



ST MICHAEL'S CATHOLIC PARISH

NOWRA



30 North St, Nowra

nowra@dow.org.au

02-44231712

nowraparish.au

SIXTH
SUNDAY IN
ORDINARY
TIME
YEAR A

SUNDAY
15TH
FEBRUARY
2026



Parish staff

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

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

Fr Darren McDowell (darren.mcdowell@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 30: 3-4

Be my protector, O God,
a mighty stronghold to save me.
For you are my rock, my stronghold!
Lead me, guide me, for the sake of your name.

First Reading

Sirach 15: 15-20

If you wish, you can keep the commandments,
to behave faithfully is within your power.
He has set fire and water before you;
put out your hand to whichever you prefer.
Man has life and death before him;
whichever a man likes better will be given him.
For vast is the wisdom of the Lord;
he is almighty and all-seeing.
His eyes are on those who fear him,
he notes every action of man.
He never commanded anyone to be godless,
he has given no one permission to sin.

Responsorial Psalm

Psalm 111

R: Happy are they who follow the law of the Lord!

They are happy whose life is blameless,
who follow God's law!

They are happy those who do his will,
seeking him with all their hearts.

You have laid down your precepts
to be obeyed with care.

May my footsteps be firm
to obey your statutes.

Bless your servant and I shall live
and obey your word.

Open my eyes that I may consider
the wonders of your law.

Teach me the demands of your statutes
and I will keep them to the end.

Train me to observe your law,
to keep it with my heart

Second Reading

1 Corinthians 2: 6-10

We have a wisdom to offer those who have reached maturity: not a philosophy of our age, it is true, still less of the masters of our age, which are coming to their end. The hidden wisdom of God which we teach in our mysteries is the wisdom that God predestined to be for our glory before the ages began. It is a wisdom that none of the masters of this age have ever known, or they would not have crucified the Lord of Glory; we teach what scripture calls: the things that no eye has seen and no ear as heard, things beyond the mind of man, all that God has prepared for those who love him.

These are the very things that God has revealed to us through the Spirit, for the Spirit reaches the depths of everything, even the depths of God.

Gospel Acclamation

Matthew 11: 25

Alleluia, alleluia!

Blessed are you, Father, Lord of heaven and earth;
you have revealed to little ones the mysteries of the kingdom.

Alleluia!

Gospel

Matthew 5: 17-37

Jesus said to his disciples: 'Do not imagine that I have come to abolish the Law or the Prophets. I have come not to abolish them but to complete them. I tell you solemnly, till heaven and earth disappear, not one dot, one little stroke, shall disappear from the Law until its purpose is achieved. Therefore, the man who infringes even one of the least of these commandments and teaches others to do the same will be considered the least in the kingdom of heaven; but the man who keeps them and teaches them will be considered great in the kingdom of heaven.

'For I tell you, if your virtue goes no deeper than that of the scribes and Pharisees, you will never get into the kingdom of heaven.

'You have learnt how it was said to our ancestors: You must not kill; and if anyone does kill he must answer for it before the court. But I say this to you: anyone who is angry with his brother will answer for it before the court; if a man calls his brother "Fool" he will answer for it before the Sanhedrin; and if a man calls him "Renegade" he will answer for it in hell fire. So then, if you are bringing your offering to the altar and there remember that your brother has something against you, leave your offering there before the altar, go and be reconciled with your brother first, and then come back and present your offering. Come to terms with your opponent in good time while you are still on the way to the court with him, or he may hand you over to the judge and the judge to the officer, and you will be thrown into prison. I tell you solemnly, you will not get out till you have paid the last penny.

'You have learnt how it was said: You must not commit adultery. But I say this to you: if a man looks at a woman lustfully, he has already committed adultery with her in his heart. If your right eye should cause you to sin, tear it out and throw it away; for it will do you less harm to lose one part of you than to have your whole body thrown into hell. And if your right hand should cause you to sin, cut it off and throw it away; for it will do you less harm to lose one part of you than to have your whole body go to hell.

'It has also been said: Anyone who divorces his wife must give her a writ of dismissal. But I say this to you: everyone who divorces his wife, except for the case of fornication, makes her an adulteress; and anyone who marries a divorced woman commits adultery.

