

Gospel Acclamation

Jn1.41

Alleluia, alleluia! A people in darkness have seen a great light: a radiant dawn shines on those lost in death. Alleluia!

Gospel

1:21-28

The holy Gospel according to Mark

Jesus and his followers went as far as Capernaum, and as soon as the Sabbath came Jesus went to the synagogue and began to teach. And his teaching made a deep impression on them because, unlike the scribes, he taught them with authority.

In their synagogue just then there was a man possessed by an unclean spirit, and it shouted, 'What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are: the Holy One of God.' But Jesus said sharply, 'Be quiet! Come out of him!' And the unclean spirit threw the man into convulsions and with a loud cry went out of him. The people were so astonished that they started asking each other what it all meant. 'Here is a teaching that is new' they said 'and with authority behind it: he gives orders even to unclean spirits and they obey him.' And his reputation rapidly spread everywhere, through all the surrounding Galilean countryside.

The Gospel of the Lord.

Reflection

by Dianne Bergant CSA

Discipleship requires a change in us. We want to change because in so many ways we are being strangled to death by demons. We are caught in dysfunction and sin; we live in the midst of the battle between good and evil, the struggle of human finitude and failure. We are plunged into the throes of human suffering and pain, and there seems to be no escape.

The demonic seduces us in more ways than we can count and we are often caught in its web before we recognise what has happened. There have always been many and varied voices that claim to have the remedy for our ills. Preachers and politicians have stirred up crowds and ignited their emotions. Promises have been made and predictions advanced, yet the conflict goes on, the demons continue to hold sway. The demon recognised the authority in the voice of Jesus. Do we recognise it?

When we are released by Jesus from the demons that possess us, we are freed from the stranglehold of evil and liberated to live far less encumbered and divided lives. No Earthly reality will possess us, neither relationships nor obligations nor even religious practices. Rather, we will be possessed by Christ who liberates us for the reign of God. Therefore, whether married or unmarried, whether in the midst of the community or at its margins, we will be able to heed the voice of God in our hearts and to recognise Jesus in our midst.

dow.org.au/year-of-st-paul/

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Our Sunday Word

St Michael's Parish, Nowra

nowraparish.org.au

Fourth Sunday (Year B) ~ Season of the Year

1 February 2009

First Reading

18:15-20

A reading from the book of Deuteronomy

Moses said to the people: 'Your God will raise up for you a prophet like myself, from among yourselves, from your own brothers; to him you must listen. This is what you yourselves asked of the Lord your God at Horeb on the day of the Assembly. "Do not let me hear again" you said "the voice of the Lord my God, nor look any longer on this great fire, or I shall die"; and the Lord said to me, "All they have spoken is well said. I will raise up a prophet like yourself for them from their own brothers; I will put my words into his mouth and he shall tell them all I command him. The man who does not listen to my words that he speaks in my name, shall be held answerable to me for it. But the prophet who presumes to say in my name a thing I have not commanded him to say, or who speaks in the name of other gods, that prophet shall die."'

The word of the Lord.

Responsorial Psalm

Ps 94

R/ If today, you hear his voice, harden not your hearts.

1. Come, ring out our joy to the Lord; hail the rock who saves us. Let us come before him, giving thanks, with songs let us hail the Lord. (R.)
2. Come in, let us kneel and bend low; let us kneel before the God who made us for he is our God and we the people who belong to his pasture, the flock that is led by his hand.
3. O that today you would listen to his voice! 'Harden not your hearts as at Meribah, as on that day at Massah in the desert when your fathers put me to the test; when they tried me, though they saw my work.' (R.)



Second Reading

7:32-35

A reading from the first letter of St Paul to the Corinthians

I would like to see you free from all worry. An unmarried man can devote himself to the Lord's affairs, all he need worry about is pleasing the Lord; but a married man has to bother about the world's affairs and devote himself to pleasing his wife: he is torn two ways. In the same way an unmarried woman, like a young girl, can devote herself to the Lord's affairs; all she need worry about is being holy in body and spirit. The married woman, on the other hand, has to worry about the world's affairs and devote herself to pleasing her husband. I say this only to help you, not to put a halter round your necks, but simply to make sure that everything is as it should be, and that you give your undivided attention to the Lord.

The word of the Lord.

St Michael's Parish Contacts

Fr Patrick Faherty, <i>Parish Priest</i>	4423 1712
Fr Richard Healey, <i>Assistant Priest</i>	4423 1712
Fr Leo Duck, <i>Resident in Vincentia</i>	4441 5571
Fr Ronan Kilgannon, <i>Resident in Kangaroo Valley</i>	
Mr Duane Fernandez, <i>Seminarian</i>	4423 1712
Mrs Robbie Forsythe, <i>Secretary</i>	4423 1712
Sr Margaret Prendergast sgs	4421 2260
Sr Patricia Lawless sgs	4421 2260
Sr Val Green rsc	4441 7035
Mrs Lyn West, <i>Catechist Coordinator</i>	4423 1009
St Michael's Primary School	4421 3630
St John the Evangelist High School	4423 1666



Website: nowraparish.org.au Incorporates the Church Communities of St Michael, Nowra; St Patrick, Berry
Sacred Heart, Bomaderry; Mary, Help of Christians, Culburra; St Joseph, Kangaroo Valley; Holy Spirit, Vincentia.

