



# ST MICHAEL'S CATHOLIC PARISH SHOALHAVEN

Berry

Bomaderry

Culburra

Kangaroo Valley

Nowra

Vincentia

📍 30 North St, Nowra

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

☎️ 02-44231712

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

## MOST HOLY BODY AND BLOOD

### 07 June 2026



## 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

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

## Reflection - Fr Darren

### *Christ's Body & Blood*

Our celebrations of Easter, Pentecost and the Holy Trinity invite us to recognise our deep unity in Christ Jesus. This is a unity of heart, mind, will and action. We are truly united as one body, one spirit, one people in one God.

This unity is made real and present through our celebration of the Body and Blood of Christ. In receiving communion we proclaim two realities. Firstly, that we are willing to unite ourselves intimately with Jesus through receiving his flesh and blood. In our 'amen' we agree to become so united with him that indeed we become his body and blood for the world, accepting all that this unity entails. We say 'yes' to allowing Jesus, through the Holy Spirit, to transform us more and more into his body, broken for others. It is for this reason that spending time in adoration of the Blessed Sacrament can be so powerful.

Secondly, and consequently, we also become intimately united with one another because together we are his body. As St Augustine said 'become what you receive'. Our 'yes' to this communion impels us, like Jesus himself, to move out in love towards every human person, especially the poor and needy.

One way we can practically consider the implications of this great feast is to ask 'How am I spending my time, talent and treasure (finances) for the good of others and our parish community'? Am I, like Jesus, giving my whole self and my possessions for the sake of others?



## 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

Psalms 80:17

He fed them with the finest wheat and satisfied them with honey from the rock.

## First Reading

Deuteronomy 8:2-3, 14-16

Moses said to the people: 'Remember how the Lord your God led you for forty years in the wilderness, to humble you, to test you and know your inmost heart – whether you would keep his commandments or not. He humbled you, he made you feel hunger, he fed you with manna which neither you nor your fathers had known, to make you understand that man does not live on bread alone but that man lives on everything that comes from the mouth of the Lord.

'Do not then forget the Lord your God who brought you out of the land of Egypt, out of the house of slavery: who guided you through this vast and dreadful wilderness, a land of fiery serpents, scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with manna that your fathers had not known.'

## Responsorial Psalm

Psalms 147

*(R.) Praise the Lord, Jerusalem.*

O praise the Lord, Jerusalem!  
Zion, praise your God!  
He has strengthened the bars of  
your gates,

he has blessed the children  
within you. **(R.)**

He has established peace on  
your borders,  
he feeds you with finest wheat.  
He sends out his word to the  
earth and swiftly runs his  
command. **(R.)**

He makes his word known to  
Jacob,  
to Israel his laws and decrees.  
He has not dealt thus with other  
nations;  
he has not taught them his  
decrees. **(R.)**

## Second Reading

1 Corinthians 10:16-17

The blessing-cup that we bless  
is a communion with the blood  
of Christ, and the bread that we  
break is a communion with the  
body of Christ. The fact that  
there is only one loaf means  
that, though there are many of  
us, we form a single body  
because we all have a share in  
this one loaf.

## Sequence

Behold the bread of angels,  
sent  
For pilgrims in their  
banishment,  
The bread for God's true  
children meant,  
That may not unto dogs be  
given:  
Oft in the olden types  
foreshowed;  
In Isaac on the altar bowed,  
And in the ancient paschal  
food,  
And in the manna sent from  
heaven.

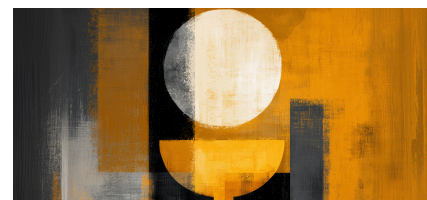
Come then, good shepherd,  
bread divine,  
Still show to us thy mercy sign;  
Oh, feed us still, still keep us  
thine;  
So may we see thy glories shine  
In fields of immortality;

O thou, the wisest, mightiest,  
best,  
Our present food, our future  
rest,  
Come, make us each thy chosen  
guest,  
Co-heirs of thine, and comrades  
blest  
With saints whose dwelling is  
with thee.

