



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

16th Sunday in Ordinary Time Year A

19 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

Liturgy of the Eucharist - We Give Thanks

The Eucharistic Prayer is the high point of the Liturgy of the Eucharist. Our involvement is crucial because through dialogue and prayer we are uniting ourselves with him in prayer to the Father.

The main elements of the Eucharistic Prayer are:

- Preface: giving thanks to God for his work of salvation.
- Holy Holy Holy: our joyful response to this reality.
- Epiclesis: calling upon the power of the Holy Spirit to consecrate Bread & Wine.
- Institution narrative: using Jesus' words at the Last Supper his body and blood are made truly present.
- Mystery of Faith: acknowledging our salvation through Jesus' death and resurrection.
- Oblation: joining our living sacrifice with that of Jesus to the Father.
- The Intercessions: we pray in unity with and for the Church, those who have died and one another.
- Doxology: by which the priest glorifies God
- Great Amen: our strong and joyful response affirming our agreement with, belief in and desire for all that has just been prayed.

See if you can spot these elements as the Eucharistic Prayer is prayed during today's mass.



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 53:6,8

See, I have God for my help.
The Lord sustains my soul.
I will sacrifice to you with
willing heart,
and praise your name, O Lord,
for it is good.

First Reading

Wisdom 12:13.16-19

There is no god, other than you,
who cares for everything,
to whom you might have to
prove that you never judged
unjustly.

Your justice has its source in
strength,
your sovereignty over all makes
you lenient to all.

You show your strength when
your sovereign power is
questioned

and you expose the insolence of
those who know it;

but, disposing of such strength,
you are mild in judgement,

you govern us with great
lenience,

for you have only to will, and
your power is there.

By acting thus you have taught
a lesson to your people

how the virtuous man must be
kindly to his fellow men,

and you have given your sons
the good hope

that after sin you will grant
repentance.

Responsorial Psalm

Psalm 85

*(R.) Lord, you are good and
forgiving.*

O Lord, you are good and
forgiving,

full of love to all who call.

Give heed, O Lord, to my prayer

and attend to the sound of my
voice. **(R.)**

All the nations shall come to
adore you

and glorify your name, O Lord:

for you are great and do
marvellous deeds,

you who alone are God. **(R.)**

But you, God of mercy and
compassion,

slow to anger, O Lord,

abounding in love and truth,

turn and take pity on me. **(R.)**

Second Reading

Romans 8:26-27

The Spirit comes to help us in
our weakness. For when we
cannot choose words in order
to pray properly, the Spirit
himself expresses our plea in a
way that could never be put
into words, and God who
knows everything in our hearts
knows perfectly well what he
means, and that the pleas of
the saints expressed by the
Spirit are according to the mind
of God.

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 13:24 – 43

Jesus put a parable before the
crowds, 'The kingdom of heaven
may be compared to a man who
sowed good seed in his field.
While everybody was asleep his
enemy came, sowed darnel all
among the wheat, and made off.
When the new wheat sprouted
and ripened, the darnel
appeared as well. The owner's

servants went to him and said,
"Sir, was it not good seed that
you sowed in your field? If so,
where does the darnel come
from?" "Some enemy has done
this" he answered. And the
servants said, "Do you want us
to go and weed it out?" But he
said, "No, because when you
weed out the darnel you might
pull up the wheat with it. Let
them both grow till the harvest;
and at harvest time I shall say to
the reapers: First collect the
darnel and tie it in bundles to be
burnt, then gather the wheat
into my barn."

He put another parable before
them, 'The kingdom of heaven is
like a mustard seed which a man
took and sowed in his field. It is
the smallest of all the seeds, but
when it has grown it is the
biggest shrub of all and
becomes a tree so that the birds
of the air come and shelter in its
branches.'

He told them another parable,
'The kingdom of heaven is like
the yeast a woman took and
mixed in with three measures of
flour till it was leavened all
through.'

In all this Jesus spoke to the
crowds in parables; indeed, he
would never speak to them
except in parables. This was to
fulfill the prophecy:

I will speak to you in parables
and expound things hidden
since the foundation of the
world.