Sunday Masses:

NOWRA 6pm Vigil; 8am, 9.30am & 6pm
BERRY.....8.00am
BOMADERRY.....9.30am
CULBURRA.....6pm Vigil
VINCENTIA..... 6pm Vigil, & 9.30am
KANGAROO VALLEY.....11.00am

MASSES DURING THE WEEK

Nowra: Mon 7.00am Tues/Wed/Thurs 8.15am
Friday 7.00am and 11.30am Sat 9.00am
Holy Hour: Fri 10.30am
Berry: Tues 5.30pm..... **Culburra:** Thurs 5.30pm
Bomaderry: No Mass this First Friday (c.f. below) **
Vincentia: Mon, Thur, Fri 8.00am . Tues, Wed 5.30pm
S/Heads: Fri 30 Jan 3.30pm Community Centre
Kangaroo Valley:Mon/Tues/Thurs/Sat 8.00am;
Wed 6.15am. Divine Office is chanted 15 mins prior to
Mass. No Mass on Fridays.

Confession/Reconciliation

Nowra: Sat 11.30.-12.30pm. 5.00 - 5.30pm.
Culburra: Sat. 5.30pm. **Berry:** Tues 6.00pm
B'derry: 1st Fri. 5.15pm.; **K Valley:** Sat 4.30 – 5.00pm
Vincentia: Sat. 5 - 5.30pm.

****BISHOP PETER INGHAM** will celebrate Mass for the Catholic Schools of the Shoalhaven (St Michael's St John's and Mary Star of the Sea-Milton) on Friday evening at St John's Chapel at 6.00.p.m. **Therefore there will be No First Friday Mass at Bomaderry this Friday**

Feastdays;

Mon 2 – Presentation of the Lord
Thurs 5 – Agatha, virgin, martyr
Fri 6 – Paul Miki and companions, martyrs

We prayerfully remember: **Dennis Thompson who died this week; also Mary Brady, John Edward, Emmanuel Portelli, and Rose Saccasan** whose anniversaries occur at this time. *May they rest in eternal peace.*



LORD TEACH US TO PRAY: The Diocesan Lenten program for 2009 begins the week 22 to 28 Feb. In Nowra/B'derry Group leaders names with time and place of meetings will be on lists in Church foyers. Interested parishioners are asked to write their names with the group



that they wish to attend (maximum 10). Any queries contact Francene 4421 5962 or Peggy 4421 3417. **Some group leaders still need to contact Francene or Peggy.**

Contacts for other areas:

- Berry/S'heads Sr Patricia 4421 2260 or after Mass.
- Culburra Beach Jean Helliwell 4447 3018
- Currarong Connie Heap 4448 3157
- K/Valley Fr Ronan
- Vincentia Fr Leo 4441 5571

Booklets will be available for \$5 each.

CATECHIST NEWS: Welcome back for 2009.

- Our first meeting will be on Mon 2 Feb., 9.30 – 11.30am in the Parish Centre. It is **very important that all** Catechists attend.

Orientation, Child Protection & Legal Matters in-service for **NEW** Catechists will be on Thurs 5 Feb – 9.15 – 2pm (byo lunch) in the Parish Centre. Intro. to the Ministry - 9.15am; Child Protection – 11.00am It is essential for **all** to upgrade Child Protection every 3 years.

- **Level 1 Training** – Tues Feb 10, 17, 24, Mch 3, 10, 17, 9.30 – 2.00pm in the Parish Centre. Ring Lyn to enrol 4423 1009.

A MEMORIAL MASS for Marie Lowry will be celebrated on Monday 2 February at 11.00am at Holy Spirit, Church Vincentia



CONGRATULATIONS to **Ken Hill** who celebrates his 80th birthday on 31 Jan. We thank Ken for all he has contributed to Holy Spirit Church over many years.

MORNING PRAYER OF THE CHURCH at **St Michael's** will recommence on Wednesday at 7.50am 4 February 2009.

GENERAL MEETING OF PARISHIONERS – coordinated by the Pastoral Council **Sunday February 15 – 7.15.p.m.** Parishioners are invited and encouraged to attend this gathering as an expression of your interest in and support for, the life and ministries in the Parish. There will be some brief reports delivered on the evening; however all organisations within the parish are invited to send in a brief written report on their respective work/ ministry by the end of January. All such reports will be coordinated and made available on the night - they can be e-mailed: office@nowraparish.org.au **THIS IS NOT AN AGM – NO ELECTIONS!!!!** There will also be a brief open forum to take suggestions that the Council might be able to act upon in the ensuing 3 year term

1st. SATURDAY MARIAN DEVOTIONS on Sat 7 Feb. Reconciliation at 8.30am; Mass at 9am. Exposition of the Blessed Sacrament with Rosary and Benediction at 9.30am. Morning tea will be available in the Parish centre following devotions.

NOWRA BRANCH OF CWL - next meeting will be on Tues 10 Feb commencing with morning tea at 9.30am in the Parish Centre. Meeting starts at 10.00am.

RETREAT DAY FOR EXTRAORDINARY MINISTERS OF HOLY COMMUNION on Sat 28 March- most likely at Kerever Park, Burradoo – please mark this date on your calendar.



THE ANNUAL COMMISSIONING OF CATECHISTS will be on Sunday next 8 February (Prayers at each Mass). At Holy Spirit Church, Vincentia the Commissioning Mass will be 9.30am,

A SCAM!!! A man using the name of Bishop Michael Coleman has been contacting priests, religious houses and parishioners across the Diocese requesting financial aid for a variety of reasons, often saying that Bishop Peter recommended that he contact them. **Do not return calls or give this man money. IT IS A SCAM!!!!** And there are many similar ones as well.