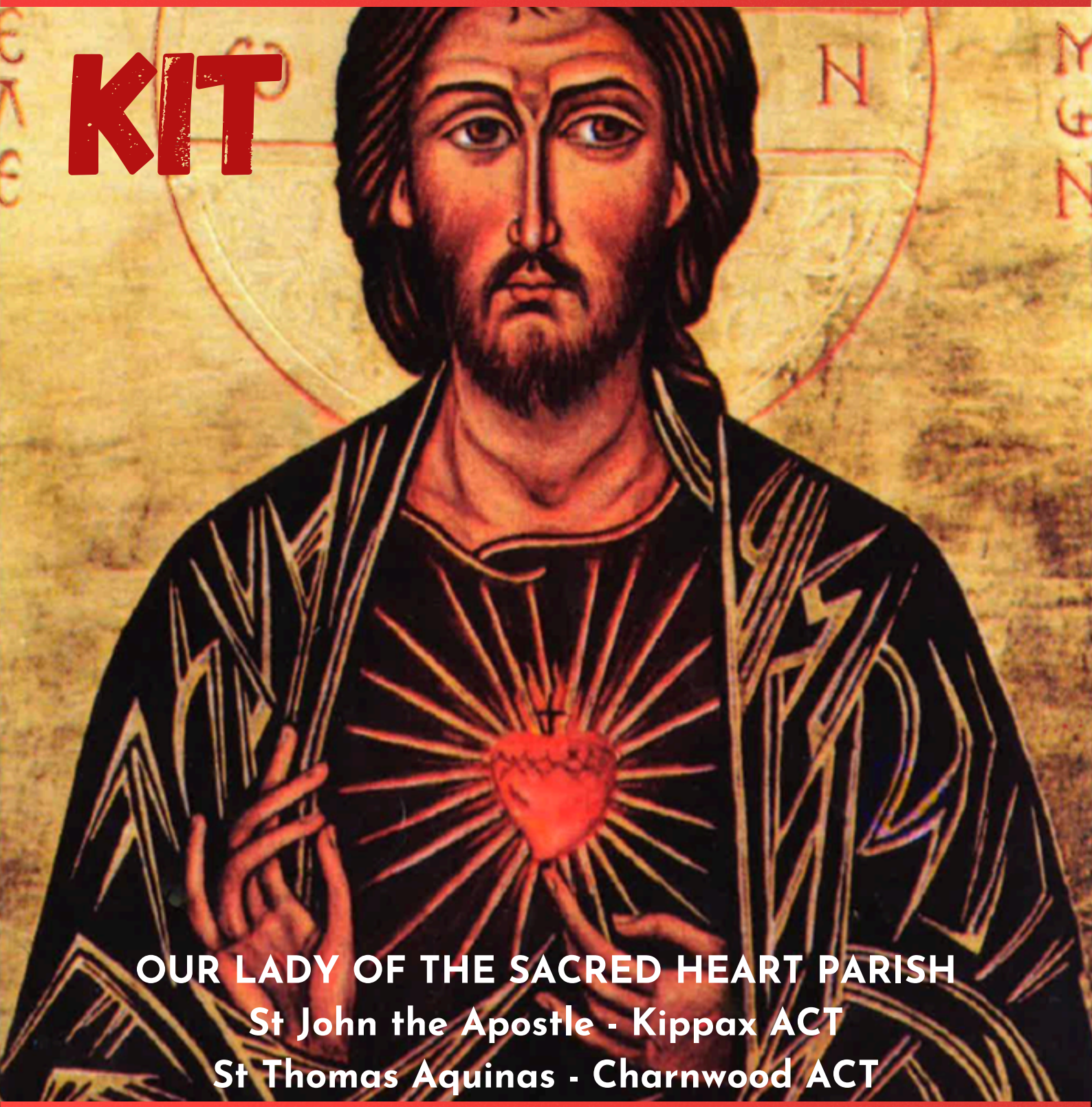






TO BE ON EARTH THE HEART OF GOD

KIT



OUR LADY OF THE SACRED HEART PARISH

St John the Apostle - Kippax ACT

St Thomas Aquinas - Charnwood ACT

JUNE 2026

Time for Reflection

Living the Heart of Jesus Everyday

The Feast of the Sacred Heart of Jesus entered the universal life of the Church in 1856 through the decision of Pope Pius IX—just two years after Jules Chevalier founded the Missionaries of the Sacred Heart. Its place in the liturgical calendar—celebrated each year on the Friday, nineteen days after Pentecost—reminds us that this feast is not only about devotion, but about mission. It flows directly from the gift of the Spirit into the life of the world.

