed on Tuesdays.)

January has certainly made its presence felt in the natural world. It has been a month of intense heat and stubborn dryness, with persistent heatwaves and very little rain. In the final days of the month, temperatures hovered near record highs, rocketing into the low 40s. Our once-green spaces now echo Dorothea Mackellar's "wide brown land." As the earth cries out for water, we place our trust in the rhythms of creation – hopeful that rain will come and the land will be refreshed once more.

## Looking Ahead to February

### Ministry Formation Day – Sunday 1 February 2026

All parish volunteers are warmly invited to gather for a time of formation, reflection, and renewal.

St John the Apostle Parish Centre

2:00pm – 5:30pm

Facilitated by Fr Chris McPhee MSC

### Feast of the Presentation of the Lord – Monday 2 February

Join us for the Blessing of Candles at the 9:30am Mass at St John the Apostle. Please bring your candles to be blessed.

**Blessing of the New Parish – Our Lady of the Sacred Heart**

A truly historic and joyful moment for our community.

Archbishop Prowse and Fr Stephen Hackett MSC,  
Provincial Superior, will celebrate Mass:

Saturday 14 February 2026 – 5:00pm  
St John the Apostle, Kippax

Sunday 15 February 2026 – 9:00am  
St Thomas Aquinas, Charnwood



**Sacramental Program – Sacrament of Penance**

Formation Session for Parents

Tuesday 17 February 2026  
St John the Apostle Church

Presentation Masses  
21–22 February 2026  
(All Masses at both churches)

Celebration of the Sacrament (First Rite for Children)  
Wednesday 18 March – St John the Apostle  
Thursday 19 March – St Thomas Aquinas



**Lenten Retreat:**

**Meeting Christ in Our Deepest Need**

An invitation to pause, reflect, and encounter Christ as  
we enter the Lenten journey.

Times:

Friday 27 February | 6:30 – 7:30pm  
Saturday 28 February | 10:00 – 11:00am  
Sunday 1 March | 4:30 – 5:30pm

25 Blackham Street, Holt ACT 2615  
\$20 for all three sessions  
Register via: [belconnenwest@cg.org.au](mailto:belconnenwest@cg.org.au)



As we move into February, may we continue to find grace in change,  
strength in community, and hope – even in the heat and dryness –  
knowing that new life is always quietly unfolding among us.

*Blessings  
Marian*

# Visiting priests in our parish this month

**Fr. Thoi Nguyen**



**Fr. Krish Mathavan msc**



**Fr. Chris McPhee msc**



**Fr. Dominic Gleeson msc**



# Poetry Page

## The Lord's own

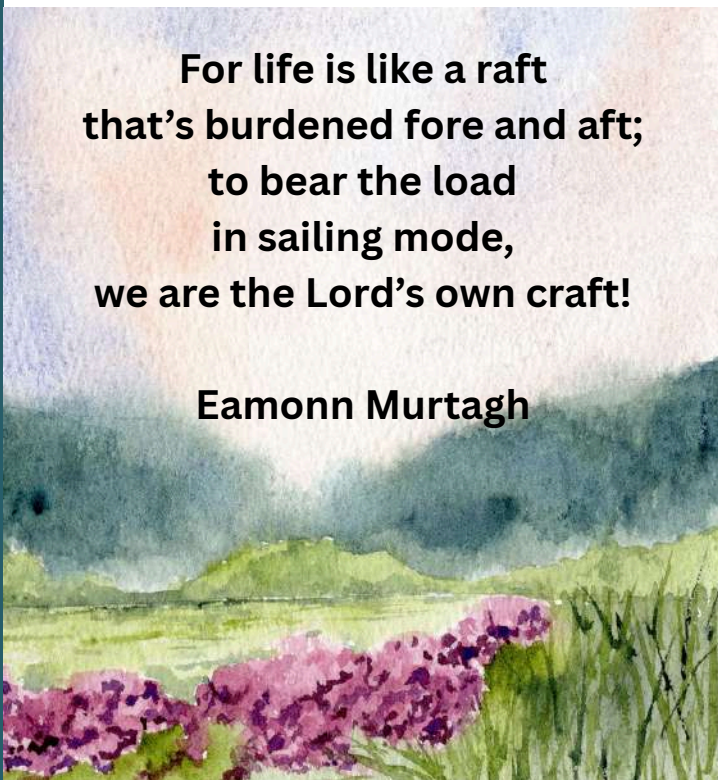
**It's New Year's Day tomorrow  
when we are wont to follow  
the age-old plan  
of earth-bound man  
to seek the straight and narrow!**

**Some will seek to make  
their lives without mistake,  
to clear the ground  
and rally 'round –  
with perfect, pure intake!**

**But we will try our best  
to live our lives with zest,  
and then each day  
to kneel and pray  
and leave to God the rest!**

**For life is like a raft  
that's burdened fore and aft;  
to bear the load  
in sailing mode,  
we are the Lord's own craft!**

**Eamonn Murtagh**



## My child

Pure as honey from the comb,  
Jesus came to John  
at the Jordan.

