



Welcome to

# Kangaroo Island Catholic Community

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

**FOURTH SUNDAY OF LENT - YEAR B**

**Vol 9 : No 17**

## **KANGAROO ISLAND CATHOLIC PARISH**

Parish House: 22 Giles Street,  
KINGSCOTE, SA 5223

Phone: 8553 2132

Postal address: PO Box 749,  
KINGSCOTE, SA 5223

Email: [cphkings@adam.com.au](mailto:cphkings@adam.com.au)

Web: [www.kicatholic.org.au](http://www.kicatholic.org.au)

## **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](mailto:kimumford@bigpond.com))

## **PARISH NEWSLETTER**

Mr Peter Clark (8559 5131,  
[paclark@muckra.com.au](mailto: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.

Due to current COVID-19  
restrictions (1 person per 2 sqm) we  
are only permitted up to 78 people in  
our Church.



## **FIRST READING**

### **2 Chronicles 36:14-16, 19-23**

All the heads of the priesthood, and the people too, added infidelity to infidelity, copying all the shameful practices of the nations and defiling the Temple that the Lord had consecrated for himself in Jerusalem. The Lord, the God of their ancestors, tirelessly sent them messenger after messenger, since he wished to spare his people and his house. But they ridiculed the messengers of God, they despised his words, they laughed at his prophets, until at last the wrath of the Lord rose so high against his people that there was no further remedy.

Their enemies burned down the Temple of God, demolished the walls of Jerusalem, set fire to all its palaces, and destroyed everything of value in it. The survivors were deported by Nebuchadnezzar to Babylon; they were to serve him and his sons until the kingdom of Persia came to power. This is how the word of the Lord was fulfilled that he spoke through Jeremiah, 'Until this land has enjoyed its sabbath rest,

until seventy years have gone by, it will keep sabbath throughout the days of its desolation.'

And in the first year of Cyrus king of Persia, to fulfil the word of the Lord that was spoken through Jeremiah, the Lord roused the spirit of Cyrus king of Persia to issue a proclamation and to have it publicly displayed throughout his kingdom: 'Thus speaks Cyrus king of Persia, "the Lord, the God of heaven, has given me all the kingdoms of the earth; he has ordered me to build him a Temple in Jerusalem, in Judah. Whoever there is among you of all his people, may his God be with him! Let him go up."'

## **RESPONSORIAL PSALM**

### **Ps 136**

*Let my tongue be silenced,  
if I ever forget you!*

## **SECOND READING**

### **Ephesians 2:4-10**

God loved us with so much love that he was generous with his mercy: when we were dead through our sins, he brought us to life with Christ – it is through grace that you  
*(Continued page 4)*

**PLEASE KEEP THESE PEOPLE IN YOUR PRAYERS**

**Sick:** Lynne McArdle, Michelle Glynn

**March anniversaries:** Peter Beinke, 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 our faithful departed and may all our sick parishioners, relatives and friends know the healing love of Christ through our actions and His healing presence.

**ROSTERS**

Comm	Reader	Cleaning
14/3 M Glynn	N Clark	A Clark
21/3 C Pahl	K Hammat	C Berden
28/3 S Semler	W Bennett	C Berden
4/4 Volunteer	Volunteer	Volunteer
11/4 K Hammat	L Grant	H Mumford

**COVID Marshal**

14/3 M Slagter
21/3 W Bennett
28/3 A Clark
4/4 Volunteer
11/4 J Fernandez

Volunteers required for the various Easter ministries. If you will be home and can help out please put your name on the Easter ministries sheet on the back table.

**PRIEST ROSTER**

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

14 March	Fr Josy
21 March	Deacon Andrew
28 March	Fr Dev
Easter weekend	Fr Paul Gahnem

**PROJECT COMPASSION**



Arsad, an Indonesian farmer, had no toilet, so he and his family always had to walk into the forest to an open defecation area. His family was often sick and open defecation caused many neighbour-hood disputes.

