



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

17th Sunday in Ordinary Time Year A

26 July 2026



World Day
for Grandparents
and the Elderly
2026

"I will never forget you." Isaiah 49:15

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

Having prayed together our great prayer of thanks giving - the Eucharistic Prayer - we come to communion. In the action of 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 like him, accepting all that this unity entails. We say 'yes' to allowing Jesus, through the Holy Spirit, 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. As St John Chrysostom said "What is the good of adorning Christ's table with golden vessels if he himself is left to perish in hunger. First feed those who are hungry and then you can adorn the table with what remains."

Our celebration of the mass concludes with the Concluding Rite. In this rite we pray that the fruits of the sacrament just received will be made clear in our lives through our words and actions. Importantly, we are then sent forth to proclaim the gospel by our lives or to love and serve the Lord.



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

Psalm 67:6-7,36

God is in his holy place,
God who unites those who
dwell in his house;
he himself gives might and
strength to his people.

First Reading

1 Kings 3:5,7-12

The Lord appeared to Solomon in a dream and said, 'Ask what you would like me to give you.' Solomon replied, 'Lord, my God, you have made your servant king in succession to David my father. But I am a very young man, unskilled in leadership. Your servant finds himself in the midst of this people of yours that you have chosen, a people so many its numbers cannot be counted or reckoned. Give your servant a heart to understand how to discern between good and evil, for who could govern this people of yours that is so great?' It pleased the Lord that Solomon should have asked for this. 'Since you have asked for this' the Lord said 'and not asked for long life for yourself or riches or the lives of your enemies, but have asked for a discerning judgement for yourself, here and now I do what you ask. I give you a heart wise and shrewd as none before you has had and none will have after you.'

Responsorial Psalm

Psalm 118

(R.) Lord, I love your commands.

My part, I have resolved, O Lord,
is to obey your word.
The law from your mouth
means more to me
than silver and gold. **(R.)**

Let your love be ready to
console me
by your promise to your
servant.

Let your love come to me and I
shall live
for your law is my delight. **(R.)**

That is why I love your
commands
more than finest gold.
That is why I rule my life by your
precepts:
I hate false ways. **(R.)**

Your will is wonderful indeed;
therefore I obey it.
The unfolding of your word
gives light
and teaches the simple. **(R.)**

Second Reading

Romans 8:28-30

We know that by turning everything to their good God co-operates with all those who love him, with all those that he has called according to his purpose. They are the ones he chose specially long ago and intended to become true images of his Son, so that his Son might be the eldest of many brothers. He called those he intended for this; those he called he justified, and with those he justified he shared his glory.

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 13:44-52

Jesus said to the crowds, 'The kingdom of heaven is like treasure hidden in a field which someone has found; he hides it again, goes off happy, sells everything he owns and buys the field.

'Again, the kingdom of heaven is like a merchant looking for fine pearls; when he finds one of great value he goes and sells everything he owns and buys it. 'Again, the kingdom of heaven is like a dragnet cast into the sea that brings in a haul of all kinds. When it is full, the fishermen haul it ashore; then, sitting down, they collect the good ones in a basket and throw away those that are no use. This is how it will be at the end of time: the angels will appear and separate the wicked from the just to throw them into the blazing furnace where there will be weeping and grinding of teeth.

'Have you understood all this?' They said, 'Yes.' And he said to them, 'Well, then, every scribe who becomes a disciple of the kingdom of heaven is like a householder who brings out from his storeroom things both new and old.'

Communion Antiphon

Psalm 102:2

Bless the Lord, O my soul,
and never forget all his benefits.

PLEASE PRAY FOR:

Sick: **Peter Moses, Audrey Knight, Deb Egan, Irene Phillips, Peter Rose, Brenda Relf, Maria Graham, Andrew Wilson, Sandra Shanahan, Margaret Broomhead and Ian Cartledge**

Recently Deceased: **John Smallwood, Kevin Owens, Annette Eastman and Eric Goodacre**

Death Anniversaries: **Maureen Burns, Mary O'Connor, Marina Moon, Robert Patrick Moon, Colleen Ryan and Janet Walsh**

St Michael's now has a Properties Manager!

Donna Rainsford has been appointed the Properties Manager for St Michael's Parish. Donna will coordinate and schedule repairs and maintenance activities as well as consulting in contract negotiations for the use of Parish property.

You can contact Donna at: nowra@dow.org.au

Reflection of Series: Confessions of St Augustine

The Confessions of St Augustine - A timeless spiritual classic. Bishop David Walker, via zoom, is leading a four part series on "The Confessions of St Augustine".

Sessions are each Wednesday evening in **August (5, 12, 29, 26) from 5- 6 pm.**

Between each Zoom meeting, participants are invited to read sections of the text, guided by weekly handouts. There is no registration fee.

To enrol and receive the weekly Zoom links, kindly contact Lynne Kelly -

lmkelly40@bigpond.com

0407540263 - or Milton parish office milton@dow.org.au 44551313.

Expression of Interest: Parish SRE Catechist Coordinator

The parish is seeking expressions of interest for someone to take on the role of Catechist Coordinator. The Catechist Coordinator serves as a vital link between the Parish Priest, Diocese, local schools and Catechists, fostering positive relationships that enable children to encounter Jesus Christ through prayer, Scripture and the teachings of the Church. Training and support will be provided. Please speak with or email Fr Darren (darren.mcdowell@dow.org.au) if you are interested in serving in this essential leadership role.

