



Welcome to

Kangaroo Island Catholic Community

(Part of the Adelaide Cathedral Parish)

TWENTY-NINTH SUNDAY IN ORDINARY TIME - YEAR C

Vol 10 : No 48

KANGAROO ISLAND CATHOLIC PARISH

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PARISH TEAM CONTACTS

PARISH ADMINISTRATOR

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PARISH PASTORAL COUNCIL

Mr Peter Clark (8559 5131)

FINANCE

Mrs Helen Mumford (0408 367 009
or kimumford@bigpond.com)

PARISH NEWSLETTER

Mrs Wendy Bennett (0475 894 755
wendygibennett@icloud.com)

*(All items for the newsletter must be
received no later than Tuesday
evening.)*

CHILD PROTECTION

We are a Child Safe Organisation
which is committed to the care, well-
being and protection of children and
young people.

Mrs Helen Mumford
(KI contact - 0408 367 009)
Child Protection Unit 8210 8159

WEEKEND MASSES

Kingscote at 9.30am

CONFESSION

Kingscote at 9.00am
(prior to Mass)

PRAYERS FOR HEALING

Prayers for Healing and Renewal in
the Church - Thursdays at 9.00am



FIRST READING

Exodus 17:8-13

The Amalekites came and attacked Israel at Rephidim. Moses said to Joshua, 'Pick out men for yourself, and tomorrow morning march out to engage Amalek. I, meanwhile, will stand on the hilltop, the staff of God in my hand.' Joshua did as Moses told him and marched out to engage Amalek, while Moses and Aaron and Hur went up to the top of the hill. As long as Moses kept his arms raised, Israel had the advantage; when he let his arms fall, the advantage went to Amalek. But Moses' arms grew heavy, so they took a stone and put it one on one side, one on the other; and his arms remained firm till sunset. With the edge of the sword Joshua cut down Amalek and his people.

RESPONSORIAL PSALM

Psalm 120:1-8

*Our help is from the Lord,
who made heaven and earth.*

SECOND READING

2 Timothy 3:14-4:2

You must keep to what you have been taught and know to be true; remember who your teachers were, and how, ever since you were a child, you have known the holy scriptures – from these you can learn the wisdom that leads to salvation through faith in Christ Jesus. All scripture is inspired

by God and can profitably be used for teaching, for refuting error, for guiding people's lives and teaching them to be holy. This is how the man who is dedicated to God becomes fully equipped and ready for any good work.

Before God and before Christ Jesus who is to be judge of the living and the dead, I put this duty to you, in the name of his Appearing and of his kingdom: proclaim the message and, welcome or unwelcome, insist on it. Refute falsehood, correct error, call to obedience – but do all with patience and with the intention of teaching.

GOSPEL ACCLAMATION

Heb 4:12

Alleluia, alleluia!

*The word of God is living and active;
it probes the thoughts and motives of
our heart.
Alleluia!*

GOSPEL

Luke 18:1-8

Jesus told his disciples a parable about the need to pray continually and never lose heart. 'There was a judge in a certain town' he said 'who had neither fear of God nor respect for man. In the same town there was a widow who kept on coming to him and saying, "I want justice from you against my enemy!" For a long time he refused,

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Bulletin Board

PLEASE KEEP THESE PEOPLE IN YOUR PRAYERS

Sick: Stephanie Langridge, Joelle Davidson and Carmel Northcott

October anniversaries: Murray Brook, Leo Clark, William Commerford, Trish Dennes, Clifford Dow, Barry Dunn, Leo Dunn, Katarina Faist, James Gibbs, Mary Alice Gibbs, Rosie Grace, Harry Hughes, Thomas Hughes, Kath Hutton, Licci Longzaer, Philis Lorimer, John Lowry, Winifred Lydon, Mary Morrissey, Noel Perkins, Harry Rich, Alf Rombout, Betty Walsh, Bernard Williams, Ethel Willson, Joan Wilson. *Please pray for all the faithful departed and all our sick parishioners, relatives and friends.*

PARISH ROSTERS

	Comm	Reader	Cleaning
16/10	S Semmler	W Bennett	C Berden
23/10	M Glynn	L Grant	A Bevan
30/10	A Clark	K Hammat	A Bevan

PRIEST ROSTER

(Often this roster changes if something unforeseen crops up)
16/10 Fr Matthew Newman
23/10 Fr Anthoni Adminai
30/10 TBA
6/11 Fr John Shanahan

CATHOLIC WOMEN'S GUILD

There will be Catholic Women's Guild Meeting in the Parish House on Monday Oct 24 at 9.30am or after Mass, if Fr Anthoni is with us.