With the support of Caritas Australia and its partner, Laz Harfa, Arsad took part in hygiene, sanitation and financial management training. He then funded the building of a toilet in his house and helped other community members to save for toilets. Now Arsad's family is healthier. Their community no longer practices open defecation and is more harmonious. Arsad inspired his community to 'Be More.'

Please donate to Project Compassion 2021 and help improve health and wellbeing of communities in Indonesia so they can work towards eradicating poverty, providing a better future for all.

You can donate through Parish boxes and envelopes, by visiting [www.caritas.org.au/projectcompassion](http://www.caritas.org.au/projectcompassion) or phoning 1800 024 413.

**PARISH PASTORAL COUNCIL MEETING**

The next Parish Pastoral Council will follow Mass today (14 March).

**EASTER RAFFLE**



The Ladies Guild is holding an Easter Raffle. Tickets will be \$1.00 each. Donations gratefully received. Please contact Christine Weatherstone.

**LENTEN EVENING PRAYER**

*"Rebuild my Church"*

Lenten Prayer will be held at the Church on Tuesdays at 6.00pm. All parishioners are warmly invited to take part.

**LENTEN STUDIES**

The Inter-Church group are also holding Lenten Studies on Tuesdays at 1.30pm in the Uniting Church Hall. Again, everyone is most welcome.

**DATES**

Tuesdays during Lent

*Lenten Evening Prayer - 6.00pm*

- 1 Apr Holy Thursday
- 2 Apr Good Friday
- 3 Apr Holy Saturday
- 4 Apr Daylight saving ends 3.00am
- 4 Apr Easter Day
- 5 Apr Easter Monday
- 9 Apr Last day School Term 1
- 25 Apr ANZAC Day
- 26 Apr ANZAC Day public holiday
- 27 Apr First day School Term 2
- 14 Jun Queen's birthday holiday
- 4 Oct Labour Day holiday

**EASTER MASS TIMES**



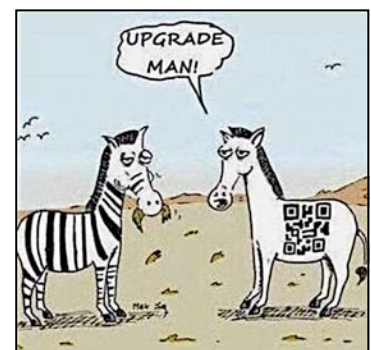
- **Holy Thursday**, 1 April  
7.00pm - Mass of the Lord's Passion
- **Good Friday**, 2 April  
9.30am - Stations of the Cross  
3.00pm - Commemoration of the Lord's Passion
- **Holy Saturday**, 3 April  
7.30pm - Easter Vigil
- **Easter Sunday**, 4 April  
9.30am - Easter Day Mass

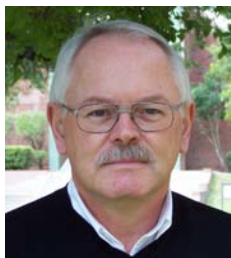
**THE BENEFITS OF LIGHT REVEALED**

Hypothesis: Light is necessary for life. Thus, began my young daughter's science project. To prove her simple hypothesis, she proceeded to plant six bean seeds in pots and place three on a sunny window sill and three under a bed. By day 14, the three seeds on the windowsill were showing signs of life with little sprouts shooting through the soil. The seeds in darkness were showing no activity. Hypothesis apparently proved. Conclusions are drawn.

Naturally, other more sophisticated scientists will say that not all life requires light - don't forget about those deep-sea vent worms that survive on the ocean floor - but as a general rule for most forms of life, follow the light. Light is where you will find goodness. Light is where you will find nourishment. Light is where your future lies.

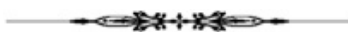
In fact, light is so important to life that the United Nations named 2015 the International Year of Light. The initiative was meant to instil in the citizens of the world an "appreciation for the central role of light in science and culture". *GPBS eNews*





## 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.



### OPENING OUR SECRETS TO THE LIGHT

*You are as sick as your sickest secret!* That's a wise axiom. What's sick in us will remain sick unless we open it up to others and to the light of day. As long as it's a secret, it's a sickness. However, perhaps the problem is not with what we keep secret, but that we keep it secret. Maybe the sickness is the secret rather than what we deem to be sick.

