

**Gospel** 6:41-51  
*from the holy Gospel according to John*

The Jews were complaining to each other about Jesus, because he had said, 'I am the bread that came down from heaven.' 'Surely this is Jesus son of Joseph' they said. 'We know his father and mother. How can he now say, "I have come down from heaven"?' Jesus said in reply, 'Stop complaining to each other.

'No one can come to me unless he is drawn by the Father who sent me, and I will raise him up at the last day. It is written in the prophets:

They will all be taught by God, and to hear the teaching of the Father, and learn from it, is to come to me. Not that anybody has seen the Father, except the one who comes from God: he has seen the Father.

I tell you most solemnly, everybody who believes has eternal life. I am the bread of life.

Your fathers ate the manna in the desert and they are dead; but this is the bread that comes down from heaven, so that a man may eat it and not die.

I am the living bread which has come down from heaven. Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world.'

The Gospel of the Lord.

**Gospel thoughts**

by Dianne Bergant CSA

**T**here are times God seems to ask too much of us. We labour for others, but do not see the fruits of our labour. Our families take us for granted, and we are exploited at work. This is particularly trying when we only wanted to be of service to others, to help them wherever we could. What's the point of giving of oneself when it only seems to be futile? In this we are like Elijah.

There are other times when we are challenged to change our way of thinking and to accept what seems to make extraordinary demands on us. A new way of understanding church may call us to be open to the cultural diversity within the community. Or it might claim that we have a responsibility toward the poor and homeless in our midst. New biblical insights make us question our familiar understanding of God or of Jesus or of ourselves. In this we might be like the Jews who murmured against Jesus.

We want evidence to substantiate these radical new claims. But the evidence that Jesus offered could only be accepted in faith. And so it is with us. When we ask God for some kind of sign that will assure us that this new challenge is really what God wants, the answers received must themselves be accepted and understood in faith. The only assurance we have is rooted in faith, and those who are not open in faith will not understand. God does indeed ask a great deal from us.

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# Our Sunday Word

The Year for Priests

St Michael's Parish, Nowra

www.nowraparish.org.au

19th Sunday (Year B) - Season of the Year

9 August 2009

**First Reading** 19:4-8

*A reading from the first book of Kings*

Elijah went into the wilderness, a day's journey, and sitting under a furze bush wished he were dead. 'Lord', he said 'I have had enough. Take my life: I am no better than my ancestors.' Then he lay down and went to sleep. But an angel touched him and said, 'Get up and eat.' He looked round, and there at his head was a scone baked on hot stones, and a jar of water. He ate and drank and then lay down again. But the angel of the Lord came back a second time and touched him and said, 'Get up and eat, or the journey will be too long for you.' So he got up and ate and drank, and strengthened by that food he walked for forty days and forty nights until he reached Horeb, the mountain of God.

The word of the Lord.

**Responsorial Psalm** Ps 33

**R/** Taste and see the goodness of the Lord

1. I will bless the Lord at all times, his praise always on my lips; in the Lord my soul shall make its boast. The humble shall hear and be glad.
2. Glorify the Lord with me. Together let us praise his name. I sought the Lord and he answered me; from all my terrors he set me free.
3. Look towards him and be radiant; let your faces not be abashed. This poor man called; the Lord heard him and rescued him from all his distress.
4. The angel of the Lord is encamped around those who revere him, to rescue them. Taste and see that the Lord is good. He is happy who seeks refuge in him.



**Second Reading** 4:30-5:2

*from the letter of St Paul to the Ephesians*

Do not grieve the Holy Spirit of God who has marked you with his seal for you to be set free when the day comes. Never have grudges against others, or lose your temper, or raise your voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ.

Try, then, to imitate God, as children of his that he loves, and follow Christ by loving as he loved you, giving himself up in our place as a fragrant offering and a sacrifice to God.

The word of the Lord.

**Gospel Acclamation** Jn 6:51

Alleluia, alleluia! I am the living bread from heaven, says the Lord; whoever eats this bread will live for ever. Alleluia!



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

**19<sup>th</sup> Sunday in Ordinary Time (Year B)**

**9<sup>th</sup> August 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 7am, 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:** 1<sup>st</sup> Friday only 5.45.p.m.  
**Vincentia:** Mon, Thurs, 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.

**Sacrament of Confession ~ Reconciliation**

**Nowra:** Sat 11<sup>30</sup>-12<sup>30</sup>pm & 5<sup>00</sup> - 5<sup>30</sup>pm  
**Culburra Beach:** Sat 5<sup>30</sup>pm. **Berry:** Tues 6<sup>00</sup>pm  
**K, Valley:** Sat 4<sup>30</sup> - 5<sup>00</sup>pm **Vincentia:** Sat: 5<sup>00</sup> - 5<sup>30</sup>pm.