At its heart, this feast reveals something simple yet profound: the Sacred Heart of Jesus is the living sign of God's love poured out for humanity. This love is not abstract. It is embodied—in compassion, in presence, and ultimately in the giving of his life.

Heart Spirituality invites us into this same movement of love. It is not meant to be an added burden or another expectation to carry. Rather, it is an invitation to live more deeply what is already within us—to move beyond a superficial way of living into a life that is, as the tradition says, "deep and hidden" in the heart of God.

This begins not with effort, but with openness. Jesus does not force his way in; he gently invites: "I stand at the door and knock." The spiritual life, then, is less about striving and more about responding—about noticing the quiet moments where Christ is already present and choosing to welcome him.

The journey into the Heart of Jesus can be understood in four gentle movements: encountering Jesus, growing in a desire for deeper relationship, allowing ourselves to be changed, and naturally sharing that love with others. These are not steps to master, but rhythms to grow into overtime. They unfold in the ordinary fabric of daily life.

Heart Spirituality is lived in small, human ways:
in kindness offered without being asked,
in humility that listens before speaking,
in simplicity that lets go of what is unnecessary,
in hospitality that makes space for another,
and even in good humour that lightens the burdens we all carry.



It is also lived in a quiet but steady commitment to justice—in noticing who is overlooked, who is struggling, and allowing our hearts to be moved toward them, especially the poor and vulnerable.

When we look upon Christ on the cross—his side pierced—we see not only suffering, but a heart opened wide. In that moment, we are given his Spirit: a Spirit that places love within us and gently stirs in us the desire to serve. This is not something we have to manufacture. It is already a gift, already at work within us.

To live Heart Spirituality, then, is not to add more to our lives, but to live what we already do with greater love and awareness. It is to trust that even the smallest acts, done with a generous heart, participate in God's transforming work in the world.

Through the Heart of Jesus, the kindness and love of God are revealed—not only in grand gestures, but in the quiet faithfulness of everyday life. And it is here, in these ordinary moments, that hearts are changed—beginning with our own.



EDITOR'S NOTES

The unseasonably warm winter has continued throughout June. As I looked around midway through the month, I noticed that many trees were still holding onto their autumn leaves. It seemed as though even nature was uncertain about the changing season, with winter's arrival delayed and the landscape lingering between two worlds.

During the month, we welcomed Fr. Roger Purcell MSC from the MSC Mission Office, who conducted the annual Mission Appeal. The commitment to helping communities in need around the world, contributes to and continues the missionary work envisioned by Jules Chevalier msc.

We thank Fr Roger, Fr Partha Paniyadimai msc, Fr Carroll Martin msc, Fr Andrew Yang, Fr Mark Ha and Samson Ezemuokwe, MGL who assisted our parish by celebrating weekend masses during the month of June.

June was also a joyful month for our young parishioners as we celebrated the Sacrament of the Eucharist at both St John's and St Thomas the Apostle churches. First Holy Communion is a significant milestone in the faith journey of our children and their families, and we congratulate all who received this sacrament. Photographs of the communicants can be found on pages 10 and 11.

The Feast of the Sacred Heart of Jesus, the patronal feast of the Missionaries of the Sacred Heart, was celebrated on Friday, 12 June. Parishioners gathered for mass followed by a shared morning tea, giving us an opportunity to celebrate together the love and compassion symbolised by the Heart of Jesus. Highlights of the celebration are featured on **page 9.**

On the weekend of 27–28 June, thanksgiving masses were celebrated at St John's Sunday 8.30am mass and St Thomas the Apostle's Saturday 6.00pm and Sunday 9.00am masses. These gatherings marked an important moment in the life of our parish as we acknowledged the changes to our weekend mass schedule, reducing the number of masses from six to four.

The thanksgiving masses provided an opportunity to honour the faith, commitment, and countless memories associated with these worshipping communities. Over many years, these masses have been places of prayer, celebration, consolation, friendship, and belonging. We thank all who have contributed to their life and vitality. Reflections and memories shared by parishioners can be found on **page 8**.

