



ST MICHAEL'S CATHOLIC PARISH NOWRA

30 North St, Nowra

nowra@dow.org.au

02-44231712

nowraparish.au

**FIRST
SUNDAY
OF LENT
YEAR A**

**SUNDAY
22ND
FEBRUARY
2026**



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

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

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 90: 15-16

When he calls on me, I will answer him;
I will deliver him and give him glory,
I will grant him length of days.

First Reading

Genesis 2:7-9; 3:1-7

The Lord God fashioned man of dust from the soil. Then he breathed into his nostrils a breath of life, and thus man became a living being. The Lord God planted a garden in Eden which is in the east, and there he put the man he had fashioned. The Lord God caused to spring up from the soil every kind of tree, enticing to look at and good to eat, with the tree of life and the tree of the knowledge of good and evil in the middle of the garden. The serpent was the most subtle of all the wild beasts that the Lord God had made. It asked the woman, 'Did God really say you were not to eat from any of the trees in the garden?' The woman answered the serpent, 'We may eat the fruit of the trees in the garden. But of the fruit of the tree in the middle of the garden God said, "You must not eat it, nor touch it, under pain of death".' Then the serpent said to the woman, 'No! You will not die! God knows in fact that on the day you eat it your eyes will be opened and you will be like gods, knowing good and evil.' The woman saw that the tree was good to eat and pleasing to the eye, and that it was desirable for the knowledge that it could give. So she took some of its fruit and ate it. She gave some also to her husband who was with her, and he ate it. Then the eyes of both of them were opened and they realised that they were naked. So they sewed fig-leaves together to make themselves loin-cloths.

Psalm 50

Responsorial Psalm

R: Be merciful, O Lord, for we have sinned.

Have mercy on me, God, in your kindness.
In your compassion blot out my offence.
O wash me more and more from my guilt
and cleanse me from my sin.

My offences truly I know them;
my sin is always before me.
Against you, you alone, have I sinned;
what is evil in your sight I have done.

A pure heart create for me, O God,
put a steadfast spirit within me.
Do not cast me away from your presence,
nor deprive me of your holy spirit.

Give me again the joy of your help;
with a spirit of fervour sustain me.
O Lord, open my lips
and my mouth shall declare your praise.

Second Reading

Romans 5: 12-19

Sin entered the world through one man, and through sin death, and thus death has spread through the whole human race because everyone has sinned. Sin existed in the world long before the Law was given. There was no law and so no one could be accused of the sin of 'law-breaking', yet death reigned over all from Adam to Moses, even though their sin, unlike that of Adam, was not a matter of breaking a law. Adam prefigured the One to come, but the gift itself considerably outweighed the fall. If it is certain that through one man's fall so many died, it is even more certain that divine grace, coming through the one man, Jesus Christ, came to so many as an abundant free gift. The results of the gift also outweigh the results of one man's sin: for after one single fall came judgement with a verdict of condemnation, now after many falls comes grace with its verdict of acquittal. If it is certain that death reigned over everyone as the consequence of one man's fall, it is even more certain that one man, Jesus Christ, will cause everyone to reign in life who receives the free gift that he does not deserve, of being made righteous. Again, as one man's fall brought condemnation on everyone, so the good act of one man brings everyone life and makes them justified. As by one man's disobedience many were made sinners, so by one man's obedience many will be made righteous.

Gospel Acclamation

Matthew 4: 4

**Praise to you, Lord Jesus Christ,
king of endless glory!**

No one lives on bread alone, but on every word that comes from the mouth of God.

**Praise to you, Lord Jesus Christ,
king of endless glory!**

Gospel

Matthew 4: 1-11

Jesus was led by the Spirit out into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, after which he was very hungry, and the tempter came and said to him, 'If you are the Son of God, tell these stones to turn into loaves.' But he replied, 'Scripture says: Man does not live on bread alone but on every word that comes from the mouth of God.' The devil then took him to the holy city and made him stand on the parapet of the Temple. 'If you are the Son of God,' he said, 'throw yourself down; for scripture says:

He will put you in his angels' charge,
and they will support you on their hands
in case you hurt your foot against a stone.'

Jesus said to him, 'Scripture also says:

You must not put the Lord your God to the test.' 'Next, taking him to a very high mountain, the devil showed him all the kingdoms of the world and their splendour. 'I will give you all these', he said, 'if you fall at my feet and worship me.' Then Jesus replied, 'Be off, Satan! For scripture says: You must worship the Lord your God, and serve him alone.' Then the devil left him, and angels appeared and looked after him.

Communion Antiphon Matthew 4: 4

One does not live by bread alone, but by every word that comes forth from the mouth of God.

Coming up this week

Tuesday- 24/02/26

Adoration at 7:30 am, Vincentia

Rosary at 8:00 am, Vincentia

Sanctus Summit at 6:30 pm, Nowra

Wednesday- 25/02/26

Choir Practice at 03:30 pm, Vincentia

Adoration & Rosary at 05:00 pm, Vincentia

YA Lenten Group at 7pm, Nowra

Thursday- 26/02/26

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- 27/02/26

Rosary 5pm, Bomaderry

Saturday- 28/02/26

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**

Death Annivesary: **Peter Ruhl**

Recently Deceased: **Elaine Briggs**



Diocesan Notices

Summit Night- an evening with Dr Robert Haddad

Young adults of the diocese (18+) are invited to the first Summit Night for 2026 - an inspiring evening of truth, formation, and community featuring Catholic author and apologist Dr Robert Haddad.