**WE PRAYERFULLY REMEMBER: Colleen Baker, Syd Sweeney, Robert Anderson, Gaetana Zarb, and Pierre Labessa, all of whom died over the past week. Also John Hay and Lillian Maguire** whose anniversaries occur at this time. May they rest in eternal peace.



**MASS TIMETABLE FOR THE FEAST OF THE ASSUMPTION – a day of obligation – Saturday 15 August - (Vigil: Friday 14)**

**Nowra:** Vigil 7.00pm & Sat 9.00am  
**S/haven Heads:** Vigil 3.30pm  
**Berry:** Vigil 6.00pm  
**Culburra:** Vigil 5.30pm  
**Vincentia:** Vigil (Fri): 7.00pm & Sat

11.00. am  
**Kangaroo Valley:** Sat 8.00.am

**On the Sundays of August there will be a count of Mass attendance for Diocesan planning purposes.**



**WATOTO African Children's Choir** (children orphaned by war and HIV/AIDS). **These children are an inspiration** – they come together to represent over 1500 children who live

together as a community. Thurs 20 Aug - at St Patricks Berry 7pm; and Friday 21 August - Entertainment Centre, Nowra at 7pm. This is a **free concert** and seats are not reserved, ...“but we will ask for a generous donation from those who come...”

**CATECHIST NOTICE:** Do you have an hour a week to spare? And would be prepared to pass on your faith to children in the State School System? There is a **DESPERATE NEED** for several adults to assist in **four** Government Primary Schools. If you can help please contact Lyn West 4423 1009 or ring the Parish Office.

**MARRIAGE ANNIVERSARIES MASS 2009:** If you are celebrating 25,40,50 or 60 years of marriage this year and would like an invitation to the Mass celebrated by Bishop Peter at the Cathedral on Sun 13 Sept at 2.00pm, please contact Helen Bennett and an invitation will be sent to you. [Helen.bennett@woll.catholic.org.au](mailto:Helen.bennett@woll.catholic.org.au) or Ph 4253 0934

**YOUNG ADULTS GROUP –**

- **Mon 17 Aug** there will be a pasta night at the Chittick's house from 6.00pm. Bring a pasta and drink to share. Guess speaker Daniel Hill – on his scholarship studies. RSVP Shannon before the night 4447 0990 or 0414 521 404.
- **YAG** will be booking a table for the Parish Dinner – money and numbers to Shannon.

**The Archbishop of Westminster, Vincent Nichols** warned that social networking sites, texting and emails are undermining community life and promoting "transient" relationships that could trigger teen suicide.

He also said that society was losing some of its ability to build communities through interpersonal communication, as the result of excessive use of texts and emails. "Too much exclusive use of electronic information dehumanises what is a very, very important part of community life and living together."

**THE ST VINCENT DE PAUL Doorknock** – This weekend, and next, is the opportunity for parishioners at Nowra/Bomaderry Masses to volunteer their time to assist with our annual doorknock appeal. Please record your names on the forms at the Church exits. Planned areas to be covered are Nowra, B'derry, Worrigea and Cambewarra. However if anyone would like to doorknock in a different area, please ring 4421 0053 or 4421 0929 and arrangements will be made. Any queries to the same phone numbers. **PLEASE HELP – WE NEED YOU.**

**THE ST VINCENT DE PAUL SOCIETY** is currently promoting the Assist-a-Student scheme which helps a student from our partner countries in Asia and the Pacifica to get an education. For \$70 you can assist a student for a year - information pamphlets avail at the church. Further inform Elaine Chin 4423 6536

**PARISH FEASTDAY – Celebratory Mass at St Michael's Nowra and Annual Dinner** at Worrigea House will be celebrated on Sat 26 Sept. Tickets will be \$35pp and \$10 per child (subsidised by the Parish). The speaker will be Sr Margaret Fitzgerald who is the Director of Outreach Programs for the Sisters of Charity. Tickets will be available from the weekend 15/16 August – **book a table or just come along and meet new friends!**

**SISTER VAL GREEN RSC, Vincentia** will be celebrating her Golden Jubilee on Sun 16 Aug. We take the opportunity of wishing Sister a very blessed and joyous occasion and of thanking her for the zeal and compassion she taken to her ministry in the Bay and Basin region of the parish over the past seven years



**NOWRA CATHOLIC WOMEN'S LEAGUE** – the next meeting Tues 11 Aug, 9.30 morning tea for 10.00am start

**SHOALHAVEN CROSSROADS** next meet on Fri 14 Aug at Nowra Baptist Church – host Church St Georges Basin Baptist. A helping hand is always welcome.