



ST MICHAEL'S CATHOLIC PARISH NOWRA

 30 North St, Nowra

 nowra@dow.org.au

 02-44231712

 nowraparish.au

**THIRD
SUNDAY
OF LENT
YEAR A**

**SUNDAY
8TH
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)

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 24: 15-16

My eyes are always on the Lord,
for he rescues my feet from the snare.
Turn to me and have mercy on me,
for I am alone and poor.

First Reading

Exodus 17:3-7

Tormented by thirst, the people complained against Moses. 'Why did you bring us out of Egypt?' they said. 'Was it so that I should die of thirst, my children too, and my cattle?' Moses appealed to the Lord. 'How am I to deal with this people?' he said. 'A little more and they will stone me!' the Lord said to Moses, 'Take with you some of the elders of Israel and move on to the forefront of the people; take in your hand the staff with which you struck the river, and go. I shall be standing before you there on the rock, at Horeb. You must strike the rock, and water will flow from it for the people to drink.' This is what Moses did, in the sight of the elders of Israel. The place was named Massah and Meribah because of the grumbling of the sons of Israel and because they put the Lord to the test by saying, 'Is the Lord with us, or not?'

Responsorial Psalm

Psalm 94

R: If today you hear his voice, harden not your hearts

Come, ring out our joy to the Lord;
hail the rock who saves us.

Let us come before him, giving thanks,
with songs let us hail the Lord.

Come in; let us bow and bend low;
let us kneel before the God who made us:
for he is our God and we
the people who belong to his pasture,
the flock that is led by his hand.

O that today you would listen to his voice!
'Harden not your hearts as at Meribah,
as on that day at Massah in the desert
when your fathers put me to the test;
when they tried me, though they saw my work.'

Second Reading

Romans 5:1-2,5-8

Through our Lord Jesus Christ, by faith we are judged righteous and at peace with God, since it is by faith and through Jesus that we have entered this state of grace in which we can boast about looking forward to God's glory. Through our Lord Jesus Christ, by faith we are judged righteous and at peace with God, since it is by faith and through Jesus that we have entered this state of grace in which we can boast about looking forward to God's glory. And this hope is not deceptive, because the love of God has been poured into our hearts by the Holy

Spirit which has been given us. We were still helpless when at his appointed moment Christ died for sinful men. It is not easy to die even for a good man – though of course for someone really worthy, a man might be prepared to die – but what proves that God loves us is that Christ died for us while we were still sinners.

Gospel Acclamation

John 4:42,15

Glory and praise to you, Lord Jesus Christ!

Lord, you are really the saviour of the world:
give me the living water, so that I may never get thirsty.

Glory and praise to you, Lord Jesus Christ!

Gospel

John 4:5-42

Jesus came to the Samaritan town called Sychar, near the land that Jacob gave to his son Joseph. Jacob's well is there and Jesus, tired by the journey, sat straight down by the well. It was about the sixth hour. When a Samaritan woman came to draw water, Jesus said to her, 'Give me a drink.' His disciples had gone into the town to buy food. The Samaritan woman said to him, 'What? You are a Jew and you ask me, a Samaritan, for a drink?' – Jews, in fact, do not associate with Samaritans. Jesus replied: 'If you only knew what God is offering and who it is that is saying to you: Give me a drink, you would have been the one to ask, and he would have given you living water.' 'You have no bucket, sir,' she answered 'and the well is deep: how could you get this living water? Are you a greater man than our father Jacob who gave us this well and drank from it himself with his sons and his cattle?' Jesus replied: 'Whoever drinks this water will get thirsty again; but anyone who drinks the water that I shall give will never be thirsty again: the water that I shall give will turn into a spring inside him, welling up to eternal life.' 'Sir,' said the woman, 'give me some of that water, so that I may never get thirsty and never have to come here again to draw water.' 'Go and call your husband' said Jesus to her 'and come back here.' The woman answered, 'I have no husband.' He said to her, 'You are right to say, "I have no husband"; for although you have had five, the one you have now is not your husband. You spoke the truth there.' 'I see you are a prophet, sir' said the woman. 'Our fathers worshipped on this mountain, while you say that Jerusalem is the place where one ought to worship.' Jesus said: 'Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we do know; for salvation comes from the Jews. But the hour will come – in fact it is here already – when true worshippers will worship the Father in spirit and truth: that is the kind of worshiper the Father wants. God is spirit, and those who worship must worship in spirit and truth.' The woman said to him, 'I know that Messiah – that is,



