



Welcome to

Kangaroo Island Catholic Community

(Part of the Adelaide Cathedral Parish)

FOURTH SUNDAY OF LENT - YEAR A

Vol 11 : No 17

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
wendygbenett@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



EYES TO SEE

FIRST READING

1 Samuel 16:1, 6-7, 10-13

The Lord said to Samuel, 'Fill your horn with oil and go. I am sending you to Jesse of Bethlehem, for I have chosen myself a king among his sons.' When Samuel arrived, he caught sight of Eliab and thought, 'Surely the Lord's anointed one stands there before him,' but the Lord said to Samuel, 'Take no notice of his appearance or his height, for I have rejected him: God does not see as man sees: man looks at appearances but the Lord looks at the heart.' Jesse presented his seven sons to Samuel, but Samuel said to Jesse, 'The Lord has not chosen these.' He then asked Jesse, 'Are these all the sons you have?' He answered, 'There is still one left, the youngest; he is out looking after the sheep.' Then Samuel said to Jesse, 'Send for him; we will not sit down to eat until he comes.' Jesse had him sent for, a boy of fresh complexion, with fine eyes and pleasant bearing. The Lord said, 'Come, anoint him, for this is the one.' At this, Samuel took the horn of oil and anointed him where he stood with his brothers; and the spirit of the Lord seized on David and stayed with him from that day on.

RESPONSORIAL PSALM

Ps 22

*The Lord is my shepherd;
there is nothing I shall want.*

SECOND READING

Ephesians 5:8-14

You were darkness once, but now you are light in the Lord; be like children of light, for the effects of the light are seen in complete goodness and right living and truth. Try to discover what the Lord wants of you, having nothing to do with the futile works of darkness but exposing them by contrast. The things which are done in secret are things that people are ashamed even to speak of; but anything exposed by the light will be illuminated and anything illuminated turns into light. That is why it is said:

Wake up from your sleep, rise from the dead, and Christ will shine on you.

GOSPEL ACCLAMATION *Jn 8:12*

Glory to you, Word of God, Lord Jesus Christ! I am the light of the world, says the Lord; whoever follows me will have the light of life. Glory to you, Word of God, Lord Jesus Christ!

GOSPEL *Shorter form John 9:1, 6-9, 13-17, 34-38*

As Jesus went along, he saw a man who had been blind from birth.

He spat on the ground, made a paste with the spittle, put this over the eyes of the blind man, and said to him, 'Go and wash in the Pool of Siloam' (a name that means 'sent'). So the blind man went off and washed himself, and came away with his sight restored.

(Continued page 4)



Bulletin Board

PLEASE KEEP THESE PEOPLE IN YOUR PRAYERS

Sick: Stephanie Langridge, Carmen Northcott, Joella Davidson

March anniversaries:

Peter Beinke, Kieren Berden, Ellen Clarke, Peter Clark, Ellen Denholm, Inez Frawley, Kathleen Gannon, Archbishop Gleeson, Alec Grant, Keith Hornby, Gladys Leurn, Jean Lonzar, Patrick Lyden, Kath Northcott, Stephen Northcott, Denis O'Brien, James Palmer, Dilly Reynolds, Richard Semler, Sylvester Shannon, Peter Slagter, Cathy Smythe, Eunice Trethewey, Edie Willson, Glad Nash ... and all the faithful departed.

PARISH ROSTERS

	Comm	Reader	Cleaning
12/3	M Glynn	W Bennett	A Bevan
19/3	M Slagter	A Gibbs	A Bevan
27/3	K Hammat	A Clark	K Brinkley
2/4	W Bennett	A Gibbs	K Brinkley
Easter	Please put your name on the Roster at the back of the Church.		

PRIEST ROSTER

(Often this roster changes if something unforeseen crops up)

12/3	Fr My Tran
19/3	Fr Tony Telford-Sharp
26/3	Fr Anthoni Adimai
2/4	Fr Iain Radvan SJ
Holy Week	Fr Paul Cashen
16/4	Fr Selva Raj
23/4	TBA
25/4	Fr John Jegorow

EASTER MASSES

(with Fr Paul Cashen)



- **Holy Thursday (6 April)** •
Reconciliation 6.30pm
Mass of the Last Supper 7.00pm
- **Good Friday (7 April)** •
Stations of the Cross 9.30am
The Passion of the Lord 3.00pm
- **Holy Saturday (8 April)** •
Easter Vigil 7.30pm
- **Easter Sunday (9 April)** •
Mass 9.30am

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

PROJECT COMPASSION



Thu lives in Vietnam. When Thu was 12 years old, he stepped on an land mine and lost his leg. Living with a disability in rural Vietnam presented many challenges for Thu, who worked mainly as a rice farmer. Thu also took on the role of caring for his wife, Linh, after she suffered a stroke.

