



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

18th Sunday in Ordinary Time Year A 2 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

1st Week: God Provides First - Gratitude



This week we begin our Planned Giving Renewal. We begin not with money, but with gratitude. In the Gospel, Jesus feeds the crowd with only five loaves and two fish. But before the miracle happens, he asks the disciples to bring what they have. That is a beautiful image for us. Our parish has been given so much. Across our communities, generations of people have prayed, served, sacrificed, and passed on the faith. At the same time, we are facing serious financial challenges. If our situation does not change, we will need to explore every responsible option available to us so that the parish can become sustainable and continue its mission into the future. So this renewal is not simply about raising money. It is about asking what God is inviting us to bring, to trust him with, and to place in his hands. This week, I invite you simply to pray with gratitude: Lord, what have you given me, and what are you asking me to bring?



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 69:2,6

O God, come to my assistance;
O Lord, make haste to help me!
You are my rescuer, my help;
O Lord, do not delay.

First Reading

Isaiah 55:1-3

Thus says the Lord:
Oh, come to the water all you
who are thirsty;
though you have no money,
come!
Buy corn without money, and
eat,
and, at no cost, wine and milk.
Why spend money on what is
not bread,
your wages on what fails to
satisfy?
Listen, listen to me and you will
have good things to eat
and rich food to enjoy.
Pay attention, come to me;
listen, and your soul will live.
With you I will make an
everlasting covenant
out of the favours promised to
David.

Responsorial Psalm

Psalms 144

**(R.) *The hand of the Lord feeds
us: he answers all our needs.***

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.)**

The eyes of all creatures look to
you
and you give them their food in
due time.

You open wide your hand,
grant the desires of all who live.
(R.)

The Lord is just in all his ways
and loving in all his deeds.
He is close to all who call him,
call on him from their hearts.
(R.)

Second Reading

Romans 8:35,37-39

Nothing can come between us
and the love of Christ, even if
we are troubled or worried, or
being persecuted, or lacking
food or clothes, or being
threatened or even attacked.
These are the trials through
which we triumph, by the
power of him who loved us.
For I am certain of this: neither
death nor life, no angel, no
prince, nothing that exists,
nothing still to come, not any
power, or height or depth, nor
any created thing, can ever
come between us and the love
of God made visible in Christ
Jesus our Lord.

Gospel Acclamation

Matthew 4:4

Alleluia, alleluia!
No one lives on bread alone,
but on every word that comes
from the mouth of God.
Alleluia!



Gospel

Matthew 14:13-21

When Jesus received the news
of John the Baptist's death he
withdrew by boat to a lonely
place where they could be by
themselves. But the people
heard of this and, leaving the
towns, went after him on foot.
So as he stepped ashore he saw
a large crowd; and he took pity
on them and healed their sick.
When evening came, the
disciples went to him and said,
'This is a lonely place, and the
time has slipped by; so send the
people away, and they can go to
the villages to buy themselves
some food.' Jesus replied, 'There
is no need for them to go: give
them something to eat
yourselves.' But they answered,
'All we have with us is five loaves
and two fish.' 'Bring them here
to me,' he said. He gave orders
that the people were to sit down
on the grass; then he took the
five loaves and the two fish,
raised his eyes to heaven and
said the blessing. And breaking
the loaves he handed them to
his disciples who gave them to
the crowds. They all ate as much
as they wanted, and they
collected the scraps remaining,
twelve baskets full. Those who
ate numbered about five
thousand men, to say nothing of
women and children

Communion Antiphon

Wisdom 16:20

You have given us, O Lord,
bread from heaven,
endowed with all delights and
sweetness in every taste.

PLEASE PRAY FOR:



Sick: **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 and John Smallwood**

Death Anniversaries: **John Sutherland**

National Vocations Awareness Week

National Vocations Awareness Week takes place from 2 - 9 August: a time for every one of us to be renewed in our commitment to living out our Christian vocation or "calling", which begins in baptism and is then lived out through ordained ministry, religious life, marriage or the single life.

If you would like to discuss your vocation, contact Fr Duane Fernandez, Vocations Director, at vocations@dow.org.au

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 (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.

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.

RCIA - Beginning the Catechumenate

This week we congratulate Christian Wyknies who is being Accepted into the Catechumenate phase of the RCIA process. In this rite, Christian is making his first public declaration of his intention to be baptised into our Christian faith. As part of the Catechumenate he will now enter a more formal and structured process of formation in our Catholic tradition. In the coming weeks we will also be receiving into our Catholic tradition two people from other denominations who have been making a similar journey of faith and will soon be ready to join our Eucharistic community.

Coming up this week

Sunday- 2/08/26

Baptism 11:00 am, Culburra

Tuesday- 4/08/26

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- 5/08/26

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- 6/08/26

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- 7/08/26

Craft Group 10:00 am, Vincentia

Rosary 5:00 pm, Bomaderry

Saturday- 8/08/26

The Man Walk 7:15 am for coffee before walk

@Providence Blue Cafe, Sanctuary Point

Baptism 11:00 am, Nowra



Parish Notices

Update Liturgical Ministers Formation

An enthusiastic group of musicians and singers attended the Music Ministry session last Saturday. They are looking forward to further opportunities to meet and discuss our parish music ministry.

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.



Men's Night Out

The Men's Night Out meeting is on the 1st Friday of the month at the Bomaderry Bowling Club Cambewarra Road Bomaderry at 6.30 PM.

Next meeting will be on **Friday 7th August 2026**

For any enquiries please sms Colin Blundell 0412584364

Mass Changes

For the feast of **Mary Mackillop**, there is a special mass on **Saturday, 8 August at 9:30 am** at **St Michael's Church, Nowra.**

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.**

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.**

Gratitude for all is Gift

This week we begin several weeks of reflection on planned giving, trust, generosity, and shared responsibility. In the first reading, God says, "Come to the water... though you have no money, come." In the Gospel, Jesus feeds the crowd with five loaves and two fish. God provides first. Everything we have is gift. But Jesus also says to the disciples, "Give them something to eat yourselves." God's provision does not make us passive. It invites us to respond. Our parish is facing serious financial challenges, and we need to respond together with faith, generosity, and shared responsibility. This week, please pray: *Lord, help me to see what you have given me. Help me to bring what I have.*

The church is not a cruise ship where a handful of people serve everyone else who is relaxing.



No, the church is a battleship where it's "all hands on deck" and everyone serves the mission