'I need to be baptised by you,'  
the Baptist protested,  
'yet you come to me?'

'Let it be so now,' said his cousin.  
'For in this way it is proper for us  
to fulfill all righteousness.'

And into the tomb of the river  
the Lord Jesus let himself be led,  
and into its cold and darkness  
he took humanity.

Then he rose into the warmth  
and light of life,  
the never-ending sky,  
refreshed and renewed.

At that moment, the dove of the Spirit  
descended and upon him  
it rested.

As beads of water  
fell from his body,  
Jesus heard a voice from heaven  
together with John and others.

'This is the one with whom I am well  
pleased,'  
said the Father,  
'my child, the beloved.'

Shane Murtagh



## Being Alive Is Enough

Much of what we are taught about life suggests that our value lies in what we do, how well we cope, and how successfully we improve ourselves. From a young age, we absorb the message—often unintentionally—that we must earn our place in the world by being productive, resilient, competent, or useful. Over time, this belief quietly shapes how we relate to ourselves.

Mental health struggles often arise not because we are failing at life, but because we are trying to be someone we are not.

At its core, mental health is not about constant happiness, emotional control, or having everything together. It is about being able to live from a place of truth—where our inner experience and outer life are not in conflict. In other words, mental health hinges on being our authentic self.

### When “Not Enough” Becomes a Way of Living

Many people live with a subtle but persistent sense that they are not enough. Not calm enough, successful enough, strong enough, spiritual enough, or healed enough. This belief keeps the nervous system in a state of quiet alert. Life begins to feel like a problem to be managed rather than a reality to be inhabited.

When we believe we must justify our existence, the body responds with tension, anxiety, fatigue, or numbness. The mind becomes busy with self-monitoring and self-correction. Even rest can feel undeserved.

Yet being alive is not a task to be completed. It is a fact before it is an achievement.

From a mental health perspective, this matters deeply. The human psyche cannot thrive when it feels fundamentally unsafe in its own being. Psychological well-being begins when we experience ourselves as allowed to exist as we are—before change, before growth, before improvement.

## Authenticity as a Foundation for Wellbeing

Authenticity does not mean having everything figured out. It means allowing our inner world to be what it is, without constant judgement or suppression. When thoughts, emotions, values, and actions are aligned, the system relaxes. Energy that was once used for self-protection becomes available for creativity, connection, and meaning.

Many symptoms we label as “mental health issues” are actually signals of inner misalignment:

- Anxiety can arise when we live against our own limits or values.
- Depression can emerge when parts of the self are silenced or abandoned.
- Burnout often reflects a life shaped more by expectation than by truth.

These experiences are not failures. They are communications.

Mental health improves not when we force ourselves to feel better, but when we listen more honestly to what is happening within us.

## The Quiet Healing of Self-Acceptance

Research consistently shows that self-compassion, self-acceptance, and a sense of meaning are protective factors for mental health. These qualities do not come from striving harder, but from relating to ourselves more kindly and truthfully.

Authenticity invites us to ask:

- What am I actually feeling?
- What matters to me?
- What does my body need right now?
- Where am I living out of obligation rather than truth?

These questions are not indulgent. They are essential.

## A Different Measure of a Good Life

Perhaps mental health is less about becoming someone better and more about remembering who we already are. Perhaps well-being begins when we trust that our existence is not conditional.

Being alive—breathing, sensing, feeling, belonging—is already participation in life. From this ground, growth becomes sustainable, relationships deepen, and resilience emerges naturally.

When we live from our authentic self, we are no longer fighting life. We are living it. And that, in itself, is enough.

*Meeting Christ in Our Deepest Need*



**Presenter: Greg Sunter**

- Time:
- Friday 27th February 6:30pm - 7.30pm;
  - Saturday 28th February 10:00am -11am;
  - Sunday 1st March 4:30pm - 5:30pm

Place: 25 Blackham St, HOLT ACT 2615

Cost: \$20 for all 3 sessions

Register: [belconnenwest@cg.org.au](mailto:belconnenwest@cg.org.au)



LENTEN  
RETREAT



# BAPTISMS

*Jack and Charlie Spain*

sons of Andrew and Alison

*Arthur and Lily Sams*

son and daughter of Brendon and Emma

*Cody Holloway*

son of Russell and Carolyn

*Olivia and Ella Cropley*

daughters of Daniel and Sarah



# FUNERALS



**Darryl Murphy**  
12/5/1948 – 23/12/2025

**Sara Serrano**  
26/4/1946 – 8/1/2026

**Rosemary De Bear**  
Funeral Held at St Benedict's



# ORDINATION

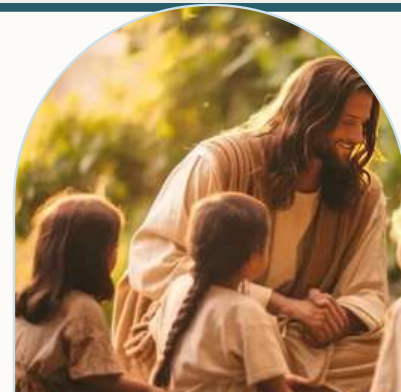
**Fr. Thanh Le**  
**Priestly Ordination in Vietnam**  
**17<sup>th</sup> January 2026**  
**(second from right)**



## POPE LEO'S PRAYER INTENTION FOR FEBRUARY

### ***For children with incurable diseases***

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.



