



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

19th Sunday in Ordinary Time Year A 9 August 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

Property Manager: Donna Rainsford (nowra@dow.org.au)

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

Message from our Pastor

2nd Week: God Provides First - Gratitude



Last week, we began our Planned Giving Renewal with gratitude for all God has given us. This week, the Gospel invites us to trust. Peter steps out of the boat and walks toward Jesus. But when he focuses on the wind and the waves, he begins to sink. Many of us know that experience. We want to trust God, but then we see the storm. We see the cost. We see the uncertainty. We see the pressure. Our parish is facing real financial challenges. But we do not want fear to lead us. We want to listen for the voice of the Lord and keep our eyes fixed on him. This week, I invite you to pray: Lord, where are you asking me to step out in trust?



Mass Times

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 69:2,6

Look to your covenant, O Lord,
and forget not the life of your
poor ones for ever.
Arise, O God, and defend your
cause,
and forget not the cries of
those who seek you.

First Reading

1 Kings 19:9,11-13

When Elijah reached Horeb, the mountain of God, he went into the cave and spent the night in it. Then he was told, 'Go out and stand on the mountain before the Lord.' Then the Lord himself went by. There came a mighty wind, so strong it tore the mountains and shattered the rocks before the Lord. But the Lord was not in the wind. After the wind came an earthquake. But the Lord was not in the earthquake. After the earthquake came a fire. But the Lord was not in the fire. And after the fire there came the sound of a gentle breeze. And when Elijah heard this, he covered his face with his cloak and went out and stood at the entrance of the cave.

Responsorial Psalm

Psalm 84

*(R.) Lord, show us your mercy
and love,
and grant us your salvation.*

I will hear what the Lord God
has to say,
a voice that speaks of peace.
His help is near for those who
fear him
and his glory will dwell in our
land. **(R.)**

Mercy and faithfulness have
met;

justice and peace have
embraced.

Faithfulness shall spring from
the earth

and justice look down from
heaven. **(R.)**

The Lord will make us prosper
and our earth shall yield its fruit.
Justice shall march before him
and peace shall follow his steps.
(R.)

Second Reading

Romans 9:1-9

What I want to say is no
pretence; I say it in union with
Christ – it is the truth – my
conscience in union with the
Holy Spirit assures me of it too.
What I want to say is this: my
sorrow is so great, my mental
anguish so endless, I would
willingly be condemned and be
cut off from Christ if it could
help my brothers of Israel, my
own flesh and blood. They were
adopted as sons, they were
given the glory and the
covenants; the Law and the
ritual were drawn up for them,
and the promises were made to
them. They are descended from
the patriarchs and from their
flesh and blood came Christ
who is above all, God for ever
blessed! Amen.

Gospel Acclamation

Psalm 129:5

Alleluia, alleluia!
I hope in the Lord,
I trust in his word.
Alleluia!

Gospel

Matthew 14:22-33

Jesus made the disciples get
into the boat and go on ahead
to the other side while he would
send the crowds away. After
sending the crowds away he
went up into the hills by himself
to pray. When evening came, he
was there alone, while the boat,
by now far out on the lake, was
battling with a heavy sea, for
there was a head-wind. In the
fourth watch of the night he
went towards them, walking on
the lake, and when the disciples
saw him walking on the lake
they were terrified. 'It is a ghost'
they said, and cried out in fear.
But at once Jesus called out to
them, saying, 'Courage! It is I! Do
not be afraid.' It was Peter who
answered. 'Lord,' he said 'if it is
you, tell me to come to you
across the water.' 'Come' said
Jesus. Then Peter got out of the
boat and started walking
towards Jesus across the water,
but as soon as he felt the force
of the wind, he took fright and
began to sink. 'Lord! Save me!'
he cried. Jesus put out his hand
at once and held him. 'Man of
little faith,' he said 'why did you
doubt?' And as they got into the
boat the wind dropped. The
men in the boat bowed down
before him and said, 'Truly, you
are the Son of God.'

Communion Antiphon

Psalm 147:12,14

O Jerusalem, glorify the Lord,
who gives you your fill of finest
wheat.

