



Welcome to

# Kangaroo Island Catholic Community

(Part of the Adelaide Cathedral Parish)

**THIRD SUNDAY OF LENT - YEAR A**

**Vol 11 : No 16**

## **KANGAROO ISLAND CATHOLIC PARISH**

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## **ADELAIDE CATHEDRAL PARISH**

39 Wakefield St, ADELAIDE 5000  
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E: [acp@acp.adelaide.catholic.org.au](mailto:acp@acp.adelaide.catholic.org.au)

## **PARISH TEAM CONTACTS PARISH ADMINISTRATOR**

Fr Anthoni Adimai

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.)*

## **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 17:3-7*

Tormented by thirst, the people  
complained against Moses. 'Why did  
you bring us out of Egypt?' they said.  
'Was it so that I should die of thirst,  
my children too, and my cattle?'

Moses appealed to the Lord. 'How am  
I to deal with this people?' he said.  
'A little more and they will stone  
me!' the Lord said to Moses, 'Take  
with you some of the elders of Israel  
and move on to the forefront of the  
people; take in your hand the staff  
with which you struck the river, and  
go. I shall be standing before you  
there on the rock, at Horeb. You must  
strike the rock, and water will flow  
from it for the people to drink.' This is  
what Moses did, in the sight of the  
elders of Israel. The place was named  
Massah and Meribah because of the  
grumbling of the sons of Israel and  
because they put the Lord to the test  
by saying, 'Is the Lord with us, or  
not?'

## **RESPONSORIAL PSALM**

*Rom 5:1-2, 5-8*

*If today you hear his voice, harden not  
your hearts.*

## **SECOND READING**

*Romans 5:1-2, 5-8*

Through our Lord Jesus Christ, by  
faith we are judged righteous and at

peace with God, since it is by faith and  
through Jesus that we have entered  
this state of grace in which we can  
boast about looking forward to God's  
glory. This hope is not deceptive,  
because the love of God has been  
poured into our hearts by the Holy  
Spirit which has been given us. We  
were still helpless when at his  
appointed moment Christ died for  
sinful men. It is not easy to die even  
for a good man – though of course for  
someone really worthy, a man might  
be prepared to die – but what proves  
that God loves us is that Christ died  
for us while we were still sinners.

## **GOSPEL ACCLAMATION**

*Jn 4:42, 15*

*Glory to you, Word of God, Lord Jesus  
Christ! Lord, you are truly the Saviour  
of the world; give me living water, that  
I may never thirst again. Glory to you,  
Word of God, Lord Jesus Christ!*

## **GOSPEL - John 4:5-42 (abridged)**

Jesus came to the Samaritan town  
called Sychar, near the land that Jacob  
gave to his son Joseph. Jacob's well is  
there and Jesus, tired by the journey,  
sat straight down by the well. It was  
about the sixth hour. When a  
Samaritan woman came to draw water,  
Jesus said to her, 'Give me a drink.'  
His disciples had gone into the town to  
buy food.

*(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

## 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

## 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



Priscilla lives in the Hwange district in Zimbabwe with her husband, Charles, and their two grandsons. Climate continues to bring unprecedented challenges for people

living in the most vulnerable and remote communities in Zimbabwe.

With the support of Caritas Hwange, Priscilla learnt conservation farming skills to grow drought-resistant crops to support her family during the current food crisis. Priscilla was able to produce a bumper harvest in her first year of practising conservation farming. Priscilla used the funds from her harvest to start poultry farming, which enabled her to sell eggs to pay for her grandchildren's school fees, books and stationery. The poultry farming provides a safety net for Priscilla and her family during times of hardship, like the current drought.

While the situation in Zimbabwe and across eastern Africa remains dire, the work of Caritas Hwange means that Priscilla can learn the skills she needs to build resilience and support her family during this current food crisis. You can donate through Project Compassion donation boxes or envelopes, by visiting [caritas.org.au/project-compassion](http://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.

## DATES

13 Mar	Adelaide Cup Day
17 Mar	St Patrick's Day
14 Apr	Last day School term 1
6 Apr	Thursday of Lord's supper
7 Apr	Good Friday
8 Apr	Holy Saturday
9 Apr	Easter Sunday
10 Apr	Easter Monday
21 Apr	Marian Procession
25 Apr	ANZAC Day
1 May	First day School term 2
12 Jun	King's birthday
7 Jul	Last day School term 2
24 Jul	First day School term 3
29 Sep	Last day School term 3
2 Oct	Labour Day
16 Oct	First day School term 4
15 Dec	Last day School term 4



"There is a magnetic strip on the back of every credit card. The magnets help stores pull you inside."



