

Hunger and Thirst

Nature documentaries today, thanks to amazing camera technology, have taught us much. The ones about deserts are particularly fascinating for their depiction of survival in the harshest conditions. They certainly give us an appreciation for the story of the Exodus – forty years of heat, dust, hunger and thirst. But as we have pointed out before, we need to explore the metaphors. Today we examine metaphors of hunger and thirst.

Hunger for food and thirst for water – and we do not want to glorify these in any way, especially if it compounds our indifference to the poor – is a powerful metaphor that describes our need for God, our yearning for God, our emptiness without God. The physical hunger of the Israelites in the desert was part of God's process of teaching them what it means to be in covenant with him, they as God's people, he as their God. And God teaches by providing for them.

God sent manna, first and most practically to meet a physical need. Secondly, God wants the Israelites to learn trust. With a touch of humour, we read how some Israelites take too much manna on some days, and it rots in their tents. Other Israelites don't obey God's command to collect double portions before the Sabbath, and they end up hungry on the Sabbath because manna doesn't fall that day.

Lessons from hunger is something that Jesus himself would teach us through his experience of temptation in the desert. His words echo through the ages: "People do not live on bread

alone, but on every word that comes from the mouth of God" (Matthew 4:4).

God allows us all to go through "desert" phases of dryness, hunger and thirst. If so, we're in good company, as we too learn not to rely on our own abilities but on the One from whom all good gifts come. But back to the story.

Their daily bread adequately provided, the Israelites set off again through the wilderness. But in any desert finding water is a problem. As they set up camp at Rephidim with nothing to drink, they again direct their anger against Moses, demanding, "Give us water to drink." Poor Moses occupies a precarious place between the people and God. He reprimands the people, "Why quarrel with me? Why do you put the Lord to the test?" The people respond by repeating their oft-repeated question, "Why did you bring us up

out of Egypt to make us and our children and livestock die of thirst?"

But God continues to be patient and instructs Moses: Go out in front of the people. Select some of the elders of Israel. Grab your staff. Go to the rock at Horeb. Strike the rock. These five commands of God come with two promises: I will stand there before you by the rock. Water will come out of it for the people to drink.... And the water began to flow.

For us Christians, learning Lenten lessons means reminding ourselves that our food for the journey is Jesus, the "Living Bread come down from heaven" (John 6:51), and that we quench our thirst at the waters flowing from his side (John 7:37-38).

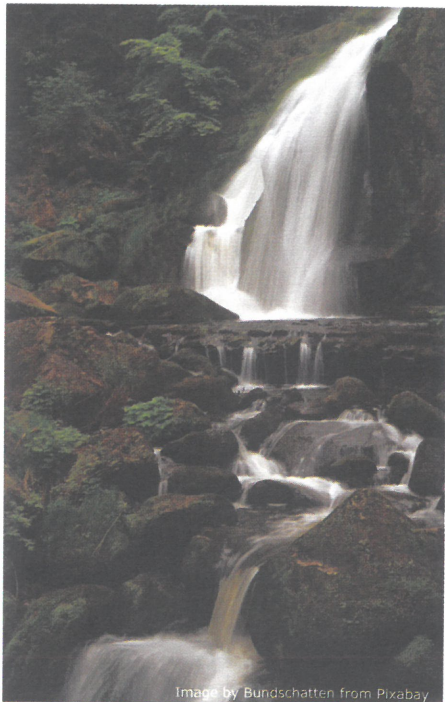


Image by Bundschatten from Pixabay



SUNDAY MASS

ENTRANCE ANTIPHON:

My eyes are always on the Lord, for he rescues my feet from the snare. Turn to me and have mercy on me, for I am alone and poor.

FIRST READING: Exodus 3:1-8, 13-15.

RESPONSORIAL PSALM: Psalm 103.

RESPONSE:

The Lord is compassionate and gracious.

