

Gospel Acclamation Lk 1:38

Alleluia, alleluia! I am the servant of the Lord: may his will for me be done. Alleluia!

Gospel 1:39-45
from the holy Gospel according to Luke

Mary set out and went as quickly as she could to a town in the hill country of Judah. She went into Zechariah's house and greeted Elizabeth. Now as soon as Elizabeth heard Mary's greeting, the child leapt in her womb and Elizabeth was filled with the Holy Spirit. She gave a loud cry and said, 'Of all women you are the most blessed, and blessed is the fruit of your womb. Why should I be honoured with a visit from the mother of my Lord? For the moment your greeting reached my ears, the child in my womb leapt for joy. Yes, blessed is she who believed that the promise made her by the Lord would be fulfilled.'

The Gospel of the Lord.



Gospel thoughts

by Dianne Bergant CSA

There is always excitement at this time of the year. It is as if everything is filled with promise. Animosities are set aside; estrangement dissolves into reconciliation; the whole world seems gentler; and we are filled with the spirit of generosity. In the days just before Christmas, the possibility of newness is almost palpable. The spirit of the season has caught hold of us even before the actual day has arrived. Today we stand on the threshold of fulfilment. The future that God has prepared for us is open before us, even though we have not yet stepped out into it.

The incarnation takes place in human history, thus affirming the fundamental goodness of human life and concerns, and sanctifying them even further. The child comes from simple people, from a place that is relatively insignificant, thus underscoring God's preference for what is ordinary. The body that was offered for our salvation, the body that consecrated us through having been offered up, was the body that grew in the womb of Mary. The extraordinary salvific deed of God was accomplished through his coming into the world as one of us. The obedience that Christ played out through his body fulfilled for us the promises made by God.

We stand on the threshold of fulfillment, the fulfillment of an event that has already taken place. We ritually reenact it so that we never take it for granted, so that we never forget that it is in and through human history that the marvellous deeds of God are accomplished.

The scriptural quotations are taken from the Jerusalem Bible, ©1966-1968 Darton Longman and Todd Ltd. Extracts from the Lectionary for Mass ©1997, 1981, 1968, International Committee on English in the Liturgy, Inc. Used with permission; all rights reserved. ©2009 liturgyhelp.com.au & St Michael's Parish, Nowra

Our Sunday Word The Year for Priests

St Michael's Parish, Nowra

www.nowraparish.org.au

4th Sunday (Year C) - Season of Advent

20 December 2009

First Reading 5:1-4

A reading from the prophet Micah

The Lord says this:

You, Bethlehem Ephrathah, the least of the clans of Judah, out of you will be born for me the one who is to rule over Israel; his origin goes back to the distant past, to the days of old.

The Lord is therefore going to abandon them till the time when she who is to give birth gives birth.

Then the remnant of his brothers will come back to the sons of Israel.

He will stand and feed his flock with the power of the Lord, with the majesty of the name of his God.

They will live secure, for from then on he will extend his power to the ends of the land. He himself will be peace.

The word of the Lord.

Responsorial Psalm Ps 79

R/ Lord, make us turn to you; let us see your face and we shall be saved.

1. O Shepherd of Israel, hear us, shine forth from your cherubim throne. O Lord, rouse up your might, O Lord, come to our help.
2. God of hosts, turn again, we implore, look down from heaven and see. Visit this vine and protect it, the vine your right hand has planted.
3. May your hand be on the man you have chosen, the man you have given your strength. And we shall never forsake you again: give us life that we may call upon your name.

Second Reading 10:5-10

A reading from the letter to the Hebrews

This is what Christ said, on coming into the world:

You who wanted no sacrifice or oblation, prepared a body for me. You took no pleasure in holocausts or sacrifices for sin; then I said, just as I was commanded in the scroll of the book, 'God, here I am! I am coming to obey your will.'

Notice that he says first: You did not want what the Law lays down as the things to be offered, that is: the sacrifices, the oblations, the holocausts and the sacrifices for sin, and you took no pleasure in them; and then he says: Here I am! I am coming to obey your will. He is abolishing the first sort to replace it with the second. And this will was for us to be made holy by the offering of his body made once and for all by Jesus Christ.

