



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

22nd Sunday in Ordinary Time Year A 30 Aug 2026



Social Justice Sunday

Dear Lord, help us to notice those around us and be ready to help when we can. Guide us to be generous with our time and thoughtful in the way we respond. May our actions reflect Your love and bring hope where it is needed. Amen.

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

5th Week: The Cost of Following



Today Jesus speaks plainly: "If anyone wants to be a follower of mine, let him renounce himself and take up his cross and follow me." There is no discipleship without sacrifice. That is not always easy to hear, especially when we speak about finances. But if we are honest, money is one of the places where trust becomes very real. This renewal is not asking every person to give the same amount. That would not be fair or Christian. But it is asking each of us to consider the same question: Am I willing to trust God more deeply? This week, I invite you to pray:

Lord, what are you asking me to offer?



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 Berry
5.30pm Nowra



Wednesday

7.30am Nowra
5.30pm Vincentia



Thursday

7.30am Nowra
5.30pm Culburra



Friday

10am Nowra

First Saturday

10am Nowra



Tuesday

Nowra- 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

LITURGY

Entrance Antiphon

Psalm 85:3,5

Have mercy on me, O Lord, for I
cry to you all the day long.
O Lord, you are good and
forgiving,
full of mercy to all who call to
you.

First Reading

Jeremiah 20:7-9

You have seduced me, Lord, and
I have let myself be seduced;
you have overpowered me: you
were the stronger.
I am a daily laughing-stock,
everybody's butt.
Each time I speak the word, I
have to howl
and proclaim: 'Violence and
ruin!'
The word of the Lord has meant
for me
insult, derision, all day long.
I used to say, I will not think
about him,
I will not speak in his name any
more.
Then there seemed to be a fire
burning in my heart,
imprisoned in my bones.
The effort to restrain it wearied
me,
I could not bear it.

Responsorial Psalm

Psalm 62

*(R.) My soul is thirsting for you,
O Lord my God.*

O God, you are my God, for you I
long;
for you my soul is thirsting.
My body pines for you
like a dry, weary land without
water. **(R.)**

So I gaze on you in the
sanctuary
to see your strength and your
glory.
For your love is better than life,
my lips will speak your praise.
(R.)

So I will bless you all my life,
in your name I will lift up my
hands.
My soul shall be filled as with a
banquet,
my mouth shall praise you with
joy. **(R.)**

For you have been my help;
in the shadow of your wings I
rejoice.
My soul clings to you;
your right hand holds me fast.
(R.)

Second Reading

Romans 12:1-2

Think of God's mercy, my
brothers, and worship him, I
beg you, in a way that is worthy
of thinking beings, by offering
your living bodies as a holy
sacrifice, truly pleasing to God.
Do not model yourselves on
the behaviour of the world
around you, but let your
behaviour change, modelled by
your new mind. This is the only
way to discover the will of God
and know what is good, what it
is that God wants, what is the
perfect thing to do.

Gospel Acclamation

Ephesians 1:17-18

Alleluia, alleluia!
May the Father of our Lord
Jesus Christ
enlighten the eyes of our
heart,
that we might see how great is
the hope
to which we are called.
Alleluia!

Gospel

Matthew 16:21-27

Jesus began to make it clear to
his disciples that he was
destined to go to Jerusalem and
suffer grievously at the hands of
the elders and chief priests and
scribes, to be put to death and
to be raised up on the third day.
Then, taking him aside, Peter
started to remonstrate with him.
'Heaven preserve you, Lord,' he
said. 'This must not happen to
you.' But he turned and said to
Peter, 'Get behind me, Satan!
You are an obstacle in my path,
because the way you think is not
God's way but man's.'
Then Jesus said to his disciples,
'If anyone wants to be a follower
of mine, let him renounce
himself and take up his cross
and follow me. For anyone who
wants to save his life will lose it;
but anyone who loses his life for
my sake will find it. What, then,
will a man gain if he wins the
whole world and ruins his life?
Or what has a man to offer in
exchange for his life?
'For the Son of Man is going to
come in the glory of his Father
with his angels, and, when he
does, he will reward each one
according to his behaviour.'

Communion Antiphon

Psalm 30:20

How great is the goodness,
Lord,
that you keep for those who fear
you.

Renewed & Sent: Parish Renewal Summit

**St Gregory's College,
Campbelltown, 1-3 October
2026.**

Join clergy, religious, lay leaders,
ministry volunteers and
parishioners from across the
Diocese of Wollongong for three
days of inspiring keynote
presentations, practical
workshops, prayer, and
opportunities to connect with
others who share a passion for
the future of our parishes.

This opportunity aligns with
Bishop Brian Mascord's Come &
See, Go & Make: A Vision for
Parishes, helping us to grow as
communities where people
encounter Jesus, become his
disciples, and are sent to share
the Gospel.

For the full program and
registrations, visit
renewedandsent.com.au.

PLEASE PRAY FOR:



Sick: Debbie Windsor, Lisa
Dunworth, Teresa Del Castillo,
Bill Pride, Peter Moses, Audrey
Knight, Deb Egan, Irene Phillips,
Peter Rose, Brenda Relf, Maria
Graham, Sandra Shanahan,
Margaret Broomhead and Ian
Cartledge

Recently Deceased: Teresa Del
Castillo, John Kendall, Sandra
Griffits, Joan Smith, Margaret
Arblaster, Inge Borg and Phyllis
Taliano

Death Anniversaries: Clara
McManus, Frank Rouen, Peter
and Susan Keenan

Catholic Chaplaincy at UOW

UOW students and staff are
warmly invited to become
involved with the UOW Catholic
Society.

