



ST MICHAEL'S CATHOLIC PARISH SHOALHAVEN

Berry

Bomaderry

Culburra

Kangaroo Valley

Nowra

Vincentia

📍 30 North St, Nowra

✉️ nowra@dow.org.au

☎️ 02-44231712

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THE MOST HOLY TRINITY

31 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

Invitation to Relationship

Today we celebrate Trinity Sunday, our Christian understanding of the reality of God. Images are important, the way we imagine God affects the way we think and behave towards God and one another. Our first reading gives some clear imagery on the nature of God, he is a God of "tenderness and compassion, slow to anger, rich in kindness and faithfulness." He forgives and adopts us as his sons and daughters. God made this clear through the presence of his Son, Jesus and we experience him through the power of the Holy Spirit.

As we look at the 2nd reading and Gospel we see deeply relational language. We are invited into the grace (gift) of the Trinity - Father, Son and Spirit. In the Gospel we are invited to believe in the Son - Jesus Christ. Belief means more than simply knowing about, belief includes a deep relational knowledge of the one in whom we believe. God is relationship and we too are invited to participate in this same relationship, the relationship of the Father, Son and Spirit.

However, there is another crucial line - Moses admits the truth about the people. Truth is the bedrock of all relationships, without it relationships fail. In entering into this relationship with God we are invited to open our hearts completely, recognising the truth of our strengths and weaknesses and being open to God's healing and loving mercy.



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



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

Blest be God the Father, and the Only Begotten Son of God, and also the Holy Spirit, for he has shown us his merciful love

First Reading

Exodus 34:4-6. 8-9

With the two tablets of stone in his hands, Moses went up the mountain of Sinai in the early morning as the Lord had commanded him. And the Lord descended in the form of a cloud, and Moses stood with him there.

He called on the name of the Lord. The Lord passed before him and proclaimed, 'Lord, Lord, a God of tenderness and compassion, slow to anger, rich in kindness and faithfulness.' And Moses bowed down to the ground at once and worshipped. 'If I have indeed won your favour, Lord,' he said, 'let my Lord come with us, I beg. True, they are a headstrong people, but forgive us our faults and our sins, and adopt us as your heritage.'

Responsorial Psalm

Daniel 3:52-56

(R.) *Glory and praise for ever!*

You are blest, Lord God of our fathers. Blest your glorious holy name. **(R.)**

You are blest in the temple of your glory. You are blest on the throne of your kingdom. **(R.)**

You are blest who gaze into the depths. You are blest in the firmament of heaven. **(R.)**

Second Reading

2 Corinthians 13:11-13

Brothers, we wish you happiness; try to grow perfect; help one another. Be united; live in peace, and the God of love and peace will be with you.

Greet one another with the holy kiss. All the saints send you greetings.

The grace of the Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with you all.

Gospel Acclamation

Apocalypse 1:8

Alleluia, alleluia!

Glory to the Father, the Son, and the Holy Spirit:

to God who is, who was, and who is to come.

Alleluia!



Gospel

John 3:16-18

Jesus said to Nicodemus, 'God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life. For God sent his Son into the world not to condemn the world, but so that through him the world might be saved. No one who believes in him will be condemned; but whoever refuses to believe is condemned already, because he has refused to believe in the name of God's only Son.'

Communion Antiphon

Galatians 4:6

Since you are children of God, God has sent into your hearts the Spirit of his Son, the Spirit who cries out: Abba, Father.

Coming up this week

Tuesday- 02/06/26

Rosary after 5:30 pm Mass, Berry

Adoration at 7:30 am, Vincentia

Rosary at 8:00 am, Vincentia

Wednesday- 03/06/26

Choir Practice at 3:30 pm, Vincentia

Adoration & Rosary at 5:00 pm, Vincentia

Thursday- 04/06/26

Adoration at 7:30 am, Vincentia

Rosary at 8:00 am, Vincentia

Adoration & Rosary at 5:00 pm, Culburra

Choir Practice at 6:15 pm, Nowra

Stella Maris Prayer Group at 6:30pm, Culburra

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

Friday- 05/06/26

Rosary at 5:00 pm, Bomaderry

Saturday- 06/06/26

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

@Providence Blue Cafe, Sanctuary Point



PRAY FOR:

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

Recently Deceased: **Sean Hatton**

Death Anniversary: **Frank Walsh, Jill Thomson and Veronica Harris**

Diocesan Notice

Ephphatha: Be Opened!

