

## Second Reading

3:18-22

### *A reading from the first letter of St Peter*

Christ himself, innocent though he was, died once for sins, died for the guilty, to lead us to God. In the body he was put to death, in the spirit he was raised to life, and, in the spirit, he went to preach to the spirits in prison. Now it was long ago, when Noah was still building that ark which saved only a small group of eight people 'by water', and when God was still waiting patiently, that these spirits refused to believe. That water is a type of the baptism which saves you now, and which is not the washing off of physical dirt but a pledge made to God from a good conscience, through the resurrection of Jesus Christ, who has entered heaven and is at God's right hand, now that he has made the angels and Dominations and Powers his subjects.

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

## Gospel Acclamation

Matt 4:4

Praise to you, Lord Jesus Christ, king of endless glory! No one lives on bread alone, but on every word that comes from the mouth of God. Praise to you, Lord Jesus Christ, king of endless glory!

## Gospel

1:12-15

### *The holy Gospel according to Mark*

The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with

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the wild beasts, and the angels looked after him.

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

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

## Gospel thoughts

*by Dianne Bergant CSA*

**T**oday's readings show us that Lent is a time for us to receive God's grace. We are not the ones who, through our penance, are meant to accomplish great things. Rather, it is God who acts; it is God who makes the sacrifice; it is God who accomplishes great things for us.

Each reading describes a different kind of conflict within which we might find ourselves: a world-wrenching upheaval, such as happens during social discord, war or natural disaster; the struggle between right and wrong, between fidelity and disobedience; the struggle with temptation. In the midst of the conflicts of life, God initiates a covenant with us. God saves the world from the chaos into which it was thrown, makes a covenant with all living things and with the earth, and sets a bow in the heavens as a perpetual reminder of the covenant. Christ dies for sinners, and offers them baptism that will save them from the chaos of their lives. The Spirit drives Jesus into the desert, there to be tested, but to emerge triumphant. His victory is not for him alone, but for all who will heed his words and follow his example.

The bow in the sky is a sign of the good news of the covenant; baptism is both the good news of salvation for us and our pledge of fidelity to God; Jesus' proclamation is that the reign of God is at hand. With the psalmist we praise God for inviting us into this covenant relationship.

[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)

*First Sunday of Lent (Year B)*

01 March 2009

## First Reading

9:8-15

### *A reading from the book of Genesis*

God spoke to Noah and his sons, 'See, I establish my Covenant with you, and with your descendants after you; also with every living creature to be found with you, birds, cattle and every wild beast with you: everything that came out of the ark, everything that lives on the earth. I establish my Covenant with you: nothing of flesh shall be swept away again by the waters of the flood. There shall be no flood to destroy the earth again.'

God said, 'Here is the sign of the Covenant I make between myself and you and every living creature with you for all generations: I set my bow in the clouds and it shall be a sign of the Covenant between me and the earth. When I gather the clouds over the earth and the bow appears in the clouds, I will recall the Covenant between myself and you and every living creature of every kind. And so the waters shall never again become a flood to destroy all things of flesh.'

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

## Responsorial Psalm

Ps 24:4-9

**R/** Your ways, O Lord, are love and truth to those who keep your covenant.

1. Lord, make me know your ways. Lord, teach me your paths. Make me walk in your truth, and teach me: for you are God my saviour. R./
2. Remember your mercy, Lord, and the love you have shown from of old. In your love remember me, because of your goodness, O Lord. R./

3. The Lord is good and upright. He shows the path to those who stray, he guides the humble in the right path; he teaches his way to the poor. R./





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**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.

**1<sup>st</sup> Sunday of Lent (B)**  
**March 1<sup>st</sup> 2009**

**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  
**Morning Prayer:** Wed 7.50am **Holy Hour:** Fri 10.30am  
**Berry:** Tues 5.30pm..... **Culburra:** Thurs 5.30pm  
**Bomaderry:** First Fridays – 5.45.p.m.(March 6<sup>th</sup>.)  
**Vincentia:** Mon, Thur, Fri 8.00am Tues,/Wed 5.30pm  
**S/Heads:** Fri 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. 11...00 – 11.30 a.m & 5 - 5.30pm.

**STATIONS OF THE CROSS** – Holy Spirit

Church following 8.00.am. Mass on  
Fridays. Kangaroo Valley : Fri. 5.00.p.m.



**BUSHFIRE APPEAL!** A cheque for  
\$12,061.40 was forwarded to the Catholic  
Archbishop's Charitable Fund – Bushfire Appeal from  
donations contributed.



