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

MAY 2026

Time for Reflection

May: A Month of Presence, Faithfulness, and Quiet Strength

Traditionally, the month of May has been dedicated to Mary, the mother of Jesus—a time when the Church pauses to honour her quiet "yes," her steadfast presence, and her deep trust in God. For many, it was once a familiar rhythm: gathering as families to pray the rosary, placing flowers before a statue of Mary, and entrusting the ordinary and the burdensome parts of life to her care.

While some of these practices have faded, the invitation of May remains. It is a time to rediscover Mary not only as a figure of devotion, but as a model of discipleship—one who listened, pondered, accompanied, and remained.

May is also the month in which we celebrate Mother's Day, giving thanks for mothers and for all those who embody a "mothering" presence in our lives. This draws us naturally to reflect on the women who surrounded Jesus during his ministry.

The Gospels remind us that women were not on the margins of Jesus' mission, but at its heart. Matthew tells us that "many women were there, looking on from a distance; they had followed Jesus from Galilee and had provided for him." Among them were Mary Magdalene, Mary the mother of James and Joseph, and the mother of the sons of Zebedee (Matthew 27:55–56).

Luke offers an even fuller picture. He names Mary Magdalene, Joanna, Susanna, and "many others" who travelled with Jesus and supported his ministry out of their own resources (Luke 8:1–3).

These women were not passive observers.

They were disciples, companions, and benefactors—women of courage who stepped beyond social expectations to follow the call they had encountered.

They remained when others fled. They witnessed the cross. They became the first bearers of the Resurrection.

In them, we glimpse something essential about the nature of discipleship: it is not defined by status or recognition, but by fidelity, generosity, and love.

Today, women continue to be deeply present in the life of the Church—in liturgy, pastoral care, administration, and the quiet, often unseen work that sustains community. Their contribution is not an addition to the Church's life; it is integral to it.

At the same time, the Church continues to reflect on how the full dignity of all the baptised is expressed in its structures and decision-making. This is not simply a question of roles, but of listening—of recognising where the Spirit is already at work, often in voices that have not always been fully heard. May invites us into that listening.

In Mary, and in the women of the Gospel, we encounter a Church that is attentive, courageous, and responsive. A Church that walks with others. A Church that trusts that God works powerfully through what the world may overlook.

Perhaps the invitation during the month of May is simply: to notice, to honour, and to give thanks for the quiet strength, faithfulness, and love that continue to shape the life of our community.

EDITOR'S NOTES

May, the final month of autumn, has been unseasonably warm, blessing us with many beautiful sunny days—a gentle tease before the arrival of winter.

We thank the MSC priests who assisted Fr Tru this month with our weekend Masses: Fr Vince Carroll msc, Fr Partha Paniyadimai msc, Fr Stephen Hackett msc Fr Michael Stephen msc, and Fr Krish Mathavan msc. We are grateful for their ongoing support of Fr Tru and our parish community.

In this month dedicated to Our Lady of the Sacred Heart, our reflection not only honours Mary as the first disciple of Jesus but also recognises the significant role women played in Jesus' ministry.

The Alpha program commenced on Wednesday 13 May with approximately forty participants and will continue until Wednesday 1 July.

Continuing the theme of recognising the contribution of women, our parish library was officially named the Mary French Library. The dedication took place during a liturgy led by members of the prayer group of which Mary was a valued member. This special occasion is featured on page 8.

We also celebrated our parish's inaugural Feast of Our Lady of the Sacred Heart. The celebrations began with a vigil prayer on Friday 29 May and culminated in the feast day celebrations on Saturday 30 May.
This significant milestone in the life of our parish is featured on pages 10 and 11.

Toward the end of the month, with a view to decreasing the number of masses parishioners were invited to choose between two revised Sunday Mass schedules. The preferred option was option B. the new mass times are on page 6.

Looking Forward

We will celebrate the Feast of the Sacred Heart on Friday 12 June with Mass at 9.30 am, followed by morning tea in the church foyer.

