



# ST MICHAEL'S CATHOLIC PARISH NOWRA

 30 North St, Nowra

 [nowra@dow.org.au](mailto:nowra@dow.org.au)

 02-44231712

 [nowraparish.au](http://nowraparish.au)

**SECOND  
SUNDAY  
OF LENT  
YEAR A**

**SUNDAY  
1ST  
MARCH  
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](mailto:damien.ellis@dow.org.au))

**Parochial Vicars:** Fr James Arblaster ([james.arblaster@dow.org.au](mailto:james.arblaster@dow.org.au))  
Fr Darren McDowell ([darren.mcdowell@dow.org.au](mailto: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](mailto: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 26: 8-9*

Of you my heart has spoken, Seek his face.  
It is your face, O Lord, that I seek;  
hide not your face from me.

## First Reading

*Genesis 12: 1-4*

The Lord said to Abram, 'Leave your country, your family and your father's house, for the land I will show you. I will make you a great nation; I will bless you and make your name so famous that it will be used as a blessing. 'I will bless those who bless you: I will curse those who slight you. All the tribes of the earth shall bless themselves by you.' So Abram went as the Lord told him.

## Responsorial Psalm

*Psalm 32*

**R: Lord, let your mercy be on us,  
as we place our trust in you.**

The word of the Lord is faithful  
and all his works to be trusted.  
The Lord loves justice and right  
and fills the earth with his love.

The Lord looks on those who revere him,  
on those who hope in his love,  
to rescue their souls from death,  
to keep them alive in famine.

Our soul is waiting for the Lord.  
The Lord is our help and our shield.  
May your love be upon us, O Lord,  
as we place all our hope in you.

## Second Reading

*2 Timothy 1: 8-10*

With me, bear the hardships for the sake of the Good News, relying on the power of God who has saved us and called us to be holy – not because of anything we ourselves have done but for his own purpose and by his own grace. This grace had already been granted to us, in Christ Jesus, before the beginning of time, but it has only been revealed by the Appearing of our saviour Christ Jesus. He abolished death, and he has proclaimed life and immortality through the Good News.

## Gospel Acclamation

*Matthew 4: 4*

**Glory and praise to you, Lord Jesus Christ!**

From the shining cloud the Father's voice is heard:  
this is my beloved Son, hear him.

**Glory and praise to you, Lord Jesus Christ!**

## Gospel

*Matthew 17: 1-9*

Jesus took with him Peter and James and his brother John and led them up a high mountain where they could be alone. There in their presence he was transfigured; his face shone like the sun and his clothes became as white as the light. Suddenly Moses and Elijah appeared to them; they were talking with him. Then Peter spoke to Jesus. 'Lord,' he said 'it is wonderful for us to be here; if you wish, I will make three tents here, one for you, one for Moses and one for Elijah.' He was still speaking when suddenly a bright cloud covered them with shadow, and from the cloud there came a voice which said, 'This is my Son, the Beloved; he enjoys my favour. Listen to him.' When they heard this, the disciples fell on their faces, overcome with fear. But Jesus came up and touched them. 'Stand up,' he said 'do not be afraid.' And when they raised their eyes they saw no one but only Jesus.

As they came down from the mountain Jesus gave them this order. 'Tell no one about the vision until the Son of Man has risen from the dead.'

## Communion Antiphon

*Matthew 17: 5*

This is my beloved Son, with whom I am well pleased; listen to him.

## PRAY FOR:

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

Death Annivesary: Nicholas Cavanagh

Recently Deceased: **Carlo Agostini and Elaine Briggs**

Funeral of Elaine Briggs will be at **St Michael's Nowra, Monday March 9<sup>th</sup> at 11 am**



## Coming up this week

Tuesday- 3/03/26

**Adoration** at 7:30 am, Vincentia

**Rosary** at 8:00 am, Vincentia

Wednesday- 4/03/26

**Choir Practice** at 03:30 pm, Vincentia

**Adoration & Rosary** at 05:00 pm, Vincentia

**YA Lenten Group** at 7pm, Nowra

Thursday- 5/03/26

**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- 6/03/26

**Rosary** 5pm, Bomaderry

Saturday- 7/03/26

**The Man Walk** at 7:30 am @Providence Blue

Cafe, Sanctuary Point

**Choir Practice** after 4:00 pm Mass,

Bomaderry

## 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 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](http://dow.sh/SummitEucharist)  
Follow @CYMDOW on socials for more details.

### 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.

Cost is just \$20. Book here [dow.sh/MPB26](http://dow.sh/MPB26)  
by Tuesday 10 March.

## Parish Notices

### World Day of Prayer - Focus on Nigeria

**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.

**Jervis Bay Baptist Church** at **Vincentia** will be conducting a World Day of Prayer on **Friday, 6 March** at **10am**.

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](mailto:shoalhavencorps@salvationarmy.org.au)

### 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.

### Sacrament of Confirmation

The Confirmation Program starts this weekend. Parents are to submit their Enrolment form and fee of \$30 to the Sacramental Leader.

Parents, please collect the Confirmation Commitment Form which is to be returned soon.

We are encouraging parishioners to pray for our candidates as they make their way through the Confirmation Program.

### Healing Mass – Vincentia

All parishioners are warmly invited to a **Healing Mass** to be celebrated in **Vincentia on Wednesday, 11th March** at **11:00 am**.

This Mass offers a special opportunity to bring before the Lord our needs, our burdens, and our prayers for healing—whether physical, emotional, or spiritual. Through the Eucharist and the prayer of the Church, we place our trust in Christ, the Divine Healer, who walks with us in every trial.

The Mass will be followed by a **light luncheon**, providing a time for fellowship and community.

Please note that there will be **no 5:30 pm Mass** on this day. All are most welcome.

### Men's Night Out

Men's Night Out 1st Friday of the month at the Bomaderry Bowling Club, Cambewarra Road, Bomaderry at **6.30 PM**

Next meeting will be on **Friday 6th March**

For any enquiries call Colin Blundell 0412584364



# ST MICHAEL'S CATHOLIC PARISH

## NOWRA

### Changes to Mass Schedule

As we celebrate two important feast days in March, please note the following changes to our usual Mass schedule:

- **Thursday, 19th March – Feast of St Joseph**

There will be **no evening Mass in Culburra** on this day. Instead, Mass will be celebrated at **5:30 pm in Kangaroo Valley** as we honour St Joseph, spouse of the Blessed Virgin Mary and patron of the Universal Church. All are warmly invited to join in this special celebration.

- **Wednesday, 25th March – The Annunciation of the Lord**

In addition to the regular Mass schedule, there will be an **extra Mass at 11:30 am in St Michael's Hall**. This beautiful feast commemorates the moment of the Angel Gabriel's announcement to Mary and her generous "yes" to God's plan of salvation.

We encourage all parishioners to take part in these significant celebrations in the life of the Church.

### Second Rite of Reconciliation – Lent 2026

As we journey through the sacred season of Lent, we are invited to open our hearts more fully to God's mercy and healing love. The Second Rite of Reconciliation will be celebrated on **Thursday, 12th March 2026 at 7:00 pm at St Michael's, Nowra**.

This communal celebration offers us the opportunity to reflect on God's Word, examine our hearts, and receive the grace of individual confession and absolution within a prayerful community setting. All parishioners are warmly encouraged to attend as we prepare spiritually for Easter.

May this be a time of renewal, peace, and deeper conversion for us all.

### 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.

### 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](mailto: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