



Welcome to

Kangaroo Island Catholic Community

(Part of the Fleurieu and Kangaroo Island Cluster of Catholic Parishes)

FIRST SUNDAY OF ADVENT - YEAR C

Vol 10 : No 01

KANGAROO ISLAND CATHOLIC PARISH

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NOARLUNGA DOWNS CATHOLIC PRESBYTERY

Phone: 8382 1717

PARISH TEAM CONTACTS PARISH PRIEST

Fr Josy Sebastian (8382 1717;
in emergency - 0452 524 169)

Fr Prathap Katta (A/Priest -
8382 1717)

Fr Arul Dev (A/Priest - 8382 1717)

PARISH PASTORAL COUNCIL Mr Peter Clark (8559 5131)

FINANCE

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

PARISH NEWSLETTER

Mr Peter Clark (8559 5131,
paclark@muckra.com.au)

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

SPONSORSHIP

KANGAROO ISLAND
TRANSFERS (0427 887 575)
generously donate transport for
our visiting Priests.

CHILD PROTECTION

Child Protection Unit 8210 8159

WEEKEND MASSES

This weekend Mass will be held at
Kingscote at 9.30am.



FIRST READING

Jeremiah 33:14-16

See, the days are coming – it is the
Lord who speaks – when I am going
to fulfil the promise I made to the
House of Israel and the House of
Judah:

‘In those days and at that time, I
will make a virtuous Branch grow
for David, who shall practise
honesty and integrity in the land.

In those days Judah shall be saved
and Israel shall dwell in confidence.
And this is the name the city will be
called:

The-Lord-our-integrity.’

RESPONSORIAL PSALM

Ps 24:4-5, 8-9, 10, 14

To you, O Lord, I lift my soul.

SECOND READING

1 Thessalonians 3:12-4:2

May the Lord be generous in
increasing your love and make you
love one another and the whole human
race as much as we love you. And
may he so confirm your hearts in
holiness that you may be blameless in
the sight of our God and Father when
our Lord Jesus Christ comes with all
his saints.

Finally, brothers, we urge you and
appeal to you in the Lord Jesus to
make more and more progress in the
kind of life that you are meant to live:
the life that God wants, as you learnt
from us, and as you are already living
it. You have not forgotten the
instructions we gave you on the
authority of the Lord Jesus.

GOSPEL ACCLAMATION

Ps 84:8

Alleluia, alleluia!

*Lord, show us your mercy and love,
and grant us your salvation.*

Alleluia!

GOSPEL

Luke 21:25-28, 34-36

Jesus said to his disciples: ‘There will
be signs in the sun and moon and
stars; on earth nations in agony,
bewildered by the clamour of the
ocean and its waves; men dying of
fear as they await what menaces the
world, for the powers of heaven will
be shaken.

And then they will see the Son of Man
coming in a cloud with power and
great glory.

(Continued page 4)



Bulletin Board

PLEASE KEEP THESE PEOPLE IN YOUR PRAYERS

Sick: Bill Roestenburg, Sr Carmel Clarke, Fr Peter Milburn, Melanie Howson, Nick Hacker, Peter Weatherstone and Carmel Northcott

November anniversaries: Jim Airton, Francis E Bannan, Vic Banner, Clorice Bates, Toni Berden, Leon Bourke, Imogen Brinkley, Harold Burgess, Donald Chalmers, Tim Clark, Evelyn Drane, Roy Gatton, John and Dien Hendrix, Carmel Higgins, Agnes Hughes, Margaret Hughes, Peggy Imboden, Andrew Kelly, Thomas Lydon, John McDonald, Colleen Moore, Roger Pahl, Teresa Paniza, Sam Perkins, Roy Rayson, Helen Redden, Patricia Ross, Harold Semler, Marie Slagter, Pat Smith, Graham Turner, Gwen Willson and all the faithful departed.

Please pray for all the faithful departed and may all our sick parishioners, relatives and friends know the healing love of Christ.