A Parish Assembly will be held on Saturday 25 July. We encourage all parishioners to mark this date in their diaries and participate in this important gathering as we continue to discern and shape the future of our parish community together.

Blessings
Marian

BAPTISMS

Gigi Tidy

Daughter of Angus & Sarah

Elise and Angus Graham

Children of Jacob & Jane

Rome Ragusa

Son of Taylor & Emily

Abe Williamson

Sacraments of Initiation

FUNERALS

Anna Phan Thuy Linh
28.08.1965 - 02.05.2026

Carolyn Holloway
14.09.1973 - 08.05.2026

Fr. Jim Littleton msc
27.02.1930 - 06.05.2026

My Woolly Socks

Might woolly socks be part of the armour of God? From Ephesians 6 we learn about the whole armour of God, and in verse 15: "And your feet shod with the preparation of the gospel of peace." The Roman soldier wore special shoes called caligae on his feet enabling him to advance in battle. No mention is made of woolly socks. However, in a Canberra winter it is prudent to wear such protection. As the chilliest capital in Australia, and adjacent to the Australian Alps, we are in a position of vulnerability as regards winter weather. Our beautiful city needs our support to overcome the icy storm.

We are a warm-hearted community in a sometimes chilly capital for those who are struggling. During this cold season we will encounter those whose needs we can help to meet. A word, a coin (or banknote), an item of food, a pair of woolly socks. All these can spread warmth which will radiate throughout the city.

As a wannabe fashionista I can acknowledge how much my woolly socks mean to me. A few months ago, before the cold weather set in, I was travelling on public transport when a young woman got on the bus. She looked tired. Her feet were covered only in a pair of threadbare socks with holes in the toes. I should have met her but didn't and I think of her often. Let's share our woolly socks.

Pam Connor

REVISED MASS TIMES

The new Mass times for Our Lady of the Sacred Heart Parish are:

• Saturday Vigil	St John the Apostle, Kippax:	5.00pm
• Sunday	St Thomas Aquinas, Charnwood:	8.30am
• Sunday	St John the Apostle, Kippax:	10.00am
• Sunday	St John the Apostle, Kippax:	6.00pm

This new schedule will take effect from the weekend of 4–5 July 2026.

From 18th - 21st May, Fr Tru and Br Daniel attended a gathering of the Archdiocese's clergy at St Clement's Retreat and Conference Centre in Galong, NSW. It was Br Daniel's first time attending the retreat. These are some of the scenes that caught his eye.

The historic centre at Galong

Meeting some locals

Statue of St Gerard

SAVE THE DATE – PARISH ASSEMBLY 2026

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:

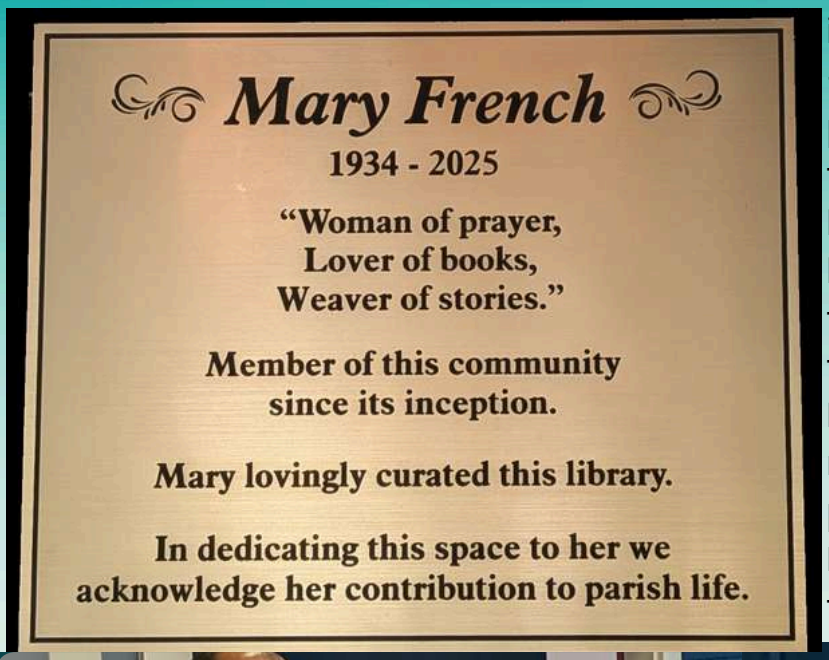
- Celebrate where we have come from
- Reflect on where we are today
- Listen deeply to one another
- Share hopes and dreams for the future
- Discern together how God is calling us forward

