



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

PENTECOST SUNDAY

24 May 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

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

Reflection - Fr Darren

The Holy Spirit Changes Us

What has been your experience of the presence and power of the Holy Spirit? Are you aware of the Holy Spirit at work in your life?

In the 1st reading, the Holy Spirit comes upon the frightened apostles who have been hiding in the upper room. They feel liberated and empowered to go out and spread the good news to all nations, no matter the cost. The 2nd reading describes how the Spirit transforms us into one body, freeing us from earthly desires and making us sons and daughters of God. In the gospel Jesus' gift of the Spirit brings peace and the ability to forgive sins.

The theme of transformation covers all these experiences. Whatever the Holy Spirit touches, the Holy Spirit changes. When the Spirit is involved something above and beyond our natural ability to produce happens. The transformational power of the Holy Spirit has been true in my own life and the lives of many people who I have known. Such presence and power can have immediate effect or be slower and more progressive.

What is required of us if we want to experience the Holy Spirit more powerfully? We must ask, seek and knock, knowing that the Father wishes us to receive the Spirit even more than we do. As we celebrate Pentecost, let us invite the Spirit to work more powerfully in our lives and in our parish as a whole.



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
5.30am Berry



Wednesday

7.30am Nowra
5.30pm Vincentia



Thursday

7.30am Nowra
5.30pm Culburra



Friday

10am Nowra

First Saturday

10am Nowra



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



Entrance Antiphon

The Spirit of the Lord has filled the whole world and that which contains all things understands what is said, alleluia.

First Reading

Acts of the Apostles 2:1-11

When Pentecost day came round, the apostles had all met in one room, when suddenly they heard what sounded like a powerful wind from heaven, the noise of which filled the entire house in which they were sitting; and something appeared to them that seemed like tongues of fire; these separated and came to rest on the head of each of them. They were all filled with the Holy Spirit, and began to speak foreign languages as the Spirit gave them the gift of speech.

Now there were devout men living in Jerusalem from every nation under heaven, and at this sound they all assembled, each one bewildered to hear these men speaking his own language. They were amazed and astonished. 'Surely' they said 'all these men speaking are Galileans? How does it happen that each of us hears them in his own native language? Parthians, Medes and Elamites; people from Mesopotamia, Judaea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya round Cyrene; as well as visitors from

Rome – Jews and proselytes alike – Cretans and Arabs; we hear them preaching in our own language about the marvels of God.'

Responsorial Psalm

Psalm 103

(R.) Lord, send out your Spirit and renew the face of the earth.

Bless the Lord, my soul!

Lord God, how great you are,
How many are your works, O Lord!
The earth is full of your riches. **(R.)**

You take back your spirit, they die, returning to the dust from which they came.

You send forth your spirit, they are created; and you renew the face of the earth. **(R.)**

May the glory of the Lord last for ever!

May the Lord rejoice in his works!

May my thoughts be pleasing to him.

I find my joy in the Lord. **(R.)**

Second Reading

1 Corinthians 12:3-7, 12-13

No one can say, 'Jesus is Lord' unless he is under the influence of the Holy Spirit.

There is a variety of gifts but always the same Spirit; there are all sorts of service to be done, but always to the same Lord; working in all sorts of different ways in different people, it is the same God who is working in all of them. The particular way in which the Spirit is given to each person is for a good purpose.

Just as a human body, though it is made up of many parts, is a single unit because of all these

parts, though many, make one body, so it is with Christ. In the one Spirit we were all baptised, Jews as well as Greeks, slaves as well as citizens, and one Spirit was given to us all to drink.

Sequence

Holy Spirit, Lord of light,
From the clear celestial height
Thy pure beaming radiance
give.

Come, thou Father of the poor,
Come with treasures which
endure;
Come, thou light of all that live!

Thou, of all consolers best,
Thou, the soul's delightful
guest,
Dost refreshing peace bestow;

Thou in toil art comfort sweet;
Pleasant coolness in the heat;
Solace in the midst of woe.

Light immortal, light divine,
Visit thou these hearts of thine,
And our inmost being fill:

If thou take thy grace away,
Nothing pure in man will stay;
All his good is turned to ill.