Determined to turn their lives around, Thu and Linh joined the Empowerment of People with Disabilities program, run by Caritas Australia's local partner in Vietnam, the Centre for Sustainable Rural Development (SRD).

For Thu, the greatest impact the program has had is enabling the change in Linh's physical and mental

wellbeing. With the support of a physiotherapist, Linh can now walk short distances with the aid of a walking stick.

You can donate through Project Compassion donation boxes or envelopes, by visiting caritas.org.au/project-compassion, or phone 1800 024 413.

EXTRAORDINARY MINISTERS OF HOLY COMMUNION

Fr Anthoni will conduct an in-service training for all those who wish to remain Extraordinary Ministers of Holy Communion. Anyone wishing to volunteer for this ministry is invited to attend. A current police check is mandatory for all Church volunteers and those seeking such a check can apply to Maureen Slagter in the first instance. The training will be conducted after Mass on 26 March for approximately half an hour.



ATTUNING TO GOD

Becoming familiar with your instrument

Learn how to recognise God's spirit moving in your heart and body, so that you can make godly decisions

- PRESENTED by:** Fr Iain Radvan
WHEN: Saturday, 1 April 10 - 4.00pm with a lunch break
WHERE: Paul and Wendy's - 4 Brownlow Road, Kingscote
WHAT to bring: a journal, something to share for lunch
COST: Nil
HOW to book: phone or email Wendy (0475 894 755 or wendygbennett@bigpond.com)





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

LOSING A LOVED ONE TO SUICIDE

New York Times columnist David Brooks recently wrote an article about a lifelong friend who died by suicide. In describing his friend and his descent into a suicidal illness, Brooks sheds some needed light on how we still have a long way to go in our understanding of suicide. (*New York Times, February 9, 2023*)

His friend, Peter, seemed a most unlikely candidate to die by suicide. He had a wonderful marriage, two loving sons, a warm circle of friends, and a fulfilling career as a doctor within which he took a lot of satisfaction in helping others. He was also physically healthy, active and athletic. Yet, at a point, he began sink into a crushing depression before which all the love in the world stood helpless. Eventually, he took his own life.

What Brooks highlights in documenting his friend's journey should be required reading for everyone. What does he highlight? First, that in most cases, suicide is an illness. People don't choose to sink into this kind of depression any more than people choose to have cancer, diabetes, or a heart condition. They are hit with an illness, and they cannot will themselves out of it any more than someone with a major physical illness can cure himself or herself through simple willpower and attitude. You don't just will your way out of a suicidal depression. Moreover, suicidal depression is not something that any of us, as outsiders, really understand.

Second, the depression is horrible, the ultimate nightmare. Note how William Styron describes his own depression in his memoir, *Darkness Visible*, "I experienced a curious inner convulsion that I can only describe as despair beyond despair. It came out of the cold night; I did not think such anguish possible."

Then, the suffering is compounded by the fact that part of the anatomy of the disease (most times) is that the person undergoing it finds it impossible to articulate what the pain exactly consists of. Hence, they are alone inside it, unanimity-minus-one, and with that aloneness comes the overpowering feeling that one is doing a favor to family and friends by removing oneself through suicide. Moreover, in the face of suicidal depression, medicine and psychiatry can be helpful but they are limited in effectively treating this kind of depression.

What should we do when we are dealing with someone who is undergoing this kind of paralyzing depression? In trying to answer that, it can be helpful to start with the *via negativa* – what shouldn't we do? Brooks shares some of his sincere, but ultimately misguided, efforts to reach his friend. For example, he reminded Peter of all the wonderful blessings he enjoyed and how blessed his life was. Later he realized that "this might make sufferers feel even worse about themselves for not being able to enjoy all the things that are palpably enjoyable." As well, we should not ask the person if he is thinking of hurting himself. The person is already hurting so badly that everything inside of him wants only to stop the pain, and suicide is perceived as the only means of doing that.

What should we do? Brooks is clear: "The experts say if you know someone who is depressed, it's OK to ask explicitly about suicide. The experts emphasize that you're not going to be putting the thought into the person's head. Very often, it's already on her or his mind. And if it is, the person should be getting professional help." Experts also agree that we should take the risk and ask the person openly if he or she is thinking of suicide. If the person isn't thinking about suicide,

he or she will forgive you for asking; but if he or she is thinking of suicide and you are too timid to ask, your timidity might stand in the way of saving that person's life.

Brooks points out that despite all the work that has been done in medicine and psychology in recent years, suicide rates today are 30 percent higher than they were even twenty years ago and one in five American adults experiences mental illness.

My own life has been much affected by suicide, the suicide of relatives, friends, neighbors, colleagues, classmates, former students, and trusted mentors. In my experience, in every one of these deaths, the person who died was a good, honest, gentle, sensitive, and over-sensitive soul who, at a point in his or her life, was too bruised, too full of pain, and too overpowered by illness to continue to live. Each of these deaths also left behind a tragic sadness that was massively compounded by our lack of understanding of what really caused this person's death.