Mark the date in your calendar now!
Saturday, 25 July 2026

Further details, including time and venue, will be provided soon.

As a parish family, each voice matters. Through prayer, conversation, and reflection, we will seek to strengthen our sense of mission, community, and shared purpose.

The Mary French Library was dedicated and named by Fr. Tru Nguyen msc on Friday 29 May 2026



On Friday 29 May, our parish library was officially named the Mary French Library. What follows is an excerpt from Elaine Laycock's tribute to Mary: "When Mary died in August 2025, we lost a cherished member of our community. In dedicating our parish library to Mary's memory, we recognise and honour her commitment to maintaining and enriching the library.

A foundation parishioner, Mary was involved in every aspect of parish life — from liturgical ministries and pastoral care to social gatherings and the many quiet tasks carried out behind the scenes. Her gentle faith, kindness, and tireless service inspired those around her and strengthened the bonds of our parish family.
Her life and service left an enduring mark on the identity and spirit of our parish.
Mary French was a woman of deep faith and a gifted teller of stories."

'Woman of the Sacred Heart'

From 'Lady' to 'Woman': A spirituality of Mary of Nazareth
James Maher msc
Abridged from an article in Encounter, Spring 2009.

I did not grow up with any great devotion to Mary… the theology or spirituality (I would not have used those words then!) surrounding Mary did not attract me at all. I found it all quite dark. I was in my 30s, now an MSC brother studying theology, when I decided I needed to find a way of understanding Mary that made some sense to me, particularly in the light of all I had been learning in my studies of scripture and theology. I began by talking to friends and confreres who I knew had a special of love of Mary…. It was these responses that began the journey of exploration which led to this song: 'Woman of the Sacred Heart'.

In your flesh, he had to come.
You grounded him upon our earth.
Your feet that walked, your womb that held,
your pain that brought this love to birth.
The Sacred Heart of him you held
can grieve and grow within the space,
of patient love, and listening;
a mother's choice, a mystic's grace.

In your delight, in your despair,
the smallest choices of each day;
the cost to you, your hope-filled yes,
your courage lived, shows us the way.
Our Lady of the Sacred Heart,
eternal sign of God's surprise,
in you we know the poor as blessed,
this world transformed before our eyes.

O Woman of the Sacred Heart,
you heard the words of Gabriel.
Pray we may hear the call of God
and come to meet Emmanuel.
His truth is witnessed in your face,
that he became and was, and is
the Sacred Heart, the resting place;
our hearts forever held in his.

Since it was published in 1998, I've been quite staggered by the response to the song…Often they will say that the song has articulated something genuinely new for them in terms of a spirituality of Mary.

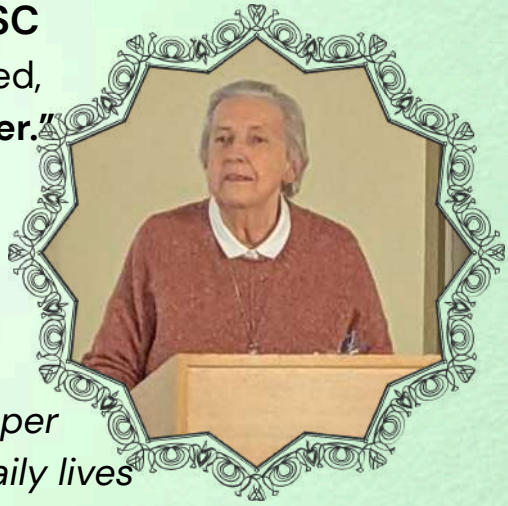
I think it was St Bernard of Clairvaux (1090 - 1153) who first called Mary, 'Our Lady'. As devotion to 'Our Lady' evolved over the centuries, she became (in some ways) more and more removed from our human experience, more and more hidden inside the statues and the shrines, and behind layers of piety and confusing theology. Since Vatican II, the Mary of the scriptures has been coming back… The woman of earth has stepped out from behind the lady on the clouds!

