



Welcome to

Kangaroo Island Catholic Community

(Part of the Adelaide Cathedral Parish)

16TH SUNDAY IN ORDINARY TIME - YEAR B

Vol 12 : No 35

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

Jeremiah 23:1-6

'Doom for the shepherds who allow the flock of my pasture to be destroyed and scattered – it is the Lord who speaks! This, therefore, is what the Lord, the God of Israel, says about the shepherds in charge of my people: You have let my flock be scattered and go wandering and have not taken care of them. Right, I will take care of you for your misdeeds – it is the Lord who speaks! But the remnant of my flock I myself will gather from all the countries where I have dispersed them, and will bring them back to their pastures: they shall be fruitful and increase in numbers. I will raise up shepherds to look after them and pasture them; no fear, no terror for them any more; not one shall be lost – it is the Lord who speaks!

'See, the days are coming – it is the Lord who speaks – when I will raise a virtuous Branch for David, who will reign as true king and be wise, practising honesty and integrity in the land. In his days Judah will be saved and Israel dwell in confidence. And this is the name he will be called: The Lord-our-integrity.'

RESPONSORIAL PSALM Ps 22

*The Lord is my shepherd;
there is nothing I shall want.*

SECOND READING

Ephesians 2:13-18

In Christ Jesus, you that used to be so far apart from us have been brought very close, by the blood of Christ. For he is the peace between us, and has made the two into one and broken down the barrier which used to keep them apart, actually destroying in his own person the hostility caused by the rules and decrees of the Law. This was to create one single New Man in himself out of the two of them and by restoring peace through the cross, to unite them both in a single Body and reconcile them with God. In his own person he killed the hostility. Later he came to bring the good news of peace, peace to you who were far away and peace to those who were near at hand. Through him, both of us have in the one Spirit our way to come to the Father.

GOSPEL ACCLAMATION

Jn 10:27

Alleluia, alleluia!

My sheep listen to my voice, says the Lord; I know them, and they follow me. Alleluia!

GOSPEL

Mark 6:30-34

The apostles rejoined Jesus and told him all they had done and taught. Then he said to them, 'You must come away to some lonely place all by yourselves and rest for a while'; for

(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.

July anniversaries: Alma Adams, Eadie Adams, Sid Adams, Peg Anderson, Lill Buick, Phil Connell, John Connell, Henry Dravitzki, Leon Fahey, Paul Glynn, Joyce Grant, Mick Grant, Bill Higgins, Monica Hughes, Barry Jamieson, Judith Jeffs, Damian Howard, Leigh McDonald, Kym Moses, Cameron Muirhead, Ron Mumford, Alexander Nash, Alice O'Neill, Alice O'Driscoll, Jill Perkins, Charles Reynolds, Nora Ridge, Johnny Tully, John Walsh, Tony Walker, Robyn Williams.

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
21/7	M Slagter	S Semmler	A Bevan
28/7	P Bennett	K Hammat	A Bevan
04/8	L Grant	A Clark	A Bevin
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)

21/7	Fr Prathap Katta
28/7	Fr Lancy D'silva
04/8	Fr Jacek Wojcik
11/8	Fr Jacek Wojcik

WORLD DAY FOR GRANDPARENTS AND THE ELDERLY

The IV World Day for Grandparents and the Elderly will be celebrated on Sunday, 28 July 2024. The theme chosen by the Holy Father - "Do not cast me off in my old age" (Ps 71:9) - is meant to call attention to the fact that, sadly, loneliness is the bitter lot in life of many elderly persons, so often the victims of the throw-away culture.

In this year of preparation for the Jubilee, which the Holy Father wishes to be devoted to prayer, the theme of the World Day is taken from Psalm 71, the plea of an elderly person who reflects on the story of his friendship with God.

By cherishing the charisms of grandparents and the elderly, and the contribution they make to the life of the Church, the World Day seeks to support the efforts of every ecclesial community to forge bonds between the generations and to combat loneliness, in the awareness that - as Scripture states - "It is not good for man to be alone" (Gen 2:18).

ARCHDIOCESAN DAY OF REFLECTION

Catholic Women's League invites you to their Archdiocesan Day of Reflection on Tuesday, August 6 from 10.30am until 2.30pm in St Francis Xavier's Cathedral Hall.

Facilitator, Geraldine Hawkes will speak on 'Love and Compassion' through music, art and stories from scriptures and sacred sources.

Day of Reflection is open to ALL women not just members. Please invite other women from your parish to join us.

BYO lunch plus donation towards expenses. For more enquiries contact Sue Williams, CWL Secretary (0466 184 788). RSVP by Tuesday, July 30.

CERTIFICATE OF PASTORAL LITURGY UNIT

August 2024

The Adelaide Archdiocese is hosting a workshop series on the Rite of Christian Initiation of Adults and all are invited to attend. The 'Alive in Christ' series is presented by Dr Jenny O'Brien over five Thursday evenings starting on August 8 in the Cathedral Hall, 39 Wakefield Street, Adelaide, with free parking available. (Also accessible online via Zoom) The cost is \$50 with resources supplied.