2022 CATHOLIC MISSION CHURCH APPEAL

With over 70% of households in the remote township of Emdibir in Ethiopia unable to provide enough nutritious food for their families each day, malnutrition and other health issues are a significant problem, especially for babies and young children like Neela's youngest child, Ajani.

In collaboration with the local community, the Church, led by Fr Habtesilassie Antuan (Hab-tay-silassie An-twan), hopes to establish a goat rearing centre, where nutritious milk will be produced and distributed to families in most need to help reverse and prevent illness and malnutrition.

The Church and the community of Emdibir need support to construct, stock and run the farm. We invite you to partner with this essential program which can bring hope to those in most need.

CHRISTMAS PRESENTS

For Christmas this year you will have the opportunity to support Louise Place in Adelaide.

Louise Place - Centrecare

Young mothers need opportunities for nurturing – both for themselves and their children. Louise Place is funded by the SA Housing Authority to provide supported accommodation options to pregnant and parenting young women and their children experiencing homelessness, or at risk of becoming homeless.

In November, I will have more information regarding mothers and children who are at Louise Place, including cards with the ages of children. Your generous donations of items suitable for Christmas gifts, would be very much appreciated.

Ideas for presents include gingerbread house kits (or other baking kits they can complete with friends or their children), baby toiletries and baby wipes, gift cards for Kmart, chocolates, lollies and Christmas tree or house decorations.

Thanks in anticipation of your kindness.

Helen Mumford

WEEKLY CONTRIBUTIONS

For those of you who wish to make your weekly contributions to the first and second collections by direct debit, these are the banking details for each.

1st Collection:
BSB 085 005
A/c No 585353994
Reference: K Island or 765

2nd Collection:
BSB 085 005
A/c No 918111484
Reference: Your name

Thank you for your ongoing support of our Priests and Parish facilities.

CUPPA AFTER MASS

Please join us for a cup of tea or coffee after Mass today. Everyone most welcome.

NOVEMBER RETREAT

Payment for the Retreat is due today (Sunday 16 October).

MARY MACKILLOP MUSEUM GIFT SHOP

The gift shop at High St, Kensington, features the following:

- A range of books, including, the God's Word: Daily Reflections 2023, Bibles and Children's Missals
- Religious items, including medals and rosary beads
- Mary MacKillop biographies, stories, letters and other memorabilia
- 2023 Josephite Calendars
- Beautiful gifts for special occasions and milestones
- Special Christmas gift stall during December
- Handcrafted cards for Christmas, birthdays, anniversaries, bereavements, sacraments (Baptism, Confirmation, First Reconciliation and Communion, Marriage)

Most of the above items are also available online:

www.marymackillopadelaide.org.au

BRING HOPE TO NEELA AND HER FAMILY

Many families in Emdibir are subsistence farmers, and distressingly, many are unable to put enough food on the table each day.

Next week Catholic Mission will offer you the opportunity to partner with the Church and community in Emdibir, Ethiopia, where your gift can help build a life-changing program from the ground up to help address this urgent need.

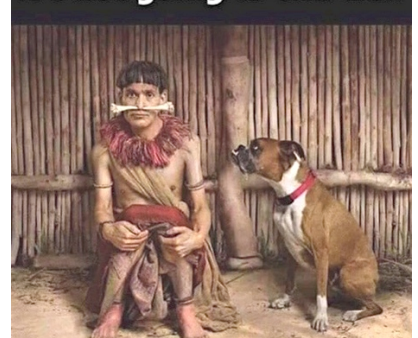
We hope you will take this opportunity to make an incredible impact for those in need.



Freecall: 1800 257 296
catholicmission.org.au/ethiopia



it's not going to end well





Ron Rolheiser column

Ronald Rolheiser, a Roman Catholic priest and member of the Missionary Oblates of Mary Immaculate. He is a community-builder, lecturer and writer. His books are popular throughout the English-speaking world and his weekly column is carried by more than sixty newspapers worldwide

HOW TO PRAY WHEN WE DON'T FEEL LIKE IT

If we only prayed when we felt like it, we wouldn't pray a lot.