Welcome back, Mary of Nazareth!

Submitted by Elizabeth McDonald

Our Lady of the Sacred Heart Feast Day

Friday 29 May 2026
Vigil Prayer



Sr. Dain Inglis FDNSC
presented a talk titled,
"Our Lady of the Sacred Heart – to know her is to love her."

Sr. Dain went on to say, *"this new parish, dedicated to Our Lady of the Sacred Heart, challenges us to re-examine our relationship with Mary, to acknowledge that perhaps we take her for granted or even forget her. We are being challenged to respond to her anew, with deeper love and trust, confident that she will help us to live our daily lives in "oneness of heart with Jesus".*

The **opening liturgy** commenced with a quote from the eleventh showing of Julian of Norwich where Jesus reveals the supreme, marvellous and singular love that he feels for his mother.

"Would you like to see in her how you are loved? For love of you I made her so high, so noble and so excellent; and this delights me and I wish to delight you".

ONENESS IN HEART

In giving Mary the title, Our lady of the Sacred Heart, Jules Chevalier wanted to focus attention on the extraordinary and unique relationship between Mary and her Son, a relationship of deep union between the Heart of Jesus and that of his mother. This is a relationship that can be called "Oneness in Heart". This is who Our Lady of the Sacred Heart is. She is One with the Heart of Jesus.

Sr. Dain Inglis FDNSC

Saturday 30 May 2026

On Saturday, 30th May the celebrations of the feast of Our Lady of the Sacred Heart continued with mass at St Thomas Aquinas Church, a powerful reflection by Sr Dain Inglis and a shared meal in the school hall of St Thomas Aquinas Primary School.

Farewell SR. COLLEEN

A farewell morning tea for Sr. Colleen was held after the 9:00am Mass Sunday 26 April. We would like to thank her for the more than 30 years of commitment to our Parish and School. Her dedication and leadership to the community and her support for all never faulted. We wish her well in her retirement and returning to live in her religious community in Goulburn.

Rap song

O Lord I thank you
for this wondrous stay
with my two sisters
in the month of May . . .

Bless this house and
its fine chimney tall
and shower your blessings
down upon us all.

Oh! lead us safely
as we journey on;
with love please listen
as we sing this song.

Enfold us all in
your own loving care
as we sing your praises
with this joyous air,

with heaven helping through
these bliss-filled days
to lead us on to
your eternal praise!

Eamonn Murtagh

I am coming to you

Like an approaching ultimatum,
his time had come;
called by his Father, he had to go.
Each passing day
presaged his passion.
The grapes had ripened;
now they had to be picked and pressed
till they became blood red,
ready for consumption.

But Jesus would not leave us orphaned.

'I am coming to you.
In a little while
the world will no longer see me,
but you will see me;
because I live,
you also will live.
And I will ask the Father,
and he will give you another Comforter
to be with you forever:
the Spirit of truth.'

Together with Jesus and the Father,
the Spirit abides with us
and with all who love,
for we are God's children on earth,
and we will be His
in our homeland above.

Shane Murtagh

DATE	TIME
13 May 2026	6:00-7:30pm
20 May 2026	6:00-7:30pm
27 May 2026	6:00-7:30pm
3 Jun 2026	6:00-7:30pm
10 Jun 2026	6:00-7:30pm
17 Jun 2026	6:00-7:30pm
24 Jun 2026	6:00-7:30pm
1 Jul 2026	6:00-7:30pm

ALPHA

A series of conversations about life and meaning.
St John the Apostle Church

Register: bit.ly/olsh-alpha

Each evening includes
a simple meal,
a short video,
and open conversation
in a friendly setting.