Looking ahead, we will hold our Parish Assembly on Saturday, 25 July. This will be an important opportunity for us to gather as one parish family, to pray, listen, reflect, and discern together the future direction of our community.

As we move through this season of change and renewal, may we remain attentive to God's presence among us and open to the possibilities that lie ahead.

Blessings

Marian

Love's gift

Of this, there can be no doubt:
as the nature of water
impels it to flow,
the nature of love is such
that it must pour itself out.

And so Jesus gives us
his flesh and blood,
for he is love, the Son of God
sent through the Spirit and
Mary by our Father.

'I am the living bread
that came down from heaven.
Whoever eats of this bread
will live forever.
Those who eat my flesh and
drink my blood
abide in me and I in them.'

Called to receive love's gift,
let's come to his altar.

Shane Murtagh

The rough and smooth

He was a strong,
broad-shouldered chap
who took things in his stride;
he fought his way
through obstacles
and kept his sense of pride.

At times when life
got really rough,
he strode this earth with flair
but never lost the simple touch
to treat each case with care.

As days of peace and quiet came,
he took them, calm and wise,
and lived each day unruffled
with his wolfhound by his side –

The rough and smooth
of daily life
just come and go like weather;
no matter what
the score might be,
let's take them both together.

Eamonn Murtagh

BAPTISMS



Charlie & Bonnie Cowling
daughters of Shane & Katrina



Finnian Marcus Boyce
Son of Michael & Rhiannon

FUNERALS

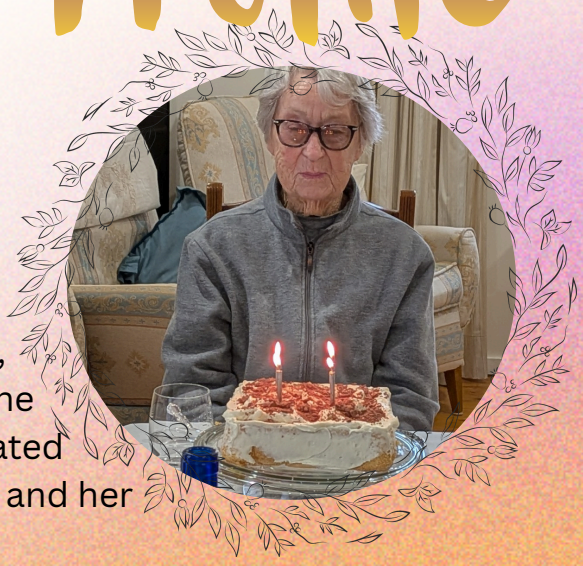
John Charles Bulfin



23.07.1940 - 03.06.2026

Parishioner Profile

Maresa Laird



Born in Liverpool, England, on 11 June 1929, Maresa was the youngest of eight children born to Frederick and Amelia Ness. She is now the sole surviving sibling of Freddy, Winifred, Truda, Philippa, Vicky, Harry, and Henry. In 1939, at the outbreak of the Second World War, when many children were evacuated from the cities to the countryside for safety, Maresa and her brother Henry were sent to Wales.

Maresa migrated to Australia in 1952, sponsored by her sister Vicky, who was already living here. Her intention was to stay for just two years before returning home. However, life took a different course, and it was not until thirty years later that she made her first return visit to England.

In 1986, Maresa became a parishioner of St John the Apostle Parish, when Fr. Bede North was the Parish Priest. Over the past four decades, she has generously contributed to parish life through a variety of ministries, serving as an Acolyte, Lector, and Minister of Communion.



Throughout her life, Maresa has shown remarkable resilience, generosity, and a commitment to serving others. Whether through her parish ministries, her volunteer work, or the quiet witness of a life well lived, she has enriched the lives of many people and remains a valued member of our community.

Happy 97th Birthday, Maresa! May your birthday and the coming year be filled with love, laughter, cherished memories, and the gratitude of all those whose lives you have touched. At 97 years young, you continue to inspire us with your faith, kindness, and enduring spirit.

May God bless you with good health, peace, and joy in the year ahead.