Enthusiasm, good feelings, and fervor will not sustain anyone's prayer life for long, good will and firm intention notwithstanding. Our hearts and minds are complex and promiscuous, wild horses frolicking to their own tunes, with prayer frequently not on their agenda. The renowned mystic, John of the Cross teaches that, after an initial period of fervor in prayer, we will spend the bulk of our years struggling to pray discursively, dealing with boredom and distraction. So, the question becomes, how do we pray at those times when we are tired, distracted, bored, disinterested, and nursing a thousand other things in our heads and in our hearts? How do we pray when little inside us wants to pray? Especially, how do we pray at those moments when we have a positive distaste for prayer?

Monks have secrets worth knowing. The first secret we need to learn from them is the central place of ritual is sustaining a prayer-life. Monks pray a lot and regularly, but they never try to sustain their prayer on the basis of feelings. They sustain it through ritual. Monks pray together seven or eight times a day ritually. They gather in chapel and pray the ritual offices of the church (*Matins, Lauds, Prime, Terce, Sext, Vespers, Compline*) or they celebrate the Eucharist together. They don't always go there because they feel like it, they come because they are called to prayer, and then, with their hearts and minds perhaps less than enthusiastic about praying, *they pray through the deepest part of themselves, their intention, and their will.*

In the rule that St. Benedict wrote for monastic life there's an oft-quoted phrase. A monk's life, he writes, is to be ruled by the

monastic bell. When the monastic bell rings, the monk is immediately to drop whatever he is doing and go to whatever that summons is calling him to, not because he wants to, but because it is time, and time is not our time, it's God's time. That's a valuable secret, particularly as it applies to prayer. We need to go pray regularly, not because we want to, but because it's time, and *when we can't pray with our hearts and minds, we can still pray through our wills and through our bodies.*

Yes, our bodies! We tend to forget that we are not disincarnate angels, pure heart and mind. *We are also a body.* Thus, when heart and mind struggle to engage in prayer, we can always still pray with our bodies. Classically, we have tried to do this through certain physical gestures and postures (making the sign of the cross, kneeling, raising our hands, joining hands, genuflection, prostration) and we should never underestimate or denigrate the importance of these bodily gestures. Simply put, when we can't pray in any other way, we can still pray through our bodies. (And, who is to say that a sincere bodily gesture is inferior as a prayer to a gesture of the heart or mind?) Personally, I much admire a particular bodily gesture, bowing down with one's head to the floor which Muslims do in their prayer. To do that is to have your body say to God, "Irrespective of whatever's on my mind and in my heart right now, I submit to your omnipotence, your holiness, your love." Whenever I do meditative prayer alone, normally I end it with this gesture.

Sometimes spiritual writers, catechists, and liturgists have failed us by not making it clear that prayer has different stages – and that affectivity, enthusiasm, fervor are only one stage, and the neophyte stage at that. As the great doctors and mystics of spirituality have universally taught, prayer, like love,

goes through three phases. First comes *fervor and enthusiasm*; next comes *the waning of fervor along with dryness and boredom*, and finally comes *proficiency, an ease, a certain sense of being at home in prayer that does not depend on affectivity and fervor but on a commitment to be present, irrespective of affective feeling.*

Dietrich Bonhoeffer used to say this to a couple when officiating at their marriage. Today you are very much in love and believe that your love will sustain your marriage. It won't. *Let your marriage [which is a ritual container] sustain your love.* The same can be said about prayer. Fervor and enthusiasm will not sustain your prayer, but ritual can. *When we struggle to pray with our minds and our hearts, we can still always pray through our wills and our bodies.* Showing up can be prayer enough.

In a recent book, *Dearest Sister Wendy*, Robert Ellsberg quotes a comment by Michael Leach, who said this in relation to what he was experiencing in having to care long-term for his wife suffering from Alzheimer's. *Falling in love is the easy part; learning to love is the hard part; and living in love is the best part.* True too for prayer.

You can read, or download, Ron Rolheiser's weekly columns from his website at: www.ronrolheiser.com



COMPLIANCE WITH COVID-19 REGULATIONS

(Current from 12/10/22)



- If you have tested positive for COVID-19 please follow the instructions as per SA Health in terms of contact tracing and isolating yourself as per government health protocols. Please stay home and do not attend church services until you have fully recovered.
- The density requirement has been updated to full capacity in all churches and also includes funerals and weddings.
- Wearing of face-masks in Church is strongly recommended.
- Sick and high risk/vulnerable people are requested to stay home and not attend services.
- Hand sanitiser is available at church entrances.
- Communion is given only in hands. Precious Blood will not be distributed.
- Holy Water is not available at the doors of churches.
- Procession of gifts has resumed.
- Collection plates are to be passed around with minimum contact

DID YOU KNOW?

