

Alleluia, alleluia! Lord, show us your mercy and love, and grant us your salvation. Alleluia!

## Gospel

21:33-37

**from the holy Gospel according to Luke**

Jesus said to his disciples: 'There will be signs in the sun and moon and stars; on earth nations in agony, bewildered by the clamour of the ocean and its waves; men dying of fear as they await what menaces the world, for the powers of heaven will be shaken. And then they will see the Son of Man coming in a cloud with power and great glory. When these things begin to take place, stand erect, hold your heads high, because your liberation is near at hand.

'Watch yourselves, or your hearts will be coarsened with debauchery and drunkenness and the cares of life, and that day will be sprung on you suddenly, like a trap. For it will come down on every living man on the face of the earth. Stay awake, praying at all times for the strength to survive all that is going to happen, and to stand with confidence before the Son of Man.'

The Gospel of the Lord.

## Gospel thoughts

by Dianne Bergant CSA

**T**he readings of the First Sunday of Advent set the stages for our reflections on the entire season. They contain a number of promises, all pointing to peace and fulfilment. Each reading depicts a dimension of suffering that was often brought on by the people themselves. The promises are assurances that the end of their suffering was in sight. The promises reveal a loving and provident, a merciful and forgiving God. These are promises full of hope.

The coming of the Lord is clearly a time of expectation, not of fear and trembling. Although the earlier tradition about the Day of the Lord included punishment of the wicked, the focus here is on redemption. The time of expectation may be preceded by apocalyptic signs in the heavens and dismay on earth, but this cosmic shift will bring fulfilment, not destruction. The love and providence, the mercy and forgiveness of God will be made manifest.

What is expected of those who receive the promise? An Advent way of life exhorts us to 'wait in joyful hope for the coming of our Saviour Jesus Christ'. This way of life is both simple and profound. It does not necessarily require unusual behaviour on our part, but it calls us to live the usual unusually well. It affects the everyday events of life; it directs the way we interact with people; it informs the attitudes that colour our judgments and motivations. It is as ordinary as the birth of a child; it is as extraordinary as the revelation of God.

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# Our Sunday Word

The Year for Priests

St Michael's Parish, Nowra

www.nowraparish.org.au

1st Sunday (Year C) - Season of Advent

29 November 2009

## First Reading

33:14-16

**A reading from the prophet Jeremiah**

See, the days are coming – it is the Lord who speaks – when I am going to fulfil the promise I made to the House of Israel and the House of Judah:

'In those days and at that time, I will make a virtuous Branch grow for David, who shall practise honesty and integrity in the land.

In those days Judah shall be saved and Israel shall dwell in confidence.

And this is the name the city will be called: *The Lord-our-integrity.*'

The word of the Lord.

## Responsorial Psalm

Ps 24

**R/**To you, O Lord,  
I lift my soul.

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.

2. 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.

3. His ways are faithfulness and love for those who keep his covenant and will. The Lord's friendship is for those who revere him; to them he reveals his covenant.

## Second Reading

3:12-4:2

**First letter of St Paul to the Thessalonians**

May the Lord be generous in increasing your love and make you love one another and the whole human race as much as we love you. And may he so confirm your hearts in holiness that you may be blameless in the sight of our God and Father when our Lord Jesus Christ comes with all his saints.

Finally, brothers, we urge you and appeal to you in the Lord Jesus to make more and more progress in the kind of life that you are meant to live: the life that God wants, as you learnt from us, and as you are already living it. You have not forgotten the instructions we gave you on the authority of the Lord Jesus.

The word of the Lord.



J. Close '06

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**Website: [nowraparish.org.au](http://nowraparish.org.au)** Incorporates the Church Communities of St Michael, Nowra; St Patrick, Be Sacred Heart, Bomaderry; Mary, Help of Christians, Culburra; St Joseph, Kangaroo Valley; Holy Spirit, Vincentia.

## First Sunday of Advent Year C 29 November 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.a.m./Tues/Wed/Thurs 8.15am  
 Friday 7.00am and 11.30am; Sat 9.00am

**Holy Hour:** Fri 10.30am

**Berry:** Tues: 5.30p.m.;

**Culburra:** Thurs 5.30pm

**Bomaderry: No Mass this Friday**

**Vincentia:** Mon/Thurs/Fri 8am, Tues/Wed 5.30pm

**Shoalhaven 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 11.30-12.30pm & 5.00 – 5.30pm

**Culburra Beach:** Sat 5.30pm. **Berry:** Tues 6.00pm

**K.Valley:** Sat 4.30 – 5<sup>00</sup>pm

**Vincentia:** Sat: 11.00-11.30 am and 5<sup>00</sup> - 5<sup>30</sup>pm

**WE PRAYERFULLY REMEMBER: Justin**

**Rennell** (son of Jean & Dennis, Basin View)

**Lucy Liu**, recently deceased; also **Carmel**

**Gleeson** and all whose anniversaries occur at this time. May they rest in eternal peace.



**AN ELDERLY PARISHIONER** requires transport to the 9.30am Mass from Greenwell Gardens (off Moss St near the High School) on the 3<sup>rd</sup> & 4<sup>th</sup> Sundays of the month. If you are able to help please speak to one of the Priests or Robbie

**MARY HELP OF CHRISTIANS Auxiliary** will be holding their annual Christmas Raffle – tickets available from this weekend. Any donations would be gratefully received.