Christ— is coming; and when he comes he will tell us everything.’ ‘I who am speaking to you,’ said Jesus ‘I am he.’ At this point his disciples returned, and were surprised to find him speaking to a woman, though none of them asked, ‘What do you want from her?’ or, ‘Why are you talking to her?’ The woman put down her water jar and hurried back to the town to tell the people, ‘Come and see a man who has told me everything I ever did; I wonder if he is the Christ?’ This brought people out of the town and they started walking towards him. Meanwhile, the disciples were urging him, ‘Rabbi, do have something to eat’; but he said, ‘I have food to eat that you do not know about.’ So the disciples asked one another, ‘Has someone been bringing him food?’ But Jesus said: ‘My food is to do the will of the one who sent me, and to complete his work. Have you not got a saying: Four months and then the harvest? Well, I tell you: Look around you, look at the fields; already they are white, ready for harvest! Already the reaper is being paid his wages, already he is bringing in the grain for eternal life, and thus sower and reaper rejoice together. For here the proverb holds good: one sows, another reaps; I sent you to reap a harvest you had not worked for. Others worked for it; and you have come into the rewards of their trouble.’ Many Samaritans of that town had believed in him on the strength of the woman’s testimony when she said, ‘He told me all I have ever done’, so, when the Samaritans came up to him, they begged him to stay with them. He stayed for two days, and when he spoke to them many more came to believe; and they said to the woman, ‘Now we no longer believe because of what you told us; we have heard him ourselves and we know that he really is the saviour of the world.’

Communion Antiphon

John 4: 13-14

For anyone who drinks it, says the Lord, the water I shall give will become in him a spring welling up to eternal life.

PRAY FOR:

Sick: **Kyri Pavlis, Andrea Mullins, Helen Pirie and Ian Cartledge**

Death Annivesary: **Nicholas Cavanagh**

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

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



Coming up this week

Tuesday- 10/03/26

Adoration at 7:30 am, Vincentia

Rosary at 8:00 am, Vincentia

Wednesday- 11/03/26

Adoration & Rosary at 10:00 am, Vincentia

Choir Practice at 03:30 pm, Vincentia

YA Lenten Group at 7pm, Nowra

Thursday- 12/03/26

Adoration at 7:30 am, Vincentia

Rosary at 8:00 am, Vincentia

Adoration & Rosary at 05:00 pm, Culburra

Second Rite of Reconciliation at 07:00 pm, Nowra

St Joseph's Mens Adoration Group

8pm-6am, Nowra

Friday- 13/03/26

Rosary 5pm, Bomaderry

Soup Kitchen 10-1pm, Nowra School of Arts Annex

Saturday- 14/03/26

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

Cuppa after 4:00 pm Mass, Bomaderry

Parish Notices

Sacrament of Confirmation

The Confirmation Program has already started. Parents are to submit their Enrolment form and fee of \$30 to the Sacramental Leader.

We urge the parents and children to attend Mass every week. 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.



ST MICHAEL'S CATHOLIC PARISH NOWRA

St. Patrick's Day Celebrations

We cordially invite you to join us for our St. Patrick's Day celebration on **Tuesday, March 17th in Berry**. We will gather for Mass at 5:30 PM, which will be followed by an evening of joyful festivities in the church hall.

Anzac Day Mass

ANZAC Day is about commemoration and tradition. **St Michael's Parish** will once again commemorate the day with the traditional ANZAC Day Mass at **8.00am**.

This year is special for the Parish as it is the 70th anniversary of the first ANZAC Day Mass in the Parish. Whether you are going to the Dawn Service or planning to attend the March, the Mass fits in well to that timetable.

You will even have time for a cuppa and Anzac biscuit as the Catholic Women's league will again be catering. Please remember to put the Mass in your diary.

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.

Catholic Women's League Nowra

Our next meeting will be on **Tuesday, 10th March** in the Nowra Parish Centre, starting at 10.00 am. The CWL meet every 2nd Tuesday of the month, and we welcome any women parishioners who are interested in sharing our faith and fellowship to join us.

Choir Practice

Every Thursday until Easter, we'll be preparing music for Holy Week and Easter. Choir rehearsals begin at **6:15 pm at St Michael's Church**. We invite everyone to sing along.

Taize Prayer

There is Taize Prayer on the **13th of March at Ss Peter and Paul's Catholic Church Kiama at 7.30pm**.

Please join us for a cup of tea afterwards. For more information, please contact : Marion 0407417389

Annual Financial Report

Dear Fellow Parishioners,

On behalf of the Parish Finance Council, I am pleased to share with you a summary of our **2025 Annual Financial Report**.

The Parish Finance Council assists Fr Damien in overseeing the financial management of our Parish. The current members are Fr Damien (Presiding), Donna Rainsford, Peter Edward, Harrison Lack, Colin Irwin, Grant Gleeson and myself as Chair. Council members are appointed by the Parish Priest and follow the guidelines set by the Diocese and Church Canon Law. We meet on the first Wednesday of each month (except January).

Each year, the Parish accounts are carefully examined by an independent external auditor. I am happy to report that the 2025 Audit has been completed, reviewed by the Finance Council, and submitted to the Diocese.

For 2025, the Parish recorded a **surplus of \$43,873**. Our largest expenses continue to be Administration and Property costs, including Insurance. Insurance alone makes up 31% of our property expenses. A more detailed financial report is available for anyone who would like further information.

We are deeply grateful for the many volunteers who generously give their time and talents. Your support greatly reduces the operating costs of our six Mass centres and strengthens our Parish community.

Thank you also to everyone who supports the Parish financially – whether through loose collections, planned giving, or electronic tap-and-go donations at the church entrances and exits. If you are in a position to do so, we kindly invite you to consider increasing your Parish Giving contribution.

With sincere thanks for your continued support.

Michael Brady
Chair, Parish Finance Council