Heal our wounds, our strength
renew;
On our dryness pour thy dew;
Wash the stains of guilt away:

Bend the stubborn heart and
will;
Melt the frozen, warm the chill;
Guide the steps that go astray.

Thou, on us who evermore
Thee confess and thee adore,
With thy sevenfold gifts
descend:

Give us comfort when we die;
Give us life with thee on high;
Give us joys that never end.

Gospel Acclamation

Alleluia, alleluia!

Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.

Alleluia!



Gospel

John 20:19-23

In the evening of the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, 'Peace be with you', and showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, 'Peace be with you. 'As the Father sent me, so am I sending you.'

After saying this he breathed on them and said:

'Receive the Holy Spirit.

For those whose sins you forgive,

they are forgiven:

for those whose sins you retain, they are retained.'

Communion Antiphon

Acts 2:4,11

They were all filled with the Holy Spirit

and spoke of the marvels of God, alleluia.

PRAY FOR:

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

Recently Deceased: **Walter Galbraith and Ted O'Brien**

Death Anniversary: **Frank Walsh**

Coming up this week

Sunday- 24/05/26

Community celebration after 10:00 am mass, Vincentia

Tuesday- 26/05/26

Rosary after 5:30 pm Mass, Berry

Adoration at 7:30 am, Vincentia

Rosary at 8:00 am, Vincentia

Sanctus Summit at 6:30 pm, Nowra

Wednesday- 27/05/26

Choir Practice at 3:30 pm, Vincentia

Adoration & Rosary at 5:00 pm, Vincentia

Thursday- 28/05/26

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- 29/05/26

Rosary at 5:00 pm, Bomaderry

Saturday- 30/05/26

The Man Walk at 7:15 am for coffee before walk

@Providence Blue Cafe, Sanctuary Point

Parish Event

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**.



Parish Notices

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



Our Churches

Welcome to a new feature for our Parish Bulletin. Commencing this week, we will share a story about each church on or around its



feast day. Today on the feast of Pentecost, we look at Holy Spirit Vincentia.



Holy Spirit Vincentia - from Humble Beginnings

Huskisson was once a sleepy boat building and fishing village and Vincentia just a few shacks on a dirt road now known as Elizabeth Drive. Mass was held in the Husky Cinema with the sacristy out the back in a small room behind the screen, a temporary altar set up on a stage in front of the screen and the congregation seated on old, dusty, overstuffed seats. Monsignor Purcell arrived in his green Holden Statesman and celebrated mass with his Irish fervour and quick wit. Then the bridge over Moona Creek was built and Vincentia simply exploded with houses going up everywhere. The rapidly growing Catholic congregation soon outgrew the cinema and it was time to build.

Land developer, Warren Halloran gave the Catholics a good deal and the distinctive Holy Spirit Church designed by architect, George Adams with its outside doors facing the altar to accommodate the holiday crowds, was built. Holy Spirit opened in 1983 with Bishop Murray celebrating the first mass. The stained glass windows were by local artist, John Edward and the timber furniture built by local craftsman, Warwick Robinson. Michael Hill started the Spring Fair and the hall was built. Look up at the pipe cross - it wobbles when the Nor Easter blows - a fitting way to show that our church is filled with the Holy Spirit!

Story and photos contributed by Peter Edward.

Parish Notices

Deepening in Faith

Our life of faith relies on knowing Jesus through the Scriptures. Beginning **Wednesday evening 3rd June** we are starting a fortnightly scripture reflection group using the Faith Circles resource. Everyone is invited to come and reflect upon the coming Sunday gospel, read a reflection from the Pope and share your 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

Marriage Enrichment Weekend

We are offering an opportunity for you to learn to become the best version of yourselves together and live your best life in love! Come and join us on **19 - 21 June 2026** at Mt Carmel Retreat Centre. Book online www.wwme.org.au or contact Christine & Terry Mahony on 0490774419.

Thursday Night Adoration: One Hour Needed

A man is needed to commit to one hour of adoration every **Thursday** night at **9:00pm**. Please call Patrick on 0435 364 403 if you are willing and able.

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.