In his assessment of his friend's suicide, Brooks says that in the end "the beast was bigger than Pete; it was bigger than us." It still is. Simply put, we are still a long way from understanding mental health and its fragility.

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



COMPLIANCE WITH COVID-19 REGULATIONS

(Current from 16/03/23)



- If you have tested positive for COVID-19 please stay home and do not attend church services until you have fully recovered.
- Wearing of face-masks in Church is strongly recommended.
- Sick and high risk/vulnerable people are requested to stay home.
- Hand sanitiser is available at church entrances.
- Communion is given only in hands.
- 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



FOURTH SUNDAY OF LENT

The Fourth Sunday of Lent presents the images of darkness to light, blindness to sight. The Lenten season is a time for us to examine and reflect on our lives. We are called to move from the darkness of our life to the light of faith. We are called to see a new vision that comes from being called to be a disciple of Jesus.



GO FROM HERE

Go from here as those who have seen and wish to share Christ's wonderful light:

- the light of peace for the troubled
- the light of hope for the lost
- the light of healing for the suffering
- the light of justice for the overlooked
- the light of action for the apathetic
- the light of patience for the hasty
- the light of faith for the searching
- the light of presence for the dying
- the light of comfort for the bereaved

We will share light Christ's wonderful light.

(Continued from page 1)

His neighbours and people who earlier had seen him begging said, 'Isn't this the man who used to sit and beg?' Some said, 'Yes, it is the same one.' Others said, 'No, he only looks like him.' The man himself said, 'I am the man.'

They brought the man who had been blind to the Pharisees. It had been a sabbath day when Jesus made the paste and opened the man's eyes, so when the Pharisees asked him how he had come to see, he said, 'He put a paste on my eyes, and I washed, and I can see.' Then some of the Pharisees said, 'This man cannot be from God: he does not keep the sabbath.' Others said, 'How could a sinner produce signs like this?' And there was disagreement among them. So they spoke to the blind man again, 'What have you to say about him yourself, now that he has opened your eyes?' 'He is a prophet' replied the man. 'Are you trying to teach us,' they replied 'and you a sinner through and through, since you were born!' And they drove him away.

Jesus heard they had driven him away, and when he found him he said to him, 'Do you believe in the Son of Man?' 'Sir,' the man replied 'tell me who he is so that I may believe in him.' Jesus said, 'You are looking at him; he is speaking to you.' The man said, 'Lord, I believe', and worshipped him.

Jesus said:
'It is for judgement that I have come into this world, so that those without sight may see and those with sight turn blind.'

Hearing this, some Pharisees who were present said to him, 'We are not blind, surely?' Jesus replied:

'Blind? If you were, you would not be guilty, but since you say, "We see," your guilt remains.'



BEGINNER'S MIND

I was at a friend's house, and his young son was doing a school project on a topic I happen to know something about. I offered my assistance, and at first the son seemed to welcome any help he could get. But every time I tried to tell him

something new he interrupted by saying, "I know, I know". He said it even when it was clear he didn't know quite as much as he thought he did.

Jesus ran into the same attitude with the Pharisees, who were quite upset when Jesus gave a blind man sight. This miracle didn't jibe with what they already "knew" about how God works in the world. And so, rather than learning something new about God - that God longs for our healing and wholeness - they closed their minds and, in effect, kept saying, "I know, I know!" They were sure the man's blindness had been caused by sin, yet they were unwilling to consider that their own spiritual blindness might be a result of their own sin of pride.

Spiritual growth requires that we employ what gurus call "beginner's mind". This is the attitude that is aware of its limitations and open to new truths and surprises. Lent is a good time to cultivate beginner's mind. It's a time to see ourselves and the world not with our own prejudices but as God sees - as worthy of help and healing and love.

GPBS eNews



THIS WEEK'S READINGS

(20 - 26 March)

- **Monday, 20:** St Joseph, spouse of the Blessed Virgin Mary (Sam 7:4-5, 12-14, 16; Rom 4:13, 16-18, 22; Mt 1:16, 18-21, 24)
- **Tuesday, 21:** Tue, 4th week of Lent (Ezek 47:1-9, 12; Jn 5:1-3, 5-16)
- **Wednesday, 22:** Wed, 4th week of Lent (Is 49:8-15; Jn 5:17-30)
- **Thursday, 23:** Thu, 4th week of Lent (Ex 32:7-14; Jn 5:31-47)
- **Friday, 24:** Fr, 4th week of Lent (Wis 2:1, 2-22; Jn 7:1-2, 10, 25-30)
- **Saturday, 25:** The Annunciation of the Lord (Jer 11:18-20; Jn 7:40-52)
- **Sunday 26:** FIFTH SUNDAY OF LENT (Jer 31:31-34; Heb 5:7-9; Jn 12:20-33)

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