

me will draw life from me. This is the bread come down from heaven; not like the bread our ancestors ate: they are dead, but anyone who eats this bread will live for ever.'
The Gospel of the Lord.

Gospel thoughts

by *Dianne Bergant CSA*

Wisdom invites us to her banquet. Since she is the way to God, those who accept her invitation will feast on the things of God. This is not a paltry meal that meets only our basic needs. It is a lavish banquet with delicious food and exhilarating drink. The banquet of wisdom is an apt symbol of the generosity of God, open to all, enriching all. This is in sharp contrast to the kind of feasting that is depicted in the epistle. Fools succumb to the temptations of the evil days in which they live and they feast on selfishness, ignorance and debauchery. Two banquets are set before us. Both of them are tempting. Which one will we choose?

The banquet that Jesus offers is like the banquet of Wisdom. However, it far exceeds even Wisdom's table. At Jesus' banquet, we feast on his body and his blood. If we feed at the table of the LORD, we will have life because of him, and we will be raised up on the last day to live forever. This is truly a bold claim and a hard saying. We are told that the food we eat is his body, and what we drink is his blood. We are told that his body, not merely his teaching, is the true bread that came down from heaven. We are told that only if we eat and drink what he offers will we have eternal life. He makes the claim and extends the invitation. How will we hear it? How will we respond?

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St Michael's Parish Contacts

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



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Our Sunday Word The Year for Priests

St Michael's Parish, Nowra

www.nowraparish.org.au

20th Sunday (Year B) - Season of the Year

16 August 2009

First Reading 9:1-6

A reading from the book of Proverbs

Wisdom has built herself a house, she has erected her seven pillars, she has slaughtered her beasts, prepared her wine, she has laid her table.

She has despatched her maidservants and proclaimed from the city's heights: 'Who is ignorant? Let him step this way.' To the fool she says, 'Come and eat my bread, drink the wine I have prepared! Leave your folly and you will live, walk in the ways of perception.'

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. Revere the Lord, you his saints. They lack nothing, those who revere him. Strong lions suffer want and go hungry but those who seek the Lord lack no blessing.
3. Come children, and hear me that I may teach you the fear of the Lord. Who is he who longs for life and many days, to enjoy his prosperity?
4. Then keep your tongue from evil and your lips from speaking deceit. Turn aside from evil and do good; seek and strive after peace.

Second Reading 5:15-20

from the letter of St Paul to the Ephesians

Be very careful about the sort of lives you lead, like intelligent and not like senseless people. This may be a wicked age, but your lives should redeem it. And do not be

thoughtless but recognise what is the will of the Lord. Do not drug yourselves with wine, this is simply dissipation; be filled with the Spirit. Sing the words and tunes of the psalms and hymns when you are together, and go on singing and chanting to the Lord in your hearts, so that always and everywhere you are giving thanks to God who is our Father in the name of our Lord Jesus Christ.

The word of the Lord.

Gospel Acclamation Jn 6:56

Alleluia, alleluia! All who eat my flesh and drink my blood live in me and I in them, says the Lord. Alleluia!

Gospel 6:51-58

from the holy Gospel according to John

Jesus said to the crowd:

'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.'

Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied:

'I tell you most solemnly, if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you.

Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise him up on the last day. For my flesh is real food and my blood is real drink.

He who eats my flesh and drinks my blood lives in me and I live in him.

As I, who am sent by the living Father, myself draw life from the Father, so whoever eats



St Michael's Parish, Nowra – Tel: 4423 1712 E-mail: office@nowraparish.org.au

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.

20th Sunday in Ordinary Time (Year B)

16th August 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 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: 1st 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 11³⁰-12³⁰pm & 5⁰⁰-5³⁰pm
Culburra Beach: Sat 5³⁰pm. **Berry:** Tues 6⁰⁰pm
K, Valley: Sat 4³⁰-5⁰⁰pm **Vincentia:** Sat: 5⁰⁰-5³⁰pm.

WE PRAYERFULLY REMEMBER: John Camilleri –Malta (Brother of Salvina Pulis) Also **Damien Baker, Marcia Collins, Joseph Watts, Doris Lansdowne, and Hilda Hockey** whose anniversaries occur at this time. May they rest in eternal peace.



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 or Ph 4253 0934

REFUGEE & MIGRANT SUNDAY - you are invited to celebrate with Bishop Peter at Mount Carmel Parish Church, Varroville on Sun 30 Aug at 1pm. International food and entertainment will follow in the school Hall.



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.

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

PARISH FEASTDAY – Celebratory Mass at St Michael's Nowra and Annual Dinner at Worrigeo 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!**

CATECHIST NOTICE: Please pray for more catechists. If you are attending the **Gerringong retreat** on 25 Sept please ring Lyn 4423 1009 to register.

- Congratulations to Sr Val on the Golden Jubilee of her profession. Thank you Val for all your work and inspiration from all the Catechists and children, especially in the Bay & Basin Area.

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. Guest 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.

JACKSON (Baker), PEGGY & PIXIE AND FAMILIES would like to thank all those parishioners who surrounded them with prayers and love during Colleen's illness and death. We were truly “enfolded with love”.

THE ST VINCENT DE PAUL Doorknock – We would like to thank all those parishioners who have so far volunteered to assist with our annual ‘doorknock’ appeal. **We still need many more volunteers** and hope that more will feel able to add your names to the lists at Bomaderry and Nowra Churches this weekend. As previously indicated, if anyone would like to help out in areas other than Nowra/B'derry/Cambewarra, please ring 4421 0053 or 4422 1129 and arrangements will be made. Unless otherwise informed, can all volunteers call into the Parish Centre any time after 9am on the day you are helping, so that information and collection kits can be issued. Remember, the weekends involved are 22/23 and 29/30 August. If you find that you are able to help on either weekend but haven't recorded your interest please just call into the Parish Centre. Any queries to the same phone numbers. **PLEASE HELP – WE REALLY NEED YOU.**

“COME & SEE” Spirituality group welcomes you to join us for prayer and conversation on Wed 19 Aug at 7.30pm in the Parish Centre. The focus is...“Discipline and balance help make choices life-giving and make them come to be!” Please bring something to share for supper. Contact Moira 4423 6077 or Liz 4422 1279.

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 has taken to her ministry in the Bay and Basin region of the parish over the past seven years



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

WYD2011. The countdown has begun and we as a Diocese will highlight with celebrations on 21/22 Aug. **Fri 21** – Celebrate with music, prayer and fellowship at Our Lady of Mount Carmel, Varroville 6pm – 10pm. Dinner included. Limited billeting avail for over 18's. **Sat 22** – Youth Pilgrimage to Blessed Mary MacKillop's Tomb 9am - 3.30pm Inform 4253 0809 or youth@dow.org.au. To register 4253 0899, www.dow.org.au/seminar