We all have our struggles, and we can thank God for that. The image and likeness of God inside us is not simply a beautiful icon imprinted in our souls. It's fire, divine, insatiable, befuddling fire. By our very nature, there are complexities inside us that cannot make easy peace with the person we like to think we are. We all have wild fantasies and dark obsessions. Were our daydreams ever made public, they would reveal that we all nurse fantasies of grandiosity, of hatred, of vindication, and that we all are periodically caught up in the grip of various emotional and sexual obsessions. There are things in our daydreams about which we would be ashamed to speak. We all harbor fantasies that are wild, earthy, grandiose, and egotistical. So we keep them secret and deal with them either by pathologizing them (relegating them to a sickness) or by denying them.

We relegate our fantasies to a sickness when we believe they are something we alone suffer from, something sick, shameful, and unique to us. They are something we never want others to know about us. As a result, our fantasies and obsessions become something to be ashamed of, a dark secret, a sickness beneath our normal self.

Another option is denial. We can consciously deny that we ever have these thoughts and feelings. Denial

saves us from feeling shame, but we pay another price for this in the end. Denying our thoughts and feeling is akin to living on the ground floor of a house and taking any garbage or anything else we do not want to deal with and simply tossing it down into the basement and closing the door. Out of sight, out of mind. For a while. Garbage doesn't cease to exist just because we have pushed it into the basement. Eventually it ferments and sends its poisonous gases up through the vents to contaminate the air we are breathing.

However, and this is the point, the complex yearnings, obsessions, and grandiosity inside our soul are not a sickness, nor something that we need to deny. Our soul, for all its wildness, is not sick. The problem is that we lack an understanding of the deeper part of our soul, our shadow, and believe there's some sickness inside there – and it's keeping this a secret that's the actual sickness.

What is our shadow? Popular literature has given us a one-sided notion of what makes for our shadow. The popular notion is that our shadow is some dark, fearful place we are afraid to go, an inner desert we want at all cost not to venture into, inner demons that we want consciously to avoid. While we might at times feel those fears in the face of our own shadow, our shadow is not a dark thing at all. The opposite.

Here's how our shadow forms. When a baby is born, it is luminous, wonderfully open and aware, looking around, simply drinking in reality. However, at this stage of life, a baby cannot think because it lacks an ego and thus lacks self-awareness. In order to form an ego and become self-aware, the baby has to make a series of massive mental contractions, each of which shuts it

off from part of its own luminosity. First, early on in life, it distinguishes *between what is self and what is other; I am not my mommy*. Soon afterwards, it distinguishes *between living and non-living*; a puppy is alive, a stone is not. Sometime after that, it distinguishes *between mind and body*; a body is a hard, solid thing, thinking is different. Finally, and this is the critical piece in the formation of our shadow, at a point in its life, the baby will make a *distinction between what it can consciously face inside of itself and what is too overwhelming to consciously face*. In doing that, it forms its shadow by splitting off a huge part of its luminosity (the full image and likeness of God inside itself) from its own conscious awareness. Notice that our shadow is made up of our light, not our darkness. As Marianne Williamson aptly puts it (in a phrase Nelson Mandela used in his inauguration address) *it is our light not our darkness that frightens us*. In a healthy person, dark secrets generally hide the things that emanate out of the excessive light, divine energy, infinite longings, and godly grandiosity inside of us. When we bring these into the light, we see that they are neither dark nor sick. The sickness lies only in not bringing them to light.

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

## COMPLIANCE WITH REGULATIONS

(Current for 23/24 January)

- Attendance for Mass is capped at 100 people, whilst maintaining 1:2 sqm.
- Funerals are capped at 200 people, whilst maintaining 1:2 sqm.
- Weddings are capped at 200 people, whilst maintaining 1:2 sqm.
- No beverage or food consumption (ie cup of tea after Mass)
- Singing as a congregation is to be avoided.
- Except for families and household groups, people should socially distance. There should be no physical contact outside one's family or household group.
- 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 to be 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 but a single drop point is provided at the churches.
- Holy Water is not available at the doors of churches.
- All surfaces should be cleaned at least daily, with special attention given to frequently touched surfaces.
- Sick and high risk/vulnerable people should be encouraged not to attend.
- Care should be taken at the dismissal and on leaving the church to minimise social contact.
- The obligation for Sunday Mass for the laity HAS NOT BEEN RE-INVOKED at this stage.