MENTAL HEALTH • MINISTRY

Receiving Forgiveness

Each year, from 27 May to 3 June, Australia observes National Reconciliation Week, a time to reflect on our shared history and the ongoing journey toward healing. Within this week, National Sorry Day (26 May) holds particular significance, commemorating the Stolen Generations—Aboriginal and Torres Strait Islander children who were forcibly removed from their families. These observances invite not only national reflection, but also a deeply personal one: the role of apology and forgiveness in our own mental and emotional well-being.

Saying sorry and seeking reconciliation are not simply moral or social acts—they are powerful psychological tools. When we carry guilt, shame, or unresolved conflict, it can weigh heavily on our mental health, often leading to stress, anxiety, and emotional fatigue. A sincere apology can begin to lift that burden. By acknowledging harm and taking responsibility, we release the inner tension that comes from avoidance or denial. In this way, apologising becomes a form of emotional honesty that restores a sense of integrity and self-respect.

Psychologically, the act of saying sorry fosters empathy. It asks us to step outside ourselves and consider the experience of another, strengthening our emotional intelligence and deepening our capacity for connection. For an apology to truly heal, it needs three essential elements: regret (expressing genuine sorrow), responsibility (owning the impact of our actions), and remedy (a commitment to change or repair). When these are present, an apology can rebuild trust and open the door to reconciliation.

Equally transformative is the experience of forgiveness. To receive forgiveness can feel like being set free—from the weight of past mistakes and the fear of being defined by them. And to offer forgiveness, when we are ready, can release us from bitterness and resentment, creating space for peace and emotional healing.

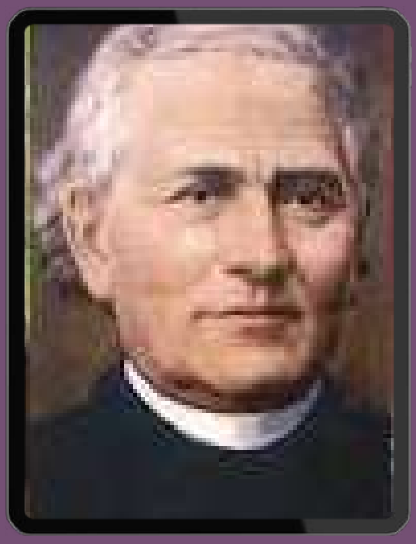
In both giving and receiving, forgiveness is not about forgetting or excusing harm. Rather, it is about choosing a path that restores dignity, nurtures wellbeing, and allows both individuals and communities to move forward with hope.

Heart Spirituality

Queen of the Apostles

God hungers and thirst to give himself
and he does this especially by grace.
Mary's greatest need and deepest desire
is to assist God's outpouring of himself,
by communicating grace.
God is an infinitely abundant spring
desiring only to pour out its water.
Mary is a blessed channel,
desiring only to further this outpouring;
and she wants this out of love for us.
Human beings are made to live the life of God;
and so throughout our whole being
there is this hunger for God
that God alone can satisfy.
And so, what a need in Mary to give God to us
and to give us to God!
This explains why she is the Queen of apostles.
After God, she is to the utmost of her being
living love, living zeal.

Jules Chevalier msc, OLSH, P. 173f



Jules Chevalier msc

"Shortly after I was baptised, my mother took me to the church and consecrated me to the Blessed Virgin and to the Sacred Heart of Jesus."
Jules Chevalier msc

When he was in the seminary, Juels formed a special group which he titled - the knights of the Sacred Heart, and of Mary.
E.J.Cuskelly msc

POPE LEO'S PRAYER INTENTION FOR JUNE

For the values of sports

Let us pray that sports be an instrument of peace, encounter, and dialogue among cultures and nations, and that they promote values such as respect, solidarity, and personal growth.

