



ST MICHAEL'S CATHOLIC PARISH

NOWRA



30 North St, Nowra

nowra@dow.org.au

02-44231712

nowraparish.au

**FIFTH
SUNDAY IN
ORDINARY
TIME
YEAR A**

**SUNDAY
8TH
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 Vigil

4PM Bomaderry

5.30PM Culburra

6PM Vincentia

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

First Saturday

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 94: 6-7

O come, let us worship God
and bow low before the God who made us,
for he is the Lord our God.

First Reading

Isaiah 58: 7-10

Thus says the Lord:
Share your bread with the hungry,
and shelter the homeless poor,
clothe the man you see to be naked
and turn not from your own kin.
Then will your light shine like the dawn
and your wound be quickly healed over.
Your integrity will go before you
and the glory of the Lord behind you.
Cry, and the Lord will answer;
call, and he will say, 'I am here.'
If you do away with the yoke,
the clenched fist, the wicked word,
if you give your bread to the hungry,
and relief to the oppressed,
your light will rise in the darkness,
and your shadows become like noon.

Responsorial Psalm

Psalm 111

R: A light rises in the darkness for the upright.

He is a light in the darkness for the upright:
he is generous, merciful and just.
The good man takes pity and lends,
he conducts his affairs with honour.

The just man will never waver:
he will be remembered for ever.
He has no fear of evil news;
with a firm heart he trusts in the Lord.

With a steadfast heart he will not fear;
open-handed, he gives to the poor;
his justice stands firm for ever.
His head will be raised in glory.

Second Reading

1 Corinthians 2: 1-5

When I came to you, brothers, it was not with any show of oratory or philosophy, but simply to tell you what God had guaranteed. During my stay with you, the only knowledge I claimed to have was about Jesus, and only about him as the crucified Christ. Far from relying on any power of my own, I came among you in great 'fear and trembling' and in my speeches and the sermons that I gave, there were none of the arguments that belong to philosophy; only a demonstration of the power of the Spirit. And I did this so that your faith should not depend on human philosophy but on the power of God.

Gospel Acclamation

John 8: 12

Alleluia, alleluia!

I am the light of the world, says the Lord;
the man who follows me
will have the light of life.

Alleluia!

Gospel

Matthew 5: 13-16

Jesus said to his disciples: 'You are the salt of the earth. But if salt becomes tasteless, what can make it salty again? It is good for nothing, and can only be thrown out to be trampled underfoot by men.

'You are the light of the world. A city built on a hill-top cannot be hidden. No one lights a lamp to put it under a tub; they put it on the lamp-stand where it shines for everyone in the house. In the same way your light must shine in the sight of men, so that, seeing your good works, they may give the praise to your Father in heaven.'

Communion Antiphon

Psalm 106: 8-9

Let them thank the Lord for his mercy,
his wonders for the children of men,
for he satisfies the thirsty soul,
and the hungry he fills with good things.

Coming up this week

Sunday- 8/02/26

Community Gathering after Mass,
Vincentia

Tuesday- 10/02/26

Adoration at 7:30 am, Vincentia

Rosary at 8:00 am, Vincentia

Sanctus Summit at 6:30 pm, Nowra

Wednesday- 11/02/26

Choir Practice at 03:30 pm, Vincentia

Adoration & Rosary at 05:00 pm,
Vincentia

Thursday- 12/02/26

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- 13/02/26

Rosary 5pm, Bomaderry

Saturday- 14/02/26

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

Cuppa after 4:00 pm Mass, Bomaderry

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

PRAY FOR:

Sick: *Kyri Pavlis*

Death Anniversaries: *Amparo Bonife, Ramon Petilla Snr and Josephine Samsonenko*

Recently Deceased: *Valerie Edwards and Mary O'Connor*



Diocesan Notices

Vocaris: Love & Responsibility

Young Adults of the diocese! Come and discover Saint John Paul II's teaching exploring how to live and love well in every vocation. Drawing on John Paul's teachings in Love and Responsibility, we'll explore the single life, dating, marriage, religious vocations, and how chastity is life giving when lived in truth and love! The night will include Eucharistic Adoration, with optional Reconciliation available.

When: Saturday 28 Feb (6pm to 9:30pm)

Where: St Mary's Towers, Douglas Park

Address: 415 Douglas Park Drive Douglas Park (25 minutes from Campbelltown and Wollongong)

Register to grab your spot now dow.sh/VocarisLR

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 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 Notices

Ash Wednesday – A Day of Prayer and Renewal

Ash Wednesday marks the beginning of Lent, a sacred season of prayer, fasting, and almsgiving. On **Wednesday 18 February**, parishioners are warmly invited to gather for Mass and the distribution of ashes as we begin this Lenten journey together.

Mass Times:

- 7:30 am – Nowra
- 8:00 am – Culburra
- 10:00 am – St Michael's Hall, Nowra
- 5:30 pm - Berry
- 5:30 pm - Vincentia
- 5:30 pm - Syro Malabar Mass in Bomaderry

Ashes will be distributed during each Mass.

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.

Catholic Women's League Nowra

Our first meeting for 2026 will be on **Tuesday, 10th February** in the Nowra Parish Centre, starting with a cuppa at 9.30 and the meeting commencing at 10.00.

The CWL meet every 2nd Tuesday of the month, and we welcome any women parishioners who are interested sharing our faith and fellowship to join us.

Mass Location Change – Thursday 13 February

Please note that the **10:00 am** Mass on **Friday 13th February** will be celebrated in **St Michael's Hall**, not in the church.

We thank you for your understanding and warmly invite you to join us at the hall.

Cuppa at Bomaderry

Sacred Heart Church Bomaderry will have a cuppa after mass Saturday 14th February. Stay back and say hi to some old and new parishioners. Bring a plate share if you wish

Parish Property Repairs & Maintenance

The Finance Council has been working on a number of repair and maintenance issues across various parish properties over recent months.

If you are aware of a parish property repair and maintenance issue that needs attention in your worshipping community, please contact the Parish Office at: nowra@dow.org.au or call 4423 1712

Thank You

The Arnold family wishes to thank all for their thoughts and prayers.

Jessica is now in complete remission and life slowly returns to normal.

By the grace of God.

Call for Catechists

Catechist (SRE Teachers)
Needed in our LOCAL Public Schools

Do you ever wonder how children that don't go to church get to have a relationship with Jesus?



The Answer is through YOU!

NO EXPERIENCE NEEDED.

YOU do not need to be a teacher to be a CATECHIST.

All training will be provided.

To take the first step in your mission to be a Catechist, please email nowracatechist@dow.org.au or call Veronica on 0473 360 183.

Stella Maris Prayer Group

Stella Maris & The Holy Face Prayer and Study group has started back after Mass at Culburra on Thursdays. Bring a meal to share. All welcome.

Contact: Peter and Sue Hill 0435336195.