



ST MICHAEL'S CATHOLIC PARISH SHOALHAVEN

Berry

Bomaderry

Culburra

Kangaroo Valley

Nowra

Vincentia

📍 30 North St, Nowra

✉️ nowra@dow.org.au

☎️ 02-44231712

🌐 nowraparish.au

ASCENSION OF THE LORD

SUNDAY

17TH
MAY
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

Office Hours: Monday - Friday 10:30 am to 2:30 pm

Parish Schools: St Michael's Catholic Primary School, Nowra (Ph: 02 4421 3630)

St John the Evangelist Catholic High School, Nowra (Ph: 02 4423 1666)

Congratulations Fr Damien

Celebrating 22 years a priest

Our Pastor, Fr Damien Ellis, was ordained to the priesthood on 14th May 2004.

We give thanks for your ministry over the years since then and wish you a very Happy 22nd Anniversary.

May God bless you as you continue your pastoral ministry here in St Michael's Parish



Next Sunday is Pentecost - the birthday of our church

You are invited to wear something red to mass next Sunday to celebrate the feast of Pentecost.

Red is the colour of the tongues of fire which descended on the apostles and filled them with the Holy Spirit.

RECONCILIATION

Tuesday

Berry- before 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

Coming up this week

Sunday- 17/05/26

Community Group Meeting at 8:30 am, Berry

Tuesday- 19/05/26

Rosary after 5:30 pm Mass, Berry

Adoration at 7:30 am, Vincentia

Rosary at 8:00 am, Vincentia

Wednesday- 20/05/26

Choir Practice at 3:30 pm, Vincentia

Adoration & Rosary at 5:00 pm, Vincentia

Thursday- 21/05/26

Adoration at 7:30 am, Vincentia

Rosary at 8:00 am, Vincentia

Adoration & Rosary at 5:00 pm, Culburra

Stella Maris Prayer Group at 6:30pm,
Culburra

St Joseph's Mens Adoration Group 8pm-
6am, Nowra

Friday- 22/05/26

Rosary at 5:00 pm, Bomaderry

Saturday- 23/05/26

The Man Walk at 7:15 am for coffee before
walk @Providence Blue Cafe, Sanctuary
Point

Reflection

Jesus - Risen & Ascended

Today we celebrate Jesus' Ascension into heaven. But, as we hear in the 1st reading, this is not so much a 'going away', but rather a coming near. It is the invitation to realise that Jesus, united with God the Father, is now in a profound, personal and tangible way present among us through the Holy Spirit. This is comforting. Jesus, who knows our difficulties and struggles, unites us with the Father who assures us of his care and protection. Jesus has taken his place as true King of the world, the true ruler whose power can overcome sin and division. We are invited to recognise him as the one who is rightly owed our respect, love and service.

As we enter ever more deeply into this reality we find ourselves sent out, like the first apostles and disciples, to spread this good news. Jesus gives us the great commission to 'make disciples' of all nations. This is our fundamental mission and purpose as a parish community - to make disciples. To enable people to encounter Jesus, grow in faith, celebrate the sacraments and be the presence of Christ in the world through acts of love and service.

PRAY FOR:



Sick: **Brenda Relf, Maria Graham, Bill Hilzinger, Margaret Broomhead, John Owen and Ian Cartledge**

Recently Deceased: **Ted O'Brien, Vicente Goncer, Fr John Pickering, Elsie Crabb and Louis Sammut**

Death Anniversary: **Richard Singleton and Alexander Moses**

Parish Events

Catholic Women's League Nowra

Our next meeting will be on **Tuesday, 19th May** in the Nowra Parish Centre, starting at **10:15 am**. Please note the date has been changed from 12th May to the 19th May.

Mary Help of Christians Feast Day Luncheon

Celebrate the Feast Day of Mary Help of Christians with a luncheon at **Culburra Bowling Club** on **Sunday, 31 May 2026** at **12 midday**.

Cost: \$30 per person.