**PROJECT COMPASSION:** The  
Gospel challenges us to change  
ourselves and our world for the  
better. This week's story takes us to  
rural Uganda where Teopista lives

with her family. Caritas is supporting 900 subsistence  
farming families, including Teopista's with practical  
training in sustainable agriculture to improve their  
livelihoods. Your generous donations to Project  
Compassion allow subsistence farmer families to gain  
skills to increase their household food security and  
offers hope for a healthier future.

**LORD TEACH US TO PRAY** Week 2

of our Lenten program asks "How do we  
pray?" Discussion centres around the  
various ways in which people pray. We  
are challenged to work out ways by which we may improve  
our prayer life and so enrich our encounter with God so  
that we may "reach that secret place where we will find  
ourselves alone with God in prayer".



**ENROLMENT** for Kinder 2010 at St Michael's Primary  
school – application packs available from the school now.  
Interviews will be held in May.

**CULBURRA FAMILY GROUP** will next meet on Sun 1<sup>st</sup>.  
March at 9.00am for breakfast at Tilbury Cove.

The Family Group has arranged a 2 hour up-river Cruise  
(9.45 am - noon) for 22 March. Cost \$22 per person;  
morning tea will be served. Open to all. Contact Terry  
44474411 for booking. A minimum number is required

**MOTHER RUTH SCHOLARSHIP FUND - claiming the  
date!** The next Gala Theatre night will be held on Wed 24  
June – "She Stoops to Conquer"

**CHOIR FOR THE EASTER CEREMONIES**

on Thursday at 5pm in the Church – all  
singers and musicians welcome.



**1<sup>st</sup> SAT March 7<sup>th</sup> MARIAN DEVOTIONS** - commencing  
with reconciliation 8.30am and Mass at 9.00am. As  
mentioned last month, during the Mass the Anointing of  
the Sick will be celebrated for the aged and those whose  
'health is seriously impaired'.(Gen Inst.) Morning tea will  
follow in the Parish Centre. **All welcome.**

**WORLD DAY OF PRAYER09** – Papua New Guinea.

- **Nowra** is hosted by All Saints Anglican Church this year  
on Fri 6 March at 2.30pm – Cnr Plunkett & Berry Sts.  
Afternoon tea to follow.
- **Culburra** is hosted by the Baptist Church, Carlton Cres  
at 10.am. Morning tea will follow.

**CATECHIST NEWS:** Could you please return any surplus  
school activity books, especially stages 2B & 3B a.s.a.p.  
Back orders close Wed 4 March. Ring Lyn 4423 1009 to  
place your orders.

**THE HOPE OF NEW CREATION:** What on earth are  
we doing for heaven's sake? Fr Richard Healey presents  
this five-week course which will look at the significance of  
the resurrection of Jesus for our lives today. What  
happens when we die? What do we hope for after death?  
Is heaven the ultimate destination, our final 'home'?  
Come along for a great Biblical journey from the dawn of  
creation to the second coming of Jesus and the final  
judgement to discover what it really means to be a citizen  
of heaven.

Tuesday evenings, from 7.30 – 9.00pm in the Parish  
Centre from 3 March – 31 March.

**RSVP:** Please write your name on the sheet in the foyer.

**The Sacrament of Reconciliation 2009**

March 4<sup>th</sup>. Wednesday-(1st Week of Lent):

First Parent Evening.....7.30.p.m. Hall/Nowra

**CONFIRMATION PREPARATION- Regional  
Meetings:**

- **Berry** Tues 10<sup>th</sup> March – 6. 15p.m, after Mass
- **Nowra/Bomaderry;** At St. Michael's Church:  
Wed 11 March and Thur 12 March, both at  
7.00.p.m. Also following the 6.00 p.m. Vigil  
Mass, at St Michael's Saturday 14<sup>th</sup>. March
- **Culburra** – Saturday 14 March, following the  
Vigil Mass at 6.00p.m.
- **Vincentia:** Sun March 15<sup>th</sup> following 9.30.a.m  
Mass

**RETREAT DAY FOR EXTRAORDINARY MINISTERS  
OF HOLY COMMUNION** – conducted by Fr Ronan at St

Patrick's Berry, Sat 4 April from 9.30am – 2.30pm. Cost  
\$5 BYO lunch, tea & coffee provided. Please book by  
ringing 4253 0900.



We prayerfully remember: **Paul Sultana (44)**  
and **Eileen Dengate who died this week.** Also  
**Sheila Yates** whose anniversary occurs at this  
time. *May they rest in eternal peace.*