## Gospel Acclamation

John 6:51-52

Alleluia, alleluia!  
I am the living bread from  
heaven, says the Lord;  
whoever eats this bread will live  
for ever.  
Alleluia!



## Gospel

John 6:51-58

Jesus said to the Jews:  
'I am the living bread which has  
come down from heaven.  
Anyone who eats this bread will  
live for ever;  
and the bread that I shall give  
is my flesh, for the life of the  
world.'  
Then the Jews started arguing  
with one another: 'How can this  
man give us his flesh to eat?'  
they said. Jesus replied:  
'I tell you most solemnly,  
if you do not eat the flesh of the  
Son of Man and drink his blood,  
you will not have life in you.'

Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise him up on the last day.

For my flesh is real food and my blood is real drink.

He who eats my flesh and drinks my blood lives in me and I live in him.

As I, who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life from me.

This is the bread come down from heaven; not like the bread our ancestors ate:

they are dead, but anyone who eats this bread will live for ever.'

## Communion Antiphon

John 6:57

Whoever eats my flesh and drinks my blood remains in me and I in him, says the Lord.

## Our Eucharistic Mission



As the Body of Christ we become the life of the world for others, bringing them into relationship with Jesus.

One engaging way we can do this is through the Alpha Course. Alpha is an engaging, conversational experience exploring life, purpose and the Christian faith, especially for those with little or no faith background.

We're looking to run Alpha in our Parish Community and would love you to take part. Stay tuned for more information.

## Coming up this week

Monday- 8/06/26

**RCIA Alpha Gathering** at 5:00 pm, Nowra

Tuesday- 9/06/26

**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- 10/06/26

**Choir Practice** at 3:30 pm, Vincentia

**Adoration & Rosary** at 5:00 pm, Vincentia

Thursday- 11/06/26

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

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

**Adoration & Rosary** at 5:00 pm, Culburra

**Stella Maris Prayer Group** at 6:30 pm, Culburra

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

Friday- 12/06/26

**Rosary** at 5:00 pm, Bomaderry

**Mass** at 5:30 pm, Bomaderry

Saturday- 13/06/26

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

## PRAY FOR:

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

Recently Deceased: **Marie Molloy, John Garvan, Reza Principe, Julie Umback, John Johnson and Sean Hatton**



## Diocesan Notice

### Caring support for you and your family

When life feels challenging, support can make a difference. CatholicCare's professional counsellors are here for you. We support children, adults, couples, and families, with appointments available in person, online, or by phone. Call 1800 967 894

## Parish Events

### 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**.

# Our Churches

## Our Lady Help of Christians



On Sunday 31st May, Father Damien, Father Darren and nearly sixty parishioners young and young at heart, gathered at the Culburra Bowling Club for a lovely meal to celebrate our feast day. Father Damien opened our lunch welcoming everyone and offering a blessing.

Occasions like this are an integral part of our parish life and church community. We often see people at mass, nod our head in acknowledgement but never really connect with each other. These events allow us to socialise and get to know each other.

Thanks to Paul Casey who organised a couple of activities for the enjoyment of everyone. We value the participation of all members of the parish community and look forward to celebrating 50 years as a church community in Culburra next year.

Story and pictures supplied by Kerrie and Daphne.

## Parish Notices

### Liturgical Ministry Training

Firstly, thank you to all who assist with making our liturgies an engaging experience of encounter with our Lord.

Ongoing training and development is an important part of any ministry and we are inviting all those currently involved and anyone who would like to become involved to 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. Also important is to bring some standardisation and best practices across our six churches.

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



### 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.

