



Welcome to

Kangaroo Island Catholic Community

(Part of the Adelaide Cathedral Parish)

FOURTH SUNDAY OF LENT - YEAR C

Vol 13 : No 19

KANGAROO ISLAND CATHOLIC PARISH

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PARISH NEWSLETTER

Mrs Wendy Bennett (0475 894 755

wendygbennett@icloud.com)

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

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

Joshua 5:9-12

The Lord said to Joshua,
'Today I have taken the
shame of Egypt away from
you.'

The Israelites pitched their
camp at Gilgal and kept the
Passover there on the
fourteenth day of the
month, at evening in the
plain of Jericho. On the
morrow of the Passover
they tasted the produce of
that country, unleavened
bread and roasted ears of
corn, that same day. From
that time, from their first
eating of the produce of that country,
the manna stopped falling. And
having manna no longer, the Israelites
fed from that year onwards on what
the land of Canaan yielded.

RESPONSORIAL PSALM

Ps 33:2-7

*Taste and see the goodness of the
Lord.*

1. I will bless the Lord at all times, his
praise always on my lips; in the
Lord my soul shall make its boast.
The humble shall hear and be glad.
<R>
2. Glorify the Lord with me. Together
let us praise his name. I sought the
Lord and he answered me; from all
my terrors he set me free. <R>
3. Look towards him and be radiant;
let your faces not be abashed. This
poor man called; the Lord heard
him and rescued him from all his
distress. <R>

SECOND READING

2 Corinthians 5:17-21

For anyone who is in Christ, there is a
new creation; the old creation has
gone, and now the new one is here. It
is all God's work. It was God who
reconciled us to himself through
Christ and gave us the work of
handing on this reconciliation. In
other words, God in Christ was
reconciling the world to himself, not
holding men's faults against them, and



he has entrusted to us the news that
they are reconciled. So we are
ambassadors for Christ; it is as though
God were appealing through us, and
the appeal that we make in Christ's
name is: be reconciled to God. For our
sake God made the sinless one into
sin, so that in him we might become
the goodness of God.

GOSPEL ACCLAMATION

Lk 15:18

*Praise and honour to you, Lord Jesus
Christ! I will rise and go to my father
and tell him: Father, I have sinned
against heaven and against you.
Praise and honour to you, Lord Jesus
Christ!*

GOSPEL

Luke 15:1-3, 11-32

The tax collectors and the sinners
were all seeking the company of Jesus
to hear what he had to say, and the
Pharisees and the scribes complained.
'This man' they said 'welcomes
sinners and eats with them.' So he
spoke this parable to them:

'A man had two sons. The younger
said to his father, "Father, let me have
the share of the estate that would
come to me." So the father divided the
property between them. A few days
later, the younger son got together
everything he had and left for a distant
country where he squandered his
money on a life of debauchery.

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Bulletin Board

PLEASE KEEP THESE PEOPLE IN YOUR PRAYERS

Healing list: Sue Semler, Brianna Chudlee, Peter Weatherstone, John Slagter, Annette Roestenburg, Michelle Glynn, Elijah Laundy, Rebecca Semler, Simon Laundy, Chris Heath, Josh Semler

March anniversaries:

Peter Beinke, Kieren Berden, Ellen Clarke, Peter Clark, Ellen Denholm, Inez Frawley, Kathleen Gannon, Archbishop Gleeson, Alec Grant, Keith Hornby, Gladys Lurn, 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.

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

PARISH ROSTERS

	Reader	Prayers	Cleaning
30/3	W Bennett	M Slagter	C Brinkley
6/4	P Bennett	M Glynn	C Brinkley
13/4	Palm Sunday		
	A Clark	W Bennett	C Brinkley
20/4	Easter Sunday		
	M Slagter	L Grant	A Clark
27/4	P Bennett	K Hammat	A Clark

PRIEST ROSTER

30 March	Mons Ian Dempsey
06 April	Liturgy
13 April	Mons Ian Dempsey
17 April	Fr Paul Cashin
18 April	Fr Paul Cashin
19 April	Fr Paul Cashin
20 April	Fr Paul Cashin
27 April	Fr Jacek Wokcik



