



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

14th Sunday in Ordinary Time Year A

5 July 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

Listening & Responding to God's Word

Having gathered we come to the Liturgy of the Word. In this Liturgy God speaks to us, opening up the mystery of his saving love and his desire for us and our lives.

There is a beautiful movement in this liturgy. Firstly, we listen. Listening is at the heart of faith for we yearn to hear God speaking to us. The 1st reading, from the Old Testament, opens for us the hope and promise of Jesus' coming. We then respond in song through the Responsorial Psalm, allowing its words to reinforce the message from the Old Testament. We listen again, usually to the letters of St Paul, encouraging us as a Christian community in the life of faith. The Gospel is the high point of this Liturgy. We listen to Jesus Christ himself, speaking directly to us from his life and teaching. Thus, we stand and vibrantly sing Alleluia before listening to the Gospel. The themes of the First Reading and Gospel are usually connected, showing the continuity between the Old and New Testaments and the fulfillment of God's promises in Christ. The homily connects these readings with our lived experience. We again respond by proclaiming our unity in faith and offering our prayers in the Prayer of the Faithful

As we can see, there is movement in this Liturgy. In active listening and responding clearly and audibly, we give hope, courage and support to one another to continue persevering in living our faith. We also give proper worship to Jesus who is truly present and speaking to us.



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 47:10-11

AYour merciful love, O God,
we have received in the midst
of your temple.
Your praise, O God, like your
name,
reaches the ends of the earth;
your right hand is filled with
saving justice.

First Reading

Zechariah 9:9-10

The Lord says this:
'Rejoice heart and soul,
daughter of Zion!
Shout with gladness, daughter
of Jerusalem!
See now, your king comes to
you;
he is victorious, he is
triumphant,
humble and riding on a donkey,
on a colt, the foal of a donkey.
He will banish chariots from
Ephraim
and horses from Jerusalem;
the bow of war will be banished.
He will proclaim peace for the
nations.
His empire shall stretch from sea
to sea,
from the River to the ends of the
earth.'

Responsorial Psalm

Psalm 144

*(R.) I will praise your name for
ever, my king and my God.*

I will give you glory, O God my
King,
I will bless your name for ever.
I will bless you day after day
and praise your name for ever.
(R.)

The Lord is kind and full of
compassion,
slow to anger, abounding in
love.
How good is the Lord to all,
compassionate to all his
creatures. **(R.)**

All your creatures shall thank
you, O Lord,
and your friends shall repeat
their blessing.
They shall speak of the glory of
your reign
and declare your might, O God.
(R.)

The Lord is faithful in all his
words
and loving in all his deeds.
The Lord supports all who fall
and raises all who are bowed
down. **(R.)**

Second Reading

Romans 8:9,11-13

Your interests are not in the
unspiritual, but in the spiritual,
since the Spirit of God has
made his home in you. In fact,
unless you possessed the Spirit
of Christ you would not belong
to him, and if the Spirit of him
who raised Jesus from the dead
is living in you, then he who
raised Jesus from the dead will
give life to your own mortal
bodies through his Spirit living
in you.
So then, my brothers, there is
no necessity for us to obey our
unspiritual selves or to live
unspiritual lives. If you do live
in that way, you are doomed to
die; but if by the Spirit you put
an end to the misdeeds of the
body you will live.

Gospel Acclamation

Matthew 11:25

Alleluia, alleluia!
Blessed are you, Father, Lord of
heaven and earth;
you have revealed to little ones
the mysteries of the kingdom.
Alleluia!



Gospel

Matthew 11:25 – 30

Jesus exclaimed, 'I bless you,
Father, Lord of heaven and of
earth, for hiding these things
from the learned and the clever
and revealing them to mere
children. Yes, Father, for that is
what it pleased you to do.
Everything has been entrusted
to me by my Father; and no one
knows the Son except the
Father, just as no one knows the
Father except the Son and those
to whom the Son chooses to
reveal him.

'Come to me, all you who labour
and are overburdened, and I will
give you rest. Shoulder my yoke
and learn from me, for I am
gentle and humble in heart, and
you will find rest for your souls.
Yes, my yoke is easy and my
burden light.'

Communion Antiphon

Psalm 33:9

Taste and see that the Lord is
good;
blessed the man who seeks
refuge in him.

PLEASE PRAY FOR:

Sick: **Kevin Owens, Peter Rose, Brenda Relf, Maria Graham, Andrew Wilson, Sandra Shanahan, Margaret Broomhead and Ian Cartledge**

Recently Deceased: **Poppy, Josephine Coffey, Marcia Ellis, Joachim Assmann and Carmel Harvey**

Death Anniversary: **Marian Komorowski**

NAIDOC Week

NAIDOC Week (5th to 12th July) is a special time to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

This year invites us into reflection. We mark 40 years since St Pope John Paul II spoke to Aboriginal and Torres Strait Islander Peoples in Alice Springs, and we celebrate 50 years of NAIDOC Week. These milestones are more than anniversaries — they are reminders of enduring faith, resilience, and our shared call to walk together. At times, it is important to look back. Not to dwell in the past, but to recognise the path that has been travelled — to see the strength, the challenges, and the grace that have carried us forward. In this, we trust in God's providence, present in every step of our journey.