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### KANGAROO ISLAND PARISH

Phone 8553 2132  
([www.kicatholic.org.au](http://www.kicatholic.org.au))

### NOARLUNGA/SEAFORD PARISH

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### WILLUNGA PARISH

Phone 8556 2132  
([www.willungaparish.org.au](http://www.willungaparish.org.au))

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have been saved – and raised us up with him and gave us a place with him in heaven, in Christ Jesus.

This was to show for all ages to come, through his goodness towards us in Christ Jesus, how infinitely rich he is in grace. Because it is by grace that you have been saved, through faith; not by anything of your own, but by a gift from God; not by anything that you have done, so that nobody can claim the credit.

We are God's work of art, created in Christ Jesus to live the good life as from the beginning he has meant us to live it.

## GOSPEL ACCLAMATION

*Jn 3:16*

*Glory and praise to you, Lord Jesus Christ!*

*God loved the world so much, he gave us his only Son, that all who believe in him might have eternal life.*

*Glory and praise to you, Lord Jesus Christ!*

## GOSPEL

*John 3:14-21*

Jesus said to Nicodemus: 'The Son of Man must be lifted up as Moses lifted up the serpent in the desert, so that everyone who believes may have eternal life in him.

Yes, God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life. For God sent his Son into the world not to condemn the world, but so that through him the world might be saved.

No one who believes in him will be condemned; but whoever refuses to believe is condemned already, because he has refused to believe in the name of God's only Son. On these grounds is sentence pronounced: that though the light has come into the world men have shown they prefer darkness to the light because their deeds were evil. And indeed, everybody who does wrong hates the light and avoids it,

for fear his actions should be exposed; but the man who lives by the truth comes out into the light, so that it may be plainly seen that what he does is done in God.'

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## DID YOU KNOW?

- Nicodemus was a Pharisee and a member of the ruling Council of the Jews, the Sanhedrin. He was attracted to the teaching of Jesus but was afraid to openly become a supporter so he came to see Jesus during the darkness of night.
- We meet Nicodemus again in John's Gospel when he brings myrrh and aloes to anoint the body of Jesus after the crucifixion. He brings a lavish amount 'weighing about a hundred pounds'! Nicodemus' journey to faith is complete and he openly acknowledges Jesus as Lord.
- Jesus' words about being 'lifted up as Moses lifted up the serpent in the desert' refer to an incident when, while wandering in the desert, the people of Israel were attacked by venomous serpents. God instructed Moses to raise a bronze image of a serpent on a standard. All who looked on it were cured. Jesus being 'lifted up' on the cross was to become the salvation of all.

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## THIS WEEK'S READINGS

(15 - 21 March)

- **Monday, 15:** Monday of 4<sup>th</sup> week of Lent (Is 65:17-21; Jn 4:43-54)
- **Tuesday, 16:** Tuesday of 4<sup>th</sup> of Lent (Ezek 47:1-9, 12; Jn 5:1-3, 5-16)
- **Wednesday, 17:** St Patrick (Jer 1:4-9; Acts 13:46-49; Lk 10:1-12)
- **Thursday, 18:** Thursday of 4<sup>th</sup> week of Lent (Ex 32:7-14; Jn 5:31-47)
- **Friday, 19:** St Joseph, Spouse of the Blessed Virgin Mary (2 Sam 7:4-5, 12-14, 16; Rom 4:13, 16-18, 22; Mt 1:16, 18-21, 24)
- **Saturday, 20:** Saturday of the 4<sup>th</sup> week of Lent (Jer 11:18-20; Jn 7:40-52)
- **Sunday 21:** 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 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).