1. Bless the Lord, O my soul,
and all within me, his holy name.
Bless the Lord, O my soul,
and never forget all his benefits. **R**
2. It is the Lord who forgives all your sins,
who heals every one of your ills,
who redeems your life from the grave,
who crowns you with mercy and
compassion. **R**
3. The Lord does just deeds,
gives full justice to all who are oppressed.
He made known his ways to Moses,
and his deeds to the children of Israel. **R**
4. The Lord is compassionate and gracious,
slow to anger and rich in mercy.
For as the heavens are high above the earth,
so strong his mercy for those who fear him. **R**

SECOND READING: 1 Corinthians 10:1-6, 10-12.

GOSPEL ACCLAMATION:

Glory and praise to you, O Christ. Repent, says the Lord, for the kingdom of heaven is at hand. Glory and praise to you, O Christ.

GOSPEL: Luke 13:1-9.

COMMUNION ANTIPHON:

The sparrow finds a home, and the swallow a nest for her young: by your altars, O Lord of hosts, my King and my God. Blessed are they who dwell in your house, forever singing your praise.

THE WEEK AHEAD

Live the Word

Mon 24 Mar (St Oscar Romero, BM)

2 Kings 5:1-15; Psalm 42; Luke 4:24-30

"No soldier is obliged to obey an order counter to the law of God. No one has to comply with an immoral law. It is the time now that you recover your conscience and obey its dictates..." – St Oscar Romero

Tue 25 Mar ANNUNCIATION OF THE LORD

Isaiah 7:10-14; 8:10; Psalm 40; Luke 1:26-38

It is almost incomprehensible that God Almighty becomes the most insignificant of humankind! God shares our humanity with us, with all our weakness and dependency. What humility! What love!

Wed 26 Mar Liturgy of the Day

Deuteronomy 4:1.5-9; Psalm 147; Matthew 5:17-19

Many people are fearful of anyone who doesn't belong to their denomination, racial group, nation, or way of thinking. Remain open-minded as you continue to seek to know the heart and mind of God.

Thu 27 Mar Liturgy of the Day

Jeremiah 7:23-28; Psalm 95; Luke 11:14-23

When you make the sign of the cross, or when you kneel to pray, let these physical actions be reminders that you are entering holy ground and time – a space set apart especially for your communion with God.

Fri 28 Mar Liturgy of the Day

Hosea 14:1-9; Psalm 81; Mark 12:28-34

You will find that when you spend a regular time being prayerfully present to God you will become increasingly aware of how present God really is to you. Connect with God. God is everywhere!

Sat 29 Mar Liturgy of the Day

Hosea 6:1-6; Psalm 51; Luke 18:9-14

Holiness is really not about us at all. It is about letting God's love and life fill us. Of course, it takes discipline, but it's also something we don't do on our own. Allow God to live in you and love through you.

Sun 30 Mar 4TH SUNDAY OF LENT

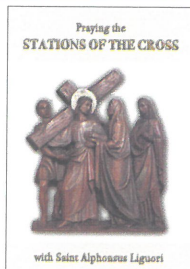
Joshua 5:9-12; Psalm 34; Luke 15:1-3.11-32

Rejoice today in how well – or not so well – your Lent has gone. Joyfully remind yourself of where God has helped make your resolutions successful. Ask God to bless these final few weeks of Lent.

KEY: **SOLEMNITY**; **FEAST**; **Memorial**; (Optional Memorial)
B=Bishop; M=Martyr

By popular demand, with all stock of the previous edition sold out, RPP has published a new and revised edition of the Stations of the Cross by Saint Alphonsus Liguori. It is available now, in time for Lent 2025, and for the Jubilee Holy Year.

R60
plus delivery



Order from our website www.rpp.org.za or email orders@rpp.org.za. Office: Tue-Fri 08.30-13.00



CHRIST THE KING PARISH

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 Tel: 012 333 4738

(For banking details please contact the Parish Office)