- In ancient Israel, according to the Law, justice should have been available to all who sought it, not only to the rich or powerful. Judges were appointed and they sat 'at the city gate' making themselves available to any who needed a judgement. The prophets often criticised the corruption that was sometimes associated with this office. Judgement would go in favour of those who could pay a bribe!
- Under Jewish Law, there was a special requirement to look after the widow and the orphan who did not have a man to speak for them.
- Luke's Gospel was written at a time when believers were suffering for their faith. They too may have been wondering if God heard their prayers.

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but at last he said to himself, "Maybe I have neither fear of God nor respect for man, but since she keeps pestering me I must give this widow her just rights, or she will persist in coming and worry me to death."

And the Lord said 'You notice what the unjust judge has to say? Now will not God see justice done to his chosen who cry to him day and night even when he delays to help them? I promise you, he will see justice done to them, and done speedily. But when the Son of Man comes, will he find any faith on earth?'

MY LITTLE PEST

When she was little, my daughter's favourite movie was *The Sound of Music*. She'd announce 20 times a day, "I want Maria. I want Maria," referring to the movie's main character, who is a troublesome nun-in-the-making sent from her abbey to be a governess. Thanks to my daughter Hannah, I know the lyrics and dialogue of the movie by heart. Maria, we are told by the nuns of the abbey, will "outpester any pest; drive a hornet from its nest. She can throw a whirling dervish out of whirl". No wonder Hannah loved her. They were kindred spirits.

Like all great pesterers, my daughter had the makings to be a great pray-er as well. She already insisted we go through a lengthy litany of blessings on friends and family during mealtime grace.

Her maternal grandmother was also a world-class pray-er. My mother knelt at the edge of her bed each night with her rosary beads and novena book praying the prayers of faithful souls from every generation: for the health and well-being of loved ones; for patience, courage, and fortitude; and for an end to injustice, relief of suffering, and forgiveness of sins. Most of all, seasoned pray-ers say thank you for the help of others and for the love and mercy God has shown them.

Back then, my daughter only knew enough to blow me a kiss after I turned on her movie. A lovely prayer in its own right!

GPBS eNews

RAISE UP HOLY HANDS

Jesus must have been feeling mischievous when he told the story of the persistent widow. He offers a funny comparison: God is at least as likely to respond to our prayers as a corrupt judge will cave in under a widow's badgering. Maybe Jesus had days like that, when someone got on his nerves so much he just gave them what they wanted. We've all bought a magazine or chocolate bar at the door just to make the salesperson go away.

The point of the story isn't God's experience, of course, but ours. Whether God is worn down by eons of listening to our prayers remains to be seen. Our task is to keep up the prayers – harder than it sounds to those who don't pray much. Fidelity in prayer is as hard as working at any love relationship. In some seasons the effort will feel greater than the desire. Persistent prayer is more effective than the one-off method, just as daily efforts to build loving relationships are more meaningful than a lone card on Valentine's Day.

GPBS eNews

THIS WEEK'S READINGS

(17- 23 October)

- **Monday, 17:** St Ignatius of Antioch, (Eph 2:1-10; Lk 12:13-21)
- **Tuesday, 18:** St Luke (2 Tim 4:10-17; Lk 10:1-9)
- **Wednesday, 19:** Weekday, Ord Time 29 (Eph 3:2-12; Lk 12:39-48)
- **Thursday, 20:** Weekday, Ord Time 29 (Eph 3:14-21; Lk 12:49-53)
- **Friday, 21:** Weekday, Ord Time 29 (Eph 4:1-6; Lk 12:54-59)
- **Saturday, 22:** Weekday, Ord Time 29 (Eph 4:7-16; Lk 13:1-9)
- **Sunday 23:** 30th SUNDAY in ORDINARY TIME (Sirach 35:12-14, 16-19; 2 Tim 4:6-8, 16-18; Lk 18:9-14)



PASTORAL CARE

If you need a priest for anointing prior to medical treatment, or if you are ill (not necessarily life-threatening) or for last rites please contact: (08) 8210 8155 or in an emergency 0417 080 955