Dear Lord, help us to respect and value the cultures of our First Nations peoples. Open our hearts to listen, learn and appreciate their stories, wisdom and traditions. Guide us to walk together with kindness, understanding and peace, building a future of hope and unity. Amen.

Coming up this week

Monday- 06/07/26

Funeral Carmel Harvey at

11:30 am, Vincentia

Tuesday- 07/07/26

Adoration at 7:30 am,

Vincentia

Rosary at 8:00 am, Vincentia

Craft Group at 9:00 am,

Berry

Faith Circles at 02:00 pm,

Vincentia

Rosary after 5:30 pm Mass,

Berry

Wednesday- 08/07/26

Craft Group at 9:30 am,

Nowra

Funeral Josephine Coffey at

11:00 am, Nowra

Choir Practice at 3:30 pm,

Vincentia

Adoration & Rosary at 5:00

pm, Vincentia

Thursday- 09/07/26

Adoration at 7:30 am,

Vincentia

Rosary at 8:00 am, Vincentia

RCIA Alpha Gathering at

10:00 am, Nowra

Funeral Joachim Assmann

at 02:00 pm, 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- 10/07/26

Craft Group at 10:00 am,

Vincentia

Rosary at 5:00 pm,

Bomaderry

Saturday- 11/07/26

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

@Providence Blue Cafe,

Sanctuary Point

Baptism at 01:30 pm, Berry

Catholic Care Cross + Gen Technology

Calling Senior parishioners from all mass centres.

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Session Dates & Times

Mondays 9:30am - 11am

- 27 July
- 3 August
- 10 August
- 17 August
- 24 August

Location: St John the Evangelist
31 John Purcell Way, Nowra
NSW 2541

Refreshments provided at each session.

To book your place:

Contact Jane Hollier

0417 018 152

janeh@catholiccare.dow.org.au

Parish Event

Winter Appeal- Nowra SVDP

The St Michael's Nowra Conference of the St Vincent de Paul Society will be conducting its Winter Appeal at the Sacred Heart Church, Bomaderry and at St Michael's Church, Nowra on the weekend of 4/5 July. Please give what you can to enable us to continue to assist some of the most vulnerable members of our society.

Parish Notice

Faith Circles - Scripture Reflection

The scriptures, especially our Sunday readings, are an important way of coming to know the person of Jesus and grow in our faith. We have two groups currently in the parish:

- Fortnightly on Wednesdays, 7pm in the St Michael's Parish Centre. Next will be on Wednesday 15th July
 - Weekly on Tuesdays, 2pm at Holy Spirit Vincentia
- Everyone is most welcome to attend.

Parish Notices

UPDATE LITURGICAL MINISTERS FORMATION

Our first session for Acolytes, Servers & Sacristans was held last Saturday with people from all mass centres in attendance. This was an opportunity for all to share and discuss the duties involved as Fr James conducted the training and distributed relevant documents which will ensure common practice across the parish. Thanks to all who gave their time to be part of this important session and a special thankyou to Katherine for catering. **Liturgical Formation Sessions** are important opportunities for all our liturgical ministers to grow in appreciation for Mass, and to standardise best practices across our parish with its six churches. **All current ministers are expected to attend the session relevant to their ministry.** New volunteers are very welcome. If you cannot attend, please contact Fr James so alternative arrangements can be made for you.

Session Dates (9:30am–12:00pm. Morning tea included):

- **16 July:** Communion to Sick and Housebound (10am–12:30pm)
- **25 July:** Music Ministry (incl Choir Members)
- **15 August:** Lectors/Readers
- **22 August:** Extraordinary Ministers of Holy Communion
- **31 October:** Welcomers & Collectors

Location: Parish Centre, Nowra
Please register via the **QR code** provided, or contact the parish office.



RCIA Group Gathering

Are you interested in becoming Catholic, or have been away from the Church for a long time? We are beginning a second RCIA group on Thursday mornings beginning 9th July at 10am at St Michael's Parish Centre. If you are interested please contact Fr Darren on 0403544938 or darren.mcdowell@dow.org.au



Fr Pat's Diamond Jubilee

A limited number of booklets celebrating Fr Pat's 60 years of priesthood are available for those would like a copy.

There are still some bookmarks too.

Please contact the Parish Office. The mass held on June 19, 2026 was a wonderful celebration of faith, joy and community.

A full video of the mass and some speeches is now available on youtube.

Use the QR code below.

Sincere thanks to all who helped with the compilation and production of the booklets and the recording and editing of the video.





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For the support of the clergy
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For the support of the parish
Helps our parish to grow, serve our community and maintain our churches and facilities.



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THANK YOU FOR SUPPORTING YOUR PARISH.

OTHER WAYS TO GIVE