For bookings or enquiries, please contact **Kerrie** on **0411 787 449** or **Daphne** on **0448 963 573**.

Louis Sammut-Memorial Mass

Louis Sammut, a longtime committed and much respected Acolyte of St Michael's, died in Sydney on May 1st, following a protracted health condition. Louis had been in care in a Sydney facility close to his daughter for approximately 18 months. His funeral will be held at Our Lady of Victories Church, Horsley Park, on Wednesday May 20th at 11.00am. Interment will follow at Forest Lawn Memorial Park, Leppington. A memorial Mass for Louis will be celebrated at St Michael's Nowra, on **Saturday next May 23rd at 9.00am**, to which you are cordially invited.

Holy Spirit Vincentia Feast Day — Pentecost Sunday

Join us as we celebrate our parish Feast Day on **Pentecost Sunday, 24 May**. A community celebration will follow the **10:00am** Mass at Holy Spirit Vincentia. Please bring a **plate to share** as we gather in joy, friendship and thanksgiving for the gift of the Holy Spirit. All welcome!

Growing in Faith - Sharing the Scriptures

Would you like to grow in your faith by reflecting on the Scriptures? On **Wednesday evening 3rd June** we are beginning a fortnightly scripture reflection group using the Faith Circles resource. We will spend time reflecting on the coming Sunday gospel, read a reflection from the Pope and share our thoughts and reflections with one another. Each session will run from **7pm-8:30pm** here at the St Michael's Parish Centre. All are welcome and please register via the Parish Office - nowra@dow.org.au

Welcome Arthur

We welcome Arthur Smith from Shoalhaven Heads, who entered into full communion with the Catholic Church at St Patrick's Berry last Sunday, 10th of May. Arthur and wife Patricia have been faithful parishioners for many years. Arthur quipped "I didn't rush into it....it only took me 87 years." Arthur is pictured with Patricia, his sponsor, Barry McAndrew and Fr Pat



Rediscover the Real Presence

This is a four-part online series designed to deepen our understanding and love of the Real Presence of Jesus in the Blessed Eucharist.

Across these engaging sessions, we will explore the beauty and mystery of Christ's sacramental presence. Three sessions will be centred on an excellent video series from FORMED.org, and a final session will take a deep dive into the riches of the Church's Eucharistic teaching.

Each session will include guided discussion, giving you space to reflect, share, and connect with others as we journey towards the International Eucharistic Congress 2028.

Whether you're seeking to renew your devotion or learn something new, this series offers a meaningful opportunity to encounter Jesus more deeply in the Eucharist.

This online series will run from **7.00pm-8.15pm** across the four **Tuesdays between 26 May and 16 June**.

Attendance is **FREE** but registration is required and you can register with the QR code

If you have any questions, or require support in registering, please contact Edsel Parke on:

Phone: 02 4222 2427

Email: edsel.parke@dow.org.au



Liturgical Ministers Ongoing Formation Dates - Advance Notice

We give heartfelt thanks to everyone who serves our parish in the liturgy— acolytes, servers, sacristans, musicians, readers, and extraordinary ministers of Holy Communion, collectors, welcomers, and more! Your generous service helps our community to worship God with reverence and joy.

To support and deepen these vital ministries, we will be holding a series of **Liturgical Formation Sessions**. These gatherings are an important opportunity to reflect on the meaning of the liturgy, grow in confidence in your role, and ensure that our celebrations remain faithful and unified, and to standardise best practices across our six churches. **All current ministers are strongly encouraged to attend**, and new volunteers are most welcome.

Session Dates (9:30am-12:00pm, including morning tea):

- **27 June:** Acolytes, Servers, and Sacristans
- **16 July (10:00am -12:30pm):** Communion to the Sick and Homebound
- **25 July:** Musicians
- **15 August:** Lectors/Readers
- **22 August:** Extraordinary Ministers of Holy Communion

Location: Parish Centre, Nowra

Please register via the **QR code** provided, or contact the parish office.



