

## Gospel

1:29-39

### *The holy Gospel according to Mark*

On leaving the synagogue, Jesus went with James and John straight to the house of Simon and Andrew. Now Simon's mother-in-law had gone to bed with fever, and they told him about her straightaway. He went to her, took her by the hand and helped her up. And the fever left her and she began to wait on them.

That evening, after sunset, they brought to him all who were sick and those who were possessed by devils. The whole town came crowding round the door, and he cured many who were suffering from diseases of one kind or another; he also cast out many devils, but he would not allow them to speak, because they knew who he was.

In the morning, long before dawn, he got up and left the house, and went off to a lonely place and prayed there. Simon and his companions set out in search of him, and when they found him they said, 'Everybody is looking for you.' He answered, 'Let us go elsewhere, to the neighbouring country towns, so that I can preach there too, because that is why I came.' And he went all through Galilee, preaching in their synagogues and casting out devils.

### **The Gospel of the Lord.**

## Reflection

by Dianne Bergant CSA

**T**oday we see three snapshots from the photo album of life.

Suffering comes to everyone. It can take such a hold of us that the happiness of the past is swallowed up, the beauty of better days is forgotten, and the hope of a brighter future is imperilled. Life ceases to be an adventure and takes on the guise of drudgery. At such times suffering appears to be our permanent fate, and life seems too short for suffering to run its course. If we become identified with our distress, we will be tormented.

Jesus knew the harshness of life, because he was one of us. He saw it in the lives of those he loved, and he was touched by their torment. He came to release people from the demons that possess them, from the illness that undermined their lives. He came to bring the reign of God, the reign of peace and fulfilment. He came to heal the brokenhearted, to bind up their wounds.

Paul was a messenger of this gospel of salvation and fulfilment. He was so committed to his mission that he empathised with all those who heard his preaching – the slaves, the weak, the brokenhearted, all those who knew well the harshness of life. Now it is our turn. We are the disciples who must bring the good news to the brokenhearted, to those who are enslaved, to those who are weak. We are the ones who will then share in the blessings of this good news.

[dow.org.au/year-of-st-paul/](http://dow.org.au/year-of-st-paul/)

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# Our Sunday Word

St Michael's Parish, Nowra

[nowraparish.org.au](http://nowraparish.org.au)

*Fifth Sunday (Year B) ~ Season of the Year*

8 February 2009



## Responsorial Psalm

Ps 146

**R/** Praise the Lord who heals the broken-hearted.

1. Praise the Lord for he is good; sing to our God for he is loving: to him our praise is due.
2. The Lord builds up Jerusalem and brings back Israel's exiles, he heals the broken-hearted, he binds up all their wounds. He fixes the number of the stars; he calls each one by its name. (R.)
3. Our Lord is great and almighty; his wisdom can never be measured. The Lord raises the lowly; he humbles the wicked to the dust. (R.)

## Second Reading

9:16-19. 22-23

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

I do not boast of preaching the gospel, since it is a duty which has been laid on me; I should be punished if I did not preach it! If I had chosen this work myself, I might have been paid for it, but as I have not, it is a responsibility which has been put into my hands. Do you know what my reward is? It is this: in my preaching, to be able to offer the Good News free, and not insist on the rights which the gospel gives me.

So though I am not a slave of any man I have made myself the slave of everyone so as to win as many as I could. For the weak I made myself weak. I made myself all things to all men in order to save some at any cost; and I still do this, for the sake of the gospel, to have a share in its blessings.

### **The word of the Lord.**

## Gospel Acclamation

Mt 8:17

Alleluia, alleluia! He bore our sickness, and endured our suffering. Alleluia!

## First Reading

7:1-4. 6-7

*A reading from the book of Job*

Job began to speak:

Is not man's life on earth nothing more than pressed service, his time no better than hired drudgery?

Like the slave, sighing for the shade, or the workman with no thought but his wages, months of delusion I have assigned to me, nothing for my own but nights of grief.

Lying in bed I wonder, 'When will it be day?' Risen I think, 'How slowly evening comes!' Restlessly I fret till twilight falls. Swifter than a weaver's shuttle my days have passed, and vanished, leaving no hope behind.

Remember that my life is but a breath, and that my eyes will never again see joy.