ROSTERS

	Comm	Reader	Cleaning
28/11	M Glyn	L Grant	K Brinkley

COVID Marshal

28/11 P Bennett

PRIEST ROSTER

(Often this roster changes if something unforeseen crops up)
28/11 Fr Leon Czechowicz
05/12 Fr Brian Angus



Christmas

MASS TIMES

- 7.30pm Christmas Eve (Fri 24)
- 8.30am Christmas Day (Sat 25)
- 9.30am Holy Family (Sun 26)

PRAYER FOR HEALING

Parishioners are invited to a Prayer for Healing and Renewal gathering on Thursdays: 9.00am - 9.30am.

SACRAMENTAL PREPARATION

The Kingscote Catholic Church will be holding sacramental preparation beginning in March, 2022.

If you have a child who is ready to make their First Holy Communion or Confirmation, please ring Helen Mumford on 0408 367 009

Helen Mumford

THE DOUBLE MESSAGE OF CHRISTMAS

One of the challenges of Christmas is to make room for Christ at the inn, that is, to open our hearts, our homes, and our world as places where Christ can come and live.

We too easily make a scathing judgment on the people at the time of Jesus' birth for not knowing what Mary and Joseph were carrying, for not making a proper place for Jesus to be born, and for not recognizing him as Messiah afterwards. How could they be so blind? But that same judgment is still being made of us. We aren't exactly making room in our own inns.

When a new person is born into this world, he or she takes a space where before there was no one. Sometimes that new person is warmly welcomed and a cozy, loving space is instantly created and everyone around is happy for this new invasion. But



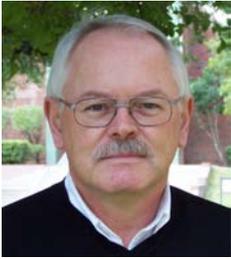
that isn't always the case; sometimes, as was the case with Jesus, there is no space created for the new person to enter the world and his or her presence is unwelcome.

We see this today (and this will constitute a judgment on our generation) in the reluctance, almost all over the world, to welcome new immigrants, to make room for them at the inn. The United Nations estimates that there are 19.5 million refugees in the world today, persons whom no one will welcome. Why not? We are not bad people, and we are capable most times of being wonderfully generous. But letting this flood of immigrants enter our lives would disturb us. Our lives would have to change. We would lose some of our present comforts, many of our old familiarities, and some of our securities.

We are not bad people, neither were those innkeepers two thousand years ago who, not knowing what was unfolding, in inculpable ignorance, turned Mary and Joseph away. I've always nursed a secret sympathy for them. Maybe because I am still, unknowingly, doing exactly what they did. A friend of mine is fond of saying: "I'm against more immigrants being allowed in ... now that we're in!"

The peace of Christ, the message inside of Christ's birth, and the skewed circumstances of his birth, if understood, cannot but disturb. May they also bring deep consolation.

Ronald Rolheiser



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



DEALING WITH EMOTIONAL PARALYSIS

Our greatest strength is often our greatest weakness. Sensitivity is a gift, but as any sensitive person will tell you, that gift can be a mixed blessing. Sometimes a thick, calloused skin can save you from a lot of suffering, particularly from heartache.

The popular spiritual writer Henri Nouwen was a highly sensitive person. That was both his gift and his curse. He suffered a lot because of his sensitivity. For instance, several times he fell hopelessly in love with someone, but because he was a vowed celibate and because those deep feelings were not mutual, he was left alone in that obsession, frustrated, emotionally paralyzed. These obsessive feelings so overpowered him that (to his honesty and to his credit) he sought clinical help. By his own admission, those were the darkest and most painful periods in his life.

There are many like him in this world and there is someone like him inside everyone who is highly sensitive. Indeed, one of Nouwen's heroes was the famed Dutch painter, Vincent Van Gogh, who suffered from acute over-sensitivity for much of his life and at one point, suffering from an emotional obsession in love, cut off one of his ears and sent it to the person with whom he was obsessed. Another person who Nouwen idolized was the Danish philosopher Soren Kierkegaard, whose personal loneliness deeply colored his religious and philosophical writings. It's no accident that so many highly creative persons (artists, writers, performers) are often caught in the grip of emotional obsession. I suspect that this is true for all of us to some degree.