## 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 [wendygibbennett@bigpond.com](mailto:wendygibbennett@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

### WAITING FOR THE ANGEL TO COME

The night before he died, Jesus struggled mightily to accept his Father’s will. The Gospels describe him in the Garden of Gethsemane, prostrate on the ground, “sweating blood”, and begging his Father to save him from the brutal death that awaited him. Then, after he finally surrenders his will to his Father, an angel comes and strengthens him.

This begs a question: where was the angel when, seemingly, he most needed it? Why didn’t the angel come earlier to strengthen him?

Two stories, I believe, can be helpful in answering this.

The first comes from Martin Luther King Jr. In the days leading up to his assassination, he met angry resistance and began to receive death threats. He was courageous, but he was also human. At a point, those threats got to him. Here is one of his diary entries.

“One night towards the end of January, I settled into bed late, after a strenuous day. Coretta had already fallen asleep and just as I was about to doze off the telephone rang. An angry voice said, ‘Listen, nig., we’ve taken all we want from you; before next week you’ll be sorry you ever came to Montgomery.’ I hung up, but I couldn’t sleep. It seemed that all of my fears had come down on me at once. I had reached a saturation point.

I got out of bed and began to walk the floor. Finally, I went to the kitchen and heated a pot of coffee. I was ready to give up. With my cup of coffee sitting untouched before me, I tried to think of a way to move out of the picture without appearing a coward.

In this state of exhaustion, when my courage had all but gone, I decided to take my problem to God. With

my head in my hands, I bowed over the kitchen table and prayed aloud. The words I spoke to God that midnight are still vivid in my memory.

‘I am here taking a stand for what I believe is right. Now I am afraid. The people are looking to me for leadership, and if I stand before them without strength and courage, they too will falter. I am at the end of my powers. I have nothing left. I’ve come to the point where I can’t face it alone.’ *At that moment I experienced the presence of the Divine as I had never experienced Him before.*” (Strive Toward Freedom)

Notice at what point in his struggle the angel appears.

In her autobiography, *The Long Loneliness*, Dorothy shares this story. As a young woman, along with the man she loved, she had been somewhat militant in her unbelief. Indeed, their reluctance to enter the institution of marriage was meant as a statement of their non-acceptance of traditional Christian values. Then she conceived a child and its birth was the beginning of a radical conversion for her. The joy she felt holding her baby convinced her that there was a God and that life had a loving purpose. She became a Roman Catholic, much to the chagrin of the man she loved, the father of her child: he gave her an ultimatum: if you have this child baptized, our relationship is ended. She had the child baptized and lost that relationship (though they continued as friends). However, she now found herself a single mother with no job and no real vision or plan as to where to go now in life.

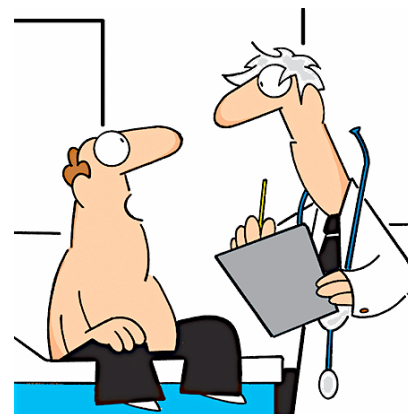
At one point, she became desperate. She left the child in the care of others and took a train from New York City to the Shrine of the Immaculate Conception in Washington, D.C. In her

autobiography, she describes how she prayed that day, how desperate her prayer was. Like Jesus in Gethsemane and Martin Luther King in Montgomery, her prayer was one of raw need and helplessness, of an admission that she no longer had the strength to go on. Essentially, she said this to God: *I have given up everything for you and now I am alone and afraid. I don’t know what to do and am lacking strength to carry on in this commitment.*

She prayed this prayer of helplessness, took the train back to New York, and not long after found Peter Maurin sitting on her doorstep, telling her that he had heard about her and that he had a vision of what she should now do, namely, to start the *Catholic Worker*. That set the path for the rest of her life. The angel had come and strengthened her.

Notice at what point in these stories the angel makes its appearance – when human strength is fully exhausted. Why not earlier? Because up to the point of exhaustion, we don’t really let the angel in, relying instead on our own strength. But, as Trevor Herriot says, “*Only after we have let the desert do its full work in us will angels finally come and minister to us.*”

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



“You told me to eat more fish, but my weight stays the same no matter how many anchovies I put on my pizza!”