Commemorating the change in Mass times at St Thomas Aquinas and St John the Apostle

The weekend of of the 27th and 28th of June saw the final celebration of two masses across our parish - the 6:00pm Vigil Mass at St Thomas Aquinas and the 8:30am Mass at St John the Apostle.
Parishioners were asked to share some of their thoughts about these mass times and what they meant to them. Some of the words and phrases used were

- *Friendly*
- *Faith-filled*
- *Warm Community*
- *Families*
- *Watching children grow*
- *Thankful*
- *Warmth& friendship*
- *Gratitude*
- *Inspiring*
- *Gentle, reftlective piano playing*
- *Mentors*
- *Delightful*
- *Cheerful*
- *Parishioners who have become my family*
- *Made to feel welcome*
- *Love and support*
- *Connections*
- *Inclusivity*

Shared supper and morning tea were enjoyed by parishioners of both these mass times.











FEAST OF THE SACRED HEART OF JESUS

The Sacrament of the Eucharist



5:00pm Vigil 29 May 2026





First Eucharist





The Family of Jesus of Nazareth

Who was present at Pentecost? How many men surround Mary in the many pictures of Pentecost? The text tells us that among those present were “the women and Mary the mother of Jesus, and his brothers.” (Acts 1:14) Have you, like me, missed the various references to Jesus family in the New Testament?

Even the Gospel of John, introduces his family at the beginning. Philip describes Jesus to Nathanael as “Jesus of Nazareth, the son of Joseph”. Nathanael’s response is surely one that is difficult to forget: “Nazareth! Can anything good come from there?” At the beginning of Chapter 2, the Gospel narrative moves to Cana in Galilee where Jesus’ mother, unnamed, is with him at a wedding. Then Jesus and his disciples continue the journey they began at the Jordan River near Jericho. “After this he went down to Capernaum with his mother, his brothers, and his disciples...” This description sounds like they were returning south, but the ‘down’ refers to a drop in elevation from Cana to the north end of the Sea of Galilee.

There is a temptation to see Jesus, Mary and Joseph as an isolated little family of three. That view is enhanced as Mary has been described as an only child of elderly parents. We know nothing much about Joseph other than his genealogy and his trade.

I’ve tracked many ancestors, followed them back generation by generation. The focus on an individual runs the risk of missing the reality of family. A wonderful insight into the family of my ancestors is in a most unusual beginning of a Will written in 1832 in Scotland. “We … have agreed for the love favour and affection we have and bear to each other and to the children of our present and former marriages” that all the children will share equally in any heritable benefits from either the mother or the father. My great, great, great grandparents were widowed with children before the marriage from which I descend.

I ask myself – is this the type of family that Jesus came from, one that is mixed up with relatives of various ages and from different relationships? I’d like to suggest that is the case, that the small town of Nazareth had close relatives of Jesus, probably living very near to each other.

When Jesus began his ministry, he didn’t leave his mother, Mary, to fend for herself. Matthew 12: 46-50 gives us a clue to where Mary is and who she is with. It reads: “While he was still speaking to the people, behold, his mother and his brothers stood outside, asking to speak to him…” Matthew 13 tells us more about the family in Nazareth: “and coming to his hometown he taught them in their synagogue, so that they were astonished, and said, “…Is not this the carpenter’s son? Is not his mother called Mary? And are not his brothers James and Joseph and Simon and Judas?
And are not all his sisters with us?”

Members of Jesus family were influential in the early church. James was the revered head of the Church in Jerusalem. The apostles, Peter and John, and James, the Lord's brother, formed a leadership group. In the early writing, we find references to 'Lord's brothers' see Galatians 1:19. Paul's first letter to the Corinthians is particularly interesting as it gives an insight into the life of the missionary leaders and their wives, including Cephas-Peter. The letter also suggests that the Lord's brothers were known in Corinth, that they were bearers of the 'good news' with the apostles and other disciples.

