



ST MICHAEL'S CATHOLIC PARISH

NOWRA



30 North St, Nowra

nowra@dow.org.au

02-44231712

nowraparish.au

FOURTH
SUNDAY IN
ORDINARY
TIME
YEAR A

SUNDAY
4TH
FEBRUARY
2026



Parish staff

Pastor: Fr Damien Ellis (damien.ellis@dow.org.au)

Parochial Vicar: Fr James Arblaster (james.arblaster@dow.org.au)

Retired Priests: Mgr Patrick Faherty (Emeritus Pastor)
Fr Ronan Kilgannon

Parish Secretary/ Sacramental Coordinator: Asha Joy

Finance Secretary/Catechist Coordinator: Veronica Passoni

Finance email: nowrafinance@dow.org.au

Office Hours: Monday - Friday 10:30 am to 2:30 pm

Parish Schools: St Michael's Catholic Primary School, Nowra
St John the Evangelist Catholic High School, Nowra

Churches

St Michael's
Nowra

Sacred Heart
Bomaderry

St Joseph's
Kangaroo Valley



Our Lady Help of
Christians
Culburra Beach



St Patrick's
Berry



Holy Spirit
Vincentia

MASS TIMES

Saturday

4PM Bomaderry
5.30PM Culburra
6PM Vincentia

****First Saturday of the Month****

10AM Nowra

Sunday

7.30AM Berry
9.30AM Nowra
10AM Vincentia
11.30AM Kangaroo Valley
6PM Nowra

Monday

9.30AM Nowra

Tuesday

9.30AM Nowra
5.30PM Berry

Wednesday

7.30AM Nowra
5.30PM Vincentia

Thursday

7.30AM Nowra
5.30PM Culburra

Friday

10AM Nowra

RECONCILIATION

Tuesday

Berry- after 5.30PM Mass

Wednesday

Vincentia- before 5.30PM Mass

Thursday

Culburra- before 5.30PM Mass

Friday

Nowra- 9AM to 10AM

First Saturday

Nowra- 9AM to 10AM

Entrance Antiphon

Psalm 105: 47

Save us, O Lord our God!
And gather us from the nations,
to give thanks to your holy name,
and make it our glory to praise you.

First Reading

Zephaniah 2: 3; 3: 12-13

Seek the Lord
all you, the humble of the earth,
who obey his commands.
Seek integrity,
seek humility:
you may perhaps find shelter
on the day of the anger of the Lord.
In your midst I will leave
a humble and lowly people,
and those who are left in Israel will seek refuge in
the name of the Lord.
They will do no wrong,
will tell no lies;
and the perjured tongue will no longer
be found in their mouths.
But they will be able to graze and rest
with no one to disturb them.

Responsorial Psalm

Psalm 145

**R: Happy the poor in spirit;
the kingdom of heaven is theirs!**

It is the Lord who keeps faith forever,
who is just to those who are oppressed.
It is he who gives bread to the hungry,
the Lord, who sets prisoners free.

It is the Lord who gives sight to the blind,
who raises up those who are bowed down,
the Lord, who protects the stranger
and upholds the widow and orphan.

It is the Lord who loves the just
but thwarts the path of the wicked.
The Lord will reign for ever,
Zion's God, from age to age.

Second Reading

1 Corinthians 1: 26-31

Take yourselves, brothers, at the time when you
were called: how many of you were wise in the
ordinary sense of the word, how many were
influential people, or came from noble families? No,
it was to shame the wise that God chose what is
foolish by human reckoning, and to shame what is

strong that he chose what is weak by human
reckoning; those whom the world thinks common
and contemptible are the ones that God has chosen
– those who are nothing at all to show up those who
are everything. The human race has nothing to
boast about to God, but you, God has made
members of Christ Jesus and by God's doing he has
become our wisdom, and our virtue, and our
holiness, and our freedom. As scripture says: if
anyone wants to boast, let him boast about the
Lord.