## COMPLIANCE WITH COVID-19 REGULATIONS

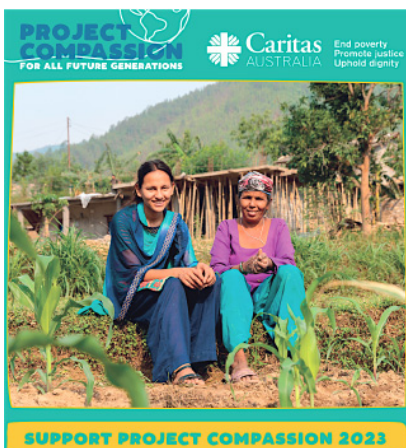
(Current from 09/03/23)



- 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

### DID YOU KNOW?

- There was an ancient enmity between the Jews and Samaritans that sprang from the split of Israel and Judah into two kingdoms after the death of Solomon. Samaria was the capital of the northern kingdom while Jerusalem remained the capital in the south. The Samaritans built a 'break-away' Temple on Mount Gerizim.
- In speaking to a woman who is unknown to him, and a Samaritan woman at that, Jesus is contravening the acceptable social mores of his time. This causes shock in the disciples but indicates that the kingdom of God is open to all who recognise Jesus.



(Continued from page 1)

The Samaritan woman said to him, 'What? You are a Jew and you ask me, a Samaritan, for a drink?' – Jews, in fact, do not associate with Samaritans. Jesus replied:

'If you only knew what God is offering and who it is that is saying to you: Give me a drink, you would have been the one to ask, and he would have given you living water.'

'You have no bucket, sir,' she answered 'and the well is deep: how could you get this living water? Are you a greater man than our father Jacob who gave us this well and drank from it himself with his sons and his cattle?' Jesus replied:

'Whoever drinks this water will get thirsty again; but anyone who drinks the water that I shall give will never be thirsty again: the water that I shall give will turn into a spring inside him, welling up to eternal life.'

'Sir,' said the woman 'give me some of that water, so that I may never get thirsty and never have to come here again to draw water.'

'I see you are a prophet, sir' said the woman. 'Our fathers worshipped on this mountain, while you say that Jerusalem is the place where one ought to worship.' Jesus said:

'Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know: for salvation comes from the Jews. But the hour will come – in fact it is here already – when true worshippers will worship the Father in spirit and truth: that is the kind of worshiper the Father wants. God is spirit, and those who worship must worship in spirit and truth.'

The woman said to him, 'I know that Messiah – that is, Christ – is coming; and when he comes he will tell us everything.' 'I who am speaking to you,' said Jesus 'I am he.'

Many Samaritans of that town had believed in him on the strength of the woman's testimony when she said, 'He told me all I have ever done', so, when the Samaritans came up to him, they begged him to stay with them. He stayed for two days, and when he spoke to them many more came to

believe; and they said to the woman, 'Now we no longer believe because of what you told us; we have heard him ourselves and we know that he really is the saviour of the world.'

### THIS WELL IS DEEP

(John 4: 5 - 42)

Still waters run deep! The well in Samaria may have been dug down to a level of 200 feet below the grade of the town, but it was not as deep as the water of which Jesus speaks to the woman that day. Jesus is a wellspring of living water, leaping up to eternal life. Now that's deep.

Water talk in the Bible is always significant, because the Middle East is one large desert with a few important rivers running through it. Water determined everything biblical: where cities were built, if the people prospered or languished, who would win a battle, whether life could go on. The best way for the enemy to defeat you was to destroy your well or cut off your access to it. Then victory was only days away.

Jesus and the woman both know, better than we do in a land where water is on tap, that water means life. We know that the woman drinks deeply of the message Jesus gives her when she leaves her water jar behind at the well. She experienced exactly what he told her: that if she listened to him, she would never be thirsty again.

GPBS eNews

### THIS WEEK'S READINGS

(13 - 19 March)

- **Monday, 13:** Mon, 3<sup>rd</sup> week Lent (2 Kg 5:1-15; Lk 4:24-30)
- **Tuesday, 14:** Tues, 3<sup>rd</sup> week Lent (Dan 3:25, 34-43; Mt 18:21-35)
- **Wednesday, 15:** Wed, 3<sup>rd</sup> week Lent (Deut 4:1, 5-9; Mt 5:17-19)
- **Thursday, 16:** Thu, 3<sup>rd</sup> week Lent (Jer 7:23-28; Lk 11:14-23)
- **Friday, 17:** St Patrick - (Jer 1:4-9; Lk 10:1-12, 17-20)
- **Saturday, 18:** Sat, 3<sup>rd</sup> week Lent (Hosea 5:15-6:6; Lk 18:9-14)
- **Sunday 19:** FOURTH SUNDAY of LENT (1 Sam 16:1, 6-7, 10-13; Eph 5:8-14; Jn 9:1-41)

### 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