Paul wrote: "This is my defence to those who sit in judgment on me. Don't we have the right to food and drink? Don't we have the right to take a believing wife along with us, as do the other apostles and the Lord's brothers and Cephas? Or is it only I and Barnabas who lack the right to not work for a living?" (1 Corinthians 9:3-6). Remembering the influence Jesus had within his family, and they, in turn, within the early church, we might all look to those close to us and recall the gift of faith we have to share through our love and witness. "You are continuously writing the beauty of the Gospel in the family in the pages of real life. In a world which at times is barren of life and love, you speak every day of the great gifts which are marriage and the family." (Pope Francis)

Elizabeth McDonald

PARISH ASSEMBLY
SATURDAY, 25 JULY 2026

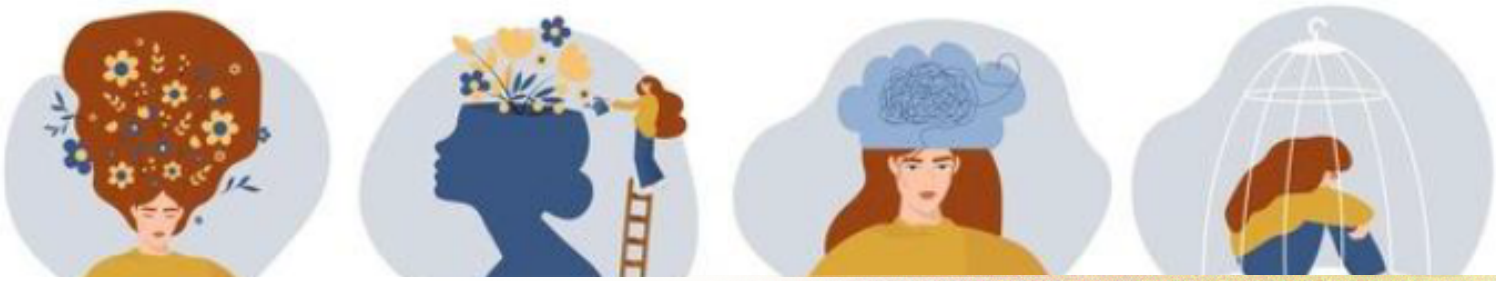


You are warmly invited to join fellow parishioners for our Parish Assembly, an important gathering as we continue to reflect on our journey together and discern the future direction of our parish community.

This will be a valuable opportunity to:

- Celebrate where we have come from
- Reflect on where we are today
- Listen deeply to one another
- Share hopes and dreams for the future
- Discern together how God is calling us forward

MENTAL HEALTH • MINISTRY



All Lives Matter: The Healing Power of Mattering

At the heart of our deepest human longing is a simple, powerful truth: we want to know that we matter. Not in an abstract or theoretical way, but in a lived, felt sense—that our lives are seen, valued, and needed. This is not just a spiritual insight; it is also a fundamental principle of mental health and well-being.

The image of the Sacred Heart speaks directly into this human need. It reveals a love that is not distant or selective, but personal and inclusive. It reminds us that every person is held within the embrace of God's love—that we all belong, we are all invited, and we all matter.

Psychologically, the experience of mattering is essential. It is the sense that we are significant to others and that we contribute something meaningful to the world. When we feel that we matter, we are more likely to experience connection, purpose, and resilience. We engage more fully with life and with others. Our sense of identity becomes grounded not in fear or comparison, but in relationship and worth.

Conversely, when this sense of mattering is absent or diminished, the impact can be profound. Feelings of invisibility or insignificance can give rise to anxiety, depression, and a quiet withdrawal from life. People may begin to question their value, their place, and even their right to be here. In this way, the absence of mattering is not just an emotional struggle—it is a wound to the heart.

This is where the message of the Sacred Heart becomes deeply relevant for mental health today. It offers not only comfort but transformation. Jesus' invitation—"I stand at the door and knock"—is an invitation into relationship, into belonging, into mattering. It is a reminder that our worth is not something we have to earn or prove; it is something we are given.

But this transformation is not only personal—it is relational and communal. If all lives matter, then the call is not simply to believe this for ourselves, but to embody it in how we see and treat others. A culture of mattering is built one relationship at a time.

Heart Spirituality offers practical pathways into this way of living:

Quiet Reflection
Taking time to pause and notice what is happening within us—our thoughts, our emotions, our bodily sensations—helps us reconnect with our own inner life. In a world that often rushes past the heart, this simple act says: my inner world matters. It creates space for self-awareness and self-compassion, both of which are foundational for mental health.

Focusing on the Heart
Gently shifting our attention from the constant noise of the mind to the centre of the chest can be surprisingly grounding. This is not about ignoring thoughts, but about anchoring ourselves in a deeper place of presence. Many people experience a sense of calm, warmth, or openness when they do this. It becomes a way of remembering that beneath the surface of stress and distraction, there is a place within us that is steady and receptive.