### **The word of the Lord.**



**St Michael's Parish**, Nowra – Tel: 4423 1712 E-mail: [office@nowraparish.org.au](mailto:office@nowraparish.org.au)

**5<sup>th</sup> Sunday of the Year (B)**  
**8 February 2009**

**Website: [nowraparish.org.au](http://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:** 1<sup>st</sup> Fri. 5.15pm.; **K Valley:** Sat 4.30 – 5.00pm  
**Vincentia:** Sat. 5 - 5.30pm.

**Feastdays:**

**Tues 10** - Scholastica, virgin  
**Wed.11** - Our Lady of Lourdes – World Day of pray for the Sick

We prayerfully remember: **Dennis Thompson** and **Christopher Van Ternhout** who died this week; also **Mavis Murphy, Mathilde Hulsman, and Milka Kalic** whose anniversaries occur at this time. *May they rest in eternal peace.*

**CATECHIST NEWS:** Could coordinators please ensure that each Catechist has completed a TEF and a PED form and return them to me, and that each has a green card. Happy and blessed teaching to all...Lyn

**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.

**GENERAL MEETING OF PARISHIONERS – coordinated by the Pastoral Council Sunday next 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. **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. **Loretta Brinkman** the recently appointed Diocesan Youth Coordinator will be our guest speaker. We anticipate that parishioners should be on their way home by 9.00p.m.



**LORD TEACH US TO PRAY:**

This is the theme of our 2009 Diocesan Lenten Program. In the Lenten booklet Bishop Peter urges us “this Lent to recommit ourselves to daily prayerful communication with God. Consider how we may discover new ways of praying, or to refresh and deepen our current prayer”. The program commences week 22 – 28 Feb. In Nowra/B'derry Group leaders names with time and place of meetings are on lists in the Church foyers. Interested parishioners are asked to write their names with the group that they wish to attend (Numbers are restricted as listed. Any queries contact Francene 4421 5962 or Peggy 4421 3417.

Contacts for other areas:

- **Berry/S'heads** Sr Patricia 4421 2260 or after Mass.
- **Culburra Beach** Jean Helliwell 4447 3018 and Harry Ray 4447 2941
- **Currarong** Connie Heap 4448 3157
- **K/Valley** Fr Ronan
- **Vincentia** Fr Leo 4441 5571
- **Callala** Joyce Buttel 4446 5569

Booklets will be available for \$5 each.



**ST MICHAEL'S YOUTH GROUP** – next activity is a Bowling Night on Fri 13 February from 7.30 – 9.30pm – meet at the Bowling Alley. Cost.c\$7.50. Please bring supper to share. Contact Matthew 4447 3197

**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,



We welcome you to join us when the **“COME AND SEE” Spirituality Program** resumes on Wed 18 Feb. The program aims to create awareness of the importance of balance in our lives - time for prayer and reflection, time as

community to share our spiritual journey, as well as time for work and leisure. Opportunities are offered for a variety of prayer experiences. We gather at the Parish Centre, 7.30pm, followed by supper (please bring a plate of finger food to share). Contact Moira 4423 6077 or Liz 4422 1279.

**THE NEXT CROSSROADS** meeting will be held on 13 February at the Nowra Baptist Church, Old Southern Rd, Sth Nowra from 7.15 – 9.15pm. The Mannahouse will be the host Church.

**ST JOSEPH'S HIGHSCHOOL, Albion Park** – Reunion for Yr 10 1987/Yr12 1989. All students and staff from these years please contact Diane Robson (nee Cassar) for details. [dirobson@mysoul.com.au](mailto:dirobson@mysoul.com.au)

**STUDYING OR WORKING IN SYDNEY IN 2009?** Xavier House, Stanmore, 10 mins by train/bus to the city and near several universities, offers accom. to young men from the country and is a safe and affordable home in the city, operated by St Vincent de Paul. For inform contact Jimmy 9560 2570, 0447 288 208 or [www.xavierhouse.org.au](http://www.xavierhouse.org.au). Email [x.h@bigpond.com.au](mailto:x.h@bigpond.com.au)

**SHOWTIME:** It is appropriate to acknowledge with admiration and gratitude the many people who year after year channel so much energy, commitment and enthusiasm into our local Shows. May their endeavours be appreciated and enrich our communities. A great country tradition!!