Join us on **Saturday 21 March, 6pm-9:00pm** at the Xavier Conference Centre (next to Wollongong Cathedral) for 'The Eucharist- The Medicine of Immortality'. The evening includes a wine & cheese reception, Dr Haddad's keynote, Eucharistic Adoration, Q & A.

Free event (donations are welcome), but registration is essential. Register here: dow.sh/SummitEucharist Follow @CYMDOW on socials for more details.

Parish Notices

World Day of Prayer

St. Patrick's at Berry will be conducting a World Day of Prayer on **Friday, 6 March at 10am**. Everyone most welcome. Morning Tea following so please bring a plate to share.

The **Salvation Army Shoalhaven Corps** (Nowra) at 162 St Anns Street, Nowra is also conducting a World Day of Prayer at **11am & 6pm**
Contact (02) 4423 2102 or 0457 281 027
Email: shoalhavencorps@salvationarmy.org.au

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)



ST MICHAEL'S CATHOLIC PARISH NOWRA

Parish Collections within the Celebration of the Mass

Dear Parishioners,

As a parish community gathered across six churches, we are deeply grateful for your continued generosity and commitment to the life and mission of St Michael's Parish. Your offerings sustain both the ministry of our clergy and the many pastoral, sacramental, and practical works that enable our parish to flourish.

As you are aware, two collections are taken up at Sunday Mass. The first collection is dedicated to the support of the clergy of the parish. The second collection assists with the ongoing costs of maintaining our churches, parish facilities, and ministries.

In the Roman Rite, it is liturgically fitting that the offerings of the faithful be united with the presentation of the bread and wine, symbolising the self-offering of the whole community to God. Ideally, these gifts – representing both the work of human hands and the generosity of hearts – are brought forward together during the Preparation of the Gifts.

After consultation among the clergy and careful consideration of the experiences across our parish communities, we have sought a way to honour this liturgical principle while also maintaining a prayerful and orderly flow of the Mass.

Accordingly:

- The first collection (for the support of the clergy) will continue to take place immediately after the Homily. These offerings will then be prepared and brought forward with the bread and wine during the Offertory, highlighting their place within the Church's act of thanksgiving and self-offering.
- The second collection (for parish expenses) will be taken up after Holy Communion. While this is not the ideal liturgical moment, it allows the celebration of the Liturgy of the Eucharist to proceed with reverence and without unnecessary interruption, supporting the smooth and prayerful flow of the Mass.

We also recognise that the ways in which people give are changing. Many parishioners and visitors now prefer to offer their support through credit or debit card tap giving, and facilities for electronic giving are available in our churches. This provides a simple and secure way to contribute, especially for those who no longer carry cash.

Additionally, parishioners are warmly encouraged to consider arranging a direct debit, which greatly assists the parish by easing the process of collection and banking and providing consistent support for our ministries. To arrange this, please contact the parish office at nowrafinance@dow.org.au, and Veronica will be happy to assist you.

We recognise that practices may differ from parish to parish, and we thank you for your understanding as we implement this approach across our six church

communities. Our intention is always to celebrate the sacred liturgy with dignity, theological integrity, and pastoral sensitivity.

Thank you for your continued generosity and for your faithful participation in the life of St Michael's Parish.

With every blessing,
Your Parish Clergy

Welcome Fr Darren

This is my first appointment as Assistant Priest, having been ordained last December, and I'm looking forward to ministering with you all. A little about myself. I was born and grew up in Beverly Hills in Sydney and attended Catholic primary and high schools. I lived and worked in Canberra for six years during 1990's until returning to Sydney in 2000. Since that time I've worked extensively in the areas of Adult Faith Formation, Parish Leadership and Evangelisation for the Diocese of Broken Bay and from 2010 our own Diocese of Wollongong.



I have a passion for faith formation, liturgy and mission along with fostering in everyone the charisms and gifts of the Holy Spirit which each of us has been given. On a personal level, I enjoy theatre, landscape photography and reading. I'm looking forward to getting to know you all and working with you to grow our parish community, reach out to those who are not part of our community and welcome them into an encounter with Jesus and life of discipleship and mission.

I have a passion for faith formation, liturgy and mission along with fostering in everyone the charisms and gifts of the Holy Spirit which each of us has been given. On a personal level, I enjoy theatre, landscape photography and reading. I'm looking forward to getting to know you all and working with you to grow our parish community, reach out to those who are not part of our community and welcome them into an encounter with Jesus and life of discipleship and mission.

Stations of the Cross During Lent

All parishioners are warmly invited to join us for the Stations of the Cross during the Lenten season. This is a beautiful opportunity for prayer and reflection as we journey together toward Easter.

Stations will be held at the following times and locations:

- **Nowra:** Fridays at 9:15am
- **Culburra:** Thursdays at 6:00pm
- **Vincentia:** Wednesdays at 6:00pm
- **Berry:** Tuesdays at 5:00pm

We encourage everyone to come along and participate in this meaningful Lenten devotion.

Project Compassion & Lenten Resources

The *Compassio* Lenten booklets are now available for \$5 each. Project Compassion boxes and envelopes are also available.

Please take one as you leave today and support this important Lenten initiative.