



Welcome to

# Kangaroo Island Catholic Community

(Part of the Adelaide Cathedral Parish)

19<sup>TH</sup> SUNDAY IN ORDINARY TIME - YEAR B

Vol 12 : No 38

## KANGAROO ISLAND CATHOLIC PARISH

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Phone: 8553 2132

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Email: [cphkingscote@inet.net.au](mailto:cphkingscote@inet.net.au)

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## ADELAIDE CATHEDRAL PARISH

39 Wakefield St, ADELAIDE 5000  
Phone: (08) 8210 8155

E: [acp@acp.adelaide.catholic.org.au](mailto:acp@acp.adelaide.catholic.org.au)

## PARISH TEAM CONTACTS

### PARISH ADMINISTRATOR

Fr Lancy D'Silva  
Phone: (08) 8210 8155

### PARISH PASTORAL COUNCIL

Mr Peter Clark (8559 5131)

### FINANCE

Mrs Helen Mumford (0408 367 009  
or [kimumford@bigpond.com](mailto:kimumford@bigpond.com))

### PARISH NEWSLETTER

Mrs Wendy Bennett (0475 894 755  
[wendygbennett@icloud.com](mailto: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

### 1 Kings 19:4-8

Elijah went into the wilderness, a day's journey, and sitting under a furze bush wished he were dead. 'Lord,' he said 'I have had enough. Take my life; I am no better than my ancestors.' Then he lay down and went to sleep. But an angel touched him and said, 'Get up and eat.' He looked round, and there at his head was a scone baked on hot stones, and a jar of water. He ate and drank and then lay down again. But the angel of the Lord came back a second time and touched him and said, 'Get up and eat, or the journey will be too long for you.' So he got up and ate and drank, and strengthened by that food he walked for forty days and forty nights until he reached Horeb, the mountain of God.

## RESPONSORIAL PSALM

### Ps 33:2-9

*Taste and see the goodness  
of the Lord.*

## SECOND READING

### Ephesians 4:30 - 5:2

Do not grieve the Holy Spirit of God who has marked you with his seal for you to be set free when the day comes. Never have grudges against others, or lose your temper, or raise

your voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ.

Try, then, to imitate God as children of his that he loves and follow Christ by loving as he loved you, giving himself up in our place as a fragrant offering and a sacrifice to God.

## GOSPEL ACCLAMATION

### Jn 6:51

*Alleluia, alleluia!*

*I am the living bread from heaven,  
says the Lord; whoever eats this bread  
will live for ever. Alleluia!*

## GOSPEL

### John 6:41-51

The Jews were complaining to each other about Jesus, because he had said, 'I am the bread that came down from heaven.' 'Surely this is Jesus son of Joseph' they said. 'We know his father and mother. How can he now say, "I have come down from heaven"?' Jesus said in reply, 'Stop complaining to each other.

'No one can come to me unless he is drawn by the Father who sent me, and I will raise him up at the last day. (Continued page 4)



# Bulletin Board

## PLEASE KEEP THESE PEOPLE IN YOUR PRAYERS

**Healing list:** Sue Semler, Brianna Chudlee, Peter Weatherstone, John Slagter, Annette Roestenburg, Michelle Glynn, Elijah Laundry.

**August anniversaries:** Mary Banner, Joyce Bowbridge, Jimmy Browne, Steven Browne, Terence Browne, David Buick, Irene Darcy, Don Christie, John Commerford, David Cooper, Allan Forst, Paul Glynn Jr, Henry Hughes, Annemie Huys, Mary Kildea, Hazel Keitel, Daniel Lydon, Dot May, John Mertens, Rebecca Murch, Lorna Murphy, Winifred O'Daly, Margaret Rich, Joseph Ryan, Simon Slagter, Chris Slattery, Kathy Slotegraaf, Florence Tabor, Bracken Walker, Bill Willson, Owen Willson, Bill Roestenberg.