How can we become more open to discovering God's plan in our daily lives? How do we know if we are called to marriage, priesthood or religious life? There are many opportunities now available through the Vocations and Youth Ministries of our Diocese, for young people to grow in faith and encourage each other. This is the first young men's discernment event, for all unmarried young men aged 18-35 to join Bishop Brian Mascord, the priests of the Vocations Team and our Seminarians for lunch, formation, Q&A, one to one chats and Eucharistic Adoration. Register as soon as you can!

Where: St Therese Parish, 2 Powell Street West Wollongong

When: Saturday 13th June, 12:30pm for 1pm lunch; finishing at 4pm

Cost: Free, but registration is essential – through QR code or go to dow.sh/Ephphatha

If any young men or women would like help discerning their vocation, contact Fr Duane at vocations@dow.org.au



Parish Events

Men's Night Out

We meet on the first Friday of the month at the Bomaderry Bowling Club at **6:30pm**.

You are most welcome to join us on next **Friday, June 5th**.

For any enquiries please call Colin Blundell 0412584364.

Feast of the Sacred Heart

There will be holy mass on **Friday 12th June at 5.30pm** at the Sacred Heart Church, Bomaderry.

It will start with a Rosary at 5pm followed by mass at 5.30pm

All welcome. Please join us for light refreshments after mass and bring a small plate if you wish.

Celebrating Fr Pat's 60th Anniversary of Ordination

As a parish, we have the great pleasure of celebrating the 60th anniversary of Fr Pat's Ordination to the Priesthood on **Friday 19 June**.

Mass will be celebrated at **St Michael's at 10:00am**, followed by **morning tea/brunch in the Parish Centre**.

This is a most significant and joyful occasion, and all are warmly welcome to attend.

For further information, please contact **Katherine on 0411 023 943**.

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



The annual Mary Help of Christians Walk for Life Prayer Pilgrimage was held on May 22nd and 23rd.

This event is a popular feature with young and old alike and the 2026 Pilgrimage began on Friday 22nd May with over 80 people gathered at Kiama for Mass, morning tea and a pilgrims blessing. This marked the beginning of their journey along the beautiful coastal cliff walk with prayers, hymns and lots of laughter. The group arrived at Mary Star of the Sea Church Gerringong, for rest and benediction. After dinner many stayed for the all night vigil, sleeping in the church halls, campers or in homes. The next morning after early mass and a blessing, they set off refreshed towards their destination, Mary Help of Christians Church Culburra Beach. The weather stayed dry and the walkers traversed through Gerroa, then

along the magnificent coast to the Beach Park Bush Trail and onto Shoalhaven Heads Surf Club.

Walkers were transported to Crookhaven Heads, Culburra then the group of pilgrims processed through the town to attend the beautiful Pentecost Vigil mass at Mary Help of Christians Church. It was a touching sight as the singing pilgrims entered the church full of many local families. The singers were supported by the Culburra Youth Choir, led by Wollongong's Stephen Smith of the Australian Sacred Music Association. Fr Damien warmly welcomed the pilgrims and inspired all with an uplifting sermon on the sanctity of life and encouraging the young and old in their unique calling.

Story and pictures supplied by Sue Hill.

Parish Notices

Scripture Reflection - Starts Wednesday

We are all invited into a deep relationship with God. We discover this relationship by spending time reflecting on God's word. Our fortnightly Scripture Reflection Group begins this coming **Wednesday evening 3rd June**. No knowledge is required and we will be using the Faith Circles resource focusing on the coming Sunday gospel. Everyone is invited. 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.

Sacrament of Reconciliation

Today is the formation sessions for the parents and children. 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.

Information for the Parish Bulletin

If you wish to have relevant information published in this Parish Bulletin please submit your notice to the Parish Office, nowra@dow.org.au no later than 2:30pm, WEDNESDAY for the upcoming weekend bulletin.