EASTER MASS TIMES

• **Holy Thursday - 17 April** •
6.30pm - Reconciliation Service
7.00pm - Mass of the Last Supper

• Good Friday - 18 April •

9.30am - Stations of the Cross
3.00pm - Commemoration of Passion of our Lord

• Holy Saturday - 19 April •

7.30pm - Easter Vigil

• Easter Sunday - 20 April •

9.30am - Mass

IRENE from DEMOCRATIC REPUBLIC OF THE CONGO



Irene is a young single mother living in Kongolo, a rural area in the Democratic Republic of the Congo (DRC). She takes care of her two children, aged 3 and 7, while also supporting her mother and extended family. Her life has been full of challenges, especially since she became a mother at a young age.

Irene lives in the Kongolo region in the Democratic Republic of the Congo. Her father was killed during a war when Irene was young, leaving Irene to live with her mother and siblings on very meagre resources, often going hungry for extended periods of time.

Irene's life changed after she participated in the Youth Capacity Strengthening program, run by Caritas Australia's partner, Caritas Kongolo. Irene's newfound skills not only provide financial stability to her family but have also enabled her to take on a mentoring role, training other young women to sew. Irene has been able to break out of a cycle of poverty. She can now send her son to school and support her extended family too.

Together, we can Unite Against Poverty this Lent by donating to Project Compassion, offering pathways out of poverty for people in the Democratic Republic of the Congo and beyond.

CALENDAR 2025

12 Apr	Last day School term 1
13 Apr	Palm Sunday
17 Apr	Thursday of Lord's Supper
18 Apr	Good Friday
18 Apr	Holy Places Appeal
19 Apr	Holy Saturday
20 Apr	Easter Sunday
25 Apr	ANZAC Day
28 Apr	First day School term
18 May	St Vincent de Paul Appeal
9 Jun	King's birthday holiday
29 Jun	Holy Father's Appeal
2 Jul	Last day School term 2
6 July	NATSICC Appeal
20 Jul	Stella Maris - Sea Sunday
21 Jul	First day School term 3
10 Aug	Vocations Appeal
26 Sep	Last day School term 3
6 Oct	Labour day holiday
13 Oct	First day School term 4
12 Dec	Last day School term 4

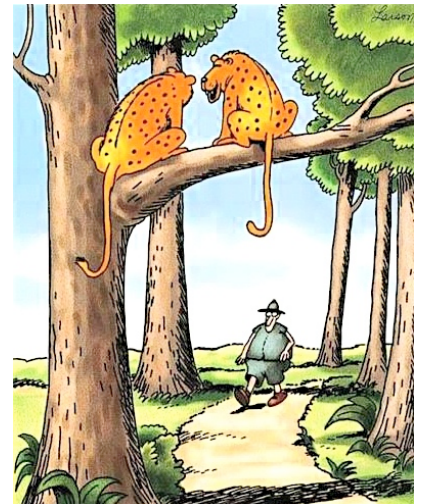
A PRAYER BASED ON PSALM 34

*Dear God,
Thank You for always being with me.
In good times and bad, You never leave. Help me to always praise You.*

When I am scared or unsure, remind me that You hear my prayers. Give me strength to trust You more each day. Help me to feel Your presence.

Teach me to be thankful, for the big blessings and the small ones. Open my eyes to see Your goodness, and to share that with others.

When I see friends in trouble, help me to show them Your love. Guide me to be kind and caring, just as You care for me.



"Now remember - roar just as you leap ... these things have some of the best expressions."



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

MELANCHOLY AND THE SOUL

Normally none of us likes feeling sad, heavy, or depressed. Generally, we prefer sunshine to darkness, lightheartedness to melancholy. That's why we tend to do everything we can to distract ourselves from melancholy, to keep heaviness and sadness at bay. Mostly, we run from feelings that sadden or frighten us.

For the most part, we think of melancholy and her children (sadness, gloom, nostalgia, loneliness, depression, restlessness, regret, feelings of loss, intimations of our own mortality, fear of the dark corners of our minds, and heaviness of soul) as negative. However, these feelings have a positive side and are meant to help put us in touch with our own soul.