MASS INTENTIONS MARCH 2025

22	Sat	06h00	For all the holy souls in purgatory
		18h00	RIP Manuel Rodrigues Achada For all souls in Purgatory and for the needs of the suffering Our Lady of Carmel
23	Sun	08h00	RIP Augusta & Fernanda Moutinho Repose of the Soul of Phil Obanor For special healing for Cameron Schafer Special intentions for Lisa-Anne King Special intention for my brother to find work
		10h00	RIP Clementina de Nobrega In thanksgiving to St Lucia of the Eyes for her Grace
		18h00	For special healing for Cameron Schafer
24	Mon	06h00	COMMUNION SERVICE RIP Luis Pereira
		18h00	COMMUNION SERVICE RIP Luis Pereira RIP Manuel Rodrigues Achada
25	Tues	06h00	For special healing for Cameron Schafer Special intentions for Lisa-Anne King
		18h00	RIP Manuel Rodrigues Achada
26	Wed	06h00	RIP Manuel Rodrigues Achada RIP Ebisine Bamuza 13yrs in mind
		18h00	For special healing for Cameron Schafer
27	Thu	06h00	RIP Manuel Rodrigues Achada
		18h00	For special healing for Cameron Schafer
28	Fri	06h00	RIP Manuel Rodrigues Achada
		18h00	STATIONS OF THE CROSS For special healing for Cameron Schafer

PLEASE PRAY FOR THE SICK AND HOUSEBOUND AND THEIR CAREGIVERS

Veronica Wheeler, Wendy Elliott, Genevieve van der Merwe, Gideon Wathen, Venancio Ruguwa, Moira Lottering, Germaine Lovric, Pieter Du Pokoy, Cecilia Forbes, Enita Davies, Kenneth Khatide, Elsa Stroh and Miriam Marais.

We would appreciate an update every 2nd month as to whether they stay on the list or if they are well enough to be removed. Should you wish to add a loved one to our sick list please send their details to secretary@christking.org.za

PARISH NOTICES

LITURGY: We seek to train new Sacristans, Proclaimers and Extra-Ordinary Ministers of Communion. For more information kindly WhatsApp Ashley on 0824575214 with your name and contact information.

24 HOURS WITH THE LORD: We invite you to come join the Jubilee prayer focus on Friday the 28 March at 18h00. The theme is: You are my hope (Psalm 71: 5). It combines the Sacrament of Reconciliation in the context of continuous Adoration of the Blessed Sacrament. We open with the Mass followed by Stations of the Cross and then the Examination of Conscience and we conclude with the 18h00 Mass on Saturday 29th March. There will be confessions on Saturday from 16h00.

JUSTICE, PEACE, AND NON-VIOLENCE is one of the key Commissions of the Southern African Catholic Bishops' Conference (SACBC). The Commission's programmes focus on addressing social, political, economic, and systemic injustices, as well as violations of human rights.

The key theme for this Jubilee Year is "**The Care of Creation**", which is inspired by and anchored in Pope Francis' 2015 encyclical, *Laudato Si'*. Throughout the year, we will explore various topics, including: Ecological spirituality, Ecological economics, Adoption of an ecological lifestyle, Ecological education for all. These themes are integrated with both national and global policy frameworks. As a country, South Africa has established the **Climate Change Commission** and enacted the **Climate Change Act (No. 5 of 2024)**. Internationally, we align with commitments such as the **Paris Agreement (2015)**, the **Nationally Determined Contributions (NDCs)**, and the **Just Transition Framework**.

PASCHAL MEAL 2025: The Paschal meal will be held on the 16th of April. It will start at 18h30. The tickets are R200 a ticket. Tickets are on sale this weekend, tickets can also be purchased at the parish office. Please bring your own picnic baskets with your wine glasses and cutlery in it.

WEDDINGS: All those wishing to get religiously married must please contact the parish priest at least 6 months before the date of the wedding for the marriage preparation courses to be completed in time.

BAPTISMS: We do baptisms on the First Sunday of every month except during Lent. Please contact the office to make an appointment with Fr. The parents along with the Godparents must attend a class then the baptism date can be set for the following month.

RCIA: The 2025/2026 class will be starting on the 6th May at 18h00 in the Adami centre. For all those interested in attending the classes the link is on the parish webpage. Please download the link, fill in the required information and submit the proof of payment to secretary@christking.org.za

PARISH AGM: This will be held on the 30th March 2025 in the Denis Adami Hall after 10h00 Mass. All are invited to attend. The copies of the Financials will be available on request.