'Again, you have learnt how it was said to our ancestors: You must not break your oath, but must fulfil your oaths to the Lord. But I say this to you: do not swear at all, either by heaven, since that is God's throne; or by the earth, since that is his footstool; or by Jerusalem, since that is the city of the great king. Do not swear by your own head either, since you cannot turn a single hair white or black. All you need say is "Yes" if you mean yes, "No" if you mean no; anything more than this comes from the evil one.'

Communion Antiphon

Psalm 77: 29-30

They ate and had their fill,
and what they craved the Lord gave them;
they were not disappointed in what they craved.

Coming up this week

Sunday- 15/02/26

Morning Tea after Mass, Berry

Tuesday- 17/02/26

Adoration at 7:30 am, Vincentia
Rosary at 8:00 am, Vincentia

Wednesday- 18/02/26

Choir Practice at 03:30 pm, Vincentia
Adoration & Rosary at 05:00 pm,
Vincentia

Thursday- 19/02/26

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- 20/02/26

Rosary 5pm, Bomaderry

Saturday- 21/02/26

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

Choir Practice after 4:00 pm Mass,
Bomaderry

PRAY FOR:

Sick: *Kyri Pavlis, Andrea Mullins, Donald, Xi, Susie, Vladimir and Charles*



Recently Deceased: *Vlado Drazenovic (Wally), Mary O'Connor and Peter Lunnon (Holy Spirit Church)*

Diocesan Notices

Launch of the International Eucharistic Congress 2028

The Australian Church is setting out on the journey toward the International Eucharistic Congress, Sydney 2028 (Eucharist28), a great time of renewal and transformation centred on encountering the Eucharistic Lord.

In preparation, Australian Catholics will enter a Year of Prayer from 1 March 2026, focused on rediscovering Our Lord's love in the Blessed Sacrament. The theme, This is My Body, Given for You, calls us to deeper faith, generosity and mission.

Learn more about the way ahead at eucharist28.org

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)

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

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

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. 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



ST MICHAEL'S CATHOLIC PARISH

NOWRA



Guadalupe: Mother of Humanity Special Film Screening

**Office of the Bishop, Xavier Centre Conference
Rooms Wollongong
Wednesday 11 March 2026 at 6:30pm**

You're invited to a special community screening of the acclaimed documentary film Guadalupe: Mother of Humanity.

Come and join us for a screening of the acclaimed movie about this Marian apparition and the extraordinary events and miracles that have followed. Because some miracles refuse to fade! Light refreshments and finger food will be provided on the night and merchandise available for purchase.

Tickets and Food suggested donation per person - **\$10 – to book, contact helen.bennett@dow.org.au**

Men's Prayer Breakfast

Friday 13 March 2026 | 6:30am-8am

Guest Speaker & Topic: Tom Kadmon - "Reading Scripture is central to our relationship with Jesus."

Xavier Conference Room, 38 Harbour St Wollongong
Enjoy a breakfast buffet, prayer and inspiring guest speaker input

Be supported and inspired by other men, seeking to be authentic disciples on mission. Cost is just \$20. Book here dow.sh/MPB26 by Tuesday 10 March.

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.

Practices for a Meaningful Lent

As the Catechism of the Catholic Church describes this penitential season, "These times are particularly appropriate for spiritual exercises, penitential liturgies, pilgrimages as signs of penance, voluntary self-denial such as fasting and almsgiving, and fraternal sharing (charitable and missionary works)" (paragraph 1438). As well as personal expressions of these things that we can each discern prayerfully as we approach Lent, there are also the following shared commitments that the Church calls us to observe:

- Catholics aged 18–59 should fast on Ash Wednesday and Good Friday
- Catholics aged 14 and older should abstain from meat on Ash Wednesday and Good Friday
- Catholics aged 14 and over should abstain from meat on every Friday of the year, including Lent, or substitute this with another form of penance, either in prayer, fasting or almsgiving
- On a day of fasting, Catholics are supposed to have one normal-sized meal and two 'snacks' (or 'smaller meals'), which cannot, put together, equal a full meal
- On a day of abstinence, Christians are asked to abstain from meat (although seafood is allowed)

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.

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.