Gospel Acclamation

Matthew 5: 12

Alleluia, alleluia!

Rejoice and be glad;
Your reward will be great in heaven
Alleluia!

Gospel

Matthew 5: 1-12

Seeing the crowds, Jesus went up the hill. There he
sat down and was joined by his disciples. Then he
began to speak. This is what he taught them:
'How happy are the poor in spirit:
theirs is the kingdom of heaven.
Happy the gentle:
they shall have the earth for their heritage.
Happy those who mourn:
they shall be comforted.
Happy those who hunger and thirst for what is right:
they shall be satisfied.
Happy the merciful:
they shall have mercy shown them.
Happy the pure in heart:
they shall see God.
Happy the peacemakers:
they shall be called sons of God.
Happy those who are persecuted in the cause of
right:
theirs is the kingdom of heaven.
'Happy are you when people abuse you and
persecute you and speak all kinds of calumny
against you on my account. Rejoice and be glad, for
your reward will be great in heaven.'

Communion Antiphon

Psalm 30: 17-18

Let your face shine on your servant.
Save me in your merciful love.
O Lord, let me never be put to shame, for I call on
you.

Coming up this week

Sunday- 1/02/26

Tuesday- 3/02/26

Adoration at 7:30 am, Vincentia

Rosary at 8:00 am, Vincentia

Wednesday- 4/02/26

Choir Practice at 03:30 pm, Vincentia

Adoration & Rosary at 05:00 pm,

Vincentia

Thursday- 5/02/26

Adoration at 7:30 am, Vincentia

Rosary at 8:00 am, Vincentia

Adoration & Rosary at 05:00 pm,

Culburra

St Joseph's Mens Adoration Group

8pm-6am, Nowra

Friday- 6/02/26

Rosary 5pm, Bomaderry

Saturday- 7/02/26

The Man Walk at 7:30 am @Providence Blue Cafe, Sanctuary Point

Choir Practice after 4:00 pm Mass,
Bomaderry

If you would more information, please contact the parish office.

PRAY FOR:

Sick: *Jessica Arnold* and *Kyri Pavlis*

Death Anniversaries: *Bernard Farrugia, Joseph and Salvatrice Farrugia*

Recently Deceased: *Anthony Malouf*

Dominican Retreat

Single adults, ages 18-35, are invited to join the Dominican Friars and Sisters for a weekend retreat at St Mary's Towers, Douglas Park, NSW from 13-15 February 2026. The retreat will consist of talks, discussion, silence, Eucharistic Adoration, the Sacrament of Confession, Mass, and time for fellowship. Registration closes 6 February. Fee: \$300 per person.

<https://www.trybooking.com/DHJBL>



Diocesan Notices

Implementing Cultural Change – Formation Pathway

Want to see real change in parish life – not just good intentions?

Lasting change doesn't begin with more programs or better announcements. It begins with culture.

Join us for a practical formation evening on Implementing Cultural Change, where we'll explore: why parish culture forms the way it does, how it shapes what's possible, and how small, intentional leadership actions can create change that lasts.

This is a hands-on, hopeful formation for anyone who cares about the future of parish life.

CAMPBELLTOWN

Tuesday 3 February, 7–9pm

WOLLONGONG & ZOOM

Wednesday 4 February, 7–9pm

Register: dow.sh/fpfeb2026

Upcoming triple ordination to the diaconate for our diocese

Bishop Brian Mascord warmly invites you to attend the upcoming ordination to the permanent diaconate of **John Mortimer (Albion Park), Stuart Lake (Varroville) and Ryan Suares (Rosemeadow)**.

10:00am, Saturday 28 February 2026

St John Vianney Co-Cathedral (1 Cabbage Tree Lane, Fairy Meadow)

All are warmly invited to share in this joyful celebration, praying for and supporting these three men and their families as they are ordained to serve our diocesan community.