What's to be done when some emotional obsession literally paralyzes us?

I have twice posed this question to psychologists. In the first instance, it was to the renowned Dutch psychologist Antone Vergote. I twice had the privilege of being in his classroom and in one of those classes, I asked him this question. How do you help a person who is so paralyzed by some heartache or other pain that it leaves him or her suicidal? His response was humble. He began by saying this is singularly the most difficult situation we will ever deal with, inside ourselves, inside our families and friendships, and inside pastoral and counseling situations. He admitted that psychology was still grappling with what a helpful response might be and suggested that we might find some enlightening perspectives by reading the great novelists.

Then he offered this: emotional obsession is a form of over-concentration, a fixation that holds us in its grip until we somehow break its spell. What can be helpful (if anything can be helpful) is distraction, anything that can take that person's mind off its fixation. This may sound crass, especially when our perennial religious counsel has been "take your troubles to the chapel". Shouldn't prayer be the answer? Yes, it should, but that too has its dangers. If you are in the paralyzing grip of an obsession, alone in a chapel might be the last place you need to be. Alone and emotionally paralyzed, the darkness might well overpower you. In our darkest moments, it's the incarnate God, the human touch of God through the care of someone, which constitutes the real chapel to which we need to go.

The second psychologist to whom I posed this question added this piece

of advice. *Never stay in this kind of darkness alone.* Indeed, never enter it alone. Be with somebody – a friend, a mentor, a doctor, a guide, a fellow-sufferer, anyone. I remember an occasion some years ago when a young man came to me in the grips of this kind of obsession and suggested that he wanted to do was to drive off by himself into the mountains, rent a cabin, and "think this through". I strongly advised him that it was the last thing he should do, in that being alone and isolated with his obsession would be dangerous. What he needed, I suggested, were things that could distract him – his work, his friends, his routines, his normal escapes.

Not everyone is Jesus who went into the darkness of his crucifixion alone. Except, except, he wasn't alone. He was with his Father. If we trust our faith strongly enough to know that, respective of anything, we will know that God is there for us, then we can risk entering the darkness alone. Then we can take our emotional paralysis to the chapel and to remote cabins in the mountains. However, if we fear how our wounded selves might render us helpless and suicidal, we will want to hold fast to the hand of a trusted friend and look for any kind of distraction that can break the obsession paralyzing us.

On one of those occasions when Henri Nouwen had checked himself into a clinic for depression, he wrote a book, *The Inner Voice of Love*, to share how eventually he did cope. What he ultimately learned is that *our hearts are greater than our wounds*; but we don't always know that in the darkness.

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

COMPLIANCE WITH COVID-19 REGULATIONS

(Current from 23 November, 2021)

- Places of Worship are restricted to 3 people per 4 square metres with social distancing of 1.5 metres. The number of people at a Private Activity has increased from 50 people to 150 people, provided density requirements are met. If more than 50 people are present, there must be an independent COVID Marshal. QR codes and/or handwritten logs are essential.
- Wearing of masks is mandatory. (A doctor's certificate must be produced on request, if claiming an exemption.)
- Attendees at indoor religious services may sing during worship and members of choirs or chorus groups may perform or rehearse indoors, if they wear masks while doing so.
- Social distancing is mandatory - DO NOT CONGREGATE at entry/exit and outside.
- There should be no shaking of hands or holding hands during the Mass.
- Every gathering must record contact details - either with the QR code for smart phones, or the handwritten log - both located at the entrance to the Church
- Hand sanitizer is available at Church entrances.
- Offertory procession will be omitted. Communion is given only in hands. Precious Blood will not be distributed.
- Collection plates will not be passed around.
- Holy Water is not available at the doors of churches.
- Sick and high risk/vulnerable people should be encouraged not to attend.
- The Archdiocese recommends Covid vaccination for all (please check with your GP if you have concerns).
- Obligation for Sunday Mass for the laity HAS NOT BEEN RE-INVOKED at this stage. You may wish to access: [Mass for You at Home – The official website of Mass For You At Home, Australia](#) online and on Channel 10 every Sunday at 6 am.