Contact Pastoral Services - Community Life & Worship, worship@adelaide.catholic.org.au or phone 8210 8130 to register. For more info: visit ofw-adelaide.org.au/cpl

PARISH SUPPORT FOR REFUGEE FAMILIES

Catholic Mission is inviting parishes to take action and open their hearts and arms to sponsor refugee families to help them settle into their new life in Australia.

The Community Refugee Integration and Settlement Pilot (CRISP) is designed for community members to build social networks to welcome a

family group who has been granted a humanitarian visa but is still waiting to arrive in Australia. Resources are available to assist in this process. For more information on the program or how your community can get involved contact Anne Nesbitt at

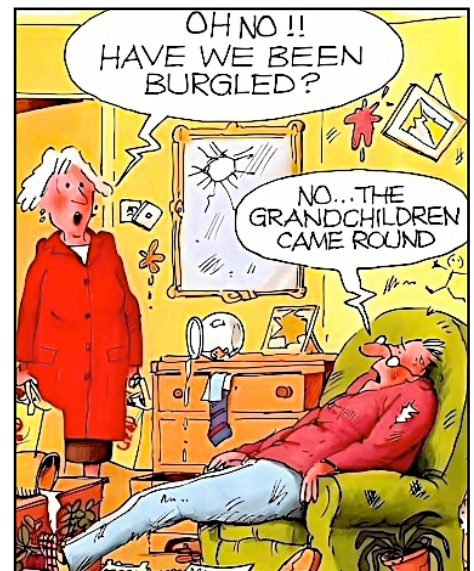
anne.nesbitt@catholicmission.org.au

DATES

22 Jul	1st day School Term 3
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 th Anniversary Mass 9.30am
13 Dec	Last day School term 4 (Yrs 10, 11, 12 vary)
25 Dec	Catholic Charities Appeal

I can't tell the difference between a rose and a dandelion. So when it came time to fix up my garden, I had no clue which plants to keep and which ones to remove.

That is until my mother gave me this handy tip: "Pull them all out. If it comes back, it's a weed."





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

KEEPING THE SABBATH

The Sufi mystic Rumi once lamented: *I have lived too long where I can be reached!* That was twelve hundred years ago, long before cell phones, the internet, computers, and social media. Today, most of us live where we can be reached all the time. While this has some huge upsides, it also has a nasty underside we have been slow to recognize. Never being able to step away from our preoccupations and involvements is weighing on our mental health. Many of us now find it difficult to step away, to stop activities, to rest, to refresh, to re-energize. To put this in biblical language, we are finding it more and more difficult to have “Sabbath” in our lives.

We have a commandment from God: *Remember to keep the Sabbath day holy.* I think we can all agree that this commandment has fallen on hard times today. It is not just that fewer and fewer people are going to their churches on Sunday, or that more and more shops and businesses are open on Sunday, or that sporting events now take up much of the Sabbath space once reserved for religion. The deeper issue is that more and more of us can no longer slow down our lives, shut down the communication machines, get away from the stress and preoccupations in our lives, and simply stop and rest.

We are living where we can always be reached and have for the most part lost the notion of Sabbath in our lives. We are now treating a commandment to keep the Sabbath day holy as an idealized lifestyle suggestion: *Helpful, if you can find the time to do it.*

With this in mind, I offer *Ten Councils* for practicing Sabbath today.

1. *Practice Sabbath with the discipline demanded of a commandment, even as you practice the discipline of life and duty.*
2. *Have at least one “Sabbath” moment every day.* Give yourself

something to look forward to every day. Sabbath doesn’t have to be a day; it can be special hour, a special moment, where you step off the treadmill and treat yourself to something you enjoy.

3. *Go somewhere every week where you can’t be reached and have a “cyber-Sabbath”.* Once a week turn off all your electronic communication for six hours or, better yet, for twelve hours. Go to a place where, save for an emergency, you are unavailable. You might find this the hardest discipline of all – and perhaps the most important one.
4. *Honor the “wisdom of dormancy”.* Do something regularly that is non-pragmatic. Farmers know that you can’t seed a field continuously and still get a good yield. Fields require regular seasons where they lie fallow so that they can (in that seeming condition of dormancy) soak in the nutrients and other elements they need to produce. The human body and psyche are the same. We need, regularly, periods of dormancy where our energies lie fallow to the pragmatic world.
5. *Pray and meditate regularly in some way.* There is only one rule and counsel for this: Do it! Show up regularly, and whatever happens, happens. This is a major way that we step off the treadmill and have some Sabbath in our lives.
6. *Be attentive to little children, old people, and the weather.* Sabbath is meant to restore wonder to our lives, and today wonder has left the building. So, as the poet John Shea says, *borrow wonder from the children.* It is one of the few places we can still find it. As well, time spent with elderly people can help give us a healthier perspective on life. Also, when have we last noticed the weather as a source of wonder?
7. *Live by axiom: “If not now,*

when? If not here, where? If not with these people, with whom? If not for God, why? We spend ninety-eight percent of our lives waiting for something else to happen to us. Have some moments where you realize that what you are waiting for is already here.