Simply put, they help keep us in touch with those parts of our soul to which we are normally not attentive. Our souls are deep and complex, and trying to hear what they are saying involves listening to them inside of every mood within our lives, including, and sometimes especially, when we feel sad and out of sorts. In sadness and melancholy, the soul tells us things to which we are normally deaf. Hence, it's important to examine the positive side of melancholy.

Unfortunately, today it is common to see sadness and heaviness of soul as a loss of health, as a loss of vitality, as an unhealthy condition; but that normally isn't the case. For instance, in many medieval and Renaissance medical books, melancholy was seen as a gift to the soul, something that one needed to pass through at key points in life in order to come to more depth and empathy. This, of course, doesn't refer to clinical depression, which is a true loss of health, but to multiple other depressions that draw us inward and downward.

Why do we need to pass through certain kinds of melancholy in order to come to a deeper maturity?

Thomas Moore, who writes with deep insight on how we need to listen more carefully to the impulses and needs of our souls, offers this insight: "Depression gives us valuable qualities that we need in order to be fully human. It gives us weight when we are too light about our lives. It offers a degree of gravitas. It also ages us so that we grow appropriately and don't pretend to be younger than we are. It makes us grow up and gives us the range of human emotion and character that we need in order to deal with the seriousness of life. In classic Renaissance images found in old medical texts and collections of remedies, depression is depicted as an old person wearing a broad brimmed hat, in the shadows, holding his head in his hands."

Milan Kundera, the Czech writer, in his classic novel *The Unbearable Lightness of Being*, echoes what Moore says. His heroine, Teresa, struggles to be at peace with life when it's not heavy, when there's too much lightness, sunshine, and frivolity, when life is devoid of the type of anxiety that hints at darkness and mortality. Thus, she always feels the need for gravitas, for some heaviness that signals that life is more than the simple flourishing of good cheer and comfort. For her, lightness equates with superficiality.

In many cultures, and indeed in all the great world religions, periods of melancholy and sadness are considered as necessary paths one must travel in order to deepen one's understanding and come to empathy.

Indeed, isn't that part of the very essence of undergoing the Paschal Mystery within Christianity? \ Jesus, himself, when preparing to make the ultimate sacrifice for love, had to painfully accept that there was no path to the joy of Easter Sunday that didn't involve the heaviness of Good Friday. How can Good Friday be good if melancholy, sadness, and heaviness of soul are signs that there is something wrong with us?

So how might we look at periods of sadness and heaviness in our lives?

How might we deal with melancholy and her children?

First off, it's important to see melancholy (whatever its form) as something normal and potentially healthy in our lives. Heaviness of soul is not necessarily an indication that there is something wrong inside us. Rather, most often, it's the soul itself crying for our attention, asking to be heard, trying to ground us in some deeper way, and trying, as Moore puts it, to deepen us appropriately.

But for this to happen, we need to resist two opposite temptations, namely, to distract ourselves from the sadness or to indulge in it. We need to give melancholy its proper due, but only that. How do we do that? James Hillman gives us this advice: what to do with heaviness of soul? *Put it into a suitcase and carry it with you. Keep it close, but contained; make sure it stays available, but don't let it take you over.*

That's secular wording which can help us better understand Jesus' challenge: *If you wish to be my disciple, take up your cross every day and follow me.*

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



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 (Support for Priests):
BSB 066-782
A/c No 100027201
Reference: Your name

2nd Collection (Support for our Parish):
BSB 066-782
A/c No 100000067
Reference: Your name

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

CHILD PROTECTION

We are a Child Safe Organisation which is committed to the care, well-being and protection of children and young people. We believe that all God's children and young people have the right to be healthy and safe, and to have their voice heard, respected, and valued. A safe environment for all.

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



KIDS' CORNER

While he was still a long way off, his father caught sight of him, and was filled with compassion. He ran to his son, embraced him and kissed him. (Luke 15: 20)

Have you ever felt like God is a long way off from you? Sometimes, it might seem that way if we haven't prayed in a while or when we have done something wrong. When that happens, try putting yourself in the Gospel story today. Think of Jesus as the dad in the story. Jesus sees you from a long way off, and he runs to you, smiling and full of love. His arms wide open to you. As Jesus gives you a big hug, all you know is that Jesus loves you. Now, talk to Jesus. Tell him what's on your mind and in your heart.