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

CHAPTER TWO -
GOD CHOOSES THE POOR
Summary of #16.

God is merciful love, revealed in his plan to enter human history and free us from slavery, fear, sin, and death. With compassion, he comes close to human weakness, sharing in our poverty by becoming one of us—born as a child in a manger and enduring the humiliation of the cross. In doing so, he embraces the full depth of human fragility, even death itself.

This understanding gives rise to the idea of God's "preferential option for the poor." This does not mean exclusion or favouritism, but highlights God's deep compassion for all who are vulnerable and oppressed.

Seeking to establish a kingdom of justice, fraternity, and solidarity, God holds a special concern for the disadvantaged and calls the Church to make a clear and committed choice to stand with the weakest.

https://www.vatican.va/content/leo-xiv/en/apost_exhortations/documents/20251004-dilexi-te.html

Praying for Pope Leo

supporting him in his ministry

Loving God,
protect Pope Leo from all harm, give him good health and perseverance in his mission as the successor of Saint Peter. We ask this through Christ our Lord,
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 wlecome parishioners contributions to KIT.
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

JUNE 2026

1	Monday	Public Holiday - Reconciliation Day - Parish Office Closed
2	Tuesday	
3	Wednesday	Men's Scripture Discussion at Charnwood - after 9:30am Mass - Week 4 ALPHA 6:00 - 7:30pm Kippax
4	Thursday	Open Scripture Discussion at Charnwood - after 9:30am Mass Gethsemane Thursday - Prayer with the Blessed Sacrament
5	Friday	**First Friday Mass of the Sacred Heart 9:30am** Meditation 5:15pm - MF Library
6	Saturday	First Eucharist masses at SJA & STA mass centres Roger Purcell msc - Mission Sunday
7	**Sunday**	**The Most Holy Body and Blood of Jesus. First Eucharist at SJA & STA mass centres** **Roger Purcell msc - Mission Sunday**
8	Monday	Public Holiday - King's Birthday - Parish Office Closed
9	Tuesday	Community Connections For People Living Alone- 2:00pm Coffee Ichi Cafe KIppax
10	Wednesday	Men's Scripture Discussion at Charnwood - after 9:30am Mass Week 5 ALPHA 6:00 - 7:30pm Kippax
11	Thursday	Open Scripture Discussion at Charnwood - after 9:30am Mass Parish Pastoral Council meeting 7:00pm Mary French Library
12	Friday	**Feast of the Sacred Heart of Jesus - Mass followed by morning tea** **Meditation 5:15pm - Parish Library**
13	Saturday	
14	**Sunday**	**11th Sunday in Ordinary Time**
15	Monday	Pins & Needles 7:15pm - Mary French Library
16	Tuesday	
17	Wednesday	Men's Scripture Discussion at Charnwood - after 9:30am Mass Week 6 ALPHA 6:00 - 7:30pm Kippax
18	Thursday	Open Scripture Discussion at Charnwood - after 9:30am Mass
19	Friday	Meditation 5:15pm - Mary French Library - Men's Group 6:00pm - Parish Centre
20	Saturday	
21	**Sunday**	**12th Sunday in Ordinary Time** **Community Connections For People Living Alone 3:30pm Parish Library**
22	Monday	
23	Tuesday	Women's Breakfast 7:30am Bean Origin Cafe Belconnen
24	Wednesday	Men's Scripture Discussion at Charnwood - after 9:30am Mass Friendship Group - 10:15am SJA Week 7 - ALPHA 6:00 - 7:30pm Kippax
25	Thursday	Open Scripture Discussion at Charnwood - after 9:30am Mass
26	Friday	Meditation 5:15pm - Mary French Library
27	Saturday	
28	**Sunday**	**13th Sunday in Ordinary Time** **Sunday Afternoon Book Club - 3:00pm Mary French Library**
29	Monday	
30	Tuesday	

Sharon on leave 8th June - 15th July

Br Daniel on retreat 13th - 20th June

Fr Tru on leave 16th - 23rd June