PLEASE PRAY FOR:



Sick: **Lisa Dunworth, Teresa Del Castillo, Bill Pride, 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: **Margot Hewitt, Peter Rodden and Barbara Lansdowne**

Death Anniversaries: **Margaret Casey, Sam & Jeffrey Falzon, Vivian Hayward and Paul Ruhl**

Thank You

The St Michael's Nowra Conference of the St Vincent de Paul Society would like to thank everyone who donated to our recent Winter Appeal. To date we have raised \$6,691.85. A great effort and your generosity is greatly appreciated.

Reflection 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 (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.

Congratulations!

Prayers and best wishes go to Les and Sharon Ambrus celebrating their 50th Wedding Anniversary on the 14th August.

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.

Expression 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.



Coming up this week

Sunday- 9/08/26

Baptism 11:00 am, Culburra

Monday- 10/08/26

Funeral 11:00 am, Bomaderry

Tuesday- 11/08/26

Adoration 7:30 am, Vincentia

Rosary 8:00 am, Vincentia

Craft Group 9:00 am, Berry

Funeral 1:00 pm, Nowra

Faith Circles 2:00 pm,

Vincentia

Rosary after 5:30 pm Mass,

Berry

Wednesday- 12/08/26

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- 13/08/26

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- 14/08/26

Craft Group 10:00 am,

Vincentia

Rosary 5:00 pm, Bomaderry

Saturday- 15/08/26

The Man Walk 7:15 am for coffee before walk

@Providence Blue Cafe,

Sanctuary Point

Liturgical Training 9:30 am,

Nowra

Baptism 11:00 am, Nowra

Syro Malabar Mass 6:00 pm,

Bomaderry

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):

- **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.



Transport Assistance Needed

Two parishioners are currently seeking assistance with transport to and from Mass.

One parishioner lives in Shoalhaven Heads and requires a lift to a morning Mass at St Michael's Church, Nowra. The other lives in Old Erowal Bay and requires a lift to the Saturday 6pm Mass at Holy Spirit Church, Vincentia.

If you are able to offer a lift from either location, even occasionally, please contact the Parish Office with your name, contact details and availability. Your assistance would be greatly appreciated and would help fellow parishioners participate in the celebration of Mass..

Parish Masses for the Feast of the Assumption

For the feast of **Assumption of the Blessed Virgin Mary**, there will be vigil mass on **Friday, 14 August at 5:30 pm** at **Holy Spirit, Vincentia** and on **Saturday, 15 August**, Mass will be celebrated at **St Michael's Church, Nowra**, at **8:30 am** and at **Our Lady Help of Christians Church, Culburra**, at **10:00 am**.

Parish Masses 17th to 20th August

The priests of the parish will be away on retreat from **17th to 20th August** and consequently there will be **no masses in the station churches (Berry, Vincentia and Culburra Beach).**

Mass will be celebrated at St Michael's Nowra as usual during this period.

Vianney Perpetual Adoration Chapel

Our adoration chapel will be celebrating its third anniversary this month.

We will celebrate with a morning tea on **Saturday 15th August after the 8:30am Mass** (Feast of the Assumption).

If you're able to bring a plate to share that would be much appreciated.

Everyone welcome to come.

Trust beyond Fear

In today's Gospel, Peter walks on water while his eyes are fixed on Jesus. He begins to sink when fear takes over. Trust is not the absence of difficulty. Trust is choosing to move toward Jesus in the middle of it. As our parish reflects on giving, responsibility, and the future, we are invited to ask: Where am I letting fear lead me? Where is Jesus asking me to trust him more deeply?

We are Grateful for your Help

Many thanks to these wonderful parishioners who gave of their time after mass at Nowra last Friday.

Bulletins for Nowra and Bomaderry were folded and extra notices inserted, out in the sunshine.



Thanks also to those who helped with this task in our other churches. We really appreciate your efforts as our machine that folds is currently not working.

Save the Date

The Relics of St Carlo Acutis will visit our parish 16th & 17th September.

This will be a special opportunity to pray, reflect and honour the life of this young saint of the digital age.

Fr James and his planning committee will update us in the weeks ahead.