Join us for See @uowcathsoc on
social media to find out more.

Marriage and Relationship Education

CatholicCare's Marriage and
Relationship Education support
couples to strengthen and renew
their relationship. Guided by
experienced facilitators, you'll
build connection through
practical tools and shared
learning. Choose Prepare for
couples planning marriage or
Enrich to deepen and strengthen
your bond.

To learn more or register, call
1800 967 894

Counselling at CatholicCare

Feeling overwhelmed or finding
things difficult? CatholicCare's
team of counsellors are here for
you. Our caring counsellors
support children, adults, couples,
and families through life's
challenges.

Appointments are available in-
person, online, or by phone.

Social Justice Sunday 2026

This year the Australian Catholic
Bishops Conference have
released two statements
addressing pressing societal
challenges:

☒ **The Cost of Our Living:
Economic and Social Justice for
the Common Good** (Released
February 9, 2026): Focuses on the
cost-of-living crisis,
housing stress, and food
insecurity.

☒ **Living the Gospel in Times of
Social Division** (Released August
7, 2026):

Focuses on social cohesion,
addressing polarization,
misinformation, and standing
with the marginalized.

You can read and download the
full texts at

<https://socialjustice.catholic.org.au/resources/social-justice-statements/>

Coming up this week

Tuesday- 1/09/26

Adoration 7:30 am, Vincentia

Rosary 8:00 am, Vincentia

Craft Group 9:00 am, Berry

Faith Circles 2:00 pm,

Vincentia

Wednesday- 2/09/26

Craft Group 9:30 am, Nowra

Choir Practice 3:30 pm,

Vincentia

Funeral 10:30 am, Nowra

Adoration & Rosary 5:00 pm,

Vincentia

Thursday- 3/09/26

Adoration 7:30 am, Vincentia

Rosary 8:00 am, Vincentia

Funeral 10:00 am, Nowra

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- 4/09/26

Craft Group 10:00 am,

Vincentia

Rosary 5:00 pm, Bomaderry

Saturday- 5/09/26

The Man Walk 7:15 am for

coffee before walk

@Providence Blue Cafe,

Sanctuary Point





Season of Creation

The Season of Creation is a time to renew our relationship with our Creator and all creation through celebration, conversion, and commitment together. During the Season of Creation, we join our sisters and brothers in the ecumenical family in prayer and action for our common home.

Ecumenical Patriarch Dimitrios I proclaimed 1 September as a day of prayer for creation for the Orthodox in 1989. In fact, the Orthodox church year starts on that day with a commemoration of how God created the world.

The World Council of Churches was instrumental in making the special time a season, extending the celebration from 1 September until 4 October.

Following the leadership of Ecumenical Patriarch Dimitrios I and the WCC, Christians worldwide have embraced the season as part of their annual calendar. Pope Francis established the World Day of Prayer for the Care of Creation in the Roman Catholic Church in 2015, and in 2019 started celebrating the Season of Creation as well.

In recent years, statements from religious leaders around the world have also encouraged the faithful to take time to care for creation during the month-long celebration.

The season starts 1 September, the Day of Prayer for Creation, and ends 4 October, the Feast of St. Francis of Assisi, the patron saint of ecology beloved by many Christian denominations.

Throughout the month-long celebration, the world's 2.2 billion Christians come together to care for our common home.

Parish Notices

Tuesday Mass Time Changes

This week from the **1st September 2026** our Tuesday mass schedule will change. **St Patrick's Berry** will have mass at **9:30am** followed by confessions on request, whilst **St Michael's Nowra** will have **confessions at 5pm** followed by **mass at 5:30pm**. This change will enable a revitalisation of our ministry with young adult group as well as offering an evening mass in Nowra where previously none had occurred.

Roof Repairs Holy Spirit Vincentia

Repairs to the church roof are scheduled to take place from **19th October to 27th November**.

Masses will be held in the Baptist church next door on the Saturday and Sunday afternoons. Time to be advised.

Adult Sacramental Preparation

Have you been away from the Church for a while, unsure about the sacraments or never received Confirmation or Communion? In September we are beginning an adult sacramental formation group especially for you and anyone you know who has not been fully initiated or has been away from the practice of our faith for some time. If you would like to participate in this group then please contact Fr Darren by Friday 4th September on darren.mcdowell@dow.org.au or 0403544938.

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 4th September 2026**

For any enquiries please sms Colin Blundell 0412584364

The Cost of Following

Jesus says, "Take up your cross and follow me." Following Jesus involves sacrifice. That includes how we use our time, our gifts, our energy, and our finances. Christian giving is not about equal amounts. It is about equal trust. This week, please pray: Lord, what are you asking me to offer?



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.

Details will be confirmed next week.

CWL Nowra

CWL Nowra branch will be holding a toiletry drive for Talbot House/John Purcell House (accommodation for homeless men) and Sassi (Shoalhaven Homeless Hub) crisis accommodation for women and children).

Suggested items include deodorants, shampoos, conditioner, toothpaste, toothbrushes, soap, shaving cream.

There will be a basket available at **St Michael's Nowra, St Patrick's Berry, Our Lady Help of Christians Culburra and Sacred Heart Bomaderry** on **5/6th September and 12/13th September**.

Thank you... Your support is very much appreciated.... If you have any queries please contact Katherine on 0411 023943.