Jesus, I have so much to say. Thanks for listening.

GPBS eNews

(Continued from page 1)

‘When he had spent it all, that country experienced a severe famine, and now he began to feel the pinch, so he hired himself out to one of the local inhabitants who put him on his farm to feed the pigs. And he would willingly have filled his belly with the husks the pigs were eating but no one offered him anything. Then he came to his senses and said, ‘How many of my father’s paid servants have more food than they want, and here am I dying of hunger! I will leave this place and go to my father and say: Father, I have sinned against heaven and against you; I no longer deserve to be called your son; treat me as one of your paid servants.’ So he left the place and went back to his father.

‘While he was still a long way off, his father saw him and was moved with pity. He ran to the boy, clasped him in his arms and kissed him tenderly. Then his son said, ‘Father, I have sinned against heaven and against you. I no longer deserve to be called your son.’ But the father said to his servants, ‘Quick! Bring out the best robe and put it on him; put a ring on his finger and sandals on his feet. Bring the calf we have been fattening, and kill it; we are going to have a feast, a celebration, because this son of mine was dead and has come back to life; he was lost and is found.’ And they began to celebrate.

‘Now the elder son was out in the fields, and on his way back, as he drew near the house, he could hear music and dancing. Calling one of the servants he asked what it was all about. ‘Your brother has come’ replied the servant ‘and your father has killed the calf we had fattened because he has got him back safe and sound.’ He was angry then and refused to go in, and his father came out to plead with him; but he answered his father, ‘Look, all these years I have slaved for you and never once disobeyed your orders, yet you never offered me so much as a kid for me to celebrate with my friends. But, for this son of yours, when he comes back after swallowing up your property – he and his women – you kill the calf we had been fattening.’

‘The father said, ‘My son, you are with me always and all I have is yours. But it is only right we should celebrate and rejoice, because your brother here was dead and has come to life; he was lost and is found.’

CHRISTIANITY IS A RELIGION FOR LOSERS

A man of my acquaintance was disappointed to learn that I am a Christian. ‘But why?’ he demanded of me. ‘Christianity is a religion for losers!’

I laughed at his unsuspecting insight. ‘Yes, it is,’ I admitted. ‘But the difference between us is: You think that is an insult, and I think that is the good news.’ Losers, like the prodigal son, are grateful for the invention of Christianity. But he is not the only one. The sick, the blind, the lame, the crazy – all have a lot to be thankful for. So do the dead. So do the poor, those who mourn, those who are persecuted. Outsiders, women, the despised, those in same-sex relationships, those living on the margins ... when you begin to count them up, a lot of people fall into the category of those who have lost something and long for forgiveness, comfort or justice.

The prodigal son was not the only loser in the story. The father has lost his son, which was a crushing blow. And what the elder son suffered from was perhaps the most devastating of all: the ability to feel compassion for his own brother.

The Christian story promises to redress all these losses, whether from sin, suffering, or spiritual sickness. All we have to do is come to the feast.

GPBS eNews



THIS WEEK'S READINGS

(31 March - 06 April)

- **Monday, 28:** Monday, 4th week Lent (Is 65:17-21; Jn 4:43-54)
- **Tuesday, 01:** Tuesday, 4th week Lent (Ezek 47:1-9, 12; Jn 5:1-3, 5-16)
- **Wednesday, 02:** Wednesday, 4th week Lent (Is 49:8-15; Jn 5:17-30)
- **Thursday, 03:** Thursday, 4th week Lent (Ex 32:7-14; Jn 5:31-47)
- **Friday, 04:** Friday, 4th week Lent (Wis 2:1, 12-22; Jn 7:1-2, 10, 25-30)
- **Saturday, 05:** Saturday 4th week Lent (Jer 11:18-20; Jn 7:40-52)
- **Sunday, 06:** FIFTH SUNDAY OF LENT (Is 43:16-21; Phil 3:8-14; Jn 8:1-11)

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