8. *Let your body also know that it is Sabbath.* Sabbath is meant not just for the soul but also for the body. Give your body a Sabbath treat, at least once a week.
9. *Make family and relationships the priority.* At the end of the day, life is about family, friendships, and relationships, a truth easily eclipsed and lost in the pressures of our fast-paced lives. Sabbath is meant to reground us in that truth at least once a week.
10. *Don’t nurse grudges and obsessions.* Our deepest tiredness isn’t the result of overwork, but of the wounds, grudges, and obsessions we nurse. The invitation to rest for a day includes, especially, the invitation to let go of our hurts. Indeed, the notion of the statute of limitations is based on Judeo-Christian concept of the Sabbath. For every grudge we are nursing there is a statute of limitations.

God gave us Sabbath, for our health and our enjoyment.

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:

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 image of the shepherd is often used in the Hebrew Scriptures to describe the relationship between God and his people Israel. They are the flock whom he will gather and protect.
- Our use of the term 'pastoral' comes from this image of Christ as the shepherd of his flock.
- Jesus regularly took time to be alone, to pray and to contemplate God. Here he invites his followers to do the same.
- This is the only place in his gospel where Mark refers to the disciples as 'apostles'.

(Continued from page 1)

there were so many coming and going that the apostles had no time even to eat. So they went off in a boat to a lonely place where they could be by themselves. But people saw them going, and many could guess where; and from every town they all hurried to the place on foot and reached it before them. So as he stepped ashore he saw a large crowd; and he took pity on them because they were like sheep without a shepherd, and he set himself to teach them at some length.

FOR PITY'S SAKE

Jesus said, "Come away by yourselves; let's take a break and get a little rest" ... So they got in the boat and went off to a remote place by themselves. Someone saw them going and the word got around. From the surrounding towns people went out on foot, running, and got there ahead of them. When Jesus arrived, he saw a huge crowd. At the sight of them, his heart broke – like sheep with no shepherd. He went right to work teaching them.

So the disciples went off two by two, preaching and healing and scaring off demons. And when they returned, the great works they'd performed came back to haunt them: people wouldn't leave them alone! It's called success, and it only leads to more work. Finally, Jesus drew his starving disciples aside to grab a bite and a chance to rest. But the deserted place didn't stay deserted for long. Pretty soon a crowd had formed, dog-eyed at the dinner table, begging for scraps.

Jesus looked out at that needy sea of faces and felt heartbroken. He might have been annoyed and frustrated, but his response was what you'd expect from God: love-compelled. Deprived of hope, broken in body, mind and heart, plagued by evil, crowds hounded the healers because the need was so great and the possibility of help so rare. They wanted relief. They wanted a reason to believe. And so Jesus taught them. And because nothing much has changed in the world for two thousand years, the church teaches still.

IN IT FOR THE LONG HAUL

We spent last weekend with my niece, her husband, and their one-year-old

son. The little boy is going through a stage where his parents are his primary source of comfort and joy. I observed his grandmother holding him, loving, and talking to him as she gently rocked him. But within a few minutes, the little one heard his mother's voice in the next room. He made it clear that he wanted "down" and off he went, like a homing pigeon, following the sound of his mother's voice. He found her talking with another family member. The toddler made it clear that he wanted her attention. So his mother bent over and opened her arms. He flew into them. And there he rested, secure and happy.

With the birth of children, parents lose the freedom to simply be. Their time is no longer their own, as the needs of the children regularly takes precedence over all else. In the eyes of their children, parents are the people who love them, protect them, and show them the way to live each day. It's fair to say parents are rock stars in the lives of their children. The privilege of parenthood is great but so is the responsibility. And as much as parents might yearn and need to find a deserted place to rest awhile, that's not easy to do in daily life.

The apostles were teaching and healing in Jesus' name, and the crowds would not leave them alone. It was a privilege to do the work. But it also was exhausting. *GPBS eNews*

THIS WEEK'S READINGS

(July 22 - 28)

- **Monday, 22:** St Mary Magdalene (Song 3:1-4; Jn 20:1-2, 11-18)
- **Tuesday, 23:** Weekday, Ord Time 16 (Micah 7:14-15, 18-20; Mt 12:46-50)
- **Wednesday, 24:** Weekday, Ord Time 16 (Jer 1:1, 4-10; Mt 13:1-9)
- **Thursday, 25:** St James (2 Cor 4:7-15; Mt 20:20-28)
- **Friday, 26:** Sts Joachim and Anne (Jer 3:14-17; Mt 13:18-23)
- **Saturday, 27:** Weekday, Ord Time 15 (Jer 7:1-11; Mt 13:24-30)
- **Sunday 28:** 17th SUNDAY in ORDINARY TIME (2 Kg 4:42-44; Eph 4:1-6; Jn 6:1-15)

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