PARISH FINANCES

TITHING: There are Tithe application sheets in the front of the church please fill one in and either drop it in the slot or email to

finance@christking.org.za We encourage you to tithe to support the parish and its many projects that are underway.

Thank you to everyone who currently supports the works of the church.

Please continue to support our Parish via the banking details or the attached

Snapscan code

Banking details:

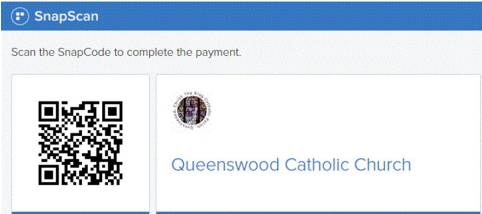
Christ the King Catholic Church

Standard Bank Branch 051001

Main Account No. 011564733

Tithing Account No. 011181230

Snapscan



Scan the SnapCode to complete the payment.

PARISH OFFICE

Parish Priest:

Fr. Daniel Kivuw'a IMC

Tel: 012 333 4738 / 071 306 3769

Email: dankbwa@yahoo.fr

Parish Office Administrator:

Angela Solomons

secretary@christking.org.za

Office Hours:

Mon to Fri **08h00 - 16h00**

Tel: 012 3334738

For any appointments with Fr. Daniel, please contact Angela, she manages Fr. Daniel's calendar.

University Chaplain:

Fr Charles Mundia 071 364 0150

Email: cmundia@gmail.com

HUMANITAS

CARITAS: CTK OUTREACH:

We provide food parcels, baby and adult clothing, all household items and toys to the less fortunate.

We support various homes for both adults and children.

Should you have items that you wish to donate, these can be dropped off at the parish office during the week or left in the baskets at the back of the church over the weekends.

We have in recent weeks provided more than 75 bags of family clothing to Holy Cross, Christ Crisis centre, St Camilla's and the Salvation Army due to your continued support.

Should you wish to donate to this worthy cause our banking details are:

**Christ the King Catholic Church Queenswood;
Standard bank,
Cheque account,
Account number 011182709,
Branch code 000145.**

All donations are gratefully accepted. Thank you.

HAPPY BIRTHDAY



22 March: Petunia Ntlatleng

23 March: Brian Le Roux, Christian Parchau, Cindy-Lee Daniels

24 March: Christopher Gomes, Luis Martins, Neil Van Wyk, Kathleen Mc Namara

25 March: Duncan Vause, Tiago

Martins, Hannah Solomons, Patience Masire, Sherina Tavares

26 March: Emaneul De Sousa, Lucy-Jane Rubin

27 March: Yvonne Short

28 March: John van der Poll, Itumeleng Okeke

(Please inform the Parish Secretary at 012-333 4738 to update your particulars, if needed).

CALENDAR - MARCH 2025

- March 1&2** Pancake Sales
- March 5** Ash Wednesday
- March 8-9** Jubilee of the World of Volunteering
- March 7** Stations of the Cross Gr11 & 10
- March 14** Stations of the Cross Gr 8 & 9
- March 20** Lenten Talk
- March 21** Stations of the Cross Gr 3 & 4
- March 28** **24 Hours of the Lord**
Stations of the Cross Gr 6 & 7

PARISH BOOK OF TALENTS: Would you like to showcase your company/service in the parish's Book of Talents? *Details for the advertisement:* No more than 300 words, you may include a logo or picture to accompany your advertisement.

Watch the space for submission details.



DEDICATION / TITHE

After prayerful consideration, I would like to be included as a Dedication / Tithe Contributor.

Once completed, please email to Finance@christking.org.za or leave at the **Parish Office** during office hours.

SURNAME: _____

NAME: _____

CELLPHONE: _____

EMAIL: _____

Your dedication number will be emailed, sms'd or phoned through to you.

I have decided that I can dedicate R_____

- Monthly to the works of the Church
- Annually to the works of the Church
- I will do this by EFT into the Parish Tithe Account
- I would like to give cash in an envelope
- Please contact me to make a Bequest to the church in my Last Will and Testament

Signed: _____

Date: _____

Thank you for your kind contribution.