*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
11/8	M Slagter	L Grant	A Bevin
18/8	P Bennett	M Glynn	C Brinkley
25/8	A Clark	K Hammat	C Brinkley

## PRIEST ROSTER

*(Often this roster changes if something unforeseen crops up)*

11/8	Fr Justin Durairaj
18/8	Fr Matthew Newman
25/8	Fr Lancy D'Silva

## BLESSING OF MILESTONE WEDDING ANNIVERSARIES

Celebrations for milestone wedding anniversaries in the Archdiocese will again be held in local parish communities to recognise couples in their life-long commitment.

If you, or someone you know, is celebrating a significant wedding anniversary this year (10, 15, 20, 25, 30, 35, 40, 45, 50, 55 and 60 years), we invite you to let Cathy Howson know of the details, so they may be acknowledged at the Anniversaries Mass in September.

## ACBC RESEARCH PROJECT ABSENT FROM THE TABLE

The Australian Catholic Bishops Conference is undertaking a research

project aimed at investigating why some Catholics do not participate in regular weekly Sunday Mass (Sunday Mass includes the Saturday Vigil). <https://bit.ly/AbsentFromTheTableSurvey>

The survey closes on Tuesday, 20 August. Parishioners are encouraged to reach out to those they know who could participate in the survey.

Should you have any questions please do not hesitate to contact our office. *+Patrick O'Regan*

## COLUMBAN CALENDARS

Place an order for your 2025 Columban Calendar soon. Next year's calendar includes the following features:

- New design with more space to fit your notes on the date pad.
- Bible verses for hope and healing each month.
- Free online Art Guide resource - *Visio Divina* available by scanning the QR codes in the calendar or at: [www.columban.org.au/artguide](http://www.columban.org.au/artguide)

This year they are \$11 each. Please contact Cathy Howson if you would like to place an order.

## SPECIAL COLLECTION VOCATIONS APPEAL

Today is the second weekend of National Vocation Awareness Week. In the context of the call to all the baptized we especially pray for an increase in vocations to the Consecrated Life of Sisters and Brothers, to the Diaconate and to the Priesthood.

There is a leaving collection today at all Masses for the support of all studying for the Priesthood in our Archdiocese. We currently have two young men studying at the Holy Spirit Seminary in Brisbane, Godwin James and Antony Sebastian. Please remember them in your prayers, and also those preparing for the Permanent Diaconate.

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## DATES

11 Aug	Vocations Appeal
15 Aug	Assumption Virgin Mary
31 Aug - Sep 8	Adelaide Show
Sep	Catholic Charities month
27 Sep	Last day School term 3
28 Sep	AFL Grand Final
05/06	Supporting Clergy Appeal
07 Oct	Labour Day holiday
14 Oct	First day School term 4
20 Oct	World Mission Day Appeal
05 Nov	Melbourne Cup
10 Nov	St Vincent de Paul Appeal
17 Nov	KI Catholic Parish 70 <sup>th</sup> Anniversary Mass 9.30am

- *Seeing a spider isn't the problem. It becomes a problem when it disappears.*
- *Dear paranoid people who check behind their shower screens for murderers. If you do find one, what's your plan?*
- *Some days, the best thing about my job is that the chair spins.*







## 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*

### WHAT SHAPES A SOUL?

In a section of her poem *The Leaf and the Cloud*, Mary Oliver describes her feelings as she stands by the gravesite of her father and mother. She reflects on how both their virtues and faults influenced her life. Then she ends the reflection with these words:

*I give them – one, two, three, four –  
the kiss of courtesy, of sweet thanks. 1  
May they sleep well. May they soften.  
But I will not give them the kiss of  
complicity. I will not give them the  
responsibility for my life.*

What shapes our souls? How much is mystery? How much is genetics? How much is the influence of others? How much is our own responsibility? For instance, when I reflect on what helped shape my own soul, the influence of my parents looms large.

Part of me is my mother. She was a sensitive person, someone who sometimes couldn't say no when it was called for. So, she often found herself over stretched and tired. Today some would say that she didn't keep proper boundaries. She had sixteen children. Her critics can rest their case.