**1<sup>ST</sup> SATURDAY MARIAN DEVOTIONS, 5 Dec.** Reconciliation 8.30am followed by Mass at 9.00am. Exposition with Rosary and Benediction 9.30am. Morning tea will be in the Parish Centre

### ST VINCENT DE PAUL SOCIETY

- **ANNUAL CHRISTMAS APPEAL** will take place in most Mass centres next weekend, 5/6 Dec. Our family assistance costs continue to rise, with a large number of people seeking assistance for the 1<sup>st</sup> time ever. We look forward to parishioners' usual generosity
- **CHRISTMAS BOOKSTALLS** – It's that time of year again!
  - **Nowra** – 28/29 November
  - **Bomaderry** – 12/13 December
- **THANKYOU BBQ** – to be held at City Farm on 12 Dec – all volunteers are invited to lunch. Please rsvp to Peter Delaney 4422 1129 or Mary Dunn 4421 0717.
- **FOLLOWING THE OPENING** of our new store in Nowra, Vinnies are seeking new volunteers. If you have some spare time to join a great group of people working to assist those in need please call 4421 7244 or drop into the centre for a **volunteer app. pack**.
- **HARRIS SCARFE in Junction St** is offering a donation to the Society for every item wrapped by a volunteer during the period 17/24 Dec. We are looking for people to assist them. If you have a little time please contact Mary 4421 0717 or Peter 4421 1129
- **COLUMBAN CALENDARS and Christmas Cards** (\$6 pack of 10) are now available.



**TAIZE PRAYER NIGHT** will be held at St Michael's Church on Friday 4 December. A wonderful opportunity for spiritual preparation for Advent and Christmas.



**BAY & BASIN CWL** will be holding a Christmas stall after Mass on 5 & 6 Dec - proceeds to go to the Srs of Charity for drought stricken Darling Downs farmers. There will be raffles – Christmas basket and Goldilocks and the 3 bears. **Bring your money with you!**

**ADVENT PROGRAM** – the Diocesan program “**The Lord is Near**” is available this weekend – reflections on the 4 Sundays of Advent. Cost \$1 ea.

- **ALSO “The Little Blue Book”** is available at Nowra, Vincentia and Berry for \$4.00 a copy paid to St Vincent de Paul Society. If anyone else wants a copy please ring Robbie at the office.

**EAST TIMOR COFFEE** on sale following Masses at St Michael's on 5/6 Dec, beans or ground coffee, \$8 packet or \$15 for 2. Money raised will go to the Carmelite Missions in East Timor towards replacing a damaged panel van to transport medical supplies.

### CHILDREN'S LITURGY AT ST MICHAEL'S NOWRA

There are 2 parishioners who would like to commence Children's Liturgy at the 9.30am Mass – however to do this effectively and each week they need at least another 2 people to help them. Please contact Jody on 4422 3318

**YOUNG ADULTS GROUP** will meet on Monday 7 Dec at the Parish Centre. The evening will be focused on the Diocesan Advent Program.

### DATES TO NOTE.

**Dec 1, Tues** St John's P & F Mass - Chapel 6.30.p.m.

**Dec 4 Fri:** Taize evening

**Dec 8 Tues.:** Year Six St Michael's Mass - 7p.m.

**Dec 9 Wed:** Home Mass - Currarong 6.00p.m.

**Dec 18 Fri:** 2<sup>nd</sup> Rite of Reconciliation.- 7.00.p.m.

**A CHRISTMAS 'THANK YOU' LUNCHEON** for volunteers and families of those with special needs on Wed 2 Dec in the Parish Centre from 12.00 to 1.30pm. Feel free to drop in for part of the meeting if you are short on time. Please rsvp for catering purposes to Sr Jeanie 4654 8709 or [jeanieh@materdei.org.au](mailto:jeanieh@materdei.org.au)  
**ST MICHAEL'S YOUTH BEACH CHRISTMAS PARTY** – meet at 164 Penguin's Head Rd, Culburra on Sat 12 Dec 7.30 – 10.00pm. Come along, bring a friend and some food to share. Contact Matt – 4447 3197

**Bishop Peter has announced a Pastoral Planning Process for the Diocese, entitled “Our Journey Ahead.”** “Throughout 2010 there will be opportunities to listen to one another's hopes and dreams about how we can strengthen our faith communities, and address the many pastoral challenges and how we can best celebrate our communion as the Body of Christ in the Eucharist. We will then set about achieving these goals, building upon our current strengths...We are encouraged to take time to reflect and pray and be part of this venture...”