RSVP by 20 February at rsvp.dow.org.au.

Parking will be available at the Fraternity Club (11 Bourke Street, Fairy Meadow).

Catechist Level 1 Course

The Level 1 course is essential for all new volunteers to the catechist ministry and is also helpful as a refresher for experienced SRE Catechists. On the first day of the course, Safeguarding and Classroom Management training will occur, which must be revisited by SRE Catechists every three years to remain active in the ministry.

The course will run from 9.30am till 1:30pm in Rosemeadow and Wollongong on the following dates:

Rosemeadow: Fridays 6, 13, 20, 27 February and 6 March

Wollongong: Mondays 9, 16, 23 February and 2, 9 March
To register for the 5-week Level 1 course: dow.sh/ccd_one

Alternatively, register for the Safeguarding and Classroom Management update only: dow.sh/ccd_sg



ST MICHAEL'S CATHOLIC PARISH NOWRA

Parish Events

Community Gathering in Vincentia

SAUSAGE SIZZLE - BBQ

Sunday 8th February

following 09:30 am Mass

Sausages, Bread, Tea & Coffee will be supplied by the Community Group.

BYO: a)Drinks b) Salad/Sweets to share if you are able

Looking forward to seeing you all there.

Sanctus Summit Nowra

We're delighted to begin again on **Tuesday 11 February**, marking the return of **Sanctus Summit** for the year, held on the **2nd and 4th Tuesdays of each month**. Each evening begins at 6.30pm with Eucharistic Adoration, Vespers, and the opportunity for Reconciliation throughout the night. Following Adoration, we gather in the parish centre for supper and fellowship – a relaxed and welcoming space to connect.

While Sanctus Summit is primarily for **youth and young adults**, **all are warmly welcome** to come and pray with us in Adoration.

Please feel free to bring a small snack to share if you're able.

Lenten Groups

Two Lenten groups will commence at the Convent on Thursday, 19th February at **10:00 am** and **7:00 pm**. Please ring 4421 2260 if you are interested in joining a group.

Soup Kitchen

The LMC Soup Kitchen is getting ready to re-open for 2026 and we have a need for a few new volunteers.

If you think this might be something for you, please contact Shannon Chittick on 0414521404 for more information. The Soup Kitchen runs fortnightly on a Friday for lunch. Thankyou and God bless.

Parish Notices

Our Parish Commitment to Respect and Safeguarding

Our parish is committed to being a welcoming, faith-filled community where every person is treated with dignity, kindness, and respect. We affirm a zero-tolerance approach to abusive, bullying, or disrespectful behaviour in any form. As members of the Body of Christ, we are all called to engage with one another in a spirit of mutual respect, generosity of heart, and Christian charity.

Creating a safe parish environment is a shared responsibility. Each of us has a role to play in ensuring that our parish is a place where all people feel valued, heard, and safe.

In this spirit, we uphold and echo the safeguarding commitment of the Catholic Diocese of Wollongong:

The Catholic Diocese of Wollongong is unwavering in its commitment to the safety and wellbeing of all persons in the diocese, in particular children, young people and vulnerable persons.

This is at the heart of everything we do. Every person has the right to be informed, heard, respected, empowered and to feel safe. As a diocese, and as individuals, we commit to being safe people in the lives of all persons in the diocese, in particular children, young people and vulnerable persons, and to work together with them to create cultures that honour dignity, enrich wellbeing, and keep them safe.

We thank all parishioners for their cooperation and commitment to fostering a parish community grounded in respect, compassion, and care for one another.

Parish Office Update

Parish Office is now open Monday to Friday, 10:30 am to 2:30 pm.

We would like to welcome Veronica Passoni as the new Parish Finance Secretary.

We are also looking for Parish Office volunteers, whether you've volunteered before or not, if you have a little time available during the week, we'd love to hear from you.

Contact the Parish Office for more information about how you can help at: nowra@dow.org.au or 02 4423 1712