She was a generous person, always giving things away. As a child I was sometimes angry with her for that. I didn't want a generous mother. I wanted things. What she wanted was harmony in her family. I remember her coming to tears one Saturday morning as she was cleaning the house and trying to keep peace and order in a family that, on that particular day, was given over to disorder and arguments. She told us how disappointed she was that our family wasn't like the Holy Family.

We weren't the Holy Family and she was sometimes frustrated, not so much with us as with the plain inadequacy of life. Beyond this, she was a happy person, more naturally

buoyant in spirit than my father. She danced more easily than he, laughed more spontaneously, and was an easier touch for us as kids. She took life less reflectively than he, though not as unreflectively as we naively supposed. During one period of her life, she kept a diary and it testified to the fact that she'd thought more deeply about things than we'd supposed.

Her deepest longing was for a true home and here she got lucky. She met my father. From soon after they met until they day he died, they became soul-mates in every sense of that word. She didn't have to tell him her secrets or share with him her frustrations, and neither he in reverse. They understood each other without having to explain themselves. In all my years of growing up, I cannot ever recall them having a single misunderstanding or even being angry with each other.

My father died of cancer and she, who had been strong until his death, died three months later of pancreatitis and a loneliness nobody could cure. Today some would look at that and say she was a co-dependent. But she would laugh and tell you that she got what she wanted from life. She died of missing my father, died happy. There's something to be envied in that.

I'm her son and when I contemplate these things, my own soul becomes less of a mystery, as do my struggles, my faults, my longings, and my strengths. I even understand why I'm tired a lot!

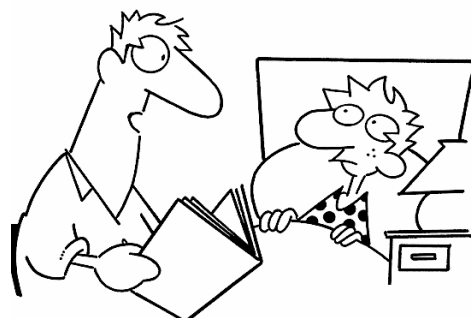
And then a good part of me is my father. There's a lot in me that can be explained by my genes. My father didn't dance easily, though he was a deeply affectionate man. Dancing was too public for him. He preferred to express affection in private. He loved my mother, his family, and most everyone, but his way was not to trumpet this in public. There was a

reticence here that could sometimes look like coldness, but you had to read his actions and his eyes. They told a different story. He had an abhorrence of all exhibitionism, hated long ceremonies, and loathed cheap public displays of anything. He also disliked excess in anything. His was the way of moderation, proper restraint in everything. Our family likes to quip that moderation was his only excess.

He was the stubborn uncompromising moral principle in my upbringing. He agonized over all that was not right in the world and his patience didn't always meet the test. I feared his eyes at those times when I disappointed him. I also feared, and still do, ever disappointing him. He was one of the most moral people I've ever met and he had a sixth sense that was nearly infallible. He knew right from wrong in a way I couldn't doubt. He instructed me on that – often against my protests. If I end up in hell, I can't plead ignorance. My father equipped me, faith-wise and morally, for life. But I have the faults that come with that too, his faults, compounded by my own.

So much of us, our strengths and weaknesses, take root in our upbringing – but still, we are responsible for our own lives.

*You can read, or download, Ron Rolheiser's weekly columns from his website at: [www.ronrolheiser.com](http://www.ronrolheiser.com)*



**"Suddenly, Rip Van Winkle realized that he hadn't filed an income tax return for 20 years. That's where the story gets interesting!"**

## 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.

## 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

## DID YOU KNOW?

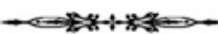
- The Gospel of John contains several 'I am' sayings. When God revealed his name to Moses at the burning bush he called himself 'I am who am'. Jesus' use of this term is a pointer to his true identity as Son of God.
- The 'manna' of the desert experience is indeed a real phenomenon. It is a highly nutritious substance which forms in the early morning possibly from the secretions of beetles which feed on the tamarisk plant.