The word of the Lord.



St Michael's Parish Contacts

- Fr Patrick Faherty, *Parish Priest* 4423 1712
- Fr Richard Healey, *Assistant Priest* 4423 1712
- 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



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.

Fourth Sunday of Advent - Year C
20 December 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, Sat 9.00am
Berry: Tues: 5.30pm
Vincentia: Mon/Thurs 8am, Tues/Wed 5.30pm
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 11.00-12.30pm & 5.00 – 5.30pm
Culburra Beach: Sat 5.30pm. **Berry:** Tues 6.00pm
K.Valley: Sat 4.30 – 5⁰⁰pm
Vincentia: Sat: 11.00-11.30 am and 5⁰⁰ - 5³⁰pm

WE PRAYERFULLY REMEMBER: **Iris Simpson**, and **Yvonne Fraser** who died this past week; also **Mary Kershaw** and **Anthony Elsenburg, Reg and Mary Houghton and John O'Shaughnessy** whose anniversaries occur at this time. May they rest in eternal peace.



HOLY SPIRIT VINCENTIA Christmas raffle fund raiser (in conjunction with the Triathlon be to held in Feb 2010) – tickets will be on sale at all Masses from this w/end. Proceeds will go towards funding of new Hall (plans progressing well). The Auxiliary would like to thank you for your ongoing support of their activities.

CHRISTMAS VIGIL MASS: children who would like to participate as angels or shepherds are asked to attend practice on Wednesday 23 Dec at 10am in St Michael's Hall. Parents must supervise. No wings or tinsels for angels please. Contact is Rosanne Mullany Ph 4446 0349.



“Mary as she hastens to the Judean hills is bringing ‘the good news’ of the promised Saviour. Mary is in effect a preacher spreading the Word...”

Christmas Mass Timetable

CHRISTMAS EVE – 24 Dec

VIGIL MASSES

Shoalhaven Heads 6.00pm
Culburra 6.00pm
Nowra 7.00pm
Kangaroo Valley 9.00pm
Berry 9.00pm
Vincentia 6.00pm & 8.00pm

Midnight Mass Nowra 12.00 (midnight)

CHRISTMAS DAY – Friday 25 Dec

Nowra 8.00am & 9.30am
Berry 8.00am
Bomaderry 9.30am
Culburra 8.00am
Vincentia 8.00am & 9.30am

THERE WILL BE NO EVENING MASS ON CHRISTMAS DAY IN THE PARISH.

CHRISTMAS COLLECTION: As has been our parish practice for many years, the greater proportion of Christmas Day second collections will be donated to Aged care facilities in the Shoalhaven and to the Shoalhaven Linear Accelerator appeal.

CHRISTMAS DAY ARMS (Youth with mission Australia) are having a free traditional hot Christmas Lunch at 12.30pm for people who are alone (singles, couples or a parent and 1or 2 children). The address is 6 Tarawara St Bomaderry. Numbers are limited and bookings essential on 0429 460 730

Kaylah Borland, a year 6 student of St Michael's School, has won a **highly commended award** for her 2009 Christmas Art Story in the Catholic Weekly. Congratulations.

ST VINCENT DE PAUL CULBURRA CONFERENCE will be having its annual appeal at masses on the w/end of 2/3 Jan 2010. The Auxiliary would like to thank you for your ongoing support of their appeals.

"It is becoming more and more evident that the issue of environmental degradation challenges us to examine our lifestyle and the prevailing models of consumption and production, which are often unsustainable from a social, environmental and even economic point of view," Pope Benedict.

Christmas Traditions

'Making Christmas is not about doing new and different things every year, the radio commentator said, but of taking out the same decorations and following the same programme each time. There's advice for anyone in any ministry situations there: Advent and Christmas are times for taking traditions and deepening them rather than ditching some and substituting novelties.'
(Fr B Cotter, *The Tablet* 28.11.09)

CATHOLICCARE: are running a free course on 'Post Separation Co-operative Parenting.' It runs for 2 x 2 hrs sessions commencing 6 Jan. Ph 4423 1018 to book.

MARY HELP OF CHRISTIANS Auxiliary - annual Christmas Raffle – tickets available at the Church. Any donations would be gratefully received.