Compassionate Action
Mattering grows in relationships. When we approach others with compassion, respect, and a commitment to "right relationships," we help create a world where people feel seen and valued. Inclusion, non-violence, and genuine listening are not just moral ideals—they are mental health practices. Every act of kindness, every moment of attention, communicates to another person: you matter.

In this sense, the transformation of society that Jesus longs for is not distant or abstract. It begins in the ordinary moments of our lives—in how we speak, how we listen, how we respond. It begins with a willingness to open the door of our own hearts, and then to recognise that same sacred worth in others.

To say "all lives matter" in this deeper sense is not a slogan, but a commitment. It is a way of seeing the world through the lens of the heart—where no one is invisible, no one is disposable, and every life carries inherent dignity.

And perhaps, as we grow in this awareness, we come to realise that the healing we seek—for ourselves and for our world—begins with this simple, transformative truth:
We matter. And so does everyone else.

Heart Spirituality

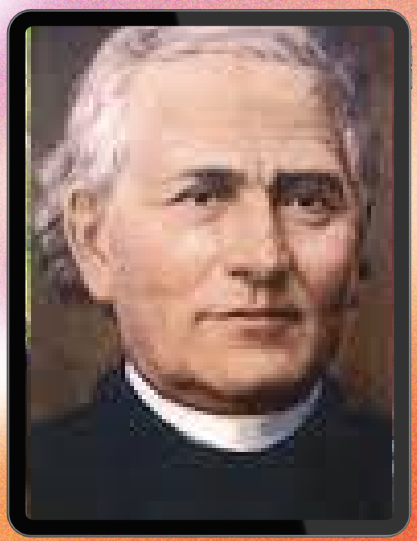
The depths of the Heart of Jesus

O Jesus,
I believe you when you show
your adorable Heart and say:
Behold this Heart that has loved you all!

Yes, I believe you, when you affirm
with the Church and the saints
that what you feel
comes from your Heart,
the centre of your love,
the inspirer of your self-giving,
the throne of your mercy,
the treasure of heaven and of earth,
the abyss of all virtues,
an ocean of goodness,
a fountain of life,
the source of all graces,
the refuge of sinners,
the strength of the weak,
the perseverance of the just,
he hope of the dying,
the terror of demons,
the sanctification of hearts,
the house of God and the gate of heaven
and a furnace of love.



Jules Chevalier msc, Le Sacre-Coeur de Jesus, p. 194. Paris 1900.



Jules Chevalier msc

"The Heart of Jesus is the epitomized and living expression of his divine person.
O my God! your Heart is you...
So, His Heart and himself, it's all the same".

Jules Chevalier msc, Le Sacré Coeur de Jésus

Jules own natural temperament and family training had given him a sense of duty and constancy. He showed generosity and fidelity in developing and directing his natural qualities in the service of God.

E.J. Cuskelly msc - Jules Chevalier: man with a mission.

May the Sacred Heart of Jesus be everywhere loved.. forever!

POPE LEO'S PRAYER INTENTION FOR JULY

For respect for human life

Let us pray for the respect and protection of human life in all its stages, recognizing it as a gift from God.



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

APOSTOLIC EXHORTATION - DILEXI TE – of the HOLY FATHER LEO XIV
https://www.vatican.va/content/leo-xiv/en/apost_exhortations/documents/20251004-dilexi-te.html

Chapter 2 – God chooses the poor
Summary of #21

At the beginning of his ministry, Jesus proclaims in the synagogue that he has been anointed to bring good news to the poor, revealing God's loving closeness as a work of liberation for the weak, the suffering, and those bound by evil.

His actions—healing the sick, restoring sight, raising the dead, and welcoming sinners—show God's compassion for those marginalized by society and even by people of faith. Through these signs, he declares that God is near and that the poor are especially blessed, for theirs is the kingdom of God.

This reveals God's preference for the poor—not as exclusion, but as a sign of hope and dignity for those most vulnerable. No one, even in weakness or poverty, is abandoned. Therefore, the Church, if it is to truly follow Christ, must be a Church of the Beatitudes: one that welcomes the little ones, walks in solidarity with the poor, and gives them a privileged place.