*(Continued from page 1)*

It is written in the prophets: They will all be taught by God, and to hear the teaching of the Father, and learn from it, is to come to me. Not that anybody has seen the Father, except the one who comes from God: he has seen the Father. I tell you most solemnly, everybody who believes has eternal life.

'I am the bread of life. Your fathers ate the manna in the desert and they are dead; but this is the bread that comes down from heaven, so that a man may eat it and not die. I am the living bread which has come down from heaven.

Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world.'



## MAKE A CHOICE

Most shopping centres have large food courts with a number of different styles of food. Certain streets feature one fast food restaurant after another. Some neighbourhoods become noted for their upscale restaurants. Even university accommodation, boarding schools and hospital cafeterias, once notorious for bad food, now sport elaborate food stations.

So much of the world subsists on a particular starch – like rice or pasta or potatoes – as a basis of its food intake, and the same food is prepared and eaten in the same way day after day.

But in our land of incredible bounty, we insist on variety. Feel like a hot dog for lunch? There are all sorts to choose from – regular, all beef, low fat, vegetarian, kosher, chicken, turkey, etc.

Jesus offers us a choice today. He never forces himself on us. It is an invitation. And included in that invitation is the gift of eternal life in heaven. It's there for our taking, no matter how bad we may be feeling about ourselves. After all, Elijah prayed for death, but instead the angel of the Lord brought him food.

So among the many choices available to us, we can choose Jesus as our Bread of Life and be guaranteed eternal life. What more could we ask for?

## GET UP AND EAT

At this, because he said, "I am the Bread that came down from heaven," the Jews started arguing over him: "Isn't this the

son of Joseph? Don't we know his father? Don't we know his mother? How can he now say, 'I came down out of heaven' and expect anyone to believe him?"

Some people liked it when Jesus criticised the religious leaders of his day – though it didn't go down well with the leaders, obviously. And some liked it when he upheld every jot and title of the law. Unless they were lawbreakers, who liked it when he broke the law. Jesus was popular when he held out hope for sinners, though not with the righteous. The problem with Jesus was, he couldn't please ALL of the people ANY of the time.

But he could manage to offend everyone at once. When Jesus said he was manna from heaven, nobody was happy with that. It sounded like blasphemy, a claim that reached too high. How could anyone say they were from heaven? This bread from heaven thing was going too far.

Jesus offers himself as living bread to feed that part of us that will never die. When Jesus says, "get up and eat," it's a bad time to start doing theology. The right response is to tuck in your napkin. I know people who run around in circles trying to decide what they believe about the Eucharist, whether or not they're worthy to receive, whether or not they can take the Host from a layperson or a gay person. If Jesus is the bread of life, and dinner is served, I don't want to be the one who says no, thank you.



## THIS WEEK'S READINGS

*(August 12 - 18)*

- **Mon, 12:** Weekday, Ord Time 19 (Ezek 1:2-5, 24-28; Mt 17:22-27)
- **Tue, 13:** Weekday, Ord Time 19 (Ezek 2:8-3:4; Mt 18:1-5, 10, 12-14)
- **Wed, 14:** St Maximilian Mary Kolbe (Ezek 9:1-7; 10:18-22; Mt 18:15-20)
- **Thu, 15:** Assumption of the Blessed Virgin Mary (Rev 11:19, 12:1-6, 10; 1 Cor 15:20-26; Lk 1:39-56)
- **Fri, 16:** Weekday, Ord Time 19 (Ezek 16:1-15, 60, 63; Mt 19:3-12)
- **Sat, 17:** Weekday, Ord Time 19 (Ezek 18:1-10, 13, 30-32; Mt 19:13-15)
- **Sun 18:** 20<sup>th</sup> SUNDAY in ORD TIME (Prov 9:1-6; Eph 5:15-20; Jn 6:51-58)

## 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