Then, leaving the crowds, he
went to the house; and his
disciples came to him and said,
'Explain the parable about the
darnel in the field to us.' He said
in reply, 'The sower of the good
seed is the Son of Man. The field
is the world; the good seed is
the subjects of the kingdom; the

darnel, the subjects of the evil one; the enemy who sowed them, the devil; the harvest is the end of the world; the reapers are the angels. Well then, just as the darnel is gathered up and burnt in the fire, so it will be at the end of time. The Son of Man will send his angels and they will gather out of his kingdom all things that provoke offences and all who do evil, and throw them into the blazing furnace, where there will be weeping and grinding of teeth. Then the virtuous will shine like the sun in the kingdom of their Father. Listen, anyone who has ears!

Communion Antiphon

Psalm 110:4-5

The Lord, the gracious, the merciful,
has made a memorial of his wonders;
he gives food to those who fear him.

Reflection 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.

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

Catholic Care Cross + Gen Technology

Calling Senior parishioners from all mass centres.

Don't miss the opportunity to update your tech knowledge. Its FREE!

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



Coming up this week

Tuesday- 21/07/26

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- 22/07/26

Craft Group 9:30 am, Nowra

Choir Practice 3:30 pm,
Vincentia

Adoration & Rosary 5:00 pm,
Vincentia

Thursday- 23/07/26

Adoration 7:30 am, Vincentia

Rosary 8:00 am, Vincentia

Adoration & Rosary 5:00 pm,
Culburra

Stella Maris Prayer Group
6:30 pm, Culburra

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

Friday- 24/07/26

Craft Group 10:00 am,
Vincentia

Rosary 5:00 pm, Bomaderry

Saturday- 25/07/26

The Man Walk 7:15 am for
coffee before walk

@Providence Blue Cafe,
Sanctuary Point

Liturgical Training 9:30 am,
Nowra

PLEASE PRAY FOR:

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

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

Death Anniversary: **Nicholas Smith**

Parish Notices

UPDATE LITURGICAL MINISTERS FORMATION

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):

- **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.



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.

RCIA Group Gathering

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

Relics of Blessed Carlo Acutis – Steering Committee

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.

A steering committee is being formed to help prepare for this significant event. Anyone interested in being part of the committee is invited to contact **Fr James**.

Acolyte Training

There will be another training session for those interested in serving as Acolytes in our parish. This is a wonderful opportunity to be formed for this important ministry of service at the altar and to support the prayer life of our parish community.

Anyone interested in attending the training is asked to please contact **Fr James** by the **end of July**.

Soup & Slice — Community Gathering

Join us for Soup & Slice on **Sunday 26 July, following the 10:00 am Mass** in Vincentia. All are welcome. Enjoy a warm bowl of soup, a slice of something sweet, and friendly conversation.

PPC News

Our Parish Pastoral Council met last Saturday, our third meeting for the year. The Council is an advisory body to the parish priest, especially focusing on our vision, mission and long term pastoral and strategic planning. The newly appointed chair of the Council is Megan Beecher. At present the Council is developing renewed vision and mission statements for the parish, exploring our dreams for the parish and how we will continue to grow into the future. The core themes of a renewed vision are currently focusing on: Vibrant Worship, Genuine Community, Intentional Discipleship and Shared Leadership. The Council would very much welcome your input on the dreams you have for our parish. This can be done by emailing us at nowra@dow.org.au or speaking to one of the Council members. Examples of these dreams are below:

- A parish where prayer is vibrant, inspiring, and deeply nourishing through the Eucharist and the life of the Church.
- A parish where worship is joyful, reverent, and draws people into an encounter with God.
- A parish where people feel known, connected, affirmed, and supported beyond the celebration of Mass.
- A parish that truly lives as one community, united across the Shoalhaven.
- A parish where faith is lived intentionally, disciples are formed, and people grow in holiness.
- A parish marked by inter-generational faithfulness, where people are excited, engaged, and inspired in their faith.
- A parish where people feel empowered to serve, lead, and participate actively in the mission of the Church.
- A parish that is growing, overflowing with life, and recognised as a lighthouse parish through a strong culture of service and mission.