Expressions of Interest: Media & Communications

The parish is looking for an experienced and qualified person to assist the parish in developing its social media and overall communications strategy. Such a role is vital to our evangelising mission of bringing people into a relationship with Jesus and the life of discipleship within our Catholic community. Please contact Fr Darren (darren.mcdowell@dow.org.au) if you are interested and skilled in this area.

Phishing Email Alert

Parishioners are advised that fraudulent emails have been sent from

james.arblaster@outlook.com.

Fr James does not own or use this email address.

Please do not reply, click on any links, open attachments, or provide personal information. Any message received from this address should be treated as malicious and marked as **phishing**.

Please remember that our priests will only send emails from official Diocese of Wollongong accounts ending in @dow.org.au.

Coming up this week

Tuesday- 28/07/26

Adoration 7:30 am, Vincentia

Rosary 8:00 am, Vincentia

Craft Group 9:00 am, Berry

Faith Circles 2:00 pm, Vincentia

Rosary after 5:30 pm Mass, Berry

Wednesday- 29/07/26

Craft Group 9:30 am, Nowra

Choir Practice 3:30 pm, Vincentia

Adoration & Rosary 5:00 pm, Vincentia

Faith Circles 7:00 pm, Nowra

Thursday- 30/07/26

Adoration 7:30 am, Vincentia

Rosary 8:00 am, Vincentia

Adoration & Rosary 5:00 pm, Culburra

Choir Practice 6:30 pm, Nowra

Stella Maris Prayer Group 6:30 pm, Culburra

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

Friday- 31/07/26

Craft Group 10:00 am, Vincentia

Rosary 5:00 pm, Bomaderry

Saturday- 01/08/26

The Man Walk 7:15 am for coffee before walk

@Providence Blue Cafe, Sanctuary Point

Baptism 10:00 am, Nowra

Baptism 11:00 am, Berry



FEAST OF JULY 26th
Saints Joachim & Anne
and the importance of *Grandparents*

Parish Notices

Update Liturgical Ministers Formation

Over 50 people attended our Communion to the Sick and Housebound Formation Session on last Thursday, 16th July.

Fr James said that it was a joy to spend the morning with these people, reflecting on this ministry of bringing Christ's presence to those who are unable to gather with the parish community - of being the "living bridge" to God and God's people.

Lots of discussion and learning took place and relevant documents distributed.

The presentation slides and electronic docs have been distributed.

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):

- **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.



Anyone interested in attending the additional server/acolyte full training is asked to please contact **Fr James** by email by the **end of July**.

Mass Changes

On Saturday, **15 August**, Mass for the **Assumption of the Blessed Virgin Mary** will be celebrated at **St Michael's Church, Nowra**, at **8:30 am**.

From **17–20 August**, there will be **no Masses in the Station churches (Berry, Vincentia & Culburra)**, as the priests will be away on retreat. During this period, Mass will be celebrated **only at St Michael's Church, Nowra**.

Thank you for your understanding, and please keep our priests in your prayers during their retreat.

Relics of Blessed Carlo Acutis - Advance Notice

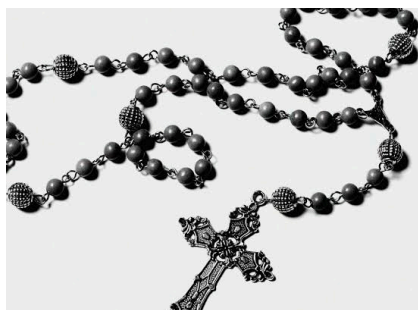
The relics of Blessed Carlo Acutis will be visiting Nowra on **16 and 17 September**. This will be a special opportunity for our parish community to pray, reflect, and honour the life and witness of this young saint of the digital age, especially devoted to Jesus in the Blessed Sacrament.

The steering committee has now been formed but anyone interested in helping our parish run this event is invited to contact **Fr James** by email.

Prayer cards and bookmarks

Prayer cards and bookmarks are available for you to take and distribute today.

Join with the world in prayer. Please share the cards with family, friends and neighbours. Children colour a bookmark for your grandparents, for older relatives, for neighbours and friends.....spread the love.....



World Day for Grandparents and the Elderly

The World Day for Grandparents and the Elderly was instituted by Pope Francis in 2021. It is celebrated on the fourth Sunday of July, close to the feast of Saints Joachim and Anne, the grandparents of Jesus.

The celebration of this day provides an opportunity for the Church, at all levels, to draw close to the Elderly; to celebrate their unique communities; and to reach out to those who may feel lonely or forgotten. The theme that Pope Leo has chosen for the 2026 World Day for Grandparents and the Elderly is

"I will never forget you."

Isaiah 49:15

According to Vatican News, this theme is both a message of comfort and hope for grandparents and elderly people, as well as a reminder to families and communities not to forget them, but rather to recognise them as "precious presence and a blessing" (Deborah Castellano Lubov, Vatican News, 10 February 2026). Dioceses, parishes, associations, and ecclesial communities across the world are encouraged to mark this day in two important ways: by celebrating the Eucharist together with grandparents and the elderly, and by reaching out to those in our communities who experience loneliness or isolation. These two actions help us to appreciate more deeply the unique vocation of the elderly, who keep us connected to the roots of our faith, pass on the faith to the next generation, and intercede for us.

These actions also help to raise awareness in the wider community of the need to support and pastorally care for the elderly. As Pope Francis said, this is part of being "a Church that challenges the throw-away culture with the overflowing joy of a new embrace between the young and old!"

(General Audience, 11 March 2025).