A Grace-Filled Step Toward Reconciliation

Our hope and prayer is that, through this sacramental journey, parents and children will grow as intentional disciples—with hearts eager to know, love, serve, and follow Jesus more deeply through the fruitful reception of the sacraments.

Please keep these children and their families in your prayers, and support them with encouragement as they take this important step in their faith journey.

Project Compassion Tax Receipts Available

If you donated to Caritas Australia through St Michael's Parish, Shoalhaven and requested a tax receipt (cash and cheque donations only — credit card donation receipts will be available later), your tax receipt is now available for collection.

Please collect your receipt from the Parish Office during office hours.

Entrance Antiphon

Acts 1: 11

Men of Galilee, why gaze in wonder at the heavens?

This Jesus whom you saw ascending into heaven will return as you saw him go, alleluia.

First Reading

Acts 1:1-11

In my earlier work, Theophilus, I dealt with everything Jesus had done and taught from the beginning until the day he gave his instructions to the apostles he had chosen through the Holy Spirit, and was taken up to heaven. He had shown himself alive to them after his Passion by many demonstrations: for forty days he had continued to appear to them and tell them about the kingdom of God. When he had been at table with them, he had told them not to leave Jerusalem, but to wait there for what the Father had promised. 'It is' he had said, 'what you have heard me speak about: John baptised with water but you, not many days from now, will be baptised with the Holy Spirit.'

Now having met together, they asked him, 'Lord, has the time come? Are you going to restore the kingdom to Israel?' He replied, 'It is not for you to know times or dates that the Father has decided by his own authority, but you will receive power when the Holy Spirit comes on you, and then you will be my witnesses not only in Jerusalem but throughout Judaea and Samaria, and indeed to the ends of the earth.'

As he said this he was lifted up while they looked on, and a cloud took him from their sight. They were still staring into the sky when suddenly two men in white were standing near them and they said, 'Why are you men from Galilee standing here looking into the sky? Jesus who has been taken up from you into heaven, this same Jesus will come back in the same way as you have seen him go there.'

Responsorial Psalm

Psalms 46

**R: God mounts his throne to shouts of joy:
a blare of trumpets for the Lord.**

All peoples, clap your hands,
cry to God with shouts of joy!

For the Lord, the Most High, we must fear,
great king over all the earth.

God goes up with shouts of joy;
the Lord goes up with trumpet blast.
Sing praise for God, sing praise,
sing praise to our king, sing praise.

God is king of all the earth.
Sing praise with all your skill.
God is king over the nations;
God reigns on his holy throne.

Second Reading

Ephesians 1: 17-23

May the God of our Lord Jesus Christ, the Father of glory, give you a spirit of wisdom and perception of what is revealed, to bring you to full knowledge of him. May he enlighten the eyes of your mind so that you can see what hope his call holds for you, what rich glories he has promised the saints will inherit and how infinitely great is the power that he has exercised for us believers. This you can tell from the strength of his power at work in Christ, when he used it to raise him from the dead and to make him sit at his right hand, in heaven, far above every Sovereignty, Authority, Power, or Domination, or any other name that can be named, not only in this age, but also in the age to come. He has put all things under his feet, and made him, as the ruler of everything, the head of the Church; which is his body, the fullness of him who fills the whole creation.

Gospel Acclamation

Matthew 28: 19,20

Alleluia, alleluia!

Go and teach all people my gospel.

I am with you always, until the end of the world.

Alleluia !

Gospel

Matthew 28: 16-20

The eleven disciples set out for Galilee, to the mountain where Jesus had arranged to meet them. When they saw him they fell down before him, though some hesitated. Jesus came up and spoke to them. He said, 'All authority in heaven and on earth has been given to me. Go, therefore, make disciples of all the nations; baptise them in the name of the Father and of the Son and of the Holy Spirit, and teach them to observe all the commandments I gave to you. And know that I am with you always; yes, to the end of time.'

Communion Antiphon

Matthew 28: 20

Behold, I am with you always,
even to the end of the age, alleluia.