Praying for Pope Leo

supporting him in his ministry

Lord God, Keep Pope Leo XIV close to Your Sacred Heart. Guide him in truth, strengthen him in grace, and let his every step draw the Church nearer to You.
May his leadership reflect Your love and mercy, and may he shepherd Your people with wisdom and compassion.
Amen.

Our Lady of the Sacred Heart Parish – SAFEGUARDING COMMITMENT



Our Lady of the Sacred Heart 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.

Carl Madsen, and Marg Hourigan –
belconnenwest.safeguarding@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 welcome parishioners contributions to KIT,
particularly photos for the front cover.
We would appreciate receiving submissions by 15th of the month.

please send to belconnenwest@cg.org.au

KIT Keeping In Touch

KIT is produced for Our Lady of the Sacred Heart Catholic Community from contributions submitted by parishioners. Send submissions to belconnenwest**@cg.org.au**
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Our Lady of the Sacred Heart Belconnen West ACT ***** 25 Blackham Street, HOLT ACT 2615 and Lhotsky Street, CHARNWOOD ACT 2615

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JOIN US AT OLSH!

BOOK CLUB
4TH SUNDAY OF THE MONTH



COMMUNITY CONNECTIONS FOR PEOPLE LIVING ALONE
3RD SUNDAY OF THE MONTH



FRIENDSHIP GROUP
LAST WEDNESDAY OF THE MONTH



MENS GROUP
3RD FRIDAY OF THE MONTH



MOVIE NIGHT
4TH FRIDAY OF THE MONTH



PINS & NEEDLES
3RD MONDAY OF THE MONTH



WOMEN'S BREAKFAST
4TH TUESDAY OF THE MONTH



YCS BELCONNEN
AFTER SUNDAY MASS 7PM-8PM



KIT JULY 2026



1	Wednesday	Men's Scripture Discussion at Charnwood - after 9:30am Mass Week 8 - ALPHA 6:00 - 7:30pm Kippax
2	Thursday	Open Scripture Discussion at Charnwood - after 9:30am Mass Gethsemane Thursday - Praying with the Blessed Sacrament
3	Friday	First Friday Mass of the Sacred Heart 9:30am - Meditation 5:15pm - MFLibrary
4	Saturday	Alpha Retreat 12pm - Parish Centre
5	**Sunday**	**14th Sunday in Ordinary Time**
6	Monday	
7	Tuesday	
8	Wednesday	Men's Scripture Discussion at Charnwood - after 9:30am Mass
9	Thursday	Open Scripture Discussion at Charnwood - after 9:30am Mass Parish Pastoral Council meeting 7:00pm Mary French Library
10	Friday	Meditation 5:15pm - Mary French Library
11	Saturday	
12	**Sunday**	**15th Sunday in Ordinary Time**
13	Monday	
14	Tuesday	Community Connections For People Living Alone- 2:00pm Coffee Ichi Cafe KIppax
15	Wednesday	Men's Scripture Discussion at Charnwood - after 9:30am Mass Sharon returns from leave
16	Thursday	Open Scripture Discussion at Charnwood - after 9:30am Mass
17	Friday	Meditation 5:15pm - Mary French Library Men's Group 6:00pm - Parish Centre
18	Saturday	
19	**Sunday**	**16th Sunday in Ordinary Time** **Community Connections for People Living Alone - 3pm Mary French Library**
20	Monday	Pins & Needles 7:15pm - Mary French Library
21	Tuesday	
22	Wednesday	Feast of St Mary Magdalene Men's Scripture Discussion at Charnwood - after 9:30am Mass
23	Thursday	Open Scripture Discussion at Charnwood - after 9:30am Mass
24	Friday	Meditation 5:15pm - Mary French Library
25	Saturday	**Parish Assembly**
26	**Sunday**	**17th Sunday in Ordinary Time** **Book Club - 3pm Mary French Library**
27	Monday	
28	Tuesday	Women's Breakfast 7:30am Bean Origin Cafe Belconnen
29	Wednesday	Friendship Group - 10:15am Mary French Centre Men's Scripture Discussion at Charnwood - after 9:30am Mass
30	Thursday	Open Scripture Discussion at Charnwood - after 9:30am Mass
31	Friday	Meditation 5:15pm - Mary French Library