<https://www.popesprayer.va/wp-content/uploads/2025/06/ING-PRAYER-INTENTIONS-OF-THE-HOLY-FATHER-2026-1.pdf>

### **Praying for Pope Leo** *supporting him in his ministry*

Pope Leo needs the prayers and sacrifices of the people of God to help sustain him in his ministry. The fruitfulness of ministry is often born from the private, secret prayers of others.

Loving God,  
we hold Pope Leo XIV in our prayer.  
Fill him with the knowledge of your will,  
with spiritual wisdom and understanding,  
so that he may lead a life worthy of the Lord  
and pleasing in your sight.  
Strengthen him with your glorious power.  
Grant him endurance, patience, and joy  
as he shepherds your Church,  
and sustain him with your love  
in times of challenge and decision.  
Through Christ our Lord.  
Amen.

Based on Colossians 1:9-12  
Inspired by *When the White Smoke Clears*, p 127

# Heart Spirituality

## Our Lady of the Sacred Heart

Mary,  
we understand more than ever  
the inestimable part you play  
in the work of our redemption  
and the importance of your meditation  
in applying its fruits to us.  
Never perhaps have we understood so clearly  
the basis for your all-powerful intercession,  
of your love for us,  
and your role as Queen over us.  
And so we understand the validity of your title,  
Our Lady of the Sacred Heart,  
that expresses the meaning  
of these sublime privileges!  
This title means that Mary  
is our Queen our Mother  
and consequently Our Lady.  
It means that the graces she gives us  
come from the Heart of Jesus,  
who has been pleased to put into her hands  
all the treasures of his mercy.  
And all these prerogatives  
arise from her cooperation  
in the work of our salvation.

**Jules Chevalier msc, OLSH, P 159f.** Issoudun 1891

## 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.*

## Contributions to KIT

We would love to receive parishioners contributions to KIT.  
Photos, articles, memories etc.  
Please email to the parish office.

### **KIT @** Kippax

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

**Editor** Marian England \* **Graphic Design:** Kirsty Vera \*

**Front Cover:** Stock photo

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  
3<sup>RD</sup> MONDAY OF  
THE MONTH**



**MENS GROUP  
3<sup>RD</sup> FRIDAY OF  
THE MONTH**



**COMMUNITY  
CONNECTIONS FOR  
PEOPLE LIVING  
ALONE  
3<sup>RD</sup> SUNDAY OF  
THE MONTH**



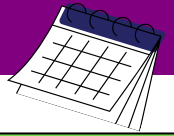
**BOOK CLUB  
4<sup>TH</sup> SUNDAY OF  
THE MONTH**



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



# FEBRUARY 2026



1	<b>Sunday</b>	<b>Fifth Sunday in Ordinary Time</b>
2	Monday	The Presentation of the Lord - the Blessings of Candles
3	Tuesday	
4	Wednesday	
5	Thursday	Gethsemane Thursday - prayer before the Blessed Sacrament
6	Friday	1 <sup>st</sup> Friday of the Month - Mass of the Sacred Heart - 9:30am Meditation 5:15pm Parish Library
7	Saturday	
8	<b>Sunday</b>	<b>Fifth Sunday in Ordinary Time</b>
9	Monday	
10	Tuesday	<b>Community Connections For People Living Alone- 2:00pm Coffee Ichi Cafe Kipp</b>
11	Wednesday	
12	Thursday	
13	Friday	Meditation 5:15pm - Parish Library
14	Saturday	
15	<b>Sunday</b>	<b>Sixth Sunday in Ordinary Time</b> <b>Community Connections For People Living Alone - 3:30pm Parish Library</b>
16	Monday	Pins & Needles 7:15pm - Parish Library
17	Tuesday	
18	Wednesday	<b>Ash Wednesday</b>
19	Thursday	
20	Friday	Meditation 5:15pm - Parish Library Men's Group 6:00pm Parish Centre
21	Saturday	
22	<b>Sunday</b>	<b>First Sunday of Lent</b> <b>Sunday Afternoon Book Club - 3:00pm Parish Library</b>
23	Monday	
24	Tuesday	<b>Women's Breakfast 7:30am Bean Origin Cafe Belconnen</b>
25	Wednesday	<b>Friendship Group - 10:15am Parish Centre</b>
26	Thursday	
27	Friday	Meditation 5:15pm - Parish Library Movie Night - 7:00pm Parish Library
28	Saturday	Meeting Christ in our Deepest Need Retreat