(Continued from page 1)

When these things begin to take place, stand erect, hold your heads high, because your liberation is near at hand.

‘Watch yourselves, or your hearts will be coarsened with debauchery and drunkenness and the cares of life, and that day will be sprung on you suddenly, like a trap. For it will come down on every living man on the face of the earth. Stay awake, praying at all times for the strength to survive all that is going to happen, and to stand with confidence before the Son of Man.’

THE ADVENT OF A NEW YEAR

I was terrified to start my first year of high school. While I was excited about the prospect of learning, I was afraid to go forward alone. My classmates from primary school were attending a different high school. I wasn't sure I would how I'd make it without the friends I had been with since kindergarten. I was sure my first day of high school would be the end of me.

As the summer holidays wound up, my mum encouraged me to check out a flyer from the soccer team about tryouts. I was a tough defender in other sports, so I figured I'd probably do well in the soccer team about the goal posts. My mum rearranged her schedule so that she could drive me to tryouts and then for practice after I made the team. I spent two weeks running drills with the team before school started. I got to know my teammates and found that a few of us shared the same classes. By the first day of high school, I had a few friends - and even some sports cred.

While it was tough to arrive at the end of what I had known for most of my life, it was also necessary for the great new adventure to begin. And people like my mum would be with me, giving me strength and encouragement - and car rides - all along the way.

As we start this first week of Advent, we remember that we go forth not alone but with our faith community. In this season of hope, we can trust that together we will find strength and encouragement for whatever

adventures and challenges lie ahead.

Proclaim the coming of Christ! We believe wholeheartedly that evil will be crushed. Act justly with compassion. We will, even if it costs us dear. Give with generosity of all your diverse gifts. We will look hopefully with the disheartened and depressed. Look beyond your present horizons to a yet more glorious shore. God is with us, in time and beyond time. *GPBS eNews*

PROMISES, PROMISES

When we read end-of-the-world passages in Scripture, we usually focus on destruction unleashed on the unsuspecting world. “Apocalypse now” sounds really scary - and it's supposed to. But not to us believers. Be not afraid is one of the most oft-repeated pieces of advice in the New Testament. If you're with Jesus, there's nothing to fear, even when the boat is rocking in a violent storm.

Fearful living is not faithful living. For believers there's no disaster large enough to be bigger than God's sovereignty. And though at first glance it seems strange to begin Advent and the new church year on such a note, on further examination it is the perfect place to start. We know we're not really waiting the coming of the Christ child but rather the coming of Christ the King Redemption is at hand. We have nothing to fear. *GPBS eNews*

THIS WEEK'S READINGS

(November 29 - 05 December)

- **Monday, 29:** Monday, 1st week of Advent (Is 2:1-5; Mt 8:5-11)
- **Tuesday, 30:** St Andrew (Rom 10:9-18; Mt 4:18-22)
- **Wednesday, 01:** Wednesday, 1st week of Advent (Is 25:6-10; Mt 15:29-37)
- **Thursday, 02:** Thursday, 1st week of Advent (Is 26:1-6; Mt 7:21, 24-27)
- **Friday, 03:** St Francis Xavier (Is 29:17-24; Mt 9:27-31)
- **Saturday, 04:** Saturday, 1st week of Advent (Is 30:19-21, 23-26; Mt 9:35-10:1, 6-8)
- **Sunday 05:** SECOND SUNDAY of ADVENT (Baruch 5:1-9; Phil 1:4-6, 8-11; Lk 3:1-6)

PASTORAL CARE

If you need a Priest for anointing of the sick or last rites contact: Noarlunga/Seaford (8382 1717), Willunga (0488 287 552), Victor Harbor/Goolwa (8552 1084), Kangaroo Island (0418 819 078).

COVIDSAFE
Let's continue to be a church